



First Name _____ M.I. _____ Last Name _____
 Mailing Address [include apartment number] _____
 City _____ State _____ ZIP Code _____
 Email Address _____
 Phone Number [include area code] _____ Date of Birth [mm-dd-yy] _____
 Predicted Time *Half or Full Marathon _____ : _____
 Circle One: Beginner Intermediate

Important - Each competitor must complete and sign this form, agreeing to the waiver as described below. Incomplete entry forms will not be accepted. Only one person per application. Photocopies are permitted. The Shamrock Marathon Training Team are not responsible for lost, late or misdirected applications. ABSOLUTELY NO REFUNDS AND NO TRANSFERS OF ENTRY FEE TO THE FOLLOWING YEAR.

Waiver (MUST BE SIGNED)

I know that participating in the Shamrock Marathon Training Team is a potentially hazardous activity. I should not enter and participate 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 run/walk. I assume all risks associated with participating in The Shamrock Marathon Training Team activities including, but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver an knowing these facts and in consideration of your accepting my application, I for, myself and anyone entitled to act in my behalf, waive and release any and all sponsors including but not limited to, J & A Racing Inc, The Shamrock Marathon Training Team, City of Virginia Beach, State of Virginia, race officials, volunteers and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event, even though that liability may raise out of my negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Athlete

Date _____
Signature of Parent IF ATHLETE IS UNDER AGE 18: this is to certify that my son/daughter has my permission to compete in the Surf-n-Santa 10 Mile and Frosty's Fun Run, is in good physical condition and that race officials have my permission to authorize emergency treatment if necessary.

Payment Checklist

Please return application with a check made out to:
J&A Racing
2865 Lynnhaven Drive, Suite C-5
Virginia Beach, VA 23451
Tel: (757-412-1056)

_____	\$95.00 Entry Fee
_____	TOTAL amount enclosed

• **Beginner** - This program is designed to help you reach your goal of running and finishing the Shamrock Marathon or Half Marathon. You'll receive a 15 week training plan that will not only get you to the finish line but also fit into your busy home and work schedule. You will also get valuable training and nutrition tips, and have access to our experienced coaches through email and in person by participating in our Saturday morning group runs. Also included is the weekly Shamrock Training Team Newsletter and a Shamrock Training Team technical t-shirt. Registration is open to local and out-of-town runners. So if you can't make it to our Saturday morning group runs, don't worry, follow our plan from your hometown. Register now for the 2011 Shamrock Training Team! The 15 week program begins on Monday, December 6, 2010 and our first group run will be on Saturday, December 11.

• **Intermediate** - If you're a runner who is looking to take your previous results to the next level, this team is for you. Our experienced coaches will guide you through tempo runs, track workouts and long runs. You'll receive the same great benefits as the beginner team above plus a training plan specific to your goal for the race. If you're ready for challenging workouts that will no doubt help you break through that plateau, you'll want to check out this team. This program is also open to local and out-of-town runners. So if you can't make it to our Saturday morning group runs, don't worry, follow our plan from your hometown. Register now for the 2011 Shamrock Training Team! The 15 week program begins on Monday, December 6, 2010 and our first group run will be on Saturday, December 11.

