

Proud  
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**WOUNDED WARRIOR  
PROJECT**

*Wounded Warrior  
Project*

*5K & 10K Run*

Hosted by the Fort Monroe Spouses' and Civilians' Club

*Saturday, April 24th 2010*

*Fort Monroe, VA*



**Race Day Schedule:**

(No Rain Date/No Refund)

Registration Opens: 0600

Registration Closes: 0745

5K Run/Walk: 0800

10K: 0830

**Location**

Race day registration and awards ceremony at the Bay Breeze Community Center, 490 Fenwick Road, Fort Monroe, VA

**Early Packet Pick-up:**

Late registration and pre-registration packet pick-up will be held Fri., Apr 23rd from 2-8 PM at the Fort Monroe Fitness Center.

**Course:**

The 5 & 10 K race will begin at the Bay Breeze Community Center, the course is very scenic and flat it will run the perimeter of Fort Monroe and back.

**Kids Fun Run will be on the Fort Monroe Beach!**

**5K & 10 Awards:**

Top 3 overall, 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 & over

**Team Awards:**

Highest Fundraising Team, Most Team Spirit,

**Tons of Fun:**

Enjoy the most beautiful run in Hampton Roads, Prizes, Food and meet some of our Hero's ! Live Music by the Phun Doctor's

Early Registration \$20  
Early Registration w/ Upgrade Technical Shirt \$35  
Early-pre entry ends Feb 1st

Registration Feb 2nd-April 23rd \$25

Race Day Registration \$35  
Kids Fun Run \$10

\*\*\*\* Register On-line at [Active.com](http://Active.com) \*\*\*\*\*

**Volunteers Needed!**

If you would like to volunteer, sponsor, or contribute please

Contact Sarah Ezell at 467-1695 or by email at [sarah.ezell@archersolutions.net](mailto:sarah.ezell@archersolutions.net)



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# Wounded Warrior Project 5K & 10K Run

## The Wounded Warrior Project

Seeks to assist those men and women of our armed forces who have been severely injured during the conflicts in Iraq, Afghanistan, and other locations around the world. From the battlefield to their bedside, WWP is there to meet the needs of our wounded heroes:

- to provide them with unique programs and services;
- raise awareness and enlist public support;
- provide a means for veterans to help each other; and
- Wounded Warrior Project is a nonprofit organization.

Please consider supporting our initiative to honor and support our veterans. Your generous donation to our fundraiser will help the wounded soldiers returning home from the current conflicts and will provide direct assistance to their families as well. Our wounded warriors deserve and appreciate the support. **For more information about The WWP please visit: [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)**

**Make checks payable to: FMSCC**  
Attn: WWP 5 & 10K Run

**Mail entries to:** Fort Monroe Spouses' & Civilians' Club  
P.O. Box 51114  
Fort Monroe, VA 23651

### Race Registration Form

(Please Print-Fill out completely to ensure prize eligibility)

**Please Circle One:**    5K                      10K                      Kids Fun Run

**Technical shirt (Only until 1 Feb -\$35)**

Name \_\_\_\_\_ E-Mail: \_\_\_\_\_

Team Name \_\_\_\_\_ (All Team entries mailed in together)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Age (Race Day) \_\_\_\_\_ Please Circle Male Female

Adult Shirt Size:    S      M      L      XL      Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Additional DONATION: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

**T-shirts guaranteed to the first 1000 registered**

I understand that running a road race is potentially a hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to; falls, contact with other participants, the effects of the weather including heat, cold, humidity, traffic, conditions of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Fort Monroe, Kale Running, Wounded Warrior Project, RRCA, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that strollers, skate boards, roller blades, head phones, and dogs on leashes are not allowed in this race and I will abide by these guidelines. This promotion is sponsored by the Fort Monroe Spouses' and Civilians' Club which is solely responsible for its fulfillment. The 'Wounded Warrior Project' name and logo is used by permission.

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

(Parent's signature if under 18)

\*\*\*Applications without signed waivers can not be processed\*\*\*