



# Earth Day SAPR 5K RUN/WALK

**THURSDAY, APRIL 20, 2017**

**10:00 a.m.** ..... Check in at the Beach House

**11:00 a.m.** ..... 5K Run Begins

**11:15 a.m.** ..... 3K Walk Begins

*at the Beach House on Cedar Point Road*



The Navy's Sexual Assault Prevention and Response (SAPR) Program is designed to meet the needs of victims of sexual assault. One important aspect of the program is victim advocates. NAS Patuxent River has more than 50 advocates who are specially trained volunteers who:

- Respond immediately to victims (24/7)
- Explain reporting options
- Accompany victims through medical, investigative and legal procedures
- Provide information and referrals

SAPR ensures all victims of sexual violence are treated with respect, dignity and sensitivity

## **COSTS**

- **FREE** without a T-shirt
- **\$10** with a T-shirt
- **\$12** with a XXL Shirt

**PRIZES:** First place finishers male & female divisions in the 5K Run only.

**ELIGIBILITY:** All station employees and their family members.

**COURSE:** The course begins at the Beach House, proceeds along Cedar Point Road turning left on Bronson Road to the turnaround and returns to the recreation area. The walk also begins at the Beach House and proceeds to Bronson Road and returns to the recreation area.

**REGISTRATION:** Everyone who enters the run/walk will be eligible for door prizes (must be present to win). All registration forms must be dropped off at the Fitness and Sports Office, located inside the Drill Hall. Those registering by **Friday, March 31**, are guaranteed a T-shirt before the run/walk. A limited number of T-shirts will be available at the run/walk for those who did not preregister.

## **FOR MORE INFORMATION**

For more information about the run/walk, call the Fitness and Sports Office at (301) 757-3943. For information about SAPR, call Gloria at (301) 580-8212.



*Come show your support for this important program!*



## **EARTH DAY 2017 FUN RUN/WALK ENTRY FORM**

Name \_\_\_\_\_ Shirt Size (circle one)    S    M    L    XL    XXL

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Daytime Phone Number \_\_\_\_\_

☐ Run with T-shirt

☐ Walk with T-shirt

☐ T-shirt only. I am not participating in the Run/Walk.

☐ Run/Walk without T-shirt

**RELEASE CERTIFICATION** - *You must read and understand the following statement before signing and submitting an entry.*

I assume entry into this race at my own risk and understand that running a road race is a potentially hazardous activity. In consideration of the acceptance of my entry, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for losses or damages I may have or hereafter accrue to me against the sponsors and any and all individuals and groups involved in the coordination and operation of the Naval Air Station Earth Day 5K Fun Run/3K Walk, their representatives, successors, and all injuries suffered by me in this event, including those which may be attributable to weather conditions or vehicles. I agree to abide by the decisions and judgment of race officials regarding my removal from the race course for medical or other valid reasons which they determine to be in the best interest of a safe race for all runners.

I affect and verify that I am physically fit and have trained for this race.

Signature \_\_\_\_\_ Date \_\_\_\_\_