

9TH HEALTH NET ASYMCA MUD RUN

Name: _____
Female: _____ Male: _____
Birth Date & Year _____ Phone: _____
Email: _____
Address: _____
City: _____
State: _____ ZIP: _____

Below information needed for base security check & base access

Drivers License No: _____
VEHICLE INFORMATION:
Year: _____ Model _____ Make: _____
License Plate Number: _____ State: _____

MUD RUN DIVISIONS- *gk*

_____ INDIVIDUAL DIVISION

_____ TEAM DIVISION

TEAM NAME: _____

TEAMS

- COUPLE TEAM (1 male & female per team)
 MALE TEAM (5 Members per team)
 FEMALE TEAM (5 Members per team)
 CO-ED TEAM (5 Members per team- 2 female minimum)
 ACTIVE DUTY MILITARY (5 Members, same unit)
 PUBLIC SAFETY (5 Members)
 BOOTS & UTES (5 Members, must wear boots & utes)
 CORPORATE (5 Members from same company)

T-SHIRT SIZE: S M L XL XXL
(please circle one)

MINI MUD RUN DIVISION (Children ages 5-12)

MINI MUD RUN (ages 5-12 only)
Childs T-SHIRT SIZE: S M L Adult Small
(please circle one)

No REFUNDS! No TRANSFERS!

Due to insurance regulations and NAB Little Creek base security restrictions, we cannot allow the transfer of a registration. Thank you for your understanding of this policy.

REGISTRATION

ONLINE: www.asymcamudrun.com or www.active.com

MAIL: Please make your check payable to "ASYMCA"

and mail to:

ASYMCA MUD RUN

1465 Lakeside Road • Virginia Beach, VA 23455

Please note! Applications without the correct entry fee or without a signed waiver will be returned! Each team member must sign their own registration form.

INFORMATION

Please visit our website at www.asymcamudrun.com. If you are unable to find the information you need, please email us at rd@asymcamudrun.com.

ENTRY FEES:

Before July 1	Individual	\$25	Couple	\$50
	Team	\$125	Mini Mud Run	\$10
Before July 31	Individual	\$30	Couple	\$60
	Team	\$150	Mini Mud Run	\$10
Aug. 1 - Aug. 7	Individual	\$40	Couple	\$80
	Team	\$200	Mini Mud Run	\$15

\$ _____ Entry Fee(s)

\$ _____ Tax Deductible Donation to ASYMCA

\$ _____ Total Amount Enclosed

No RACE DAY REGISTRATION!

HEALTH NET ASYMCA MUD RUN RACE WAIVER

Please Read Carefully Before Signing

I know that running a road race is a potentially hazardous activity. I should not enter to run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including but not limited to falls, contact with other participants, the effects of weather, including heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration for acceptance of my entry, I for myself and for anyone entitled to act on my behalf, agree to indemnify the US Government, the ASYMCA, sponsors, volunteers, race management, from any and all claims or liabilities of any kind arising from my participation in this event. I will abide by all the guidelines set by race management, including but not limited to, that baby joggers, headphones, skates and animals are not permitted during my participation in this event. I agree that my entry fee is not refundable or transferable for any reason. I also grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legitimate purpose.

SIGNATURE: _____

(Parent signature required if under 18 years of age)

DATE: _____

- Race waiver must be signed for entry to be accepted.
- The race director reserves the right to accept or deny any entry.
- No refunds! No transfers! No exceptions!



HEALTH NET ASYMCA MUD RUN

Naval Amphibious Base
Little Creek
Norfolk, Virginia

Saturday, August 8, 2009



ARE YOU READY TO GET MUDDY? On August 8th, we invite you to join us at the annual HEALTH NET ASYMCA MUD RUN. The race will take place on NAVAL AMPHIBIOUS BASE LITTLE CREEK, home of the US NAVY SEALS and the NAVAL EXPEDITIONARY COMMAND CENTER.

Built by the US NAVY SEABEES of CBMU202, the course is designed to see if you have the physical and mental toughness needed to complete the course. This is definitely not your average 8k road run. The course will challenge you as you run, walk, trot, crawl over sand dunes, obstacles, hills, trails, walls and sand. The SEABEES want to know, Are you tough enough?

All athletes must complete the entire course and engage all obstacles on the course to be eligible for awards and timing. Course marshals will identify any athletes avoiding the mud, water or obstacles. But then, why would you sign up if you didn't want to challenge yourself and see if you can complete the course.

All athletes in the MUD RUN must be 13 years of age on race day. Any athletes under the age of 18 must have a waiver signed by a parent or guardian.

SAFETY BRIEF Due to the nature of the course, there will be a mandatory safety brief during the opening ceremony at 7:30 on race morning.

MINI MUD RUN Children of ages 5 through 12 can also enjoy the fun and excitement of a mud run. The children will run for a mile through sand, mud and hills. Great fun! Each child will receive a t-shirt and a goody bag.

ARMED SERVICES YMCA All race proceeds will benefit the ARMED SERVICES YMCA. The ASYMCA is a 501-c-3 organization that improves the quality of life for junior enlisted military and their families. The ASYMCA is not a typical Y with workout equipment and gyms. The ASYMCA supports military families by providing child care services, health and wellness services, spouse support during deployment and food services.

Please consider making a donation to the ASYMCA to help support the families of our military that are defending our country around the world.

REGISTRATION & INFORMATION

ON LINE: Sign up at www.asymcamudrun.com or www.active.com

MAIL: Please see information in this brochure

TEAM COMPETITION Get in on the fun! Put a team together to compete in the Team Division. Challenge your family, friends and co-workers to compete as a team. There are 8 team categories:

- COUPLE TEAM** 1 female & 1 male per team
- MALE TEAM** 5 athletes per team
- FEMALE TEAM** 5 athletes per team
- CO-ED TEAM** 5 athletes per team, at least 2 being female
- ACTIVE DUTY MILITARY** 5 athletes, all from same unit
- PUBLIC SAFETY** 5 athletes per team, all from same unit
- BOOTS & UTES** 5 athletes, must wear boots & utes
- CORPORATE** 5 athletes per team, all from same company

TEAM RULES

- + Team members' entries must be submitted together.
- + Team Names must be provided at time of registration.
- + Each team member must sign a registration form.
- + **TEAM MEMBERS MUST CROSS THE FINISH LINE TOGETHER AND ARM IN ARM. FAILURE TO CROSS AS A TEAM WILL DISQUALIFY YOUR TEAM.**

LIMITED To 2500 REGISTRANTS! NO RACE DAY REGISTRATION!

PACKET PICK-UP LOCATION & DATES

Race day base passes will be handed out at packet pickup. All athletes must pick up their packet on the following days at Final Kick Sports, 2865 Lynnhaven Drive, Virginia Beach, VA. (located off of Great Neck road)
 Thursday..... August 6..... 5:00pm to 8:00pm
 Friday August 7..... 3:00pm to 8:00pm

POST RACE FESTIVITIES All participants are invited to a great post race party. Celebrate the day with your fellow athletes as you tell and listen to the tales of the race exploits Music, food, refreshments and beer will be available.

NAB LITTLE CREEK RULES & SECURITY PLEASE READ CAREFULLY!!

The MUD RUN and its athletes are guests on NAB LITTLE CREEK. It is imperative that we follow the security rules and requirements of the base if we wish to continue to utilize this facility. Any athlete not complying with the rules and requirements will not be admitted to the base nor allowed to compete.

Here are the rules and requirements that must be adhered to:

- + ALL athletes must provide the information listed on the application form including social security number, vehicle make & model and License Number. This information will be provided to the base security office for a security check. This information will NOT be provided to any other party other than base security.
- + MINI MUD RUN athletes should provide not only their information but also the information for the parent/guardian who will drive the child on to the base.
- + ALL athletes will be on a master access list at GATE 3.
- + ALL athletes must have a race day base pass to access the base. Passes will be available at packet pickup.
- + It is highly recommended that friends and families of the athletes ride with the athlete.

DIRECTIONS & PARKING

Enter NAB, Little Creek, using Gate 3. Proceed to Gator Blvd., and make a right. Follow to Hewitt Drive and take a left. Please park in designated MUD RUN parking areas. Photo ID and race day base pass must be presented at the Gate for base access. Cell phone use is prohibited while driving on base.

VOLUNTEERS NEEDED!

Volunteers are needed to help put this event on. No experience needed. All volunteers receive a T-shirt and are invited to the post race festivities. Please e-mail our volunteer coordinator at volunteers@asymcamudrun.com.

HEALTH NET ASYMCA MUD RUN PHOTOS

The wonderful photographers of TRIDUO.COM will be out on the course taking photos of you on race day. You can view the photos at www.triduo.com. Photos are available for purchase. Make it a day to remember with a photo from TriDuo.com.

