

# HOLIDAY

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# 5K Run/ Walk



## December 17

Abrams Physical Fitness Center  
Free & Open to All

(On-site registration 7 to 7:30am)

## Race begins at 8 am

**Registration** is free and open to the public. Participants may stop by any of the Fort Hood physical fitness centers or find a printable form or register online at HoodMWR.com.

**Trophies** will be awarded for the best overall male and female times.

**Medals** will also be awarded to 1st – 3rd place finishers, in each age category.

A **FREE** commemorative **T-shirt** will be distributed to participants based on a **lottery system**.

PIN HERE  
  
ONLY

Name \_\_\_\_\_  
Team or \_\_\_\_\_  
Address \_\_\_\_\_

Official Staff Use Only

	Race Number
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Male     Age     Female

REGISTRATION FORM

### Participant

Name \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*T-Shirt sizes: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ 2XL \_\_\_ 3XL \_\_\_ other \_\_\_

\*T-shirts will be given away based on a lottery drawing.



### Emergency Contact

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

Phone: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

I hereby release DFMWR and the United States Government from any liabilities or claims arising from my own participation during this event. I agree that I, my heirs or assigns, will never prosecute or in any way aid in prosecution and demand, claim, property that may occur from any cause whatever as a result of taking part in this activity.

**More Info: 254-285-5459 or  
Stop by Abrams Physical Fitness Center,  
Bldg 23001, 62nd St. & Support Ave.**