



6th ANNUAL CAPTAIN CHUCK CORNETT NAVY 10K RUN & 5K WALK NAVAL AIR STATION JACKSONVILLE

SATURDAY, APRIL 2, 2011; 8 A.M.

ENTRY FEES and REGISTRATION

\$15 - Military (Active Duty, Dependents, Retirees, Reservists) & runners under 12 years of age until Monday, March 21

\$20 - Authorized base personnel (DOD) & general public until Monday, March 21

\$25 - Race day entry for all runners (must have base access)

- » Make checks payable to MWR Fitness
- » Use the attached entry form and mail to: MWR Fitness, Navy Run, Box 14, Naval Air Station Jacksonville, Jacksonville, FL 32212-5000, or take entry form in person to the Base Gym (Bldg. 614) located on Gillis St., NAS Jacksonville.
- » Registration for those with base access will also take place at the Holiday Inn Hotel and Suites located at 620 Wells Rd. on Friday, April 1 from 11:30 a.m. - 7 p.m.

**** Pre-registration for non-authorized patrons (general public) closes on Monday, March 21****

» Sorry, there are no refunds!

PACKET PICKUP

Packets will be available at the following locations:

- » Thursday, March 31 from 11:30 a.m. – 5 p.m. at the Navy Exchange Convenience Store Parking Lot for those with base access.
- » Friday, April 1 from 11:30 a.m.-7 p.m. at the Holiday Inn Hotel and Suites, 620 Wells Road, Orange Park
- » Saturday, April 2 from 6:30 - 7:45 a.m. at the Navy Exchange Convenience Store Parking Lot

All packets that are not picked up Thursday or Friday will be available on race day for pick up.

For more information www.1stplacesports.com
www.facebook.com/nasjaxmwr or Call (904) 542-2930/3239

BASE ACCESS

Those wishing to participate who do not have base access (general public) must return registration form on back with payment to address on form no later than Monday, March 21, 2011 to ensure receiving a base pass. All non-authorized base personnel (general public) that have pre-registered are encouraged to pick-up race packages at the Holiday Inn Hotel and Suites at 620 Wells Road in Orange Park on Friday, April 1 in order to receive the base pass. This will alleviate any possible delays on race day. Those who have pre-registered that do not pick up their race packets on Friday, may pick up base pass the day of the event at the NAS Jacksonville Pass and Decal Office parking lot, Bldg. 9, at the Yorktown Gate between 6:30 - 7:30 a.m. No base passes will be issued to non-authorized personnel (general public) who did not submit registration form by Monday, March 21.

PRE AND POST RACE EVENTS

Health Fair at the NEX Courtyard March 31 – April 2
Aerobics Zumba Demonstration in the NEX Courtyard March 31, 11 a.m. – 1 p.m.
Athletic shoe and apparel sale in the NEX Courtyard March 31 – April 2.

FREE Give-a-ways, beverages and entertainment by the Navy Band Southeast after the race!

AWARDS

10K: Awards will be presented to the top three men and women overall and to the top three masters male and females. Age-group awards will be presented to the top 3 finishers in each of the following male and female age groups: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75 & over.

NO AWARDS FOR THE 5K
Awards will be presented at 10 a.m.

TIMING

The race will be timed using the ChampionChip (chip must be worn on your shoe or ankle during the race). Your entry fee covers the cost of the chip rental. If you have your own chip, you need to enter your chip number on the entry form, and deduct \$2.00 from the entry fee.

DIRECTIONS

From the South: Take Highway 17 (Roosevelt Blvd) north from I-295. Enter base on right at the Yorktown Gate (Blue Angel at entrance). Proceed through the gate. Upon entering the base, go to first light and make a right. Make left into Navy Exchange (NEX) parking lot. Race site is located at far end of the parking lot.

From the North: Take Highway 17 (Roosevelt Blvd) south from I-10. Enter base on left at the Yorktown Gate (Blue Angel at entrance). Proceed through the gate. Upon entering the base, go to first light and make a right. Make left into Navy Exchange (NEX) parking lot. Race site is located at far end of the parking lot.

ABOUT THE COURSE

The 10K and 5K will start and run together at 8 a.m. in front of the NEX Mini Mart. Both races will finish in a common finish area. This is a beautiful course around the base. The course runs through stately oak and magnolia trees. Miles 1, 3 and 5 will be marked with digital clocks.

<h1 style="margin: 0;">NAVY RUN 10K & 5K WALK</h1> <h2 style="margin: 0;">OFFICIAL ENTRY FORM</h2>										Active	Retired	Reserve	DoD	Dep.	Guest	Official Use Only		
										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
<input style="width: 100%; height: 20px;" type="text"/>										<input style="width: 100%; height: 20px;" type="text"/>								
First Name					Last Name					Put your ChampionChip Number here and deduct \$2.00								
Age on race day	SEX	shirt size			10K Run	5K Walk												
<input style="width: 100%; height: 20px;" type="text"/>										<input style="width: 100%; height: 20px;" type="text"/>								
Street address										Include Apt.#								
<input style="width: 100%; height: 20px;" type="text"/>										<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>							
City										State	Zip Code							
<input style="width: 100%; height: 20px;" type="text"/>										<input style="width: 100%; height: 20px;" type="text"/>								
Telephone Number										Method of Payment								
										<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 100%; height: 20px;" type="text"/>						
										Cash	Check	Amount paid with entry						
<p>I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspect my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that I must return my "Champion chip transponder or I will be billed \$30.00 as replacement cost. I will abide by this guideline. 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 Organizers of this event and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.</p>																		

Our Proud Sponsors



*Neither MWR nor the U.S. Navy or any other part of the federal government officially endorses any company, sponsor, or its products or services.