

Central Whidbey Cooperative Preschool

SHAMROCK 5k RUN/WALK Registration

Saturday March 17th 2012



- Times:** 8:30am Kids Dash (8 & Under)
9:00 am 5k Run/Walk
10:30am Awards Ceremony
- Starting Place:** Coupeville Track (behind Elementary School)
- Race day registration:** 7:30 a.m. – 8:30 a.m. @ Coupeville Track
- Entry fees (includes shirt*):** \$25.00 pre-registration - \$30.00 day of race
- Pre-registration:** Register online (see below) or mail by March 8th to: **CWCP - PO Box 443
Coupeville, WA 98239**
- Prizes:** Top Male & Female finisher for each age division will receive awards. (*at least*)
- Register online:** <http://www.coupevillepreschool.org/shamrock5k> (no later than March 15th)
- Contact information:** shamrock5k@coupevillepreschool.org

Come and enjoy fun, fellowship, and fitness ~ no matter what your pace!

Race is on track, trail and sidewalk and will be hand timed. Baby strollers welcome.

Refreshments and snacks provided post-race. *Childcare is available @ CES playground (3yrs & up).*

All proceeds benefit Central Whidbey Cooperative Preschool.

The “**Kid Dash**” (for children ages of 3 – 10yr) will be a race of approximately 400 meters all participants will receive a prize. Free for children – no T-Shirts provided for Kid Dash participants.

5K GROUP DIVISIONS: 13 and under, 14-18, 19-29, 30-39, 40-49, 50-59, 60+

----- *Return below with Check Written to CWCP* -----

Name of participant: _____ (please print) Male / Female Age: _____

Address: _____

E-mail: _____ Phone: _____

T shirt size: ___ Youth ___ S ___ M ___ L ___ XL ___ XXL

****T-Shirts available on race day for all who pre-register by March 1st, 2012. (After this date it will be first come first serve on day of race and can be available for pick-up at determined location at later date)***

PLEASE READ AND SIGN RELEASE: I know that running a road race is a potentially hazardous activity. I should not enter and run 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 risks associated with running in races, including, but not limited to: falls, contact with other participants, the effect of the weather, including high heat and/or humidity or lightning, the conditions of the road and traffic on the course, all risks being known and appreciated by me. No dogs are permitted on school grounds, therefore none will be allowed in the run/walk. Children under 13 must be accompanied by an adult. Having read this waiver and knowing the facts and in consideration of your acceptance of my entry in the race, I, for myself and anyone entitled to act on my behalf, waive and release the directors of this race, the Central Whidbey Cooperative Preschool, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to any photographs, motion pictures, recording or any other record for legitimate purpose.

Signature of Participant or guardian

Date