



A Ruck to Remember

Where: Veterans Memorial Park

When: Saturday, February 10th Start Times: Safety Brief 0715
20K-0730, 10K-0740, 5K-0750

Details: Start at Veteran's Memorial Park and finish at The Gold Star Mother's Memorial Garden between the Main Post Chapel and the Spiritual Life Center (SLC).

Three Routes are available. 5K "Survivor" Route, 10K "Remembrance" Route and the 20K "Gold Star" Route

Email lee.m.richards4.civ@army.mil for route maps

- Optional: Pre-Order T-Shirt - \$20
- Optional: Velcro Event Patch - \$12

- **DEADLINE** for Pre-orders is **01/26/2023**

****All proceeds will go to Survivor Outreach Services****

Pre-Registration:

Pre-registration is highly recommended.

Registration forms will be at both the Fortenberry-Colton Physical Fitness Center and the Fort Novosel Physical Fitness Center, and available to print off on the MWR website

Registration forms can be processed at either Physical Fitness Center. If necessary, payments may be accepted in the form of CASH, CHECK or Credit Card at both locations or online.

Questions? Contact Lee Richards
phone: 334-255-9639
email: lee.m.richards4.civ@army.mil

A Ruck to Remember 5K/10K/20K

Saturday, February 10th 0715



ENTRY FORM

Ruck only - No Charge

Circle preferred shirt size - \$20

Small

Medium

Large

X-Large

XL(add \$2)

Velcro Patch - \$12/ea

Quantity: _____

RELEASE & HOLD HARMLESS AGREEMENT DEPARTMENT OF MORALE, WELFARE, AND RECREATION

I know that running a ruck march is a potentially hazardous activity. I should not enter and ruck unless I am medically able and properly trained. I agree to abide by any decision of a event official, relative to my ability to safely complete the ruck. I assume all risks associated with rucking, in this event including, but not limited to, falls, contact with other participants, the effects of the weather (including cold and/or precipitation), traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Department of Morale, Welfare, and Recreation Fund and the United States Government, from any liabilities or claims arising from my own participation. I agree that I will never prosecute, or in any way aid in prosecuting any demand, claim or suit against the United States Government for and loss, damage or injury to my person or property that may occur from any cause whatsoever because of taking part in this activity. I also understand and agree that I may be held liable for any damage or loss to the United States Government that is caused by my gross negligence, willful misconduct, or fraud.

PLEASE PRINT CLEARLY

Select Route: (5K/10K/20K) _____

Last Name: _____ First: _____

Phone: _____ Email: _____

Signature: _____ Date: _____

(Parent or Guardian must sign if under 18.)

United States Government, as used here, includes Morale, Welfare, and Recreation Activities (MWR) and officer, Agency or employee of the United States Government or MWR Activities acting officially or otherwise. Entry forms can be processed and paid for (with Cash, Check or CC) at either Physical Fitness.

Please do not write below this line. To be completed by MWR Staff

- Information has been confirmed
- Form is complete

Staff name

Date received