



## Army Ten-Miler Registration

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Rank: \_\_\_\_\_

Gender: \_\_\_\_\_ Unit: \_\_\_\_\_ T-shirt size \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

***WAIVER OF CLAIM (Must be signed and submitted with registration)***

I know that this event is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I know that although police protection is provided, there is traffic on the course route. I assume the risk of being in traffic. I also assume any and all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of weather and the condition of the roads, all such risks being known and appreciated by me. As signer of the entry, being fully aware of these facts and in consideration, you are accepting my entry. I do hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf covenant not to sue and waive. I release and discharged the VOLUNTEERS, JBSA-FORT SAM HOUSTON and the U.S. GOVERNMENT from any and all claims of liability for death, personal injury or property of any kind or nature or record of this event for any purpose.

Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# ARMY TEN-MILER Q.U.A.L.I.F.I.E.R

METC Fitness Center



Sunday May 19 • 7 - 10 a.m.

Start and Finish at Central Post Fitness Center

Open to active-duty military assigned to Fort Sam Houston

This run is designed for active-duty military, varsity level athletes who are actively training

Top three military men and top two military women qualify for the Fort Sam Houston Ten-Miler Team

Team qualifiers are expected to:

- Attend weekly training sessions through race day on October 13
- Attend monthly team meetings
- Commit time to train a minimum of 25 miles per week through race day
- Be assigned to a Fort Sam Houston unit through November 2024



SCAN ME

**\$40**

*registration fee*

- ★ Register at METC Fitness Center or Jimmy Brought Fitness Center
- ★ Registration deadline is May 1
- ★ Each runner will receive a T-shirt and medal

for more details for Army Ten-Miler team