



La Salle High School's 7th Annual

Shamrock Cup

6K FUN RUN & WALK

Saturday, March 13, 2010 – 9:00 a.m.

REGISTER EARLY!!

The pre-registration deadline is March 2nd. Registration is \$18 on day of race.

- Entry Fee:** \$15 Adults; \$10 Students; registration includes t-shirt
Pre-registration is required in order to assure a t-shirt on race day. Day of race registrants must pick up their t-shirt at La Salle High School by April 1, 2010.
- Location:** La Salle High School, 3000 Lightning Way, Union Gap 98903 (map on back)
- Distance:** 6 kilometers (3.8 miles)
- Schedule:** Registration and packet pick-up start at 7:30 a.m. at La Salle High School.
 Race begins promptly at 9:00 a.m.
- Awards:** Awards to the top three in the following divisions: male and female: 8 and under, 9-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and older.
- Parking:** Parking available on school grounds.
- Refreshments:** Beverages & treats available after race.
- Information:** Contact La Salle 509-225-2900
www.lasalleyakima.com



 FARMERS McGree Insurance Inc.	SMITH LAW FIRM MARIANO MORALES JR. MOSS ADAMS LLP
Please support our 2010 St. Patrick's Day Shamrock Cup Sponsors.	

Detach entry form and send check or money order made payable to: **La Salle High School, 3000 Lightning Way, Union Gap, WA 98903** Registration Fee: \$15 adults, \$10 students.

Name _____ Age (on day of race) _____

Address _____ Phone _____ Sex _____

City _____ State _____ Zip _____ SHIRT SIZE: S M L XL
 (please circle)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release La Salle High School, its board of trustees, staff, officers, agents, and sponsors of this race from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence on the part of the persons named in this waiver.

 Signature (If applicant is under 18, form must be signed by parent/guardian)