

ATTENTION

Runners & Triathletes

16 Tri Athletes and 35 Runners are now being selected for the 2005 Capital Region Running & Triathlon Team.

Selected Athletes Will:

- * Represent the Navy at various road races & triathlons.
- * Be positive role models that promote long distance running as a competitive sport
- * Receive Navy sponsored team uniforms.
- * Have entry fees reimbursed for selected races.



Regional Qualifying Times

Personnel must submit qualifying times from a sanctioned race within the past three years and meet the time

Event	34 & Under/ 35 & Over Men	34 & Under/35 & Over Women
5k	19:00/21:00	24:00/26:00
10k	39:00/43:00	49:00/53:00
Marathon	3:30:00/3:45:00	3:50:00/4:05:00
Triathlon	2:30:00/2:45:00	3:00:00/3:15:00

Are You Eligible?

You must be active duty Navy personnel with a minimum of one year remaining on orders to the local area or be a reservist in active duty status assigned to Naval District Washington.



APPLICATION DEADLINE
September 10, 2004



For additional information contact the MWR Capital Running & Triathlon Team Coordinator at (202) 433-2269.

Go to www.ndw.navy.mil for the entry form.

All completed entry forms must be faxed to (202) 433-2422.