

WHEN
July 6th - August 28, 2020

LOCATION
Anywhere you can complete a 5k or 1 mile fun run.



FEE

Adults 18+: \$25
Youth 13-17: \$20
Youth 12 & Under: \$15

Registering ONLINE there is a \$3.75 processing fee

REGISTRATION

www.Shamrock5K.com

Mail your registration form and check to

City of Lebanon

51 N. Park St. Lebanon, NH 03766

E-mail your registration form to

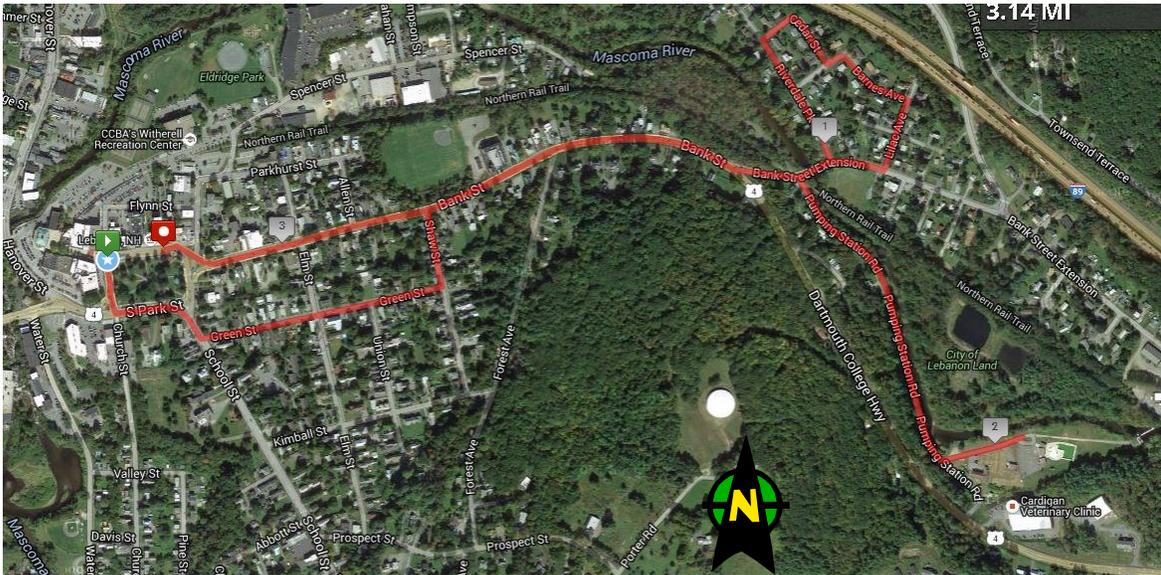
flythe@lebanonnh.gov.

**In Person contact Leb. Rec. at
603-448-5121 to setup an appointment
Inside River Valley College
15 Hanover Street Lebanon, NH 03766**

FOR MORE INFO

Call (603) 448-5121

www.Shamrock5k.com



Parking: Designated spaces or lots on your location

5 K Course: in Lebanon, or your choice of a 5k/1mile

USATF Certification #: NH150004TY

ENTRY FORM

I am entering the: 18 + 5k (\$25) 1 mile fun run / walk (free) Additional Donation
13-17 5k (\$20)
12 under 5k (\$15)

Running Team (if applicable) _____

Last Name _____ First Name _____ AGE (Race Day) M/F _____
Street Address _____ City, State _____ Zip Code _____ Birthdate _____
CELL: _____

Email _____
Circle T-Shirt Size (5K regi) _____
Unisex Women's
S M L XL XXL no shirt

Release and Waiver: I know that running is a potentially hazardous activity. I should not enter and run the race 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 risk associated with running/walking including, but not limited to falls, contact with other participants, the effects of the road and traffic on course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and any-one entitled to act on my behalf, waive and release the Lebanon Recreation and Parks Department, City of Lebanon, coordinating groups, individuals associated with the "Lebanon Recreation Virtual Shamrock Shuffle, Mass Bay Brewing Co. Inc, all sponsors and their representatives, employees, and successors from all claims or liabilities of any kind suffered in connection with this event. I also hereby grant full permission to any and all of the foregoing to use my likeness in all media including pictures, photographs, or any other record of this event for any legitimate purpose.

Signature (Parent or guardian required if under 18) _____ Date _____

Lebanon Recreation and Parks Dept.
Attn: Shamrock Shuffle
51 North Park Street
Lebanon, NH 03766



1. You must download the app called RaceJoy.
2. You must have RaceJoy tracking turned on when completing your route whether the 5k, or the fun run.



Raffles:

- For all registered runners/walkers that COMPLETE the 5k will be entered into raffle prizes.



Shirts:

- Shirts for all registered runners/walkers that donate or complete the 5k - shirts are available for purchase for the 1 mile fun run at registration.

19th ANNUAL

LEBANON RECREATION

ST. PATRICK'S

VIRTUAL

SHAMROCK



5K Road Race
and
1 mile fun run/walk
you choose

www.shamrock5k.com
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