

# 2023 Shamrock Shuffle 5k

Presented by Southern Appalachian Ronald McDonald House

Saturday, March 18

[www.rmshamrockshuffle.com](http://www.rmshamrockshuffle.com)

## Pricing

\$25 Early bird special (now through February 5)

\$30 per entrant (February 6 through March 16)

\$35 Late registration (Packet Pickup on March 17-18)

## 18 & under pricing

\$20 Early bird special (now through February 5)

\$25 per entrant (February 6 through March 16)

\$30 Late registration (Packet Pickup on March 17-18)

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

Address: \_\_\_\_\_

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

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age on Event Day: \_\_\_\_\_ Sex:  M  F

Emergency Contact (Name & Phone) \_\_\_\_\_

Tshirt (please circle)

YM YL S M L XL XXL XXXL

Guaranteed tshirt date February 27

Make checks payable to:

**Southern Appalachian Ronald McDonald House (SARMHC)**

Mail this form to: Shamrock Shuffle

3101 Browns Mill Road, Ste. 6-182

Johnson City, TN 37604

*In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all claims for personal injury or property damage, of whatever form and nature, I may have against the The Goose Chase, its affiliates and/or subsidiaries, Southern Appalachian Ronald McDonald House, We Run Events, co-sponsoring organizations, and all other persons, acting on behalf of the foregoing organizations, stemming from or arising as a result of my participation in any of the events of the 2021 Shamrock Shuffle. I attest and verify that I am physically fit and sufficiently trained to participate in any of the events that I enter. I also give my permission for the free use of my name and picture in any newspaper write up, "broadcast", "telecast", or other written account of this event.*

Participant/Guardian Signature & Date: \_\_\_\_\_

**\*Signature of parent/guardian required if participant is under age 18.**