

29th Annual Shamrock Shuffle 5K/10K



Join us for the 29th Annual
Shamrock Shuffle 5K/10K run on
Saturday, March 3rd, 9 am at
Johnny's Tavern in North Lawrence.

This year all proceeds from the Shamrock Shuffle go to **Baby Jay's Legacy of Hope, Cooper's Cause Foundation and O'Connell Youth Ranch** in support of the children in our community.

Shamrock Shuffle Participants Receive:

- An Event Shirt or Gloves
- Post-Race Irish Breakfast sponsored by Johnny's Tavern
- A Pancake feed
- Electronic Chip Timing
- Multiple Age Group Awards

Sponsored by: Anthony Chiropractic | Scott Temperature | McDonald Family Chiropractic | Running for the Hill of It | Sound Innovations

for more information, call 785.843.2244

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Runner Information

Name	
Male	Female (circle one)
Phone	
Email	
Address	
City, State, Zip	
Date of Birth	Race Choice: 5K or 10K
T-Shirt (circle choice)	
<u>Youth Shirts</u>	<u>Adult Shirts</u>
S M L	S M L XL XXL XXXL or gloves

Suggested Donation (by Date)

<u>5K Race</u>		<u>10K Race</u>	
early bird thru 2/1	\$30	early bird thru 2/1	\$35
from 2/2-2/27	\$35	from 2/2-2/27	\$45
after 2/28	\$40	after 2/28	\$50

Event Waiver

In consideration of my participation in this event, I, the undersigned, intending to be legally bound, hereby, for my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Lawrence St. Patrick's Day Parade Committee, RaceDay Timing Solutions, The City of Lawrence, KS and any sponsor/or member thereof for any and all injuries by me in this event. I hereby assume the risk of participating in this event. I attest and verify that I am physically fit and sufficiently trained for the competition of the event. I hereby agree that in the event of the cancellation of this event due to storms, rain, wind, inclement weather or other "acts of God," my (tax deductible) donation shall not be refunded.

Payment Information | Circle Payment Choice

MC Visa Discover AMEX	\$
Card No.	
Expiration	
CVC Code	
Signature	
Check Make payable to Shamrock Shuffle.	
Mail payment and form to: Lawrence St. Patrick's Day Parade, P.O. Box 1702, Lawrence, KS 66044	