Norfolk Naval Shipyard
Callaghan Fitness Center

3rd Annual Red, White & Blue Health Fair

5k Run

Callaghan Fitness Center

Wednesday, September 1

MWR Mid-Atlantic Region Fitness & Sports

- Registration starts at 10:30 a.m.
- Run starts at 11:30 a.m.
- T-shirts to the first 150 pre-registered runners.
- Refreshments will be served after run.

Divisions

Men and Women
29 and under
30 to 37 years
38 to 44 years
45 to 49 years
50 & over

3rd Annual Red, White & Blue Health Fair 5k Run

Thursday, September 1
Callaghan Fitness Center

MWR Mid-Atlantic Region Fitness & Sports

Drop off or mail entry to:
NNSY Callaghan Fitness Center
Bldg. 310
Portsmouth, VA 23709

Name (Last, First, MI) Leave space between name

Age

Phone Number (include area code)

Sex

Command

I know that running a road race is a potentially hazardous activity. I should not enter the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to, falls, contacts with other participants and the effects of weather. I grant permission to use any photographs, video recordings, or any record of this event for legitimate purposes. I hereby give Navy Morale, Welfare and Recreation, their agents and employees the right to inspect and/or approve the photograph, audiotapes and/or videotapes for promotional, marketing or educational purposes, without any limitation, reservation or compensation, other than the receipt of which is hereby given. This consent is given for any photographs, audiotapes and/or videotapes which have been taken, about to be taken or will be taken.

Signature _____ Date _____

Call 396-2770 for more details.