



**DATE AND LOCATION:**

11 March 2023

Anderson Field House | 643 Dickman Street | Fort Eustis, VA 23604

Registration Fee  
BEFORE 01 MAR

**\$30**

Registration Fee  
ON/AFTER 01 MAR

**\$40**

**11 MARCH 2023 TIMELINE:**

**0700 – 0815:** RUCK Day of Registration, Packet Pick Up, and Weigh-Ins | **0830:** RUCK START

**0730 – 0845:** RUN Day of Registration and Packet Pick Up | **0900:** RUN START

Day of Event Registration Fee **\$45**

**REGISTRATION DETAILS:**

- In-Person registration at Anderson Field House and McClellan Fitness Center
- \*Please make checks payable to: FE FITNESS
- Register on line at Active.com
- \* Search "Fort Eustis 10K Run and Ruck"

**AWARDS:**

- Awards: top 3 male and female overall winners in each category will receive an award
- T-shirts and medals guaranteed for the first 200 participants
- Awards Ceremony will be at 1030

**IMPORTANT INFORMATION:**

- Please be aware of Base Access requirements. We will be assisting with providing Base Access to those who need it.
- \*If you need Base Access, you MUST be registered by 22 FEB.
- Online Registration Deadline: 10 MAR at 1200
- There will be in-person registration the day of the event
- No refunds under any circumstance
- 10K Course Certified through the USATF

**RUCK INFORMATION:**

- 10K Ruck REQUIRES a ruck sack/backpack to be carried for the entire duration of the race. Ruck sack and participants will be weighed at both the Start and Finish of the race.
- \*Participants will be required to provide their own ruck sack/backpack and weight for the race.
- Ruck sack weight varies by body weight:
  - 160 lbs and up: 45 lb ruck sack
  - Below 160 lbs: 35 lb ruck sack

LAST NAME: \_\_\_\_\_ | FIRST NAME: \_\_\_\_\_ | M.I. \_\_\_\_ | PTC MEMBER (circle): Y / N

STREET ADDRESS: \_\_\_\_\_ | CITY: \_\_\_\_\_ | STATE: \_\_\_\_ | ZIPCODE: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ | GENDER (circle): M / F | SELECT RACE (circle): 10K Run / 10K Ruck

WEIGHT IN LBS: Ruck ONLY \_\_\_\_\_ | SELECT CATEGORY (circle): AD Military / Retired Military / Dependent / Civilian

AGE ON RACE DAY: \_\_\_\_\_ | EMAIL: \_\_\_\_\_

T-SHIRT SIZE (circle): ADULT Sml Med Lrg XL XXL | AMOUNT OWED: \$ \_\_\_\_\_

**Participants Agreement Waiver, Release, & Acknowledgement**

All participants are required to sign this waiver:

I know running a road race is a potentially hazardous activity. I should not enter to run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risk associated with running in this event including, but not limited, falls, contact with other participants, the effects of the weather, including heat or humidity, traffic and the conditions of the road, and 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 U.S. Government and/or its officers, the Peninsula Track Club, Road Runner Club of America, race officials, volunteers and all sponsors & their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I UNDERSTAND THAT THIS RACE IS NOT FOR INDIVIDUALS WITH SKATEBOARDS, OR ROLLER BLADES. NO DOGS, STROLLERS ALLOWED. This is a road race conducted under the rules of USATF.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_