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 PARTICPTANTS 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 HIGHLIY 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

BIB NUMBER (Staff only)



Shamrock Shuffle 5K & 10K

Saturday, March 14th 2020 ENTRY FORM

Circle Race Type:	10K Run	5K Run			
Circle ONE: Small *Shirt sizes will be	l Medium e available on a first-	Large come, first-sei	X-Large ved basis; limi	XXL ted XXL s	
Team Name:		POC/Phone	Number:		
	RELEASE & L	HOLD HARMLES	SAGREEMENT		
	DEPARTMENT OF MO			TION	
	DEFARTIVIENT OF IVI	JIALL, WELLAN	L, AND RECREA	IION	
properly trained. I agree to risks associated with running the weather (including high appreciated by me. Having myself and anyone entitled the United States Governmor in any way aid in prosect to my person or property thand agree that I may be hell willful misconduct or fraud		race official, relatively not not limited to, for traffic, and the converge the properties of the converge the properties of the properties of the properties of the United States of the United State	e to my ability to sa alls, contact with ot nditions of the road nd in consideration partment of Morale, y own participation, ited States Governn a result of taking par ites Government tha	fely completiner participad, all such riof your acconstitution. Welfare, and lagree that nent for and this activities.	e the run. I assume all nts, and the effects of sks being known and epting my entry, I, for d Recreation Fund and I will never prosecute, loss, damage or injury vity. I also understand
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Date of birth:	Age: (a	ns of Mar 14) _		Sex: M	S _E /
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Phone:		Email:		O	
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Signature:			Date:	9/	
United States Government employee of the United Sta	t or Guardian must sign if under, as used here, includes Moretes Government or MWR A or CC) at either Physical Fitner address below:	rale, Welfare, and R ctivities acting offic	ially or otherwise. E	ntry forms c	an be processed and
Shamrock Shuffle 5K/10K Physical Fitness Center Bldg. 4605 Andrews Ave. Fort Rucker, AL 36362					
	Please do not write b	elow this line. To	o be completed h	v MWR Stat	ff
Information 1				,	
Form is comple	s been confirmed ete	Staff	name]	Date received