

280th Special Operations Communications Squadron

Partnering with Macy Easom Cancer Research Foundation

2017 Minuteman 5K Trail Run/Walk Saturday 1 April 2017

For the second year in a row, the 280SOCS Minuteman 5K Trail Run is partnering with the Macy Easom Cancer Research Foundation. In addition to helping our deployed unit members and their families we are helping this worthwhile foundation. Early bird registration for the 5K Trail Run/Walk begins on February 1. Complete form, sign the release statement, make checks for \$15.00 payable to **280SOCS**, and mail to: Minuteman 5K, c/o SSgt Shanta Beasley, 209 Wallace Drive, Dothan, Alabama 36303. Entries must be postmarked by March 23, 2017, which ends the early bird registration.

Registration will be open on the day of the run for \$20.00 cash or check and \$22.00 debit or credit. Taking advantage of early registration will ensure you receive correct size of the Minuteman 5K **Tri Blend** T-shirt.

Trail Run Awards: Overall Male and Female, Male and Female Master (40+), Male and Female Grand Master (50+), Male and Female Senior Grand Master (60+), and the top three male and female in age groups -14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70-.

Health Walk Awards: Top five male and female walkers (no running!)

Event Times:

Minuteman 5K run: 8 AM (pre-registration 7 AM)

Walk: 8:02 AM (pre-registration 7 AM)

Awards: 9:30 AM

For more information contact: Shanta Beasley at 334-340-8616 or email to Shanta.M.Beasley.mil@mail.mil
Or Amanda Foy at 334-340-8628 or email to Amanda.D.Foy.mil@mail.mil

----- Detach Here -----

Last Name _____ First Name _____ Male or Female (circle one)

City _____ State _____

Age (day of race) _____

T-shirt Size (circle one) S M L XL

Release Statement must be signed in order to participate!

RELEASE STATEMENT

This release and waiver is executed on this day. Knowingly, and at my own risk, I am participating in the Minuteman 5K or Health Walk. I understand participation in this event is potentially hazardous, and I should not enter or participate unless I am medically able and properly trained. In consideration of acceptance of entry, I assume full and complete responsibility for any injury or accident of any kind which may occur while I am traveling to or from event, during event, or while I am on the premises of the event. I am also aware of and assume all risks associated with participation, including but not limited to falls, contact with other participants, and effect of weather, traffic and condition of roads. I hereby, for myself, my heirs, executors, administrators and assignees, and anyone entitled to act on my behalf, waive, release and forever discharge 280SOCS, the City of Dothan, Alabama, the Dothan Runners Club, event organizers, sponsors, promoters and each of their agents, representatives, successors and assigns, and all other persons or organizations associated with the event, for all my liabilities, claims, actions, or damages, that I may have against them arising out of or in any way connected with participation. I understand this waiver includes any claims, whether caused by negligence, action or inaction, of any above parties, or otherwise. I hereby confirm that I am physically fit and qualified to participate in this event and that I am at least 18 years of age or have had this release signed by my parent or legal guardian if I have not reached the age of 18. I agree to abide by any decision that is made by a race official, and if I choose not to, I will be banned from participating in the Minuteman 5K. I also give the permission for the free use of my name and picture in any written account, broadcast or telecast of the event.

Participant Name _____

Participant Signature _____

Date _____

The undersigned parent or guardian hereby consents to the applicant's participation and waives and releases all rights and claims for damages as is more fully set above.

Parent/Guardian

Name (Print) _____

Parent/Guardian Signature _____

Date _____