 

- 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

**RUCK INFORMATION:**

- In-Person registration at Anderson Field House and McClellan Fitness Center

 \*Please make checks payable to: FE FITNESS

- Register online at eventbrite.com

 \* Search “Fort Eustis 10K Run and Ruck”

**REGISTRATION DETAILS:**

- Awards: top 3 male and female overall winners in each category will receive an award

- T-shirts and medals guaranteed for the first 150 participants

- Awards Ceremony will be at 1000

**AWARDS:**

- 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 23 FEB 24.**

- Online Registration Deadline: 8 MAR 24 at 1200

- There will be in-person registration the day of the event

- No refunds under any circumstance

- 10K Course Certified through the USATF

**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 / 10K Ruck

**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: \_\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**DATE AND LOCATION:**

9 March 2024

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

**9 MARCH 2024 TIMELINE:**

**0700 – 0800**: Day of Registration, Packet Pick Up, and Ruck Weigh-Ins

**0815**: RUCK START | **0830**: RUN START

Registration Fee

BEFORE 11 FEB 24

**$30**

Registration Fee

ON/AFTER 12 FEB 24

**$35**

Day of Event Registration Fee **$40**

**IMPORTANT INFORMATION:**