



# SHAMROCKS ON THE ROCKS 5K



March 19, 2017 - 5K Walk 12:15 pm 5K Run 1:00pm

On The Rocks 96 Lakefront Street Lunenburg, MA

Entry Fee: \$15 until 3/10/17 \$20 - 3/11/17 to race day

Online registration [active.com](http://active.com)

Unisex T-Shirts- small \_\_\_\_\_ medium \_\_\_\_\_ large \_\_\_\_\_ X-large \_\_\_\_\_

Plus **Fleece Running Beanie** to first 50 registered

**Prizes: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male/Female**

Metals for age groups- 18 and under 20- 29 30-39 40-49 50-59 60-69 70+

Send Checks to: Marge Gladwin 16 Village View Rd. Westford, MA01886

For more information: [mark.fontaine@comcast.net](mailto:mark.fontaine@comcast.net) or [reidcc@comcast.net](mailto:reidcc@comcast.net)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender M \_\_\_ F \_\_\_

Email \_\_\_\_\_ Phone: \_\_\_\_\_

Walker \_\_\_\_\_ or Runner \_\_\_\_\_ Checks to: North Medford Club- Waiver must be read and signed: I know that road racing is a potentially dangerous activity. I assume all risks with running this race. I waive and release North Medford Club, Embers Pizzeria and the city of Lunenburg, all sponsors, directors and officers from all claims of liabilities of any kind arising out of my participation in this race even though that liability may arise out of negligence on the part of the persons named in this waiver.

SIGNED: \_\_\_\_\_

Shamrocks 5K 3-19-17