

Come & Join Us For The 12th Annual Sheriff's Shuffle Memorial 5k Run/ Walk !!!

Over the past 11 years, the monies collected from the Sheriff's Shuffle have been donated to a variety of agencies in our community.

This year, as with last year, all monies raised will benefit the Holyoke Boys & Girls Club, Springfield Boys Club and the South End Community Center. All are community organizations that provide services to help cultivate our youth of tomorrow.

Date: Sunday, November 7, 2010

Time: Race begins @ 10am
Registration begins at
8:30am

Place: Western Massachusetts
Correctional Alcohol Center
26 Howard St.
Springfield, Ma. 01105

Long Sleeve Shirt: To the 1st 150
registered entrants

Entry Fee: \$20.00 Adults
\$10.00 ages 10 & under

Post Race: Refreshments, Music & Prizes

Honoring Past Colleagues

We are privileged to donate this year's contributions in memory of those Sheriff's Department employees and retirees who passed away this year.

These "leaders" have touched the lives of inmates as well as colleagues. With their passing, we have lost many a leader, mentor and good friend. We have great memories. We would like those memories to continue.

The Holyoke Boys & Girls Club, Springfield Boys Club and the South End Community Center are community organizations which strive to provide services that will enhance the youth of their respective communities. The overall goal is to prepare, strengthen and cultivate our youth to become our leaders of tomorrow.

Special Thanks to Our Sponsors

Interested in being a sponsor
for the Sheriff's Shuffle?
Please contact: Dan Moran or
Richard Lafley at
413-734-1050

Reminders:



Fill out the form completely. One form for each entrant. Sign the release form. Include your check payable to the 'Family Sunshine Fund' and mail your application by **October 29th**. Arrive at least 1/2 hour before race time if you are pre-registered & 1 hour if not pre-registered. Registration will close at 9:45 am. Thank you!

**Any questions,
call:**

547-8000 ext. 3309

or email:

dan.moran@SDH.state.ma.us

Race Course

The race course is flat & fast! The course starts near the entrance of WMCAC on Howard St., loops through the South End, returning to the Howard St. finish. Water stop at the 1 1/2 mile mark on Columbus Ave.

The 1 1/2 mile walk route starts near the entrance of WMCAC on Howard St. turns right on to Main St., right on to Mill St., right on to Columbus Ave., ending at Howard St.

Sheriff's Shuffle Memorial 5K Run/Walk Application

Cut and Mail to:

Race Committee/WMCAC

26 Howard St.

Spfld., Ma. 01105

Enclose check or money order

payable to:

Family Sunshine Fund

In consideration of the acceptance of the entry, I, hereby, for myself, my heirs, executors, and administrators waive release and any and all rights and claims for damages I may have against any and all of the above listed sponsors, and any and all associated parties, for any and all injuries suffered by me at this event. I attest and verify that I am physically fit and sufficiently trained to participate in this run/walk event.

Name: _____

Sex: Male Female

Entry: Runner Walker Donation

Sheriff's Dept. Employee: Yes No

Address: _____

City: _____ Shirt Size: _____

State: _____ Zip Code: _____ Age: _____

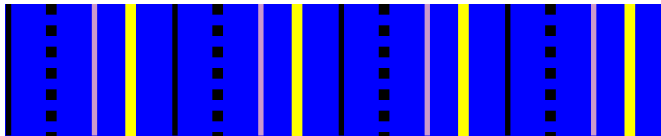
Email Address: _____

Signature: _____

(Signature of Parent/Guardian if under 18):

Special Thanks to:

Sheriff Michael J. Ashe, Jr.
Superintendent. Jay Ashe
Sheriff's Dept. Staff & Volunteers
Family Sunshine Fund Committee
Sheriff's Shuffle Committee Members
Springfield Police Dept.
Springfield D.P.W.
South End Community Center
American Medical Response
C & W Realty (parking)
Red Rose (Parking)
Prison Industries (Printing)
Race Day Volunteers
National Correctional Employees Union
Supervisors Association
Springfield Harriers



5k (3.1m) Run/Walk

November 7, 2010

@ 10 am

Sponsored by:

**Hampden Sheriff's Department
Western Massachusetts
Correctional Alcohol Center**