

RACE WAIVER

I know that running a good road race is a potentially hazardous activity and I should not enter unless I am medically stable and properly trained. I assume all risks associated with running or walking in this event including, but not limited to, falls, contact with other participants, the effects of weather and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself, and anyone else acting on my benefit waive and release and indemnify the organizers of the Shamrock Run, St. Francis Catholic Church, plus all sponsors, their representatives and assignors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also give my permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

By signing on the **front side** of this form, I accept this waiver. The signature of parent or legal guardian is required if registrant is under 18.

LOCAL CHARITABLE SUPPORT

This year we are running to support:



"Our mission is to affect lasting change in the lives of homeless children and their families in Davie County. We want to share the common love of humanity with others by offering them a "hand up" instead of a "hand out." Through our efforts together in the community, we will change lives".

This 501(c)3 non-profit volunteer organization advocates to make sure children and their families have a safe place to sleep at night. Volunteers provide families with hospitality and meals. During the day families are shuttled to a day center where they have access to Wi-Fi, computers, telephones, showers, and laundry facilities. Families receive assistance finding housing, job skills training, financial management courses, and connection with other local resources.



www.familypromisedc.org

Please help us support this worthy cause!



*Join us for the
32nd Annual
Running
-- OF THE --
Shamrock!*

**Saturday,
March 14, 2020
St. Francis of Assisi Church
862 Yadkinville Rd
Mocksville, North Carolina**

www.ShamrockRunNC.com

32nd Annual Shamrock Run

5K & 10K, March 14, 2020



DATE & LOCATION

Saturday, March 14, 2020
St. Francis of Assisi Catholic Church
862 Yadkinville Road, Mocksville, NC 27028

RACE SCHEDULE

Early Packet Pickup: Friday, March 13th 4-7PM
7:00AM—Race Day Packet Pickup Begins
8:15AM—5K Run & Fun Walk
9:00AM—10K Run
9:15AM—5K Awards Ceremony begins
10:15AM—10K Awards Ceremony begins

FEES

→ **REGISTER ON OR BEFORE JANUARY 4, 2020**
Receive a \$5 "Early Bird" Discount!!

→ **REGISTER FROM JAN. 5 — MAR. 7, 2020**
5K OR 10K (Students, 18 & under) - \$20
BOTH 5K AND 10K (Students, 18 & under) - \$25
5K OR 10K (Adult Runners) - \$25
BOTH 5K AND 10K (Adult Runners) - \$35
5K Fun Walk (not timed, T-shirt included!!) - \$15

→ **MARCH 8 — DAY-OF RACE REGISTRATION**
Add \$10 to the fee schedule listed above.

Registrations received prior to Feb. 21st will be guaranteed an official race T-shirt on Race Day!

FOR ADDITIONAL INFORMATION

Email: ShamrockRunNC@gmail.com



Find us on Facebook!
Shamrock Run, Mocksville, NC



REGISTRATION

Registration can be done one of three ways!

ONLINE: On-line registration is through

www.ShamrockRunNC.com

and closes at Noon on
Wednesday, March 11, 2020.



MAIL: Register by mail by completing the attached registration form with your check made payable to:

St. Francis of Assisi Church
862 Yadkinville Road
Mocksville, NC 27028



Note: Mail-In Registrations must be postmarked by
March 7, 2020

IN PERSON: At Race Site on the Day Before or
the Day of Race (refer to Early Packet Pickup)

RACE INFORMATION

The Shamrock Run is a USATF Certified, 5K and 10K run and 5K Fun Walk. Courses are through the heart of scenic and historic Mocksville, NC. Awards are presented for the top 3 Males and Females in multiple categories/age groups and Top 3 Overall for the 5K and 10K



Racing Toes will professionally time **The Shamrock Run** and will be using the **disposable chip system**. This will ensure shorter check-in lines, less confusion on Race Day, better timing accuracy, and faster results for you! So that we may be sure to accommodate all runners, we highly encourage participants to register as early as possible!

Entry fees are non-refundable. Unclaimed packets cannot be mailed to entrants.

OFFICIAL REGISTRATION



One form per entrant, copies accepted.

Visit us at: www.ShamrockRunNC.com

Name: _____
First Last

Address: _____
Street

City State Zip

Phone: _____

Email: _____

Birth Date: _____ Age on 3/14/20: _____

Gender: _____ Male _____ Female

Adult T-Shirt Size (please circle one):
S M L XL XXL

I am registering for (please circle one):

5K Run 10K Run Both 5K & 10K

5K Fun Walk

By signing, I accept the Race Waiver as
printed on the back of this form:

x _____
Signature (parent or guardian if under 18)

☐ I am a Student 18 years old or younger

Please make checks payable to St. Francis of Assisi Church

This is a NC Senior Games qualifying event!

