

* A prompt 11 a.m. start at City Place, 14 S. Water St., Frostburg.

* A liberal 35-minute limit

* Unique distance of 2.62K (1.63 miles). See www.PhDispatch.com for course map

* Proceeds to benefit Frostburg Food Pantry



A single-loop course within the city limits of Frostburg, Maryland.

Awards will be determined on pre-registration. Best-dressed in GREEN will surely win something!

Saturday, March 9, 2013 - Frostburg, MD

First Name M.I.

Last Name

Address

City

State ZIP

Day Phone

Email

Emergency Phone #

Birthdate

Age on 3/9/2013

Gender (circle one) Male / Female



Entry fee schedule:

- \$10 (up to and on race day)

Optional discount:

- Take \$2 off per entry with a \$8 entry fee and the donation of 3 or more non-perishable food items (cap of \$25 per family)

Make check payable to PHDC and mail paymen to:

Christine Werner
Attention: Shamrock Shuffle
16401 Duckhill Drive
Frostburg, MD 21532

Questions? Call Christine at 240-529-8312 or 301-689-3739.

www.PhDispatch.com

Waiver:

In consideration of accepting entry for any of these events, I hereby, for myself, my heirs and executors, waive and release any and all claims that I may have against any and all persons and organizations affiliated with this event. This includes, but is not limited to, the Potomac Highlands Distance Club, the city of Frostburg, the Frostburg Food Pantry and all volunteers and sponsors while participating, traveling to or from the Shamrock Shuffle start or finish line areas. I further attest that I am physically fit and have trained sufficiently for the event chosen.

Signature of participant / date

Signature of Parent/Legal Guardian if under age 18