



GET YOUR "GREEN" ON

**THE MONTGOMERY COUNTY FAMILY YMCA
& FRIENDS OF THE RED OAK TRAILS, PRESENT:**

**The 7th Annual Shamrock Shuffle - Saturday, March 14, 2020
@ 8:00 am on Phase #1 of the Red Oak Trail**

Get into the St. Patrick's Day spirit and join us for the Shamrock Shuffle - a 5K Run/Walk to promote the Red Oak Trail System. Participants can also take part in the "Costume" contest to add even more celebration to the day. The Run/Walk will begin & end in front of the Montgomery County Family YMCA.

5K Run Details

We will have awards for the top finisher in each age division and also for the top Overall Male & Female in both the Youth (18 & under) and Adult categories. Awards will also be given to the best costume worn by a Male, Female & Team (5 or more).

Leprechaun Lap

Not sure you're ready to run/walk a 5K but want to be part of the festivities? Try the "Leprechaun Lap" - a 1 mile course designed for those that want a shorter route to walk/run. No cost to participate.

Registration Fees & Info

Early Leprechaun Deadline (By March 6th)

- \$20.00 includes an official Shamrock Shuffle Stocking Cap!
- \$15 if you do NOT want a stocking cap

After March 6th

- \$20.00 includes stocking cap



In case of bad weather or poor road conditions, race will be canceled. No refunds will be given. Stocking caps will be available for pick-up at YMCA.

EVENT SPONSORS:





2020 SHAMROCK SHUFFLE

Early Bird Deadline: March 6th

Register ONLINE @ www.MCYMCA.com/OnlineRegistration

Participant's Name: _____ Gender (circle): **M** or **F**
 Email: _____ Race: _____ Date of Birth: ___/___/___
 Street Address: _____ City: _____
 State: _____ Zip Code: _____ Home #: ___/___-___ Alternate #: ___/___-___

- I would like to participate in the 5k**
 Circle Division Participating In (5k only)
 12 & under 13 - 18 19 - 29 30 - 39 40 - 49 50 - 59 60 & up
- I would like to participate in the 1 mile Leprechaun Lap** (No cost to participate, but no stocking cap included)

COST*: <u>Early Leprechaun Deadline (By March 6th)</u>	<u>After March 6th</u>
\$20 includes Shamrock Shuffle stocking cap	\$20 Includes Cap
\$15 If you do NOT want a cap	



**The Leprechaun Lap is FREE, however no stocking cap will be included.*

CONSENT TO PARTICIPATE

THE UNDERSIGNED _____, an adult person (or parent/guardian of participant) with understanding of the potential risks of injury by reason of participation in the following activity: **Shamrock Shuffle** does hereby consent to participate in the activity. The undersigned also releases the YMCA, now and for all time, to take and use any video/film/footage/recording/ photo/narrative taken of the me while in participation of said program for publication, display, sale or exhibition thereof in promotions, advertising and legitimate business use without any compensation to, and/or claim, by me.

The potential risk of participation includes risk of injury from contact with other participants and contact with or use of equipment used in the activity.

The undersigned affirms that by signing this consent the person understands that participation in the activity is voluntary and that the person is free at any time to stop participation.

By this consent and with participation in the activity, the undersigned voluntarily accepts the risk of injury by reason of participation in the activity.

THE UNDERSIGNED provides the following alternate **emergency contact information** to obtain consent to treat the undersigned in the event of injury or illness during participation:

Name (Parent/Spouse/Next of Kin)	Address	Telephone No.
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If the alternate emergency contact person named above cannot be reached, the undersigned gives consent for supervisory staff to provide necessary and reasonable emergency medical care and treatment and further treatment by a licensed professional caregiver as the case may be.

Participant or Guardian Signature	Print Name	Date
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RETURN TO: Montgomery County Family YMCA 101 E. Cherry St., Red Oak, IA 51566
Or register online at www.mcyymca.com/OnlineRegistration