



May 21, 2011

9 a.m.

Soldiers Field House

Proudly Sponsored by:



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Race Information:

The JBLM DFMWR-Sports Branch presents the 6th Annual Down & Dirty 5K Mud Run. This is a fun run loaded with lots of muddy obstacles. Be prepared to get down right dirty. Wear your nicest rags and plan on getting wet. This race is open to the general public and everyone is invited. The race will be held at 9:00 am behind Soldier's Field House, Bldg #3236, on 2nd Division Drive & Handrich. Packet Pickup will be between 7:30 - 8:45. Please sign up as soon as possible.

Dates & Distances:

21 May 2011 - 5K Run



Course:

The course will be set up behind Soldiers Field House be prepared to get wet. Bring extra clothing and shoes to change into after the race. The run will be off road and there will be a variety of obstacles. Individuals under 18 years old will need their parents to sign the Hold Harmless Agreement

Categories:

1. Age Group - Men's / Women's

14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

In this category competitors compete in their own age group.

2. Relay Teams: Men's / Women's / Coed / Military
This category is divided into four divisions. Each team consists of three individuals; All members completing the race and cross the finishing together as a team. Failure to finish together will disqualify (DQ) your team. All three entries need to be signed and turned in as one team entry.

Awards:

1. Race shirts will be provided to pre-registered runners if registered by Early Deadline date/time.
2. Medallions will be given to 1st - 3rd places per category.
3. Door prizes will be drawn during the award.

Schedule of Activities:

- 7:30 a.m. Pick up race packet.
- 8:45 a.m. Race Briefing
- 9:00 a.m. Race Begins
- 10:00 -11:00 a.m. Awards & Door Prizes.

Driving Directions:

If you're coming from either south or north I-5, take exit #120. Go directly to the Visitor's Center and pick up your pass and follow the signs to Soldiers Field House. You are on 41st Division Drive, take the first left at the first light for a 1/2 mile. Turn right on the 2nd Division Drive and follow it through the light till you reach Soldiers Field House on the right. You may park in the parking lot and follow the signs to the starting point. You'll need the following:

- a. A valid Driver's License
- b. A current Vehicle Registration Card
- c. Vehicle Proof of Insurance Card

Early Deadline: Noon Tuesday 17 MAY, prior to race date to guarantee a shirt and a gate pass.

Late Deadline: Noon Thursday 19 MAY, prior to race date - NO SHIRTS AVAILABLE
You may register & pay online at: JBLMMWR.com
Entry Fees are Non-Refundable and NO Day of Race Registration. If you mail in your registration form & check, it must be received by COB, Monday 16 May, prior to Race Date to guarantee a shirt and gate pass.
Mail to:

**DFMWR-Sports Branch,
Attn: Mud Run 5K
P.O. Box 233, Dupont, WA 98327-0233.**

Make check out to: IMWRF

Forms may be photocopied.
One entry form per person

DOWN & DIRTY MUD RUN 2011



LAST NAME

FIRST NAME

M.I.

PHONE NUMBER

STREET ADDRESS

CITY

STATE

ZIP CODE

AGE

BIRTHDAY

GENDER M

F

SHIRT SIZE S

M

L

XL

Individual:

- AD/FM/RET Military - \$5.00,
- DOD ID Card Holders-\$10.00
- Civilians - \$20,

Relay Teams:

- ADuty/FM/RET Military Relay Teams - \$15.00
- DOD ID Card Holders-\$30.00
- Civilian Relay Teams - \$60.00

YOU ARE NOT REGISTERED UNTIL YOU PAY!

REGISTER ONLINE AT : JBLMMWR.COM,
THEN MAIL YOUR ENTRY W/CHECK TO:
DMWR-SPORTS, ATTN: MUD RUN
P.O. BOX 233, DUPONT, WA 98327-0233
MAKE CHECK PAYABLE TO: IMWRF
OR SUBMIT THIS APPLICATION TO
SOLDIERS FIELD HOUSE, ADMIN. OFFICE
AND PAY THERE.
FOR MORE INFORMATION CALL 253 967-4768/2604

Hold Harmless Agreement and Covenant Not To Sue

In consideration of the rights granted me to participate in the "DOWN & DIRTY 5K MUD RUN" I, the undersigned, in acknowledgement that I am doing so entirely upon my own initiative, risk and responsibility do hereby, for myself, my heirs, executors, and administrators, agree to remise, fully release, hold harmless, and forever discharge the Government of the United States and all its officers, employees, volunteers, and all other sponsors acting officially or otherwise, from any and all claims, demands, actions or causes of actions, on account of my death or on account of any injury to me or my property which may occur from any cause whatsoever while participating in the above named program. I grant permission to all of the foregoing to use any photographs, motion pictures, recording and any other record of this event for any legitimate purpose. I have read the information provided and certify my compliance with my signature below. I also understand my entry fee is non-refundable. Parents must sign for you if you're under 18 years old.

Name of Participant _____ Signature of Participant _____ Date _____