

**Shamrock Shuffle 2.62K run/walk**

Saturday, March 9, 2013  
Frostburg, MD

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

\* Unique distance of 2.62K (1.63 miles). See [www.PhDispatch.com](http://www.PhDispatch.com) for details and course map.

\* Proceeds to benefit Frostburg Food Pantry



**Champ (mashed potatoes & scallions): \$100**

- \* 1 free entry (transferable at sponsor's discretion)
- \* Company logo (in color, provided by company) on event webpage – [www.phdispatch.com/shamrock-shuffle/](http://www.phdispatch.com/shamrock-shuffle/) – with link to company/agency website
- \* Mention before and after event on event day
- \* Mention in a "Thank you" letter from event organizers to area media outlets

**Dublin Lawyer (Lobster in butter & Irish whiskey): \$50**

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**Skirts & Kidneys (Cork stew): \$25**

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**Red Bud Distance Run/Walk: A 10-mile journey along the Cacapon River**