

# OFFICIAL ENTRY FORM

Save time, register online at:  
[shamrocknrun5k.org](http://shamrocknrun5k.org)

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

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_

ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Gender: M \_\_\_\_\_ F \_\_\_\_\_

Shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

USATF-NJ# \_\_\_\_\_

## PAYMENT

Make checks payable to:  
Michael Cassidy Memorial Fund

**WAIVER OF LIABILITY:** In consideration for the acceptance of my entry, I, on behalf of myself, my heir, executors, administrators, and assignees, hereby release myself and discharge the Borough of Rutherford, Rutherford First Aid Squad, and Rutherford Police Department, Michael Cassidy Memorial Fund, associated sponsors, vendors, volunteers, USA Track and Field and all other sponsors or beneficiaries and their representatives, successors and assignees for all claims for damages and causes of action arising from or out of my participation in The 7th Annual Michael Cassidy SHAMROCK 'N' RUN 5K. I attest that I am physically fit for this event. I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_  
(If under 18)

## DIRECTIONS

### From Route 3 East

Park Avenue Exit. At Stop sign, make a Right Turn. Go 1 block to next Stop sign and turn Right onto Riverside Avenue. Follow to Traffic Light; make a Left Turn onto Union Avenue. Go 3 Blocks to Darwin Avenue. Make a Right Turn onto Darwin; 3 Blocks to Memorial Park and Fields.

### From Route 3 West

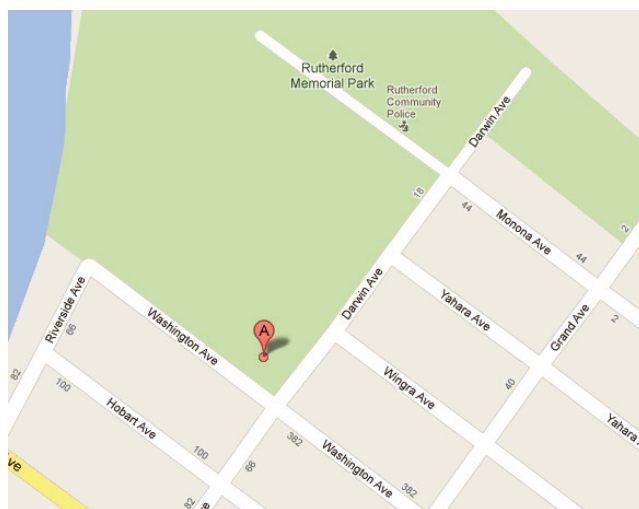
Riverside Avenue Exit. At Stop sign, make a Right. Turn onto Riverside Avenue. Follow same directions as above.

### From Route 17 N & S

Route 17 South, exit Union Ave. Rutherford. Make Right and go to Stop sign. Make Left and go under train trestle, make Right and go past the Train Station (Erie Ave.) (train tracks will be on your right) continue straight to Stop sign and make Left (Jackson Ave.) then make the 1st Right (Monona Ave.) continue 2 blocks. Memorial field will be in front of you. Make Left onto Darwin and Tryon Field will be in fenced in area on your Right.

### MEMORIAL PARK

Monona Ave., Rutherford, NJ 07070



SATURDAY  
MARCH 17, 2018  
RUTHERFORD, NJ

10:00 AM

REGISTRATION OPENS 8:00 AM  
RAIN OR SHINE



Proceeds will benefit:  
**National  
Brain Tumor  
Society**

visit: [shamrocknrun5k.org](http://shamrocknrun5k.org)

## ABOUT MICHAEL CASSIDY



The Michael Cassidy SHAMROCK 'N' RUN 5K was organized in memory of my husband, Michael Cassidy. Michael was a father, teacher, and assistant principal at Rutherford High School. He was

an avid outdoorsman who loved life. Michael was diagnosed with grade 3 glioblastoma in March 2008 at the age of 54. Three years, treatments, and three surgeries later Michael died on May 9, 2011.

The National Brain Tumor Society is the largest volunteer-based brain tumor organization in the country and is supported entirely by private and individual donations.

**THE SHAMROCK 'N' RUN IS ABOUT RAISING MONEY TO HELP THE NATIONAL BRAIN TUMOR SOCIETY IN THEIR PURSUIT OF FINDING NEW THERAPIES AND A CURE FOR ALL 120 PLUS TYPES OF BRAIN TUMORS.**



Proceeds will benefit:

**National  
Brain Tumor  
Society**



### START & FINISH

Start and Finish on Monona Avenue (chip timed) at Memorial Park  
Rain or Shine

### SCHEDULE

8:00 am – Check-in begins  
10:00 am – 5K begins  
11:00 am – Awards

### ENTRY FEES

Pre-registration – \$25.00  
(pre-registration closes 3/9/28)  
Registration on Day of Race – \$30.00

Pre-registration for USATF-NJ members – \$22.00  
Pre-registration for residents of Rutherford – \$20.00  
Pre-registration closes 3/9/18  
Registration on Day of Race – \$30.00

### REGISTRATION

By Mail:  
Michael Cassidy Memorial Fund  
P.O. Box 312  
Wyckoff, NJ 07481  
Online: [shamrocknrun5k.org](http://shamrocknrun5k.org)



### QUESTIONS

Marilyn Cassidy 201-280-3748

visit: [shamrocknrun5k.org](http://shamrocknrun5k.org)

**SATURDAY**  
March 17, 2018  
**RUTHERFORD, NJ**

### AMENITIES

The first **400** registrants are guaranteed a t-shirt.

Race packets, t-shirts and bib numbers may be picked up at Rutherford High School Thursday, March 15, between 5 and 8 pm.

### AWARDS

- TOP 3 OVERALL MALE & FEMALE
- Top 3 male & female per age group in 5 year age groups, 9 & under through 80+
- 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80

### COURSE

Scenic Rutherford neighborhood; event sanctioned and course certified by the USATF (Certification #NJ13558JHP)

Timing and Scoring by ELITE Racing Systems.  
Race results will be posted at [www.eliteracingsystems.com](http://www.eliteracingsystems.com) and [runsignup.com](http://runsignup.com).

# 5K

