

OPEN TO THE PUBLIC
Hosted by MCCS Semper Fit

Register & Pay Online
www.mccshawaii.com/cgfit.htm
Online registration deadline April 29 at 1600

For more info contact
Tina Lui at 254-7590
Registration form on back

CRITERIUM BIKE RACE

Series

LOCATION: MCAS Flightline, Runway 22
at Marine Corps Base Hawaii (MCB Hawaii), Kaneohe

COURSE: Safe, 1.1-mile loop on closed runway
Two-wide, 90° turns; One-wide, sweeping 180° turn

CATEGORIES: Elite — 60 minutes • Women — 40 minutes
Masters (35 years+) — 45 minutes
Wounded Warrior (Open) — 30 minutes

Cost: \$20 Civilians
\$5 Military
(No late fee)

AWARDS:
One Day Medals
Overall Medals

Sunday,
May 2, 2010
1400 Check-in, 1500 Start



Bios Life™



No USMC or Federal Government endorsement of sponsors intended.

CRITERIUM BIKE RACE *Series*

FOR OFFICIAL USE ONLY

MCBH MAJOR COMMAND:

- | | | |
|----------------------------------|--------------------------------------|---|
| <input type="checkbox"/> HQBN | <input type="checkbox"/> CAMP SMITH | <input type="checkbox"/> CLB-3 |
| <input type="checkbox"/> 1/12 | <input type="checkbox"/> MCAS | <input type="checkbox"/> 3D RADIO BN |
| <input type="checkbox"/> CPRW2 | <input type="checkbox"/> MAG-24 | <input type="checkbox"/> HQ 3D MARINE REG |
| <input type="checkbox"/> 1/3 | <input type="checkbox"/> 2/3 | <input type="checkbox"/> 3/3 |
| <input type="checkbox"/> MALS-24 | <input type="checkbox"/> HMH-362 | <input type="checkbox"/> HMH-363 |
| <input type="checkbox"/> HSL-37 | <input type="checkbox"/> OTHER _____ | |

PLEASE PRINT CLEARLY IN INK & COMPLETE FULLY

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

- CATEGORY Elite License plate # _____
 Women *(Only needed for patrons who do not have Base access.)*
 Masters
 Wounded Warrior

Online Registration & Payment Available at: www.mccshawaii.com/cgfit.htm

Make checks payable to MCCS 0910 (include SSN)

You may print this form and deliver with payment to the Semper Fit Center, Bldg 3037 or mail to:

MCCS Athletics – Criterium Bike Race
 Box 63073
 MCBH Kaneohe Bay, HI 96863-3073

- \$20 per Civilian Bicyclist
 \$5 per Military Bicyclist

Waiver & Indemnity Agreement (must be signed) In consideration for me and/or my son/daughter to participate in the Marine Corps Community Services (MCCS) **Criterium Bike Race Series** at Marine Corps Base Hawaii, Kaneohe Bay (hereinafter called event), I hereby take the following actions for myself or anyone else who might claim or sue on my behalf:

- (a) I acknowledge that the event is an arduous test of a person's physical and mental limits and carries with it the potential for death by drowning or collision, serious injury, and property loss;
- (b) I acknowledge that certain detrimental physiological changes may occur while I participate in the event, including but not limited to, heat exhaustion and stroke; abnormal heart beat; abnormal blood pressure; and in rare instances, heart attack;
- (c) I acknowledge that there may be other participants in the event and that their actions and the equipment that they operate may be unpredictable;
- (d) I certify that I am physically fit and have not been advised against participation in the event by a qualified health professional;
- (e) I agree that, prior to participating in the event, I will inspect the event facilities, equipment, and areas to be used and, if I believe any are unsafe, I will immediately advise a person supervising the event;
- (f) I assume all risks associated with the event, including but not limited to, adverse road conditions; falls; contact with other participants, effects of weather, defective equipment, water conditions, my personal physical condition; motor vehicles on the event course; and lack of hydration;
- (g) In connection with the event, I forever release from all liability under the Federal Tort Claims Act, acquit and discharge from all known obligations, losses, damages, liabilities, injuries, claims, demands, actions, causes of action and expenses, including without limitation, attorney's fees and costs, the following persons or entities: United States Government including MCCS and the United States Marine Corps, and the employees, sponsors, representatives and agents of the above.

Signature (signature of parent or guardian if under 18 years)

Date