



Present

The Shoreline Shuffle 5K (ish) Trail Run

"Tough enough for veterans. Short enough for beginners."

Saturday, Sept. 26, 2009 at 9 A.M.

Shelter 4, Campground 1, Clinton Lake State Park

798 N 1415 Rd., Lawrence, KS 66049

Course: Trail run with rocky, rooty sections, and smooth flat sections. Scenic lake views. Beautiful shady woods. Possible sightings of the Clinton Lake sea serpent "Clintie."

Awards: Overall Male/Female, Masters Male/Female awarded.

Registration: Race Day, Shelter 4. Mail-in registration available. Check-in and race day registration begin at 7:30 a.m.

Race entry: Mail-in \$8/\$4 for dues-paying Trail Hawks. Race day \$10/\$5 for dues-paying Trail Hawks. Race entry DOES NOT include \$4.20 per vehicle Kansas State Park entry fee for vehicles without an annual entry permit sticker.

More info: e-mail Gary Henry, unews@ultrastory.com or call 785-766-0293

Mail Entry Form and make Checks payable to: Lawrence Trail Hawks
322 Woodlawn Drive, Lawrence, KS 66049

Trail Hawks Cotton T-shirts on sale for \$12/\$9 for dues-paying Trail Hawks.

Name: _____ Age: _____ Sex: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip _____

The fine print: I know that running a trail race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Lawrence Trail Hawks, The Kansas Department of Parks and Wildlife, The Road Runners Club of America, all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature If under 18)

Date