



**RACE WILL HAVE A  
REGISTRATION LIMIT OF  
3,000**

***"We provide the rock,  
you provide the fly."***

**Sponsorship packages are  
available on the website:**

**[www.runrocknfly.com](http://www.runrocknfly.com)**

**Sponsorship levels include:**

**Rock N Fly Crew.....\$250  
Rock N Fly Rocker.....\$500  
Rock N Fly Rock Star....\$1,000  
Rock N Fly Platinum.....\$2,500**

**All proceeds go to support  
Navy-Marine Corps Relief  
& Society and Navy Ball.**

**Blue Angels Rock N Fly  
1/2 Marathon & 5K Run/Walk  
March 18, 2017  
8 a.m. start time for both races  
at Radford and Fred Bauer on  
NAS Pensacola  
(in front of Starbucks)  
*Bring your Funk & Soul to  
Rock N Fly in 2017?***

**For more information  
Web:**

**[www.runrocknfly.com](http://www.runrocknfly.com)**

**Connect with us on Facebook,  
Twitter or Instagram.**



**REGISTER WITH ABOVE QR CODE**



## AWARDS

1. Unique overall award for half marathon & 5K designed by Ben Bogan.
2. Overall, Master, & Grand Master Awards for Half Marathon & 5k Run age groups for (3 deep).
3. 5K walker awards 10 year age groups (3 deep).
4. Best soul train costume and line dance boogie (3 deep).

## WHY RUN ROCK N FLY

- **RACE WILL HAVE A REGISTRATION LIMIT OF 3,000. RACE SURE TO SELL OUT.**
- Great post-race party with refreshments & live bands
- Electrifying National Anthem
- All participants receive t-shirt & poster
- Music every mile on the course
- Finisher medals for 1/2 marathon finishers
- \$120K donated to Navy and Marine Corps Relief
- Crazy costumes and line dance contest!
- 2 Jumbotrons
- Motorcycle parade

## COURSE

Family oriented 5K run/walk and half marathon that runs through the streets of Naval Air Station Pensacola. Both courses begin at the corner of Radford and Fred Bauer Street. Participants will follow directional signage and road guards. There will be several water stations with music along course. The race begins and ends within walking distance of Radford Gym.

## REGISTRATION

Please mail to: Navy Ball Association  
320 Gamarra Rd  
Pensacola, FL 32503

Make checks payable to:

Navy Ball Association

Online Discount Registration available at:

**www.runrocknfly.com**

### 1/2 MARATHON PAPER REGISTRATION

\$55 by Dec 1, 2016 Love Train Rate

\$65 by Jan 1, 2017 Get on Up Rate

\$80 by Feb 1, 2017 Boogie Rate

\$90 by Mar 1, 2017 Slow Dance Rate

### 5K PAPER REGISTRATION

\$20 by Dec 1, 2016 Love Train Rate

\$25 by Jan 1, 2017 Get on Up Rate

\$30 by Feb 1, 2017 Boogie Rate

\$35 by Mar 1, 2017 Slow Dance Rate

### PACKET PICK UP

Friday, March 17, 2017 (3 - 7:30 p.m.) at Seville Quarter or race day (6 - 7:30 a.m.) at Radford Gym NAS Pensacola.

### POST RACE PARTY

- Attendees must be 21 years of age or older and present valid identification to possess alcoholic beverages and wear a wrist band. All runners are encouraged to drink responsibly.
- You must be wearing your race number to be served food and beverages.

### FINISH LINE & SCORING

The 2017 Rock N Fly 1/2 Marathon & 5K will be scored by a timing device. Bibs must be visible at the finish line and chips worn on shoes to get timed. Results will be posted at [www.gulfssporttiming.com](http://www.gulfssporttiming.com)

## ENTRY FORM

Please print in blue or black ink. Fill out the form completely. Entry will not be accepted without entry fee & signed waiver.

FIRST NAME \_\_\_\_\_

LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

EMAIL \_\_\_\_\_

DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE \_\_\_\_

\_\_\_\_ MALE \_\_\_\_ FEMALE

SHIRT SIZE: XS S M L XL XXL

Race SELECTION: (Circle one)

5K Run 5K Walk 1/2 Marathon

EMERGENCY CONTACT- NAME & NUMBER

### STANDARD WAIVER LIABILITY AGREEMENT:

"I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to any aspect of my participation in this event, including but not limited to falls, contact with other participants, the effects of the weather, including heat, cold or humidity, traffic and the conditions of the road all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the DoD, US Navy, NAS Pensacola, Navy Ball, Navy-Marine Corps Relief Society and any and all sponsors, representatives and volunteers of the Rock N Fly 1/2 Marathon & 5K from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose."

Participant or Guardian signature: \_\_\_\_\_