



5K & 10K Official Registration Form

MCAAP MWR Armed Forces 5k/10k Fun Run/Walk Saturday, 24 April 2010 10:00 am

\$ 15.00 Entry Fee

All Runners Will Receive A Goody Bag (while supplies last)
To Ensure Receiving An Event T-Shirt MUST Register & Pay
By 5:00 PM Friday, 16 April 2010

8:00 AM – 9:50 AM: Registration
Begins/Ends at Headquarters Area

Please arrive early to ensure an accurate start time. Pre-registration can be completed at
The MCAAP Fitness Complex, Bldg. 3 or by printing registration form from our webpage
(www.mcaapmwr.com) and faxing to 918-420-7213. For Additional Information – 918-420-7335.

PLEASE COMPLETE THE FOLLOWING INFORMATION:

Event Categories (circle one): 5K 10K Gender (circle): Male Female

Age Category (circle one): 13 & under, 14-19, 20-29, 30-39, 40-49, 50 & Over

Last Name _____ First Name _____ Shirt Size: _____

Street Address _____

City _____ State _____ Zip _____

Phone _____ Email: _____

Send to:

EMAIL: robert.vanvehoven@us.army.mil

EMAIL: kyle.bernardi@us.army.mil

Or Fax To: 918.420.7213