

SHIM SHUFFLE




When

Saturday, October 10, 2009

Where

South Park at the oval in front of the Clock Tower.

T-shirts

All registered runners and walkers will receive a T-shirt. Sizes not guaranteed to day of registrants.

Results

Runners results will be posted on our web site at www.shim-center.org.

For More Information

Call: 412-854-9120

Or Visit: www.shim-center.org



Start Time

5K Run 8:30 AM

5K Walk 8:35 AM

Overall Awards

Will be presented to Top 3 Male and Female winners

5K walk

The SHIM Shuffle will conduct a non-competitive walk on the 5K race course. All registered walkers will receive a t-shirt and will be eligible for raffle prizes after the race. T-shirt sizes not guaranteed to day of registrants.

Age Groups

Men

| | |
|------------|-----------|
| 14 & Under | 40 - 44 |
| 15 - 19 | 45 - 49 |
| 20 - 24 | 50 - 54 |
| 25 - 29 | 55 - 59 |
| 30 - 34 | 60 & Over |
| 35 - 39 | |

Awards to top 3 finishers in each age group.

Post Race

Awards Party

Will be held immediately at the conclusion of the 5K Walk (approximately 9:45 AM). All registered runners and walkers will be eligible for random raffle prizes. Winners MUST BE PRESENT. Beverages and refreshments will be provided at the finish area.

The Course

The 5K Run/Walk course is relatively flat and proceeds along Corrigan Drive in South Park. The course is an out and back design with few turns.

Race Packets/Numbers

Can be picked up the morning of the race beginning at 7:30 AM at the South Park Oval in front of the Clock Tower.

How To Register

Make a check or money order payable to: SHIM

And mail to: SHIM Shuffle
5301 Park Avenue
Bethel Park, PA 15102



Name _____

Address _____

City _____

State _____

Zip _____

Sex (m/f) _____

Age (as of 10/10/09) _____

T-Shirt Size (s/m/l/xl) _____

Phone _____

E-mail Address _____

Select Event

5K Run

5K Walk

Entry Fee:

\$15 post-marked on/before Friday, October 2, 2009

\$18 post-marked on/after October 3, 2009

WAIVER

I know that running/walking a road race is a potentially hazardous activity. I would not enter and race/walk 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 event. I assume all risks associated with participating in the event, including, but not limited to: falls, contact with other participants, effects of weather (including high heat and/or humidity), traffic and the conditions of the road – all such risks being known and appreciated.

Having read this waiver and these effects, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release South Hills Interfaith Ministries, Allegheny County, and all sponsors, their representatives and successors, for claim or liability of any kind rising out of my participation in this event, even though the liability may arise out of negligence or carelessness on the part of a person named in this waiver.

Signature _____

Co-Signature (if applicant is under the age of 18) _____



South Hills Interfaith Ministries

Proceeds from this event benefit

South Hills Interfaith Ministries
5301 Park Avenue Bethel Park, PA 15102

Phone 412-854-9120 Fax 412 854-9123

Email info@shim-center.org www.shim-center.org

South Hills Interfaith Ministries (SHIM) is an interfaith organization, actively extending God's love, with dignity and respect, to the people of the South Hills of Pittsburgh.

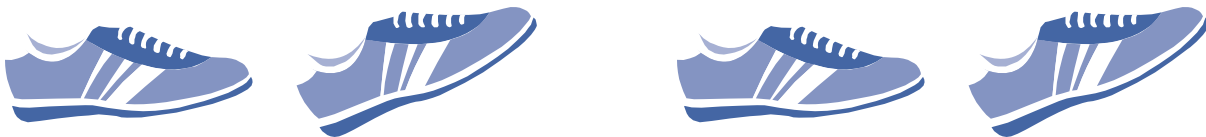
Bringing Our Mission to Life | Practical help to move families to self-sufficiency
Food Pantry | Back to school clothing and supplies for enrolled families | Energy Assistance
Angel Emporium | Early childhood programs and homework clubs | Summer educational programs and camps

Join Us In Making Mission Matter

SHIM provides essential meaningful volunteer opportunities to meet all needs, abilities and interests. Whether you're considering volunteering once a year or once a week, we have something for you.

Our programming efforts are supported by area congregations, community organizations, foundations, businesses and individuals.

South Hills Interfaith Ministries is a 501c3 health and human service agency that serves neighborhoods in need in the South Hills.



**Saturday
October 10, 2009**

**5k
Run/Walk**

**8:30 AM
South Park**



South Hills Interfaith Ministries
5301 Park Avenue
Bethel Park, PA 15102

Non-Profit
US Postage
PAID
Bethel Park, PA
Permit No. 79