

The Upper Merion High School Cross Country Team's 6th Annual

SHAMROCK SHUFFLE

5K and 1 mile fun run



Race	Pre-register: by Feb 23rd	Registration After Feb 23rd
5K	\$20	18 & U: \$20 19 & over: \$25
1 mile	10 & U: \$5 11 & Over: \$10	



CASH OR CHECK: Complete this form - one for each participant. Checks should be payable to "**Upper Merion Area High School**". Send to:

Lynda Newhart, c/o Upper Merion Area High School
435 Crossfield Rd, King of Prussia, PA 19406

CREDIT CARD: Visit our website to register online (no FEE):

<http://UMXCShamrockShuffle.itsyourrace.com/>

Waiver: I grant permission for a licensed physician and hospital to provide emergency care for for the below mentioned individual. Ambulance cost is my responsibility. To the best of my knowledge, the participant is in good health and is able to participate in the activity. In case of accidents, I release Upper Merion Area School District (and any faculty, staff or student) from all claims to personal injury and property damage which may result from participation in the 5K, 1 mile and/or other programs. The participant will abide by all rules and regulations set forth by the Shamrock Shuffle 5K/1 mile hosts and school district policies. I hereby grant permission to allow photographs to be taken of this activity for UMASD publicity purposes. I have read, understood and agree to the above items.

Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____
(if under 18)

Name (printed): _____

Address: _____

Phone: _____

E-mail: _____

Circle Choices

Race: 5K 1 mile

T-shirt (5K only): S M L XL

Sex: Male Female

Age (race day) _____

UMASD Students Only: What school do you attend? _____

UMASD Staff/Adults: Are you a muducator? YES NO