

# Individual Runner Category

## 14th Annual Marine Mess Volkslauf 10k Official Registration Form

- \* Runner must be over 18
- \* Uniform at your own discretion

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**Gender:**

Male

Female

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Name (Must be over 18) \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

(     ) \_\_\_\_\_ **Runner's Age** \_\_\_\_\_  
Area Code Phone Number E-mail Address Signature **On Race Day**

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I hereby for myself, executors and administrators waive and release any and all rights and claims against the persons and organizations affiliated with the Volkslauf race, including but not limited to, the Marine Corps Detachment, Fort Leonard Wood, their officers, agents, and volunteers, and the Army aboard Fort Leonard Wood, its officers, agents and employees, from any and all liability of any nature in any way arising out of the condition of the premises in or around the race course and agree to assume all risk concerning the Volkslauf race course, the condition of the Volkslauf race course or the suitability of the Volkslauf race course for the conducting of the race event. This includes participation in or travel to or from the Volkslauf race scheduled for June 15, 2013. I further attest that I am physically fit and have trained for this event, that I am aware of the difficulty of the obstacles integrated into this event and have attired myself accordingly. Further, I agree to indemnify the Marine Corps Detachment and Fort Leonard Wood Army Base, its officers, agents, and volunteers, and the City of Saint Robert, its officers, agents and employees from my use of the Volkslauf race course.

**SHIRT SIZES** - Please indicate shirt size (one per runner)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**RETURN COMPLETED ENTRY FORM AND REGISTRATION FEE  
TO MARINE DETACHMENT S-4 BLDG 689 ABOARD FLW  
(NEXT TO CORNER OF MINNESOTA AND BUCKEYE)  
MONDAY-FRIDAY 0800 – 1600**

Number issued: Red \_\_\_\_\_





