

# SHUCK & SHARE 5K RUN



Sunday, October 2, 2022 | Start time **8AM**

Race starts and ends at: Huff n Puff Trail

3600 Shelton Springs Rd. Shelton, WA 98584



Peak Performance Timing sponsored by John L. Scott

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

## PACKET PICKUP:

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](http://www.pud3.org/run)

### REGISTRATION FORM:

**\*To pay by credit card, must register and pay at [www.runsignup.com](http://www.runsignup.com) "shuck & share 5K 2022."**

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 September 27th (\$30 on race day), **14 & under by donation.**

**PAYMENT:**  check (make checks payable to "Mason PUD 3/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:** \_\_\_\_\_

Shelton, Washington

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, and their agencies, officers, and employees, for any and all injuries suffered by me in said event.