

# NAS Oceana Fitness and Sports 2004



**Wednesday, September 29**  
**Run starts at 11:30 a.m.**

**F-14 flyover prior to the start of race!**

## ELIGIBILITY

Open to active duty personnel, retirees, family members, reservists and DoD civilians.

## AGE GROUPS & DIVISIONS

Men 29 and under, 30-37, 38-44, 45-49, 50 & over.

Women 29 and under, 30-37, 38 & over.

## AWARDS

Awards will be given to the top two men and women in each age division.

## T-SHIRTS

T-shirts for the first 225 preregistered by 3:30 p.m. Friday, September 24.

## ENTRY FORMS

Participants may also register the same day as the event at 10 a.m. in the gymnasium, building 545.

**For more information, call 433-3302.**



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

Age on race day

Phone Number (include area code)

Sex

Base

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, recruiting 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 \_\_\_\_\_