5TH ANNUAL

ROCK N FLY

ALL AMERICAN

1/2 MARATHON & 5K TOUR

MARCH 17, 2018

Sponsorship packages are available on the website:

www.runrocknfly.com

Sponsorship levels include:

Rock N Fly Crew……..…$300
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. 200,000 thousand dollars donated in four years to charity.

Blue Angels Rock N Fly
1/2 Marathon & 5K Run/Walk
March 17, 2018
8 a.m. start time for both races
at Radford and Fred Bauer on
NAS Pensacola
(in front of Starbucks)
Bring your American Pride &
Rock N Fly in 2018?

For more information Web:

www.runrocknfly.com

Connect with us on Facebook, Twitter or Instagram.

REGISTER WITH ABOVE QR CODE

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NAVAL AIRSTATION PENSACOLA, FL. ☆ MARCH 17, 2018 ☆ WWW.RUNROCKNFLY.COM

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 awards10 year age groups (3 deep).
4. Best American Theme costume any flavor (3 deep).

WHY RUN ROCK N FLY?

- Great post-race party with refreshments & live bands
- Electrifying National Anthem
- Roaring flyover to kick off race
- All participants receive t-shirt & poster
- Music along the course
- Finisher medals for 1/2 marathon Finishers.
- 2 DJ's to inspire you along half marathon
- 2 Jumbotrons
- Motorcycle parade
- Pig in a blanket food stop at mile 1.5
- Largest charity run in the world for Navy Marine Corps Relief Society

COURSE

Family oriented 5K run/walk and half marathon that runs through the streets of Naval Air Station Pensacola. Participants will run by Barrancas National Cemetery, National Naval Aviation Museum, and the Pensacola Light House. Both courses begin at the corner of Radford and Fred Bauer Street. 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: Rock N Fly
320 Gamarra Rd
Pensacola, FL 32503

Make checks payable to:
Rock N Fly

Online Discount Registration available at:
www.runrocknfly.com

1/2 MARATHON PAPER REGISTRATION

$55 by Dec 1, 2017
$65 by Jan 1, 2018
$75 by Feb 1, 2018
$85 by Mar 1, 2018

5K PAPER REGISTRATION

$20 by Dec 1, 2017
$25 by Jan 1, 2018
$30 by Feb 1, 2018
$32 by Mar 1, 2018

PACKET PICK UP

Friday, March 16, 2018 (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 2018 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.gulfsporttiming.com

ENTRY FORM

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 forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose." The race could be cancelled due to weather, emergency, or base decision. No refunds or deferrals will be granted if base CO deems race cannot be executed.
Participant or Guardian signature:

_____