



Entry Form

Mail in registration accepted until April 30, 2019 (postmarked by) or until race is sold out. No day of registration available.

YOUR INFORMATION

First Name _____ Last Name _____

Address _____ (Mailing address to receive your bib number)

City _____ State _____ Zip _____ Phone _____

Age on 5/19/2019 _____ Male Female Run (Run is Timed, includes timing chip) Walk (No time provided)

RACE AGE DIVISION

MALE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	12 & under	13-17	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75 & over
FEMALE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

COMMAND CHALLENGE

Command Name _____

Assemble the largest group of military members, family and friends to participate in the run/walk under your Command name and win a prize for your Command. A completed and signed entry form is required for each individual entry. Entries do NOT need to be submitted together. The Command Challenge is NOT a Competitive 5-Person Running Team.

FEES

- Adult**
- Walk on or before 2/28/19 - \$42
 - Run on or before 2/28/19 - \$43
 - Walk on or before 3/31/19 - \$45
 - Run on or before 3/31/19 - \$46
 - Walk After 3/31/19 - \$50
 - Run After 3/31/19 - \$51

Military Active Duty and Seniors 65+

- Walk on or before 2/28/19 - \$35
- Run on or before 2/28/19 - \$36
- Walk on or before 3/31/19 - \$38
- Run on or before 3/31/19 - \$39
- Walk After 3/31/19 - \$43
- Run After 3/31/19 - \$44

Children (ages 4-12)

- Walk on or before 2/28/19 - \$21
- Run on or before 2/28/19 - \$22
- Walk on or before 3/31/19 - \$24
- Run on or before 3/31/19 - \$25
- Walk After 3/31/19 - \$28
- Run After 3/31/19 - \$29

Competitive 5-Person Running Team

- on or before 2/28/19 - \$220
- on or before 3/31/19 - \$235
- after 3/31/19 - \$260

* Children 3 and under participate FREE!
No registration required.

VIRTUAL RACE! - Can't physically make the bridge run? Find out how you can still 'run' the bridge! Visit us online for registration and more information!

- Adult**
- on or before 2/28/19 - \$32
 - on or before 3/31/19 - \$35
 - after 3/31/19 - \$38

- Military Active Duty and Seniors 65+**
- on or before 2/28/19 - \$27
 - on or before 3/31/19 - \$30
 - after 3/31/19 - \$33

- Children (4-12 yrs.)**
- on or before 2/28/19 - \$16
 - on or before 3/31/19 - \$19
 - after 3/31/19 - \$22

MTS Trolley/Bus Race Day Pass - \$5.50

TOTAL

MTS Trolley/Bus Race Day pass per registered adult age 18 or older, good on race day only 5/19/19. Family Deal: Up to two children (age 12 and under) may ride free with a fare-paying adult (age 18 or older) on all MTS routes. This option is separate from the FREE bus shuttles and ferry after the race.

ENTER FOR A CHANCE TO WIN TWO (2) ROUND TRIP TICKETS COURTESY OF ALASKA AIRLINES!

- YES! Enter me for a chance to win an event prize drawing! YES! I would like to receive email deals and offers from Alaska Airlines.

WAIVER AND RELEASE OF LIABILITY

Must complete the Release of Liability and assumption of risk form attached in order to participate. (See attached)

MAIL ENTRY TO

BAY BRIDGE RUN/WALK 2019
c/o WB Productions
31915 Rancho California Rd. #200-438
Temecula, CA 92591

Please make check payable to: MWR Bridge Run/Walk

Drivers license and phone number required on all checks. Each entrant must fill out and sign a completed entry form. It is okay to mail multiple forms together. All entries received by 4/30/2019 will receive a bib number via mail. Awards given three deep in each age division. Photocopies of entry form accepted.

**MARATHON, AND OTHER RUNNING, WALKING, CYCLING AND SWIMMING
EVENTS AND ACTIVITIES**

RELEASE OF LIABILITY AND ASSUMPTION OF RISK

• THIS IS A LEGAL DOCUMENT •

Please read and fully understand this document before signing. If you have any questions please consult an attorney.

Full Name of MWR Patron/Participant:

Parent/Guardian Name (if applicable):

MWR Event/Activity:

Location:

Date of Activity:

RELEASE AND ASSUMPTION OF RISK (AUG18)

Navy Morale, Welfare and Recreation (MWR) is committed to operating its facilities and conducting its activities in a safe manner and holds the safety of its patrons and their guests of paramount importance. Navy MWR continually strives to reduce the risks associated with its operations and insists its patrons are aware of and follow all safety rules and instructions designed to protect them.

General. I confirm that I am an eligible MWR patron over 18 years of age, and if under 18 years of age, an authorized MWR patron participating in an MWR event/activity or utilizing MWR facilities or equipment (hereafter "MWR event/activity") described below with express consent of my parents or other legal guardian(s). I also acknowledge that I have voluntarily chosen to participate in this Navy MWR event/activity, and that the event/activity in which I am participating has certain risks, inherent and otherwise, that cannot be completely eliminated, and these risks can cause loss, damage and destruction to equipment and personal property, accidental injury and illness, and in extreme cases, permanent trauma, disability or death.

Warning of Risk. Despite proper maintenance and preparation of facilities and equipment, instruction, medical advice and conditioning, there is risk of serious injury when participating in any MWR event/activity. While some risks are inherent to facility use or participation in the event/activity concerned, not all hazards and dangers can be foreseen. Depending on the particular facility or event/activity, I understand that there exists certain risks, dangers, and possibility of injuries, illness, disability and death, including drowning, brought about by: Inclement weather; contact naturally occurring with water, plants, animals, and insects; slipping or falling, whether it be through poor skill level, preexisting medical condition, physical limitations, inattention, carelessness, or horseplay; inadequate or defective equipment and environmental conditions; inadequate supervision or instruction, including the negligent act or omission of a Navy MWR employee or other individuals; and other circumstances, inherent or otherwise, to the MWR event/activity. I also understand and acknowledge that there may be "free" time when I may not be actively participating in the MWR event/activity for which I am intending to participate, including pre-event stretching and warm-up activities, yet potential hazards may nevertheless be present. I recognize that Navy MWR cannot guarantee my absolute safety should I participate in this MWR event/activity.

MWR Event/Activity. I understand and acknowledge the physical and mental rigors associated with marathons and other running, walking, cycling and swimming events/activities, and realize that these physical activities and other portions of such MWR events/activities can be dangerous and may represent an extreme test of my physical and mental limits. I understand that my participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, illness, drowning, permanent disability, paralysis and death; loss or damage to personal property; accidents from contact with other participants, spectators, vehicles or other natural or manmade objects; exhaustion arising from exposure to adverse weather and water conditions; imperfect course conditions; water, road and surface hazards;

You are encouraged to learn of additional risks associated with your participation in this and other MWR activities through Recreational Off-Duty Safety (RODS) information, resources, and reference material available at the Navy Safety Center web site, http://www.public.navy.mil/NAVSAFECEN/Pages/shore/off-duty_rec/off_duty_rec.aspx, as well as additional safety-related resources made available through your command's RODS Office, as well as commercial resources.

RELEASE AND ASSUMPTION OF RISK (AUG18) Continued

Equipment failure; inadequate safety measures; interaction with participants of varying skill levels; situations beyond the immediate control of Navy MWR, its employees, volunteers and other event/activity organizers; the negligent acts or omissions of Navy MWR and other individuals and officials; undefined harm or damage which may not be readily foreseeable, and other presently unknown risks and dangers. I know that I am participating in a potentially hazardous event/activity, and that I should not enter this event/activity unless I am medically able, physically capable and properly trained. I understand that these risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of other participants, or the acts, inaction or negligence of the released parties described herein. I agree to be familiar with and abide by the rules and regulations established for this MWR event/activity, and I also accept sole responsibility for my own conduct and actions while participating in the event/activity, as well as the condition and adequacy of my equipment. I hereby expressly assume all such risks and responsibility including, but not limited to, falls, contact with other participants, contact with motor vehicles, the effects of weather, including rain, high heat, humidity, water and ground conditions, traffic, with all such risks being known and appreciated by me.

Medical Information and Consent to Treatment. In the event of injury or illness, I authorize on behalf of myself (or my child/ward, having not attained the age of 18 years), Navy MWR to provide or otherwise secure first aid treatment, and to secure medical treatment from or at the nearest and most adequate medical facility of its choice. This first aid and medical treatment authorization is of my own free will with the sole purpose of authorizing first aid and medical treatment under non-emergency and emergency circumstances for myself (or my child or ward). I also hereby give permission for transportation to any medical facility or hospital, and I authorize for any MWR employee or volunteer, or any medical personnel to render necessary emergency medical care for my family or me. I hereby authorize the release of any medical information in the possession of Navy MWR to any medical facility, hospital, ambulance, first aid provider or other medical care provider rendering care of my behalf, whether under non-emergency and emergency circumstances and, I hereby waive any action or claim against Navy MWR and its personnel, any health care facility or provider, or first aid provider, for release of this medical information.

USA TRACK & FIELD

For and in consideration of USA Track & Field, Inc. ("USA Track & Field") allowing the minor identified below to participate in the USATF sanctioned event described above (the "Event" or "Events"); I, for myself, and on behalf of Minor, and the Minor's parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am the parent or legal guardian of the Minor; (ii) the Minor is in good health and in proper physical condition to participate in the Event; and (iii) the Minor is not under the influence of alcohol or any illicit or prescription drugs which would in any way impair the Minor's ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether the Minor is sufficiently fit and healthy enough to participate in the Event, that I am responsible for the Minor's safety and well-being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge the risks and dangers associated with the Minor's participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and will represent an extreme test of the Minor's physical and mental limits. I understand that the Minor's participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizer; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by the Minor's own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and on behalf of the Minor, I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which may be incurred as a result of the Minor's participation in any Event.

3. I understand that the Minor is required to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for the conduct and actions of the Minor while he or she is participating in the Event, and the condition and adequacy of the Minor's equipment.

4. On behalf of the Minor, I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the Event Directors, Organizers and Promoters, Sponsors, Advertisers, Coaches and Officials; the Host Organization and the Facility, Venue and Property Owners or Operators upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the “Released Parties” or “Event Organizers”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to the Minor’s participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, the Minor, or anyone on the Minor’s behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from many such Liabilities which any may be incurred as the result of such claim. I hereby warrant that I am of legal age and authorized to enter into this Agreement on behalf of the Minor, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the Minor, the Minor’s parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

ACKNOWLEDGMENT AND SIGNATURE

By my signature, below, I unconditionally release the Department of the Navy, Navy MWR (a nonappropriated fund instrumentality (NAFI)), and its employees against and for all liability, cost, expenses, claims, and damages for which the U.S. Navy or Navy MWR might otherwise become liable by reason of any accidents, or injuries to or death by any persons, or damage to property, or both, in any manner arising or resulting from, caused by, connected with or related to the presence of any such person upon such property, facilities or premises, regardless of how, where, or when such injury, death or damage occurs even if caused by the negligence of Department of the Navy, Navy MWR (NAFI), agents, servants, or employees, or due to conditions or operation on or defects in the premises. Further, my signature below also signifies that I have read this RELEASE OF LIABILITY AND ASSUMPTION OF RISK document and fully understand all its terms. I execute it voluntarily and with full knowledge of its significance.

FULL NAME OF MWR PATRON/PARTICIPANT:
(Please Print)

FULL NAME OF PATRON’S/PARTICIPANT’S PARENT OR LEGAL GUARDIAN(S):
(Please Print)

SIGNATURE OF PATRON’S/PARTICIPANT’S PARENT OR LEGAL GUARDIAN(S):

DATE OF SIGNATURE:

You are encouraged to learn of additional risks associated with your participation in this and other MWR activities through Recreational Off-Duty Safety (RODS) information, resources, and reference material available at the Navy Safety Center web site, http://www.public.navy.mil/NAVSAFECEN/Pages/shore/off-duty_rec/off_duty_rec.aspx, as well as additional safety-related resources made available through your command’s RODS Office, as well as commercial resources.