



7th Annual Army "Hooah" 5K & 10K Road Race & Nordic Pole Walking (NPW) 5K Championships



In celebration of the US Army's 233rd birthday! A USATF certified course & Peachtree Road Race Qualifier

Saturday, June 14, 2008 5K - 7:30 A.M., 10K - 8:00 A.M.

THE COURSE: The 7th annual Army HOOAH Race is comprised of a 5K, 5K Nordic Pole Walk/Race and 10K Race on a point-to-point USATF certified course (flat and fast - perfect as a tune-up race for this year's Peachtree Road Race or to establish a qualifying time for the 2009 Peachtree Road Race). The 10K begins in College Park, at the Georgia International Convention Center on Highway 29. The 5K and 5K Nordic Pole Walk/Race begins in downtown East Point, at the East Point Library, near the East Point MARTA. Both races finish, at Hedekin Field, in Fort McPherson. A 50 & 100 yard Tot Trot Dash will take place prior to the awards ceremony and is free to children 10 & under (no free shirts, ribbons to all finishers). **PARKING:** Parking for the 10K race is available at the Georgia International Convention Center, while parking for the 5K/5K NPW is available in downtown East Point by the library. There is limited parking on Fort McPherson (for DOD registered vehicles only) so runners are encouraged to either take the MARTA to the start points or park at the areas designated above. Buses will be available to transport runners from the College Park MARTA Station to the 10K start point at the Georgia International Convention Center. The start for the 5K race is only 1/10 mile from East Point MARTA station so runners can walk to the start. Shuttle buses are available to transport runners back to each starting point after the race.

REGISTRATION:

- **Online registration starts 17 Mar 2008 and completes on 8 Jun 2008.**
- **Detailed race information is available online at www.armyhooahrace.army.mil/armyhooahrace. This includes a link to www.Active.Com.**
- **Mail-in registration and fee (\$15.00) to the address listed on the reverse page postmarked no later than 30 May 2008.**
- **Registration may be done in person at the Fort McPherson Leisure Activities Center or at any participating Foot Solutions Stores until 12 June 2008.**
- **Pick up your race number/packet at the race expo on 13 June 2008 (10:00 am - 8:00 pm) at the Georgia International Convention Center, 2000 Convention Center, College Park, GA. Late Registration at the expo is \$20.00**
- **Limited Race Day Registration.**

AWARDS: (All registered runners receive a T-Shirt)

- **Overall Male and Female, Male and Female Masters, and Male and Female Grand Masters finishers in each race and the top three Male and Female finishers in 14 age groups: 10 & 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 & over.**
- **Additional awards (10K only) : (1) Commander's Military Cup awarded to the 1st place military team – 5 persons, must include both genders; (2) 1st Place Civilian Team – 5 persons, must include both genders; and (3) Overall Male and Female military finisher**
- **Additional Awards (either race but 10K finisher takes precedence): (1) 1st Place Wounded Veteran Runner; (2) 1st Place Wounded Veteran Wheelchair; (3) 1st Place Civilian Wheelchair; (4) Most Patriotic Costume/Running Outfit; and (5) "Geritol Award" for both civilian and military entrants (Oldest finisher) and (6) 1st Place Overall, Masters, and Grand Masters 7) Nordic Pole Walking 5K Champions Awards.**

No application will be accepted without a signed waiver – See application on back

RELEASE FORM: For and in consideration of the acceptance of my entry in The 7th Annual Army Hooah 10K & 5K Road Race to be held on 14 June 2008, I attest that I am physically fit, have sufficiently trained for and am mentally and physically capable of participating in this 6.2 or 3.1 mile road race event. My participation is voluntary and is done at my own risk. I understand that participation in the 7th Annual Army Hooah 10K and 5 K Road Race is an inherently dangerous activity and that the risks of participating include, but are not limited to, death and serious bodily injury. I assume all risks associated with participating in this event including, but not limited to, the weather, to include high heat and humidity, conditions of the road and other race surfaces, falls, collisions, motor vehicle traffic, and the conduct of spectators and runners. I hereby, for myself, my heirs, my administrators and executors, personal representative and my assigns forever waive, release and discharge any and all rights and claims for damages and losses, whether monetary or otherwise compensatory, that I may have against, (i) the United States Army, its commanders, officers, Soldiers, employees, contractors, members, representatives and agents, (ii) any sponsors of the race, their representatives and successors, (iii) all 7th Annual Hooah 10K & 5K Road Race officials, participants, organizers, planners and volunteers and (iv) the cities of East Point and College Park for any injury sustained by me arising out of my association with, entry in, or participation in the 7th Annual Hooah 10K & 5K Road Race and any pre-, post- or other race related activity. I understand and agree that medical or other services rendered to me by or at the instance of any of the above parties is not an admission of liability to provide or continue to provide any such services and is not a waiver by any said parties of any right hereunder. I also acknowledge that should I require transfer to a medical facility, I must pay for such transportation and any treatment provided. I further agree now and forever to hold the above named and unnamed parties harmless and indemnify them for all claims, judgments, and costs of whatever nature and form. I agree to abide by all instructions from race officials and I agree to withdraw from the race if such official in his or her sole judgment and discretion determines that I should not participate because my participation poses a threat to the safety of myself or because I did not abide by any instruction given to me. I understand that any race entry fees paid by me are non-refundable. The non-refund policy applies to any cancellation of the race for weather or other circumstances deemed appropriate by the official race director.

Signature (Parent or Guardian if under 18)

Date

We would like to thank these 2008 U.S. Army Hooah Race Sponsors



If you are interested in sponsorship opportunities for the 2008 U.S. Army Hooah Race please contact MWR at (404) 464-4392

PRIVACY ACT STATEMENT

AUTHORITY. Title 10, U.S.Code Annotated, Sections 3012 and 3013. **PRINCIPAL PURPOSE.** To gather information and to register and contact participants in the Annual Army "Hooah" Road Race. **ROUTINE USES.** For coordination with prospective attendees. **EFFECT OF FAILURE TO PROVIDE REQUESTED INFORMATION:** Furnishing this information is voluntary, but failure to do so may delay or prevent registration.

7th Annual Army Hooah 5K & 10K Road Race – June 14, 2008 Registration Form

First Name _____ MI _____ Last Name _____

Street Address 1 _____

Street Address 2 _____

City _____ State _____ Zip _____

Phone _____ - _____ - _____ Adult T-Shirt Size: Small _____ Medium _____ Large _____ X-Large _____

Date of Birth Month _____ Day _____ Year _____ Male _____ Female _____ Military: Yes _____ No _____

Wounded Veteran: Yes _____ No _____ Wheelchair: Yes _____ No _____

E-mail Address: _____@_____

Please check the appropriate category for the individual competitors: 10K _____ or 5K _____ Nordic Pole Walking 5K _____

If registering for a team, please check one (only) of the following categories: For the Military or Civilian Team, are you the Team Captain: Yes _____

Military Team _____ 10 K Course only - 5 runners of both genders Team Name: _____

Civilian Team _____ 10 K Course only - 5 runners of both genders Team Name: _____

Mail this application and **signed waiver**, post-marked by, 30 May, 2008, with \$15.00 in cash or a check made payable to **MWR** to
Seventh Annual Army Hooah Race – Attn: Ms. Jean Harper
DMWR Financial Management (Garrison HQ -- BLDG 65)
1386 Troop Row SW.
Fort McPherson, GA 30330 – 1069