

5K Shamrock Sprint

Road Race for Project Graduation

COST: \$15 for 5k
\$10 for Fun Run (14 and under only)

WHEN: Saturday, March 13, 2010
8:15am: Pre-registration
9:00am: Fun Run
9:30am: 5k

WHERE: Race day registration is at Admiral Steakhouse
(corner of Washington and Center Streets.)

DIVISIONS: Men's & Women's

15 & under
16-19 20-29 30-39
40-49 50-59 60+

AWARDS: Ribbons to 1st & 2nd runners in each division.
Prize to 1st place Male and Female runner.

Pre-REGISTRATION by Mail: (postmark by March 6th)
Shamrock Sprint 5k
c/o Byrnes Irish Pub
38 Centre St.
Bath, ME 04530

CONTACT: Kory Scarponi
207-504-2113
shamrockssprint5k@gmail.com

- T-Shirts for all 5k participants!
- Results posted in local newspapers
- Refreshments served after race.



5K Road Race Registration Form 2010

5K _____ or Fun Run _____

FIRST NAME:

LAST NAME:

ADDRESS:

CITY, STATE:

ZIP:

PHONE NUMBER:
() _____

E-MAIL ADDRESS:

(optional - we'll email you about next year's road race)

SEX: M / F

AGE: _____

DATE OF BIRTH: _____

T-SHIRT SIZE:

S: _____ M: _____ L: _____ XL: _____

"In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against the sponsors and officials for any and all injuries suffered by me in this road race."

Signature: _____

(Signature of parent or legal guardian if under 18)