Fort Belvoir Pump 'N Run

Saturday, April 17, 2004
8 a.m. for registration and weigh-in
Graves Fitness Center

Age*	Men	Women
39 and under	100% of weight	70% of weight
40-49	90% of weight	60% of weight
50 and over	80% of weight	50% of weight

*Proof of age required

Lowest time wins. Time will be calculated by multiplying the number of times a competitor can bench press their body weight, in accordance with the above table, by 30 seconds and subtracting that time from the competitor's 5K run time.

Awards will be presented to the top five men and top five women. All competitors will receive a Pump N' Run T-shirt.

Entrance Fee: $10 prior to 15 March
$15 after 15 March and at the door
Check payable to MWR

LIMITED TO THE FIRST 200 PARTICIPANTS

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Age (as of 17 Apr 04) _____ Birth Date _____ Sex _____

E-mail _____

T Shirt Size (circle one): Medium Large X-Large

Emergency Contact Name & Phone Number: _____

Mail check and this signed application to: ATTN: CPT Yelverton
HQ BN Pump 'N Run
6089 Abbott Road
Ft. Belvoir, VA 22060

WAIVER STATEMENT: I, the undersigned, realize that participating in the Ft. Belvoir Pump N' Run is a potentially hazardous activity. I should not enter, lift & run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to safely completing the run. I assume all risks associated in participating in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all such risks being known and approved by me. Having read this waiver, and knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release the Ft. Belvoir Pump N' Run officials, all sponsors, their representatives and successors from all claims of liability of any kind arising out of my participation in this event. I further grant permission to the above named race, and/or agents authorized by them, to use any photographs, video tapes, motion pictures, or other records of the event for any reasonable purpose. All race entries are non-refundable. We reserve the right to reject entries.

x_____ Date _____
Signature