

SHOREMEN SHUFFLE 5K

Family friendly, dog friendly 5K run-walk | ¼ mile MAD DASH | coveted GOLDEN PENCIL Trophy

3rd Annual Back-to-School 5k Run/Walk

Sunday, October 27, 2019 | 9:00 a.m. | Avon Lake High School

Benefiting: Avon Lake City Schools Foundation
Where: Avon Lake High School ~ 175 Avon Belden Road, Avon Lake, OH
Course: Start and Finish at Avon Lake High School –CHIP Timed
 Flat loop through Kopf Family Reservation | Lorain County Metroparks
Entry Fee: Adults \$25.00 | Students K-12 \$20.00
 Max family registration \$100 – mail in option only, must be mailed together
 ¼ Mile MAD DASH (9 and under) \$10.00 does not include t-shirt
 Dogs (on a leash) \$10.00 includes bandana and dog treat
 After 10/11 - Late Registration: Adults \$30.00 Students \$25.00
T-shirts: Register early to receive a FREE t-shirt.
Awards: Presented to: top 3 male and top 3 female overall 5K finishers,
 All MAD DASH participants,
 Top 3 5K finishers in each m/f age division:
 9 and under, 10-14, 15-19, 20-24, ...70-74, 75-79, 80+
Information: **Email:** foundation@avonlakecityschools.org **Phone:** 440-933-7621



Register on line at www.SignMeUp.com/ShoremenShuffle

Packet Pick-Up and LATE Registration at Avon Lake Public Library
 Thursday, October 24th from 5:00 -7:00 p.m.
 Race Day Registration/Package Pick-Up 7:30 a.m. – 8:45 a.m.

The school with the highest % of participation
 wins the coveted “Golden Pencil” Trophy!
 Be sure to register under your favorite school.

Register on-line at www.signmeup.com/shoremenshuffle/ or mail this form with your check made payable to:

ALSC Foundation | PO Box 231 | Avon Lake, OH 44012

Name _____

Address _____

City _____ State _____ Zip _____

Email (required for race updates) _____

Phone _____

Every dollar makes a difference. A grant for just \$50 puts 10 new biographies in an elementary school library; \$150 brings in physics software. \$300 allows a teacher acquire new materials for hands-on learning in the biology lab or new instruments for the music department.

Can't make the run or just want to give a little more: \$ _____

School Association:

- Eastview
- Erieview
- Redwood
- Westview
- Troy
- Learwood
- ALHS

Male

Female

Age: _____

Dog

T-Shirt Size:

- Youth S Adult M
- Youth M Adult L
- Adult XS Adult XX
- Adult S Adult XXL

In consideration for the acceptance of my application to participate, I do hereby, fully forever waive, release and discharge myself, my estate, heirs, executor and assigns the Avon Lake City Schools, The Avon Lake City School Foundation and their respective trustees, officers, administrators, employees, agents and volunteers and all other persons and entities involved in the organization, planning or supervision of the 5k race from any claims, losses or damages whatsoever, including any and all personal injuries, damages to health or any other damages arising directly or indirectly from my participation in the race or race-related activities whether said losses, damages or claims are caused directly or indirectly by or related to a known or unknown risk of hazard and whether they are caused by a negligent acts or acts, regardless of the degree of negligence.

I warrant that I am physically fit and sufficiently trained to participate in the race and that my participation in the race and related activities is entirely of my own free will.

By signing here I warrant that I have read and understand the contents and meaning of the “Release and Waiver” and agree to be legally bound by all of its terms and conditions.

Participant's Signature _____

For Permit Holders under 18 years old and/or mentally or physically disabled:

As the undersigned parent and natural guardian of the participant, I attest and verify that the participant has my full consent to participate in the race and related activities, I warrant that I am the parent/natural or the duly appointed legal guardian, and I have read and clearly understand this “Release and Waiver” and agree to be legally bound by all of its terms and conditions.

Juvenile Signature _____

Parent or Guardian Signature _____