# Fort Belvoir Spring into SPRING 5mi & 5k Run

## Sunday, 18 April 2010 ~ 8 a.m. ~ Pullen Track

**Entrance Fee:** **$15.00 in advance**
**$20.00 after 1 April 2010**
***Check payable to IMWRF***

**LIMITED TO THE FIRST 300 PARTICIPANTS**
Open to military and non-military personnel. Non-military must use main gate for entrance to Fort Belvoir.

_____
First Name Last Name

_____
Address

_____
City State Zip

_____
Age Birth Date Sex

_____
E-mail

T-shirt Size (circle one): Small Medium Large X-Large

Emergency Contact Name & Phone Number: _____

**Mail check and this signed application to**:
ATTN: Sheila Edwards
MWR Sports Director
5820 21st Street Suite 203
Fort Belvoir, VA 22060

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**WAIVER STATEMENT:** I, the undersigned, realize that participating in the Ft. Belvoir Spring Run is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to safely completing the run. I assume all risks associated in participating in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all such risks being known and approved by me. Having read this waiver, and knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release the Ft. Belvoir Spring Run officials, all sponsors, their representatives and successors from all claims of liability of any kind arising out of my participation in this event. I further grant permission to the above named race, and/or agents authorized by them, to use any photographs, video tapes, motion pictures, or other records of the event for any reasonable purpose. All race entries are non-refundable. We reserve the right to reject entries.

x_____ Date _____
Signature