



"...let us run with perseverance the race marked out for us." Hebrews 12:1

Saturday, March 13, 2010

8:00 am - 1 Mile Fun Run/Walk

8:30 am - 5K

Races start and finish at
Killearn United Methodist Church
2800 Shamrock South
 (at the Killarney Way traffic circle)

RACE FOR HUNGER

All Proceeds will benefit KUMC Mission Outreach Programs

ENTRY INFORMATION:

Registration includes T-shirt (guaranteed to the first 400 pre-registered) and Pancake Breakfast

Pre-registration on or before March 12

Day of Race Registration - 7:00 am KUMC Courtyard

5K \$ 12.00

5K \$ 15.00

1 Mile Fun Run/Walk \$ 10.00

1 Mile Fun Run/Walk \$ 12.00

Make checks **payable to KUMC** and mail (or hand deliver to church office) with registration form/waiver to:

KUMC/ Shamrock Scurry
2800 Shamrock South
Tallahassee, FL 32309

Mailed forms/payment must be postmarked by March 5

EARLY PACKET PICKUP: March 11th 4:00-7:00pm or March 12th 11:00am-2:00pm - KUMC Courtyard

PANCAKE BREAKFAST: Join us for a post race Pancake Breakfast! Free for race participants; \$5.00 for others

AWARDS CEREMONY: Awards for the 5K given to the top male and female overall finishers and the top 3 males and females in 5-year age groups. Awards for the 1 Mile Fun Run given to the top 3 male and female finishers .

For more information or to register online go to www.kumconline.org/scurry or call Connie Clarke 850-933-2429.

Complete and detach entry form below. All forms must be accompanied by payment.

NAME: _____ SEX: _____ AGE: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

5K Race _____ 1 Mile Fun Run/Walk _____ T-shirt Size (circle): YM – YL – S – M – L – XL – XXL

How did you hear about the race? KUMC _____ Gulfwinds _____ Print Ad _____ Other _____ (please specify)

WAIVER: In consideration of your acceptance of my entry as a participant in the 2010 Shamrock Scurry, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release all claims for damages, death, personal injury, or loss of property against KUMC, Gulf Winds Track Club and all volunteers and others promoting or assisting in any way the Shamrock Scurry, which may result from my participation on March 13, 2010, or while traveling to and from this event. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties. I am releasing if I suffer injuries and damages, and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement. In addition, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Entrant (Parent or Legal Guardian if under 18 years old) _____ DATE: _____