



Shamrock Running Club's



# 18th Annual Run or Walk Your Hangover OFF!

January 1, 2020 5-Mile Fun Run & 3-Mile Health Walk  
Walk @ 11:30am / Run @ 12:00 NOON  
(You can sleep in!)

Irish American Club, 147 Main Street, Woburn, MA 01801  
Entry Fee: \$30.00 Online or Race Day Registration

**Start your New Year off right** with a brisk run or walk around 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 party loaded with the Shamrocks' signature **Chili** 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 / Clydesdale - 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](http://www.shamrockrunningclub.com)  
**Please bring a non-perishable item to be donated to our local food bank**

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

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

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

Sex: M__ F__	Age on Race Day: _____	Runner: __ Clydesdale __ Filly __ Walker: __
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**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: \_\_\_\_\_