



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF HANNIBAL
SHAMROCK SHUFFLE
5K RUN / WALK

MARCH 16th 2019

Warm Ups: 8:30am O Race Starts at 9:00am
Location: Hannibal American Legion Golf Course

Registration form fields: First, Last, Home address, City, State, Zip Code, Birthday, Age, Phone, Gender, YMCA member, Emergency Contact, Phone Number, E-Mail

SPONSORED BY:



T-Shirts will be provided to all pre- registered by March 2nd and paid runners. Those registering on race day will receive shirts on first come first served basis.

Available sizes are: Circle one please

Youth S M L Adult S M L XL XXL

Payment (No Refunds available)

Single Participate \$25 per person

Waiver: I hereby declare, assert and affirm that participation in shamrock shuffle 5k Run/ Walk is done having voluntarily and knowing assumed all risks involved in this special event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke, and sudden death.

Print Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

Parent/ legal Guardian must sign if participate is under the age of 18.

FOR OFFICE USE ONLY

Date \_\_\_\_\_ Amount Paid \_\_\_\_\_ Check# \_\_\_\_\_ Cash \_\_\_\_\_ Staff \_\_\_\_\_
Put in Daxko \_\_\_\_\_