



7th Annual Seaside Shuffle April 28, 2012 – 9:00am

Day of registration will take place from 7:30am 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: \$15 day of registration: \$20

CASH awards given to the top 3 Men & top 3 Women

T-shirts to 1st 100 People Registered

Awards for Top 3 Men and Women in Each Division

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

Visit us at www.seasideshuffle.org

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

Mail to: Race Director, Community Co-Op Nursery School, 366 Main Street, Old Saybrook, CT 06475

Name (Last/first): _____ Age: _____ Sex: _____
 Address: _____ City: _____ State: _____
 Zip: _____ Phone: _____ E-Mail: _____ Run: _____ or Walk: _____

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, the Last Mile Racing, 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.



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