



North Medford Club & ON THE ROCKS



SHAMROCKS ON THE ROCKS

5K RUN / WALK

96 Lakefront Street, Lunenburg, MA

March 19th, 2022- Run- 1:00 P.M. Walk is at 12:30 P.M.

Online Entry Fee: \$20 (Until 3/17/22)

Same Day Entry Fee: \$25

<http://www.lightboxreg.com/ontherocks>

*We are committed to making charitable donations to local causes.
Profits from this event will help with our mission.*

First 200 to receive Custom Gloves

Awards to the Top 3 Overall Men & Women

**Awards will also be given out to the top 3 male and female in each
10-yr age group (13-29,30-39,40-49, 50-59,60-69,70-79,80+**

All Walkers will be placed in a raffle

Please No Dogs Allowed

For more information: mark.fontaine@comcast.net

Mail ins welcome postmarked 3/12/22 or sooner -

Make Checks Payable To:

**North Medford Club
P O Box 2064
Westford, MA 01886
Attention: Marge Gladwin**

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.
