

Prizes:

T-Shirts will be guaranteed to all pre-registered runners as well as the first 30 participants to register on race day. Ribbons will be given to all youths participating in the 1-mile fun run. Pint glasses will be presented in the 5-K race to the top three males and females in each of the following age divisions: 14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; and 60 & over.

Entry Fee:

The fee for preregistered runners (postmarked by March 1) is \$15. Race day registration fee is \$20. Checks should be made out to the "National MS Society." Additional donations or sponsorships are welcomed and encouraged.

Contact:

For more information contact Coach Scott Biola at scott.biola@yahoo.com.



**National
Multiple Sclerosis
Society**

Jefferson High School
Attn: Scott Biola
4141 Flowing Springs Rd.
Shenandoah Junction, WV 25442

Shamrock Scrambler

5K Race & 1 Mile Fun Run



**Saturday
March 13, 2010**

**Benefiting the National
Multiple Sclerosis Society**

**TA Lowery Elementary
School
Shenandoah Junction, WV**

