



**Blue Angels Rock N Fly
1/2 Marathon & 5K Run/Walk
March 21, 2020**
8 a.m. start time for both races
at Radford Blvd and Fred Bauer
on NAS Pensacola
(in front of Green Bean Coffee).
*Come and Try Your Luck at the
Rock N Fly 2020!*

**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
the Navy-Marine Corps
Relief Society and Navy Ball.
230,000 thousand dollars
have been donated in the
past six years to charity.**

**For more information
Web:
www.runrocknfly.com
Connect with us on Facebook,
Twitter or Instagram.**



**WHAT HAPPENS AT ROCK N FLY
STAYS AT ROCK N FLY**



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 (Top 3).
3. 5K walker awards 10 year age groups (Top 3).
4. Best country theme costumes any flavor (Top 3).

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.
- Medals for 1/2 marathon finishers.
- 2 DJs to inspire you along half marathon
- 2 Jumbotrons.
- Motorcycle parade.
- Unique food stop at 1.5 mile mark.
- 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 pass by Barrancas National Cemetery, The National Naval Aviation Museum, and the Pensacola Lighthouse. Both courses begin at the corner of Radford Blvd and Fred Bauer Street. There will be several water stations with music along the 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, 2019

\$65 by Jan 1, 2020

\$75 by Feb 1, 2020

\$85 by Mar 15, 2020

5K PAPER REGISTRATION

\$25 by Dec 1, 2019

\$30 by Jan 1, 2020

\$35 by Feb 1, 2020

\$38 by Mar 15, 2020

PACKET PICK UP

Friday, March 20 200(3 - 7:30 p.m.) at Seville Quarter or race day (6 -7:30 a.m.) at Radford Gym on NAS Pensacola.

POST RACE PARTY

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

FINISH LINE & SCORING

The 2020 Rock N Fly 1/2 Marathon & 5K will be scored by a timing device. Race numbers must be visible and chips worn on shoes to get timed at the finish line . Results will be posted at www.gulfspporttiming.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: