

Shamrock Shuffle

5K and Fun Run

Saturday ~ March 14, 2015 ~ 8 AM



- Benefits:** Alabama Kidney Foundation
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 7th**), in person at McCoy Outdoor, Run-N-Tri in Mobile, or Running Wild in Fairhope until noon on **March 12th**. Register online at <http://shamrockshuffle2015.eventbrite.com> until 4 AM **March 13th**. Packet pick-up and race day registration at Dawes Intermediate School from **6:30-7:45AM**.
- Entry fees:** **Pre-registered:** **Day of Race:**
5K Adults: **\$15** 5K Adults: **\$20**
5K Students (K-12): **\$12** 5K Students (K-12): **\$17**
Fun Run: **\$10** Fun Run: **\$15**
Shamrock Supporter (no running required; includes shirt): **\$10**
Volunteer: **Free**
- 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 27.
- 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 Volunteer Shamrock Supporter Race Walker: Yes No

T-Shirt Size: YS YM YL S M L XL XXL No Shirt (subtract \$3 from fee)

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 Dashers Running Club**

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