



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# YMCA OF HANNIBAL SHAMROCK SHUFFLE 5K RUN/WALK MARCH 18th 2017

Warm Ups: 8:00am Race Starts at 8:30am  
 Location: Start at the Armory and run through Sodalis Nature Preserve

First \_\_\_\_\_ Last \_\_\_\_\_  
 Home address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Birthday \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_  
 Gender F or M \_\_\_\_\_ YMCA member Yes \_\_\_\_\_ No \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 E-Mail \_\_\_\_\_

(Race information will be emailed to you once your registered)

I Plan to: mark one please Run \_\_\_\_\_ Walk \_\_\_\_\_ Stroller \_\_\_\_\_  
 T-Shirts will be provided to all pre- registered by March 1<sup>st</sup> 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)

	Members:	Non-Member
_____ Single Participate		
Early Bird: January 25 <sup>th</sup> -March 1 <sup>st</sup>	\$ 20.00	\$30.00
Normal: March 4 <sup>th</sup> -March 16 <sup>th</sup>	\$25.00	\$35.00
March 17 <sup>th</sup> & Race Day	\$ 30.00	\$40.00
_____ Family Rate (Limit 4...list members below)	\$ 50.00	\$60.00
_____	T-shirt Size _____	
_____	T-shirt Size _____	
_____	T-shirt Size _____	

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. In consideration of acceptance of this contract allowing my participation in the above stated Special event and intending to be legally bound thereby, I hereby for myself, my heirs and executors, administrator and assigns, Waive and Release any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated special event. Specially Hannibal YMCA and Hannibal Park and Recreation. I understand that I do hereby waive any and all rights or benefits under the state of Missouri Worker's Compensation laws for any injury incurred as a result of my participation in this event, including disregards of the posted route.

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 Trinexum \_\_\_\_\_ Code #28