



366 MAIN STREET  
OLD SAYBROOK, CT 06475  
TEL: 860-388-9623

## 12th Annual Seaside Shuffle

### April 23, 2017 – 9:00am *(Rain or Shine)*

Day of registration will take place from 7:00am to 8:45am; Race begins at 9:00am

Race will be held at the K.E. Goodwin School, 80 Old Boston Post Road Old Saybrook, CT

Pre-registration: \$20

Day of registration: \$25

(Kids' Fun Run: Register the day of the Race)

- Cash/Prizes given to the Top 3 Men & Top 3 Women
- T-shirts to first 100 People Registered
- Medals for Top 3 Men and Women in Each Division
- Raffle
- Food & Music
- Family Activities

Proceeds to benefit the Community Co-op Nursery School of Old Saybrook

Visit us at [www.seasideshuffle.net](http://www.seasideshuffle.net)

Include non-refundable entry fee with application (Checks made payable to Community Co-Op Nursery School)

Name (Last/first): \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Run: \_\_\_\_ or Walk: \_\_\_\_ T-shirt Size: \_\_\_\_\_

I, \_\_\_\_\_ the undersigned by registering in the Seaside Shuffle Road Race, understand the nature and risks associated with participation in this activity. I hereby, for myself, my heirs, executors, administrators, waive and release the Community Co-Op Nursery School, its officers, directors and volunteers, The Goodwin Elementary School, the Town of Old Saybrook, Rat Racing Timing LLC, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Runners under 18 years must have parent's written permission to participate.

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**Mail Registration To: Community Co-Op Nursery School,  
C/O: Race Director  
366 Main Street,  
Old Saybrook, CT 06475**