



Marines will be standing by to help Mud Run entries complete their run.....



**Tri-Cities, TN Det# 969
Marine Corps League**

Pre-Registration Race Applications w/checks must be received or postmarked NLT September 18th.

5K Cross Country fee is \$15.00, 1-Mile Kids Run is \$13.00, and MUD Run is \$52.00 per 4 Person team, and \$15.00 for individual runners.

Registration after September 18th

5K Cross Country fee is \$18.00, 1-Mile Kids Run is \$15.00, and MUD Run is \$56.00 per 4 Person team, \$17.00 for individual runners.

MUD Run Teams: May be male/female or co-ed.

ALL registered runners **WILL** receive a "T" shirt.

All participants must sign this part of the form:

Waiver: I certify that I am in good physical condition and understand the risk involved in my participation in the Toys for Tots running events. I hereby release and hold harmless all sponsors and all those associated with this event whether directly or indirectly for all liability as to any right of action that may occur to either the undersigned, his/her heirs, or personal representative for any injury, loss of life, or damage to property.

Athlete's Signature _____
Age ____ Circle Gender M F Shirt Size S M L XL
Parent or Guardian (If under 18) _____

Athlete's Signature _____
Age ____ Circle Gender M F Shirt Size S M L XL
Parent or Guardian (If under 18) _____

Athlete's Signature _____
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Age ____ Circle Gender M F Shirt Size S M L XL
Parent or Guardian (If under 18) _____

Make checks payable to "MCL TN Det# 969" and Mail Form with entry fees to Marine Corps League, Tri-Cities Det 969, c/o Steve Bickford, 170 Douglas Shed Road, Johnson City, TN 37615

**TRI-CITIES TENNESSEE DET.#969,
MARINE CORPS LEAGUE**

Cross Country/Mud Run

* **5K Run/Fitness Walk**

* **One Mile Kid's Run**

MUD RUN

(2.995 Miles Cross & .005 MUD)

* **USATF Certified Course's**



SANCTIONED EVENT

Semper Fi

Good Luck & Have fun!!!!



**September 26th, 2009 at
the Armed Forces Reserve Center, near the
Appalachian Fairgrounds. Fun, Food and
Frolics with the 5K race
starting at 9:00 AM.**

For more info: (423) 483-5691 or (423) 282-4905
<http://www.tricitymarines.com/t4t5ksup.html>

Name _____
Add. _____
City _____
Apt. _____ Zip. _____
Tel# _____
Amt Paid _____ Race 5K/FW 1KR Mud

Name _____
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City _____
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Amt Paid _____ Race 5K/FW 1KR Mud

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Add. _____
City _____
Apt. _____ Zip. _____
Tel# _____
Amt Paid _____ Race 5K/FW 1KR Mud

3 Mile Cross Country/Mud

* 5K Run/Fitness

* One Mile Kid's Run

* Certified Course's

Registration Information

ALL registered runners are guaranteed a "T" shirt. Make sure your size is checked on the application form.

5K Run/ Fitness Walk: \$15.00 for all entrants who register NLT Sep 18th . After Sep 18th the fee will \$18.00. This event to start at 9:00 AM.

1 Mile Kids Run:

\$13.00 for all entrants who register NLT Sep 18th. After Sep 18th the fee will be \$15.00. This event to start at 10:15 AM.

Last minute updates can be received at the registration desk.

3 Mile MUD RUN:

\$52.00 per 4 person team entry and \$15.00 per person on individual entries for those registered NLT Sep 18th. After Sep 18th the fee will be \$56.00 per team and \$17.00 per individual. This event to start at 11:15 AM.

Day & Place: At the Armed Forces Reserve Center near the Appalachian Fairgrounds on September 26th starting at 9:00AM.

Race Information

This event will be a "Charity Event" and will encourage runners of all abilities. This run is intended for fun/charity and will never become a "Runners Event". We intend to make these races fun – before – during- and after the run. Food, beverages and over 100 awards will be provided to various groupings.



The 3 Mile Mud Run and other information (FUN TIME)

This is to be a very sloppy event

Marines don't leave their wounded. Teams must cross the finish line holding hands!

but only a small final part of the race will be in mud! It is suggested that you bring along large plastic

trash bags to take your dirty clothes home in. DO NOT WEAR ANY JEWELRY or anything of value in this event. Provisions will be made available for you to shower and clean up after the race.

Proceeds and Sponsor Information

ALL proceeds from the race go to the local Tri-Cities Toys for Tots Christmas program. Letters are being sent out and sponsors are being actively solicited. Prospective Sponsors are urged to contact/call the Marine Corps League Race Chairperson Jack Larkey at (423) 282-4905 or Race Coordinator Steve Bickford (423) 483-5691.

Affix
Postage
Here

Marine Corps League
Tri-Cities TN Det # 969
c/o Steve Bickford
170 Douglas Shed Road,
Johnson City, TN 37615