



Start the New Year off right with the
Shamrock Running Club's



17th Annual Run or Walk Your Hangover OFF!

January 1, 2019 5 MILE Fun Run & 3 Mile Health Walk. Walk -1130 Run 12pm Start
(you can sleep in!)

Irish American Club, 147 Main Street, Woburn, MA 01801

Entry Fee: \$25.00 Pre Registration

\$ 30.00 Race Day

Start off the New Year with a brisk run or walk about scenic Woburn. Unwind after the holidays with this no frills event. Medals to top 3 runners in each age group, prizes to top three overall winners male & female. There will be a great post race gathering loaded with the Shamrocks' signature **Chilli** dishes and pizza. The theme of the event is **FUN** and attracts runners and walkers of all abilities. Come join us!

Age categories - 19 & under, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70 - over

Filly- Female 145 one winner Clydsdale- Male 195 one winner

To Register by Mail, print Entry form and make check payable to:

Shamrock Running Club

PO Box 602, Woburn, MA 01801

To register online, go to: www.shamrockrunningclub.com to find the link

Please bring a non-perishable Item to be donated to our local food bank

Name: _____

Address: _____ Sex: M ___ F ___

Age on Race Day: _____

City: State Zip _____ Walker: _____ Runner: _____ Clydsdale _____ Filly _____

Release:

I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I have against sponsors, race directors, organizers, timers, volunteers, Shamrock Running club, Irish American Club, City of Woburn, from any claims whatsoever from any participation in this event. I attest that I am physically fit and trained to participate in this event.

Signature

<http://www.shamrockrunningclub.com/>