



Saturday March 16, 2019

The Welcome Center
 342 – 2nd Street, Portsmouth, Ohio 45662

Race Day Schedule
 7:00 a.m. – Registration for 5K (packet pick-up)
 7:55 a.m. – Final Instructions (at starting line)
8:00 a.m. All events Begin
 9:00 a.m. – Awards Ceremony

Entry fees

Paid by February 28th

\$25 each individual
 \$20 each for teams registering in groups of 5 or more
(members must register at the same time)

Paid on or after March 1st

\$30 each individual

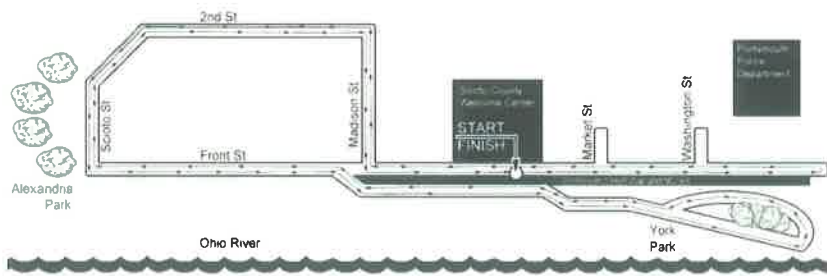
Age Divisions

| | |
|--------------|------------|
| 14 & younger | 40-49 |
| 15-19 | 50-59 |
| 20-29 | 60 & older |
| 30-39 | |

Award Presentation

Immediately following races. Awards will be given to the top male and female finishers in each age division of the 5K. Awards will be given to the male and female with the overall fastest time in the 5K

Shamrock Shuffle 5K Course



The course is 3.0 mile of flat terrain, going through the downtown and the historic Boneyfiddle. District of Portsmouth, Ohio. The course and turns will be marked and volunteers will be at various places along the way to assist.

Registration

Complete the Entry Form below or register online at www.cao5k.org

Team Name _____

Name _____ Age _____ Male _____ Female _____

Street _____ City _____ State _____ Zip _____

Cell phone _____ E-mail _____

(race completion time will be sent via text message)

T-Shirt Size (please circle) XS Sm Med Lg X-Lg XX-Lg XXX-Lg

Return Entry Form to: CAO Backpack Program, P.O. Box 1525, Portsmouth, Ohio 45662

For additional information contact Pat Oliver at 740-354-7541 or poliver@caosciotocounty.org

All proceeds will benefit the backpack Program, a service provided by CAO of Scioto County

