

**WHEN**

Saturday, March 18th  
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 3/10/17 at 11am**  
NO ONLINE SURCHARGE  
What you see here is what you pay

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

Adults 18+: \$22.50 pre-reg; \$28 after  
Youth 13-17: \$17.50 pre-reg; \$23 after  
Youth 12 & Under: \$12.50 pre-reg; \$18 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 #:   
NH090004RF

**ENTRY FORM**

I am entering the: 18 +  5k (\$22.50 by March 11 \$28 afterwards)  1 mile fun run / walk (free)  Additional Donation  
13-17  5k (\$17.50 by March 11 \$23 afterwards)  NH Grand Prix Club (if applicable)  
12 under  5k (\$12.50 by March 11 \$18 afterwards)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_\_ Email and/or phone number \_\_\_\_\_  
Street Address \_\_\_\_\_ City, State \_\_\_\_\_ Zip Code \_\_\_\_\_ Birthdate \_\_\_\_\_ Circle T-Shirt Size (5K registrants) \_\_\_\_\_  
Unisex Women's \_\_\_\_\_ S M L XL XXL no shirt

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!

# 16th ANNUAL LEBANON RECREATION ST. PATRICK'S DAY *SHAMROCK*

*S H U F F L E* 

5K Road Race  
and  
1 mile fun run/walk  
[www.shamrock5K.com](http://www.shamrock5K.com)

March 18, 2017