

# Shamrock Shuffle

## 5K and Fun Run

Saturday ~ March 12, 2016 ~ 8 AM



**Benefits:** Andrew Carpenter, a Mobile County Public School student - to help with physical therapy and related medical costs.

**Organized by:** Dawes Dashers Running Club

**Location:** 10451 West Lake Road; Mobile, AL 36695

**Distance:** Certified 5K course (AL13008JD). Fun run is approximately 1 mile.

**Registration:** Register by mail (entries should be postmarked by March 5), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile, or Running Wild in Fairhope until noon on March 10.

Register online at <http://shamrockshuffle5k2016.eventbrite.com> until 4 AM March 11.

Packet pick-up and race day registration at Dawes Intermediate School from 6:30-7:45AM.

**Entry fees: Pre-registered:**

5K Adults: \$15

5K Students (K-12): \$12

Fun Run: \$10

**Day of Race:**

5K Adults: \$20

5K Students (K-12): \$17

Fun Run: \$15

Shamrock Supporter (no running required; includes shirt): \$10

**Awards:** Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Race Walker.

Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-99.

**Special Awards:** Participants are encouraged to indicate on their applications the school that they support. The school with the most participation will be recognized on race day.

**Shirts:** To guarantee a shirt on race day, submit your application by Friday, February 26.

**Post-Race Party:** Wonderful food and beverages will be provided after the race.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F

Address: \_\_\_\_\_ City, State & ZIP: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Event: 5K Fun Run Shamrock Supporter Race Walker: Yes No

T-Shirt Size: YM YL S M L XL XXL School Name: \_\_\_\_\_

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. 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 Dawes Intermediate School, 10451 West Lake Road; Mobile, AL 36695, LRH Productions, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

(Parent/Guardian must sign for participants under 19)

Make checks payable to: Dawes Intermediate

Mail to: Dawes Intermediate School; Attn: Shamrock Shuffle; 10451 West Lake Road; Mobile, AL 36695