SPECTRUM CHALLENGE 10K RUN
21 AUG 2004, 0800, GREENBURY POINT, ANNAPOLIS

Course Description: The 10K Run course is a mixture of blacktop roads and trails on Naval Station Annapolis. There are several hills during the 3rd mile. The course ends in a loop around Greenbury Point Nature Center with an excellent view of the Bay Bridge.

Registration: Complete the registration form and mail with check **To: MWR, For: Spectrum Challenge 10K Race, 2004 Turbot Landing, Bldg #120, Naval Station Annapolis, MD 21402** by 14 Aug 2004. Cost: $10 for pre-registration (before 14 Aug 04) and $12 on race day. T-shirts will be guaranteed to all pre-registered runners. Race day registration will be from 0645-0740.

Packet Pick-up: Race day near the Start/Finish line from 0645-0740.

Prizes: 10K Run Overall Male/Female. Top three 10K finishers for men and women in each age group (19 & under, 20-29, 30-39, 40-49, 50+).

Refreshments: Bagels, Fruit, Gatorade, Water

Directions to Greenbury Point: From East and DC: Take Rte 50E to Exit #27 (MD 450 S). See "From MD 450 S" below.

From North and Baltimore: Take MD Rte 2 South. Follow signs to Naval Academy. Turn left on MD 450 S.

From MD 450 S: Follow MD 450 down the hill. Turn left at light immediately before the Naval Academy Bridge onto Baltimore-Annapolis Blvd. The Naval Station is across the Severn from USNA. Stay straight, road will turn into Greenbury Point Rd. Go past USNA Golf Course until you see signs for parking.

POC's: (Race Director) CPT Thomas Addyman addyman@jsc.mil 410-293-4956; Tony Figlia Figlia@usna.edu 410-293-9210; Dale Bogle bogle@jsc.mil; 410-293-9821; Lori Marino Marinol@jsc.mil 410-293-2772
To volunteer for race support, contact CPT Thomas Addyman or Tony Figlia.

NAME _____
(Last) (First) (Initial)
ADDRESS _____
(Street) (City) (State) (Zip)
PHONE _____ Email_____
MALE ( ) FEMALE ( )
AGE _____ T-SHIRT SIZE: MEDIUM ( ) LARGE ( ) EXTRA LARGE ( )

LIABILITY WAIVER

Liability & Publicity release (Each runner MUST SIGN before mailing entry):
I, intending to be legally bound, do hereby, for myself, my heirs, executors, and assigns, waive, release and forever discharge any and all rights and claims for damages that I may have or which may hereinafter accrue to me against the Joint Spectrum Center, Naval Station, Naval Station MWR, its agents, officers, employees, sponsors, their representatives or successors arising out of my association with or participation in the Spectrum Challenge event. I know that participating in a road race is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I understand that I do not need a physical examination to qualify to run the Spectrum Challenge Run and that I participate at my own risk. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, the conditions of the road, and the danger of injury or even death, all such risks being known and appreciated by me. I hereby consent to emergency treatment in the event of my injury or illness. I understand that if I do not participate in this race or if this race cannot be held because of an act of God or circumstances beyond the Spectrum Challenge Race's control, any expenses incurred or entry fees paid by me to participate will not be refunded. Information is solicited in accordance with DOD and Military Privacy Programs (32CFR 310;505). Information provided will be compiled and utilized for purposes of administering, scoring, and promoting the annual Spectrum Challenge Race. Occasionally, the Spectrum Challenge mailing lists are provided to sponsors for legitimate business purposes such as runner photo proofs. * I hereby grant the Spectrum, Challenge Race and its sponsors full use of all information submitted in my application. I release rights to all photographic material, motion pictures, recordings, and any other record of this event to the forgoing to be used for legitimate purposes without any obligation or compensation to me. All persons under 18 years of age, unless emancipated, must have the written consent of a parent or legal guardian to compete in the Spectrum, Challenge Race. I the undersigned parent or legal guardian do hereby consent to the applicant's participation and waive and release all rights and claims for damages as is more fully set forth above. I understand that the Spectrum Challenge Race reserves the right to reject any entry.

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Patron's Signature (Parent or Guardian if under 18) Date

Major corporate sponsors are Alion Science and Technology, Harris Corporation (neither the Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services).