

# Fort Rucker Family and MWR



## Shamrock Shuffle 5K Run/Walk 10K Run & 1 Mile Fun Run

**Where:** Fort Rucker Physical Fitness Center. Bldg. 4605 Andrews Ave, Fort Rucker, AL

**When:** Saturday, March 17, 2018 the 5K run/walk and 10K Race will begin at 0900. Fun Run will start after the end of the 5K/10K races.

**Details:** Race day registration: begins at 0730 and ends at 0845  
Pre-registration packet pick up on FRIDAY, March 16 from 1500-1700 at Fortenberry-Colton PFC

### Race Course:

#### 5K Run/Walk

Participants will start at the corner of Gladiator and 3<sup>rd</sup> Ave. Run up 3<sup>rd</sup> Ave toward the Daleville gate, left on Raider, right on Ave L, left on Quartermaster. The turnaround point will be on Quartermaster. There will be a water point at the turn around.

#### 10K course:

Runners will start at the corner of Gladiator and 3<sup>rd</sup> Ave. Run up 3<sup>rd</sup> Ave toward the Daleville gate, left on Raider, right on Ave L, left on Quartermaster to Dilly Branch Rd, Right on Dilly Branch, Right on Pet Cemetery, Left on Dilly Branch, short left on Engineer, right on Dilly Branch to the marked turn around point. There will be two water points on the 10 k course (one on Quartermaster, one on Dilly Branch).

### Entry Fee:

Pre-registration fee is \$20 by March 11. March 12 and up to race day, entry fee is \$25. No T-shirt, run only, option fee is \$15 until March 11. No T-shirt option from March 12 and up to race day, entry fee is \$20.

Teams: Teams of 8-10 runners pay \$120 (\$15.00 per team member and includes a t-shirt), each additional person pays normal registration fee. Top 3 teams will be awarded streamers. After March 11 all teams are \$160 (\$20 per team member). Fun Run is free to all children 12 and under, each child will receive a medal. Individuals may purchase the t-shirt for \$12 (this does not include race registration fee). T-shirts are available while supplies last.

### Pre-Registration:

***Pre-registration is highly recommended.***

**Ready! Set! Run! Club participants please call Mr. Randy at 335.255.2254 or Ms. Sani at 334.255.2257 to register.**

Registration forms will be at Fortenberry-Colton Physical Fitness Center, Fort Rucker Physical Fitness Center and MWR Central. 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 or MWR Central located at Bldg 5700. If mailing in your registration form, please DO NOT SEND CASH. Make check out to **IMWRF** and mail to:

Shamrock Shuffle 10K/ 5k/walk and 1 mile Fun Run  
Physical Fitness Center  
Bldg. 4605 Andrews Ave.  
P.O. Drawer 620189  
Fort Rucker, AL 36362

### Awards 5k and 10k:

Medals will be awarded to the 5k & 10k Overall Female and Male, and Grandmaster Female and Male, First Place, Second and Third Place medallions will be awarded for age categories. Eight medals and (1) Trophy will be presented to the 1<sup>st</sup> place team. Streamers will be given to top 3 finishing teams. Team members may run individually and qualify for age category awards.

### Awards Walkers Division:

Walkers only in the 5K distance. Overall finisher in Male/ Female will receive a trophy & top 5 will receive medals. No teams in the walker's category. Walkers will at no time be allowed to run during the course. Running will be an immediate removal from the possibility of an award.

### Refreshments:

Water and fruit will be at the finish line for runners.

**Questions:** Please call the Fitness Coordinator at 255-1951/3794 or email: [kendra.d.santospena-collazo.naf@mail.mil](mailto:kendra.d.santospena-collazo.naf@mail.mil)

# Shamrock Shuffle 5K Run/Walk 10K Run & 1 Mile Fun Run

Saturday, March 17, 2018

BIB NUMBER  
(Staff only)

## RELEASE & HOLD HARMLESS AGREEMENT DEPARTMENT OF MORALE, WELFARE, AND RECREATION

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 risks associated with running, in this event including, but not limited to, falls, contact with other participants, the effects of the weather (including high heat and/or humidity), traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Department of Morale, Welfare, and Recreation Fund and the United States Government, from any liabilities or claims arising from my own participation. I agree that I will never prosecute, or in any way aid in prosecuting any demand, claim or suit against the United States Government for and loss, damage or injury to my person or property that may occur from any cause whatsoever as a result of taking part in this activity. I also understand and agree that I may be held liable for any damage or loss to the United States Government that is caused by my gross negligence, willful misconduct or fraud.

Please print clearly. Only completed registrations forms will be processed.

Last Name: \_\_\_\_\_ First: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Age: (as of Mar 17) \_\_\_\_\_ Sex: M F

Status (circle one): Active Duty Dependent Reserve Retired Civilian

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Circle Race Type: 10K 5K Run 5K Walk 1 Mile Fun Run

Circle ONE: Small Medium Large X-Large No Shirt  
\*Shirt sizes will be available on a first-come, first-served basis\*

Team Name: \_\_\_\_\_ POC/phone number \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian must sign if under 18.)

United States Government, as used here, includes Morale, Welfare, and Recreation Activities (MWR) and officer, Agency or employee of the United States Government or MWR Activities acting officially or otherwise. Entry forms can be processed and paid for (with Cash, Check or CC) at either Physical Fitness Center or MWR Central. You can Mail this entry form and check (made out to IMWRF) to the address below:

Shamrock Shuffle 10K/ 5k/walk and 1 mile Fun Run

Physical Fitness Center

Bldg. 4605 Andrews Ave.

P.O. Drawer 620189

Fort Rucker, AL 36362

Please do not write below this line. To be completed by MWR Staff

- ☐ Information has been confirmed  
☐ Form is complete

\_\_\_\_\_  
Staff name

\_\_\_\_\_  
Date received