

Fort Rucker Shamrock Shuffle 5K & 10K



Where: Fortenberry-Colton Physical Fitness Center, BLDG 5900 SkyChief Street, Fort Rucker, AL

When: Saturday, March 14th 2020 10K Run begins at 0900 5K Begins at 0915

Entry Fee:

ALL PAID PARTICIPANTS WILL RECEIVE A FINISHER MEDAL

Pre-registration fee is \$25 (per person includes t-shirt and finisher medal) by March 8TH.

March 9TH -Race day, entry fee is \$30. (Per person includes t-shirt and finisher medal)

No T-shirt, run only, option fee is \$15 (includes finisher medal)

Teams: Teams of 8 runners pay \$160 (\$20.00 per team member and includes a t-shirt & finisher medal), each additional person pays normal registration fee. Top 3 teams will be awarded streamers. After March 9th -Race Day all teams are \$180 (\$22.50 per team member).

PRE-REGISTRATION IS HIGHLY RECOMMENDED

Registration are available at Fortenberry-Colton Physical Fitness Center & Fort Rucker Physical Fitness Center Entry forms are also available to print on the MWR website: <https://rucker.armymwr.com/>. Entry forms can be processed and paid (with CASH, CHECK or Credit Card) at either Physical Fitness Center. If mailing in your registration form, please DO NOT SEND CASH. Make check out to **IMWRF** and mail to:

Shamrock Shuffle 10K/ 5k
Bldg. 4605 Andrews Ave.
P.O. Drawer 620189
Fort Rucker, AL 36362

Awards 5K, 10K and Teams

- Trophies will be awarded to the 5K Overall Female & Male; Grandmaster Female & Male Medals to the top Three male and female in each of the following age groups:
9 & Under • 10-14 • 15-19 • 20-24 • 25-29 • 30-34 • 35-39 • 40-44 • 45-49 • 50-59 • 60-69 • 70 & Over
- Trophies will be awarded to the 10K Overall Female & Male, Grandmaster Female & Male Medals to the top Three male and female in each of the following age groups:
• 19 & Under • 20-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70 & Over
- Eight medals will be presented to the 1st place team. Streamers will be given to top 3 finishing teams. Paid Team members may run individually and qualify for age category awards.

Refreshments:

Adult beverages will be available for those 21+ (Bib and ID required) for participants. Fruit, cereal bars, Gatorade and water also available

Questions: Please call the Fitness Coordinator at 255-1951/3794 or email:
Nicole.r.crowley4.naf@mail.mil

