

Fort Rucker Shamrock Shuffle 5K



Where: Fortenberry-Colton Physical Fitness Center, BLDG 5900 SkyChief Street, Fort Rucker, AL

When: Saturday, March 18th, 2023, the 5K will begin at 0900

Entry Fee

Pre-registration fee is \$20 (per person includes t-shirt)

March 18TH - Race Day, entry fee is \$25. (Per person includes t-shirt)

No T-shirt, run only, option fee is \$15

Teams

Teams of 8 runners pay \$160 (\$20.00 per team member and includes a t-shirt), and each additional person pays the normal registration fee. The top 3 teams will be awarded. Race Day all teams are \$180 (\$22.50 per team member).

PRE-REGISTRATION IS HIGHLY RECOMMENDED

Registration is available at Fortenberry-Colton & Fort Rucker Physical Fitness Center

Entry forms are also available to print on the MWR website:

<https://rucker.armymwr.com/>. Entry forms can be processed and paid for (with CASH, CHECK, or Credit Card) at either Physical Fitness Center.

Awards 5K, and Teams

- Trophies will be awarded to the 5K Overall Female & Male; Grandmaster Female & Male Medals to the top Three male and female in each of the following age groups:
9 & under • 10-14 • 15-19 • 20-24 • 25-29 • 30-34 • 35-39 • 40-44 • 45-49 • 50-59 • 60-69 • 70 & Over
- Eight medals will be presented to the 1st place team. Awards will be given to the top 3 finishing teams. Paid Team members may run individually and qualify for age-category awards.

Kids Fun Run

The Fun Run is for CHILDREN ONLY ages 10 and younger. This run will approximately be a quarter of a mile, Parents may run with their children if necessary. 75 medals are available and will be presented once this route is completed. Medium youth shirts are available for \$15.

Questions: Please call the Fitness Center at (344) 255-2296 or email: barbara.l.avila2.naf@army.mil

Shamrock Shuffle 5K



BIB Number
(Staff Only)

Saturday, March 18th 2023
ENTRY FORM

Circle Race Type: 5K Run Free Fun Run

Circle ONE: Small Medium Large X-Large XXL No Shirt

Shirt sizes will be available on a first-come, first-served basis; limited XXL sizes available

Team Name: _____ POC/Phone Number: _____

RELEASE & HOLD HARMLESS AGREEMENT DEPARTMENT OF MORALE, WELFARE, AND RECREATION

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 this event including, but not limited to, falls, contact with other participants, and the effects of the weather (including high heat and/or humidity), traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Department of Morale, Welfare, and Recreation Fund and the United States Government, from any liabilities or claims arising from my own participation. I agree that I will never prosecute, or in any way aid in prosecuting any demand, claim or suit against the United States Government for and loss, damage or injury to my person or property that may occur from any cause whatsoever as a result of taking part in this activity. I also understand and agree that I may be held liable for any damage or loss to the United States Government that is caused by my gross negligence, willful misconduct or fraud.

PLEASE PRINT CLEARLY

Last Name: _____ First _____

Date of birth: _____ Age: (as of Mar 18th) _____ Sex: M F

Phone: _____ Email: _____

Signature: _____ Date: _____
(Parent or Guardian must sign if under 18.)

United States Government, as used here, includes Morale, Welfare, and Recreation Activities (MWR) and officer, Agency or employee of the United States Government or MWR Activities acting officially or otherwise. Entry forms can be processed and paid for (with Cash, Check or CC) at either Physical Fitness Center or MWR Central. You can Mail this entry form and check (made out to IMWRF) to the address below:

Shamrock Shuffle 5K
Physical Fitness Center
Bldg. 4605 Andrews Ave.
Fort Rucker, AL 36362

Please do not write below this line. To be completed by MWR Staff

<input type="checkbox"/> Information has been confirmed	
<input type="checkbox"/> Form is complete	<div style="display: flex; justify-content: space-between;"> _____ _____ </div> <div style="display: flex; justify-content: space-between;"> Staff name Date received </div>