



North Medford Club & ON THE ROCKS

**8TH ANNUAL -
SHAMROCKS ON THE ROCKS**



5K RUN / WALK



96 Lakefront Street, Lunenburg, MA

March 15th, 2020- Run - 1:00 P.M. Walk is at 12 Noon

Entry Fee: \$20(Until 3/1/20)

Entry Fee: \$25(2/29/20 and Same Day)

<https://www.active.com/lunenburg-ma/running/8th-annual-shamrocks-on-the-rocks-5k-walk-run-2020>

As part of our commitment to local causes through our series of Pub-Style local races- we will continue support in local causes- as we have in our last 7 years of this series.

First 150 to receive Custom T-Shirt
Shirt Size(Select 1) S___ M___ L___ XL___

Prizes:

First Second and Third Place Male/Female Runners
Timing for Runners Only- No Dogs Allowed

Make Checks Payable To:

North Medford Club
16 Village View Road
Westford, MA 01886
Attention: Marge Gladwin

For more information: reidcc@comcast.net, mark.fontaine@comcast.net

Name: _____ **Walk**___ **Run**___

Address: _____ **City:** _____ **State:** _____ **ZIP:** _____

Date of Birth: _____ **Age:** _____ **Gender:** M ___ F ___ **Phone:** _____ **Email:** _____

Waiver Must Be Read and Signed: 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 assume all risks associated with running including but not limited to falls, contact with other participants, the effects of the road and traffic; all such risks being known by me. Having read this waiver and knowing these facts, I, for myself and my heirs and assigns, and anyone else entitled to act on my behalf, do waive and release NMC Club, On the Rocks and the Town of Lunenburg and all sponsors, their directors and officers, from all claims of liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. _____