

NAS PATUXENT RIVER

# 10 mile **RELAY RACE**

**Friday, March 16**

Rain Date: **Friday, March 23**

Time: **11:30 am**

**Drill Hall, NAS Patuxent River**

**All with base access eligible**

**Active-duty — FREE**  
(\$10 to purchase a T-shirt)

**All others — \$10**  
(Cost includes T-shirt)

The 10-mile course runs along the beautiful Patuxent River. Teams will be comprised of two to five runners. Each runner will run 2 - 8 miles, depending on the teams size. Each team will designate a team captain.

Hand-off/water stations will be located every 2 miles. Baton passes must be at these designated stations. Racers are responsible for transportation to the start location of their leg of the race.

Download team registration form at **[www.NavyMWRPaxRiver.com](http://www.NavyMWRPaxRiver.com)**. Deliver completed form to the Fitness Center at the Drill Hall by Friday, March 9.



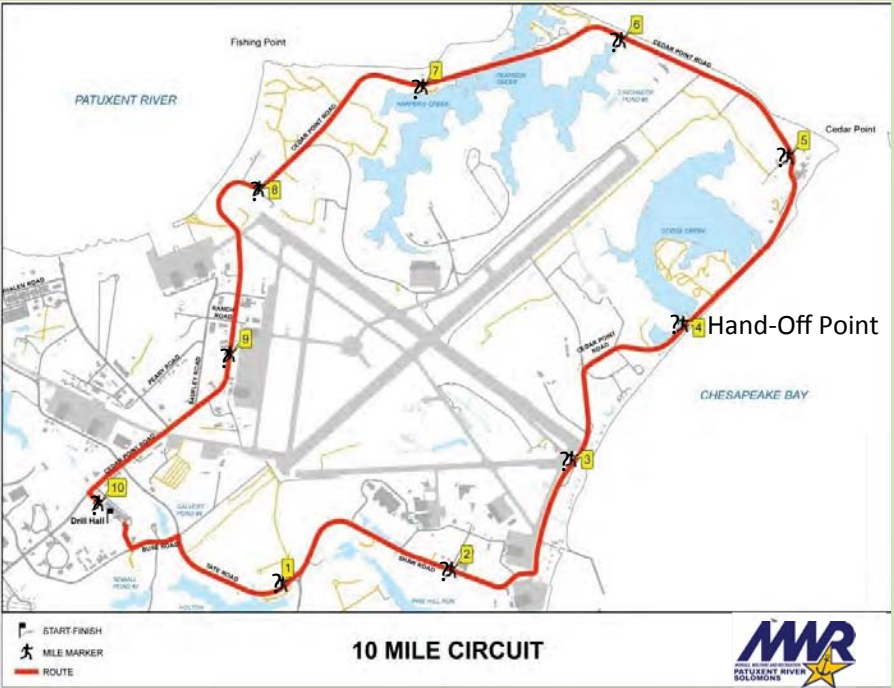
**THERE MUST BE A MINIMUM OF 10 TEAMS REGISTERED  
BY SUNDAY, MARCH 11 OR THE RACE WILL BE CANCELLED.**

For more information, call (301) 757-3943 or (301) 995-3869.

NAS Patuxent River 10-Mile Relay Race  
 Friday, March 16 (rain date Friday, March 23  
 Competition begins at 11:30 a.m.; Drill Hall

The race is a 10-mile course that runs along the beautiful Patuxent River. Teams will be two to five runners and each runner will run 2-8 miles, depending on the team’s size. Each team must designate a team captain. Awards will be presented for each division (male, female and co-ed) for first-, second- and third-place.

Hand-off/water stations will be located every 2 miles. Baton passes must be at these designated stations. Racers will be responsible for transportation to the start of their leg of the race.



ELIGIBILITY: Open to all station personnel. I.D. required for proof of eligibility.

REGISTRATION: Register at the Fitness and Sports Office located in Room 10 of the Drill Hall.

CONTACT: For more information call (301) 757-3943 or (301) 995-3869.

COST: FREE for active-duty, \$10 if they want a T-shirt. For everyone else \$10 includes race and T-shirt. The course will be 10 miles with 5 hand-off and water stations every 2 miles. Teams must pass the baton at a designated station.

RELEASE CERTIFICATION: I, the undersigned, hereby release, remise and forever discharge the United States of America and all agents, representatives and employees, thereof, and their successors, from any and all claims and damage whatsoever which I, my heirs, executors, administrators, have or may have against the United States of America, its agents, representatives or employees, by reason of any damages or injuries which may have been I myself/family members in the use of the recreational facilities located aboard and operated by the Naval Air Station, Patuxent River, MD.

PHOTO POLICY: On occasion, a MWR team member may photograph or videotape participants utilizing MWR facilities or participating in recreational programs. These photographs are for MWR use only and may be used in publications, brochures, pamphlets, flyers or video productions.

Team Captain Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Team Name: \_\_\_\_\_

Leg	T	Name	CIV/ Active Duty	Phone#	M/F	Phone#	Signature
1	S M L XL						
2	S M L XL						
3	S M L XL						
4	S M L XL						
5	S M L XL						

\*Participants under 16 years of age must have parent/guardian’s signature  
 Parent/Guardian Signature \_\_\_\_\_ Name of Child \_\_\_\_\_