

## **Shamrock Shuffle run/walk to be held at UWO**

by **Brittany Farrell - Tuesday, February 21, 2012**

<http://www.uwosh.edu/today/17124/shamrock-shuffle-runwalk-to-be-held-at-uwo/>

Want a great way to get exercise, donate to your community and celebrate St. Patrick's Day? Lace up those running shoes and join the Fifth Annual Shamrock Shuffle 5K Run/Walk.

The Shamrock Shuffle, which is hosted by the University of Wisconsin Oshkosh Student Recreation and Wellness Center, will be held on March 10, at 10 a.m. The run/walk starts and ends at the Student Rec and Wellness Center.

The event will help raise funds for the Boys & Girls Club of Oshkosh and the Roseanne Hoefel Multicultural Fund.

"It's a great wellness event for both the community and the UW Oshkosh campus," said Mike Koss, a UW Oshkosh Student Recreation student employee.

The Shamrock Shuffle was started in Oshkosh as a way to connect UW Oshkosh college students with the surrounding communities, said event coordinator Kelly Beisenstein-Weiss.

"The energy is high and we have a great time celebrating St. Patrick's Day in a healthy way. Everyone has a blast!" Koss said.

The event is open to the public for all ages. Children under the age of 14 will receive a ribbon for taking part in the event. Beisenstein-Weiss is encouraging that students, faculty, staff and community members participate as teams.

The cost to participate in the event is \$15, which includes a T-shirt. By participating on a team of 6 or more the price is \$20, and participants will receive a long-sleeve T-shirt with their team name on the back and festive Shamrock Shuffle goodies.

Team registration is due February 29; early registration is due March 6. Day-of registration is \$20 for individuals is at 9 a.m.

Learn more:

- [Download a registration form on the Shamrock Shuffle website](#)
- [2011 Shamrock Shuffle photos](#)
- Contact [Kelly Beisenstein-Weiss](#).