

## 2019 2nd Annual Shamrock 5K Application

**Date:** Saturday, March 16<sup>th</sup> at 9:00 a.m. sharp (registration beginning at 8 AM)

Rain Date: Sunday, March 17<sup>th</sup> at 9:00 a.m. sharp (registration beginning at 8 AM)

Every participant receives an official SSA Participation Certificate which will be sent via e-mail.

**Entry Fee:** \$25.00 pre-registration which includes T-shirt.

\$35.00 registration day of race

### ***Sponsored by SSA – Seaford Swimming Association***

Awards to Top Overall Male and Female Runners and Award to Top Walker Overall

Awards to Top 2 Male and Female Runners in the following age groups 11-20, 21-30, 31-50, 51+

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Name \_\_\_\_\_ Age \_\_\_\_\_

Department/Organization Representing (if applicable) \_\_\_\_\_

Phone: \_\_\_\_\_ Ext \_\_\_\_\_

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

Walk \_\_\_\_\_ Run \_\_\_\_\_

Preregistration fee \_\_\_\_\_ \$25.00, Day of Race fee \_\_\_\_\_ \$35.00

Registration for 10 and under not necessary but if wanting to you can add an entry, no fee will be charged. Goodie Bags for 10 and under participants.

Make checks payable to: **SSA**, PO Box 434, Seaford, DE 19973

**Signature:** \_\_\_\_\_

Please sign the waiver statement below:

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the City of Seaford, Nanticoke Watershed Conservancy, or any of the sponsors involved in the 5K Walk/Run. I certify that I am physically able to participate in this event.

Signature & Date: \_\_\_\_\_

Questions: Call and leave a message or e-mail: Cory Darden, 302-448-1473 or [jdarden@udel.edu](mailto:jdarden@udel.edu)

Receipt of payment will be send upon request for tax purposes.