2nd Annual Sacred Heart

shamrock shuffle

5K Run & Family Fun Walk

WAIVER: Entrants must complete and sign.

I understand that running races are potentially hazardous activities. I agree to abide by any decision of the race official about my ability to safely complete the run. I assume all risks with running this race, including but not limited to falls, contact with other participants, the effects of the weather , conditions of the trail or road and traffic on the course, all such risks being known and unknown. Having read this waiver and knowing these facts and in consideration of accepting this entry, I the undersigned, intending to be legally bound, hereby, or myself, their heirs, executors, and administrators waive and release any and all rights and claims for losses and damages I may have against Sacred Heart, Archdiocese of Philadelphia, Haverford Township, Delaware County, Bryn Mawr Racing Co., organizers, sponsors, official, contributors, volunteers and beneficiaries and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in this said event. I attest that I am medically able and properly trained to participate in this event. I also give permission for free use of my name and photograph in any broadcast, telecast or other accounts of the event.

Signature_____

Signature Date_____

(Parent/Guardian signature if runner is under 18)

2nd Annual Sacred Heart

shamrock shuffle

5K Run and Family Fun Walk

Date: Saturday, March 9, 2013

Time: 10:30 AM Rain or Shine!

Location:

Sacred Heart School
109 N. Manoa Rd.
Havertown, PA 19083

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5K Run & Family Fun Walk

Come run or walk with us for the 2nd Annual Sacred Heart 5K Run and Family Fun Walk!

On the Family Fun Walk (1.2 miles) you will travel the streets of Manoa, while the longer 5K run will take you further into picturesque Havertown.

We will also have a special guest appearance by Sacred Heart's

lucky leprechaun.

Proceeds from this event will be used to fund upgrades to the infrastructure of Sacred Heart School.

Sacred Heart School is committed to educating the whole child in a Catholic Christian atmosphere supported by a challenging academic program which will prepare our students to meet the challenges of this millennium. Administration, faculty, and parents encourage students to live the Gospel message and to render service generously. We proclaim a message that is enjoyed and celebrated in the Sacred Heart community and is extended through the service of prayer and action.

Visit us at www.sh-school.org

2nd Annual Sacred Heart

shamrock shuffle

Date: Saturday, March 9, 2013

Times: Registration: 9:15 AM
5K Race: 10:30 AM
Family Fun Walk: 10:40 AM

Location: Sacred Heart School
109 N. Manoa Rd.
Havertown, PA 19083

Costs:

Per Person: $25 ($30 after 2/18)$35 day of the Shuffle

Family Rate: $60 ($65 after 2/18) limit 5 $70 day of the Shuffle

14 and Under: $15

Awards: Runners (female and male):

1st Place Overall Male & Female: $100

Top two in each age group:

10 & under, 11-18, 19-29, 30-39, 40-49, 50 + over

Amenities: T-shirts and Goodie Bags for pre-registered runners/walkers. Bathrooms available. Post-race refreshments.

Timing: Bryn Mawr Racing Co. provides timing services using a computerized system. Marshals located along course.

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Register online at:

www.brynmawrrunningco.com/nhp/events.html

Or use attached form and send checks payable to:

Sacred Heart
c/o Maria Pardini
815 Woodland Dr.
Havertown, PA 19083

Questions? Call Maria Pardini @ 610.960.6638

Form needs to be completed for EACH runner and Family Fun Walker.

Name:_____
Address:_____
City: _____
State, Zip:_____
Phone: _____
Email: _____

Race Day Age: _____
Gender: M F
T-Shirt Size:
YM S M L XL XXL

Event/Cost _____5K Run

_____Family Fun Walk
Per Person: $25 ($30 after 2/18/13)
Family Rate: $60 ($65 after 2/18/13)
14 & Under: $15

_____ **Amount enclosed**
_____ **Additional contribution**
_____ **I'd like to volunteer**
Must sign waiver on reverse side!!!