

SHUCK & SHARE 5K RUN



Sunday, October 6, 2019 | Start time **8AM**
Race starts and ends at: Huff n Puff Trail
3600 Shelton Springs Rd. Shelton, WA 98584



Peak Performance Timing sponsored by Taylor Shellfish

All profits support **Project Share**, an assistance program helping hundreds of low-income families with their electric bills.

PACKET PICKUP:

Mason PUD 3, 2621 E. Johns Prairie Rd.
Friday, October 4th (8AM - 5PM)
On race day: 6:30AM at registration tent



Please share this event with friends and family.
Like us on Facebook and sponsor a participant!

MORE INFORMATION & ONLINE REGISTRATION: www.pud3.org/run

REGISTRATION FORM:

***To pay by credit card, must register and pay at www.runsignup.com "shuck & share 5K 2019."**

Each participant must submit a separate form with entry fees. Mail completed registration form to:
Mason PUD 3, Attn: Shuck & Share Run, PO Box 2148, Shelton, WA 98584

RACE FEE: \$25 through October 5th (\$30 on race day), 14 & under by donation.

PAYMENT: check (*make checks payable to "United Way of Mason County/Project Share"*)

14 & Under: no fee required. Donation only.

NAME: _____ AGE (as of race day): _____ Male: Female:

PHONE: _____ EMAIL: _____ DATE OF BIRTH: _____

ADDRESS: _____ City, State, Zip: _____

I would like to support the PROJECT SHARE fund with an additional donation of:
 \$5 \$10 \$20 \$50 \$100 Other: _____

I HAVE READ THE WAIVER & RELEASE ON OPPOSITE PAGE

SIGNATURE (required): _____ DATE: _____

PARENT'S SIGNATURE (if participant is under 18 years of age): _____

EMERGENCY CONTACT NAME: _____ PHONE: _____

WAIVER AND RELEASE: I know that running a 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 weather, including heat or humidity; the condition of the trail; 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 Mason County PUD 3, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have, or that might accrue against Mason County PUD 3, Mason County, Shelton School District, the City of Shelton, USATF, the Shelton Harriers and their agencies, officers, and employees, for any and all injuries suffered by me in said event.