

WHEN

Saturday, March 16th
11:00 am - 1 mile fun run / walk
Noon - 5K run



LOCATION

Lebanon City Hall,
51 North Park Street
Plus! Awards and raffle at Salt Hill!

FEE

Pre-Registration ends 3/10/19
NO ONLINE SURCHARGE for Pre-Reg
What you see here is what you pay

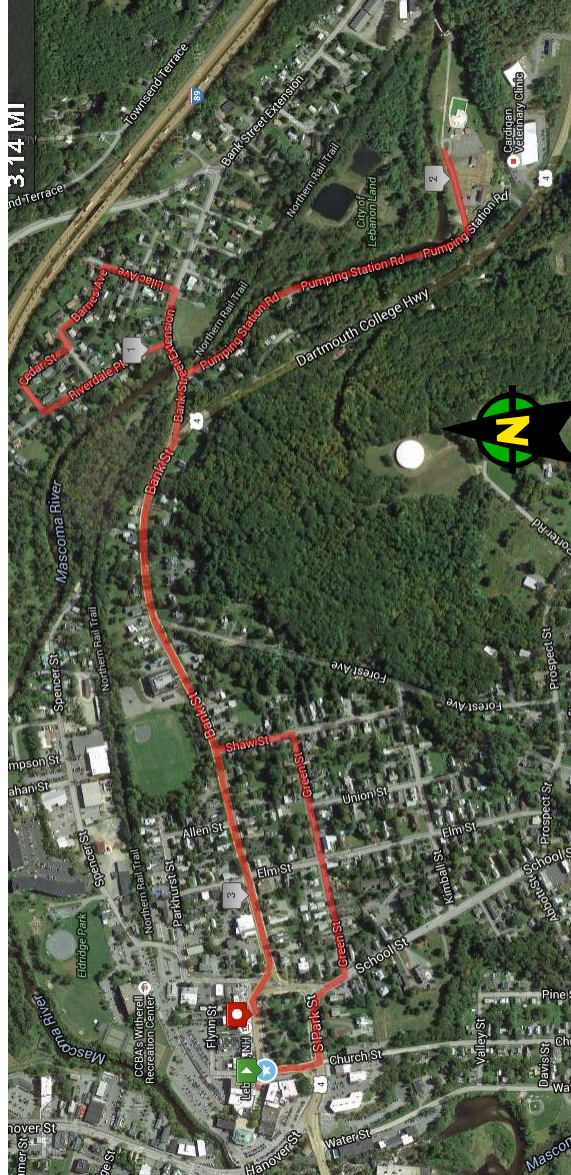
Must Pre-Register to receive long-sleeve T-shirt

Adults 18+: \$22.50 pre-reg; \$25 after
Youth 13-17: \$17.50 pre-reg; \$20 after
Youth 12 & Under: \$12.50 pre-reg; \$15 after
1 Mile fun run - FREE!

REGISTRATION

www.Shamrock5K.com
Or mail your application and check to
City of Lebanon
51 N. Park St. Lebanon, NH 03766

FOR MORE INFO
Call (603) 448-5121
www.Shamrock5k.com



Parking: Around Lebanon
Green, behind City Hall &
on Taylor Street

5 K Course:
Residential and along
the Mascoma River,
relatively flat with three
20 foot inclines

USATF Certification #:
NH150004TY

ENTRY FORM

I am entering the: 18 + 5k (\$22.50 by March 10) \$25 afterwards) 1 mile fun run / walk (free) Additional Donation
13-17 5k (\$17.50 by March 10) \$20 afterwards)
12 under 5k (\$12.50 by March 10) \$15 afterwards)

Running Team (if applicable)

Last Name _____ First Name _____ M/F _____ Email _____
Street Address _____ City, State _____ Zip Code _____ Birthdate _____ Unisex Women's _____
S M L XL XXL no shirt
Circle T-Shirt Size (5K regi)

Release and Waiver: I know that running is a potentially hazardous activity. I should not enter and run the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running including, but not limited to falls, contact with other participants, the effects of the road and traffic on course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release the Lebanon Recreation and Parks Department, City of Lebanon, coordinating groups, individuals associated with the "Lebanon Recreation Shamrock Shuffle, Mass Bay Brewing Co. Inc, all sponsors and their representatives, employees, and successors from all claims or liabilities of any kind suffered in connection with this event. I also hereby grant full permission to any and all of the foregoing to use my likeness in all media including pictures, photographs, or any other record of this event for any legitimate purpose.

Signature (Parent or guardian required if under 18) _____ Date _____

Lebanon Recreation and Parks Dept.
Attn: Shamrock Shuffle
51 North Park Street
Lebanon, NH 03766




FREE LONG SLEEVE
T-SHIRT TO
PRE-REGISTERED
5K ENTRANTS



Awards & Raffles:

- Prizes for top overall male and female finishers.
- Medals for top age group finishers.
- Other fun raffles throughout must be present to win!

18th ANNUAL LEBANON RECREATION ST. PATRICK'S *SHAMROCK*

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5K Road Race
and
1 mile fun run/walk

www.shamrock5K.com

March 16, 2019