



8th Annual Navy 5 Miler **Prepare. Execute. Achieve.**

Washington, DC, March 31, 2011 –The Navy 5 Miler is excited to announce the opening of online registration at www.navy5miler.com on April 3rd, 2011. The 8th Annual event will take place on Sunday September 25th, 2011 at the Pentagon in Arlington, VA at 8:00am. It is being presented by Science Applications International Corporation (SAIC) [NYSE: SAI] for the fifth straight year and is expected to fill-up quickly.

The race is open to military and civilian runners, is a USATF certified (VA-10049-RT) race course and uses Chrono-Track timing. Starting and finishing by the North parking lot of the Pentagon, the course will take you along the Pentagon Lagoon, Pentagon Memorial, Arlington Cemetery and Air Force Memorial with a few challenging hills.

Individual entry fee begins at \$35, plus a processing fee, until May 31st. From June 1st until August 31st, the fee will be \$40 and then \$45 from September 1st – 16th. Online registration at www.navy5miler.com is the fastest and easiest way to ensure you get the best deal. You can also register a team online for \$25, plus a processing fee. Teams are a maximum of 8 runners with a minimum of 4 to score. The top 4 times will be combined to determine the winner.

There will be overall awards for the top three females and males, master females and master males and wheelchair females and males. Thirteen age group category awards will go to the top three female and male runners in five year age groups starting with 14 and under up to 70 and over. The team categories include the prestigious Captain's Challenge for all active duty males and one for female teams from the same branch of service. Additional team awards will be presented to the first, second and third place in the following categories:

- Master's Female & Master's Male (age 40+ can be military/civilian),
- Military – All active duty, any branch of service, any mix of gender



- Corporate – All employees from same corporation, at least 1 female, any mix of gender
- Open – At least 1 female, any mix of age and military and/or civilians

The Event Records:

Open

- 2008 Philip Parry, 45 26:21
- 2006 Martha Merz, 44 30:39

Master's (Over 40 years)

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- 2006 Martha Merz, 44 30:39

The 2010 Winning Times (Net Time)

Open

- Omari Daughtridge, 24 26:51
- Bridget Holt, 32 32:17

Master

- John Zimmerman, 44 30:23
- Robin Martz, 40 35:16

For information on sponsorship, volunteering or additional race information, please contact us at navy5miler@gmail.com.

About the Navy 5 Miler

The Naval Support Activity Washington Morale, Welfare and Recreation (NSAW MWR) Program started the Navy 5 Miler in 2004 in celebration of the Navy's Birthday. The event organization has since transitioned to Joint Base Anacostia-Bolling Morale, Welfare and Recreation (JBAB MWR) as a result of the Base Realignment and Closure (BRAC) initiative. The mission of Morale, Welfare and Recreation is to provide quality support and recreational services that contribute to the retention, readiness, mental, physical and emotional well being of our Active Duty personnel and Department of Defense employees. All proceeds will go to supporting these programs and services that improve the quality of life for the United States active duty military and their families.



Special thank you to our sponsors:

- Science Applications International Corporation (SAIC)
- Road Runner Sports

MWR sincerely thanks and appreciates the sponsors of this event. However, neither the Navy nor any other part of the federal government officially endorses any company, sponsor, or their products or services.