Fleet & Family Readiness

EARTHDAY 5k RUN/3k WALK

in support of SAPR

THURSDAY, APRIL 23, 2015

10:00 am .....Check in at the Beach House
11:00 am - 5K Run Begins / **11:15 am** - 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 are the Victim Advocates. Patuxent River Naval Air Station has over 30 advocates who are specially trained volunteers that support victims by:

- Responding immediately to victims (24/7).....301-481-1057
- Explain reporting options
- Accompanying victims through medical, investigative and legal procedures
- Provide information and referrals

The SAPR program ensures that all victims of sexual violence are treated with respect, dignity and sensitivity.

COSTS • **FREE** without a T-shirt • **$12** with a T-shirt • **$14** 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 will be eligible for door prizes (must be present to win door prizes). All registration forms must be dropped off at the Fitness and Sports Office, located inside the Drill Hall. Those registered by April 4 are guaranteed a T-shirt prior to the race. A limited number of T-shirts will be available on April 3, 2015.

FOR MORE INFORMATION

- For information on SAPR contact Gloria Arteaga at (301) 757-1867.
- Call the Drill Hall Fitness and Sports Office at (301) 757-1194 / 757-3943.

FFR Earth Day RUN/WALK in support of SAPR - 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 _____

ENVIRONMENTAL OPEN HOUSE WILL BE HELD INSIDE THE BEACH HOUSE