

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.



This year we are running to support

**Supporters of Guardian ad Litem
of Davidson and Davie Counties!!**



Supporters of
Guardians ad Litem
davie & davidson counties

Please help us support this worthy cause!

St. Francis of Assisi Catholic Church
862 Yadkinville Road
Mocksville, NC 27028
(336) 751-2973



31st Annual Shamrock 5K & 10K Run

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. The 2019 Run marks the 31st running of *The Shamrock*; it will be held on **St. Patrick's Day Eve, March 16, 2019**. It is hosted by St. Francis of Assisi Catholic Church and supports local causes. This year we will be running to support:

**Supporters of Guardian ad Litem
of Davidson and Davie Counties!!**

The Guardian ad Litem program provides trained advocates to represent the interests of abused, neglected, and dependent children in the court system and strives to ensure they live in a safe, permanent home. The Supporters of Guardians ad Litem address the special needs of the children in the GAL program by providing funds for specific services not budgeted by the state program, promotes community awareness of the abused and neglected children in the local community, assists with recruiting GAL volunteers, etc. SoGaL is a 501(c)(3)-non-profit organization and all donations are tax-deductible.

REGISTER EARLY!



This year we have enlisted **Racing Toes** to professionally time *The Shamrock Run* and will be using the **disposable chip system**. This will insure 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 will not be mailed to entrants.

This is a NC Senior Games qualifying event!



*Join us for the
31st Annual
Running* 
-- OF THE --
Shamrock!

**Saturday,
March 16, 2019**
St. Francis of Assisi Church
862 Yadkinville Rd
Mocksville, North Carolina

www.ShamrockRunNC.com



31st Annual Shamrock Run 5K & 10K, March 16, 2019

DATE & LOCATION

Saturday, March 16, 2019
St. Francis of Assisi Catholic Church
862 Yadkinville Road, Mocksville, NC 27028

RACE SCHEDULE

Early Packet Pickup: Friday, March 15th 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 FROM JAN. 7 — MAR. 10, 2019**
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
- **REGISTER ON OR BEFORE JANUARY 5, 2019**
Receive a \$5 "Early Bird" Discount!!

→ **MARCH 11 — DAY-OF RACE REGISTRATION**
Add \$10 to the fee schedule listed above.

Registrations received prior to March 1st will be guaranteed an official race T-shirt on Race Day!



Find us on Facebook!



LOCAL CHARITABLE SUPPORT

For 2019 we will be running to support:

Supporters of Guardian ad Litem



Supporters of
Guardians ad Litem
davie & davidson counties

of Davidson and Davie Counties!!

This is a 501(c)(3) non-profit, volunteer organization help the special needs of children state foster system by helping with specific, non budgeted services by the NC foster program.

REGISTRATION

Registration can be done one of three ways!

ONLINE: On-line registration is through

www.RunSignup.com

and closes at Noon on Wednesday, March 14, 2019. You can also connect to the Shamrock Run registration page through our website:

www.ShamrockRunNC.com

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 8, 2019**

IN PERSON: Day Before or Day of Race!

FOR ADDITIONAL INFORMATION

Email: Director@ShamrockRunNC.com

Call: the church office at: (336) 751-2973

Visit: our website for more information and race-day results!

www.ShamrockRunNC.com

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 3/16/19:** _____

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!