



# 5<sup>th</sup> Annual Anchor Run 5K

Saturday, May 13th  
Pennsylvania House  
Naval Station Norfolk

Packet pick up: 1630, Fri and 0700, Sat  
Race starts: 0800

**Must have valid Base access**

- Command with greatest representation presents a named scholarship on behalf of their command at the scholarship award ceremony in June
- Top Male and Female runner's name engraved on "Fleet" Foot Trophy
- Medals for top male and female runner in each age group and overall

## Individual Registration -circle your choice-

Early (15 March-31 March)	\$25/entry
Regular (1 April-30 April)	\$30/entry
Late (1 May-12 May)	\$35/entry
Race Day (13 May)	\$45/entry

## Team/Command Registration (BEST DEAL after 31 March!)

-circle your choice-

4 pack \$100 (\$25/entry)  
6 pack \$140 (\$23.33/entry)

**T-Shirt and goodie bag guaranteed if you register before 1 May.**



### Please fill in ALL of the following information:

Entry #1:  
Name: \_\_\_\_\_  
Sex: M\_\_ F\_\_      Age: \_\_\_\_  
Email: \_\_\_\_\_  
Command: \_\_\_\_\_  
T-shirt size (adult sizes only): S M L XL XX

### Please fill in ALL of the following information:

Entry #2:  
Name: \_\_\_\_\_  
Sex: M\_\_ F\_\_      Age: \_\_\_\_  
Email: \_\_\_\_\_  
Command: \_\_\_\_\_  
T-shirt size (adult sizes only): S M L XL XX

### Please fill in ALL of the following information:

Entry #3:  
Name: \_\_\_\_\_  
Sex: M\_\_ F\_\_      Age: \_\_\_\_  
Email: \_\_\_\_\_  
Command: \_\_\_\_\_  
T-shirt size (adult sizes only): S M L XL XX

### Please fill in ALL of the following information:

Entry #4:  
Name: \_\_\_\_\_  
Sex: M\_\_ F\_\_      Age: \_\_\_\_  
Email: \_\_\_\_\_  
Command: \_\_\_\_\_  
T-shirt size (adult sizes only): S M L XL XX

Sponsored by:





## Anchor Run 5K Waiver

**Registration is NOT complete unless this waiver has been signed.  
If registering a team, waivers can be signed at packet pick up or the day of the race.  
NO SIGNED WAIVER, NO ENTRY, NO EXCEPTIONS**

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignUp.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent/Guardian signature (if under 18) \_\_\_\_\_

**If registering a team, please have team members sign below (if possible). If team members are not able to sign the waiver at the time of registration, they will have to sign the waiver at packet pick up or the day of the race. No waiver, no entry, no exceptions.**

Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent/Guardian signature (if under 18) \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent/Guardian signature (if under 18) \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent/Guardian signature (if under 18) \_\_\_\_\_

**Send completed registration and payment to:**

**ASF/Anchor Run  
4966 Euclid Rd, Suite 109  
Virginia Beach, Va. 23462**