



SATURDAY, NOVEMBER 4th, 2023

(Check-In Time, 0830-0930)

Venue: Yokohama North Dock, US Army Japan
Capacity: 2,000 Runners
Hosted by: Yokohama North Dock Run Action Committee
Supported by: Sankyo

- Categories**
- Half Marathon (5K Rounds)
 - 10K Run (5K Rounds)
 - 5K Run

Date, times, programs and events are subject to change due to circumstances beyond our controls.

Registration

- Entry Fee : No Cost for SOFA Personnel & Family Members
 - Registration : Yano Fitness Center, Bldg #205 (263-7980)
- Sign Up By : Monday, October 9, 2023**

For more information

- Randy Benton : 263-5316 / 046-407-5316
- zama.armymwr.com
- www.facebook.com/armymwrjapan



This form is for SOFA Personnel Only

Categories (Check One):

- Half Marathon (5K Rounds) 10K Run (5K Rounds) 5K Run
- Male (18 & Over) Female (18 & Over) *Must Be 18 Years of Age or Older & Not in High School

Last Name: _____ First Name: _____ MI: _____

Age (as of Saturday, November 4, 2023): _____ Birthdate (M/D/Y): ____ / ____ / ____

Email Address: _____

Phone (Home/Cell): _____ Phone (Duty): _____

----- WAIVER RELEASE & ASSUMPTION OF RISK (Please read carefully before signing) -----

Participation in this activity is voluntary and considered off duty, hence at your own risk. In consideration of accepting my entry in the 2023 Yokohama North Dock Fall Run, I hereby release and forever discharge the U.S. Army, U.S. Government, or any other organization, agency, or individual associated with the runs, including any of their directors, officers, employees, agents, representatives, or sponsors, of and from all claims, demands, rights, and cause of action of any nature whatsoever which I may have or which may thereafter occur to me arising from and by reason of any and all bodily or personal injury, damage to property, or other loss, and any consequences thereof whether known or unknown, foreseen or unforeseen, resulting from my participation in the runs, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. I further understand that serious accidents sometimes occur during the run and that participants occasionally sustain mortal or personal injuries and/or property damage as a consequence thereof.

Signature/Date: _____