

# Sexual Assault Awareness & Prevention 5K Ruck, Run or Walk

## 4th Annual Event

**Event Information:** The Wyoming Army & Air National Guard and FE Warren AFB is sponsoring a JOINT Military & Community, 4th Annual 5K Ruck, Run, or Walk in conjunction with Sexual Assault Awareness & Prevention Month (SAAPM) on Saturday, April 7, 2018. *Event will be held, rain, snow or shine!* Race will begin @ 0830. Registration by March 30, 2018 is encouraged. Registration on day of event held from 0700 to 0815. Event is open to **ALL** members of the community, young and old! Donations are encouraged and will be presented to local response agencies. Prizes/Trophies will be awarded to Top Individual category finishers and Top Team finishers in 5K Run or 5K Ruck events only. Opportunity to win Door prizes and browse local vendor offerings!

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

Gender: MALE / FEMALE (circle one) Age: (on Race Day) \_\_\_\_\_

EVENT: (Circle 1 Event ONLY—Individual (**INDV**) or **TEAM**

**Cost: \$20.00**  
**\$10.00 YOUTH (18 & Under)**

**INDV** 5K RUN / **INDV** 5K RUCK / **INDV** 5K WALK

**TEAM** 5K RUN / **TEAM** 5K RUCK

**Team Name (if applicable):** \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip/Postal: \_\_\_\_\_

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

**NEW! Register Online!** <https://www.raceentry.com/races/sapr-5k-ruck-run-or-walk/2018/register>  
Registration Forms also available at Foot of the Rockies, Cheyenne, WY!

**WAIVER AND RELEASE:** Please review the following because by adding your signature, you accept this waiver, release, and disclaimer. By participating in this Event, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property that might result, including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the Wyoming Military Department, the Wyoming Air National Guard, the State of Wyoming and the organizers of this event, including all said entities' officers & directors, employees, all sponsors and their representatives and employees from any and all claims or causes of action (known or unknown) arising out of their negligence. I acknowledge that I have carefully read this 'Waiver and Release' and fully understand that it is a release of liability. By my signature below, I am waiving any right that I may have to bring legal action to assert a claim against any and all Event organizers and sponsors for their negligence. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video or print media reporting or advertising of the Event without compensation.

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

Guardian/Parent Signature (if participant is under 18): \_\_\_\_\_

Choose from **INDIVIDUAL 5K Ruck March, 5K Run or Walk -OR-**

**TEAMS of 5 (TEAMS MUST start & finish TOGETHER)** for the 5K Ruck or 5K Run.

*Awards will be given to place finishers in both the individual 5K Ruck and Run and the Team 5K Ruck and Run!*

## What is a RUCK?

For those who haven't had the experience of a "Ruck March", the basic explanation is the art of strapping a weighted bag/ruck to your back and typically in full battle gear (helmet, weapon, uniform and boots) completing a challenging march at a substantial pace!

\*For **THIS EVENT**, the requirements will be: **35# Ruck** (weighed prior to event)—Full battle gear not required.

## WHY RUCK???

Sexual Assault Victims live and work among us. Data tells us only 1 in 4 (at best) victims will report.

These victims among us carry a heavy, invisible backpack of burdens with them every day. Things we do or say can either add to their weight or lighten their load--this is what the ruck represents for our race.

**Where:** Cheyenne Central High School  
5500 Education Drive  
Cheyenne, WY

**Time:** **0830 Races Start**—Race Day Registration from 0700 to 0815

**Uniform:** Wear **Teal Attire** to support Sexual Assault Awareness & Prevention

**Cost:** **\$20.00** for all other Community Members / **\$10.00** for Youth (\*18 and Under)  
FREE for Military Members (Uniformed and Retired)

***Please make registration payments out to: Unit Activity Fund***

**Benefits:** Donations sought for local response agencies.

Registration Forms Available at Foot of the Rockies, Cheyenne, WY!

\*Early Registration and Packet Pick-up at Foot of the Rockies on:

**Saturday, March 31 from 11:00 a.m. to 6:00 p.m.**

**Tuesday, April 3 from 12:00 p.m. to 4:00 p.m.**

**Thursday, April 5 from 2:00 p.m. to 6:00 p.m.**

Questions? Need more Info? Please contact:

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