

THE PATUXENT RIVER

10 mile

RELAY RACE

March 20, 2015

Rain Date: **March 27, 2015**

Time: **11:30 am**

Cost: **FREE** for active duty,
\$10 for T-shirt.

Location: **Drill Hall**

Eligible Patrons: **All station personnel**

Registration: **Fitness and Sports Office by March 13, 2015**

The Patuxent River Relay Race is a 10 mile course that runs along the beautiful Patuxent River waters. Teams will be of 2-5 runners, and each runner will run between 2-8 miles, depending on team size. Each team will designate a team captain.

Racers will be responsible for transportation to the start of their leg of the race.

The course will be 10 miles with 5 hand-off & water stations every 2 miles. Teams must pass the baton at a designated station.

Go to www.cnrc.navy.mil/Patuxent/FleetAndFamilyReadiness/FitnessandSports/index.htm to download Registration form.

THERE HAS TO BE A MINIMUM OF 10 TEAMS REGISTERED BY MARCH 13th OR THE RACE WILL NOT GO ON.



For more information call 301-757-3943 or 301-995-3869

NAS Patuxent River 10 Mile Relay Race

March 20, 2015

Competition begins at 11:30 a.m.; Drill Hall

The Patuxent River Relay Race is a 10 mile course that runs along the beautiful Patuxent River waters. Teams will be of 2-5 runners, and each runner will run between 2-8 miles, depending on team size. Each team will designate a team captain. Awards will be given for each division (male, female and co-ed) for 1st, 2nd and 3rd places. 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. Register at the Fitness and Sports Office located in Rm 10 of the Drill Hall.

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

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 & 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 signature

Parent/Guardian Signature _____ Name of Child _____