

**OPEN TO THE PUBLIC**  
**Hosted by MCCS Semper Fit**

**Register & Pay Online**  
[www.mccshawaii.com/cgfit.htm](http://www.mccshawaii.com/cgfit.htm)  
Online registration deadline June 10 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



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](http://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