

# Dolphin Dash

5K AND 10K RUNS, 1 MILE  
RUN/WALK and Kids Dash

April 8, 2017

Naval Base Kitsap Bangor

## Registration and Race info

### ■ 8:00 a.m.-8:55 a.m.

Registration and number pickup in  
Bldg. 2700 (the gym)

### ■ 8:40 Kids Dash on the track

Kids dashes include 25, 50 and 100 yds

### 9:00 A.M.

5K starts at 1000 in front of gym

1 Mile and 10K start 5 minutes after  
the 5K

■ 10K course is hilly, 5K course is  
slightly hilly

### ■ Pre-registration required by April 1st for runners requiring base access

You will receive an additional Dept of  
the Navy security form required for base  
access that must be completed and  
returned by April 2<sup>nd</sup>. Also due to the real  
ID act a Washington drivers license is no  
longer accepted as valid identification  
for people without an escort. You must  
show either an Enhanced Drivers  
License or a US Passport.

## Cost and Registration

Prior to April 5<sup>th</sup>

\$15.00 Donation no shirt

\$40.00 Immediate Family entries  
received together. no shirts

\$1.00 Donation Kids Dash

## Shirts

Shirts are long sleeve unique  
Submarine design

Cost \$10.00. Shirts are not  
guaranteed for day of race  
registrations.

Make checks to:

Bremerton Base USSVI

Mail entries to:

Dolphin Dash

PO Box 465

Silverdale, WA 98383

April 5<sup>th</sup> and later

\$18.00 each no shirt

\$1.00 for Kids Dash

## Proceeds benefit the Bremerton Base, Submarine Veterans Scholarship Program

Please complete the entry form  
on the back.

You may also register on line at  
DatabarEvents.com

For more information contact  
John Gardner at 360-692-8994 or  
at [jgardner@donobi.net](mailto:jgardner@donobi.net)

## Entry Form (Please print)

M \_\_\_ F \_\_\_ Name: \_\_\_\_\_

First                      M.I.                      Last

Address \_\_\_\_\_

Street                      City                      St                      Zip

Phone \_\_\_\_\_ Age on April 8<sup>th</sup> \_\_\_ I request base access \_\_\_

E-Mail \_\_\_\_\_

Command: (active duty only) \_\_\_\_\_

Race event 10K \_\_\_ 5K \_\_\_ 1 Mile run/walk \_\_\_ Kids Dash \_\_\_

Shirt Size S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

1 Mile
8 & under _____
9 - 13 _____
14 - 18 _____
19 & over _____

5K Run
13 & under _____
14-18 _____
19-29 _____
30-39 _____
40-49 _____
50-59 _____
60-69 _____
70 Plus _____

10K Run
18 & under _____
19-29 _____
30-39 _____
40-49 _____
50-59 _____
60-69 _____
70Plus _____

Kids Dash
3& Under _____
4-6 _____
7-9 _____

Race Liability Release: in consideration of your acceptance of this race entry, I myself, my heirs, executors, administrators and assigns, forever waive, release and discharge any and all rights, demands, and claims for damages and causes of suit or action known or unknown, that I may have against the United States Submarine Veterans, Bremerton Base, and any and all participating race sponsors and supporters and the directors, officers, employees and agents of such parties for any and all injuries in any manner arising or resulting from my participation in said race. I attest and verify that I have full knowledge of the risks involved in this race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this race. I grant permission to any and all the foregoing to use my likeness in connection with this race. I understand entry fees are non-refundable.

\_\_\_\_\_ Signature Date \_\_\_\_\_

\_\_\_\_\_ Signature of parent or guardian if under 18 years of age Date \_\_\_\_\_