

Shamrock 5K Trail Run

Records

Men

Jonas Zimmerman (12)	18:14.8
Jamie Doyle (10)	18:39.2
Jamie Doyle (12)	18:40.0
Andrew Pauley (08)	18:55.5
Will Jacob (07)	19:03.2
Jamie Doyle (11)	19:05.1
Allen Dyer (14)	19:07.4
Jason Brehm (12)	19:13.7
David Vincie (15)	19:18.6
David Vincie (12)	19:20.4

Women

Heather Lambert (11)	20:41.3
Zella Warner (15)	21:31.7
Courtney Klein (10)	22:03.9
Megan Roper (09)	22:47.3
Ritchie Vaughan (15)	22:49.8
Corinne Makarewich (06)	23:18.8
Stephanie Parlee (14)	23:33.9
Lois Gullman (09)	23:38.6
Jenny Kuszyk (10)	23:41.6
Stephanie Parlee (12)	23:54.5

The Shenandoah Valley High Rollers are a wheelchair basketball team competing in the Capital Conference of the National Wheelchair Basketball Association. The team offers an opportunity for individuals in our area with spinal cord injuries or other permanent lower limb disabilities to have a competitive, recreational outlet. The team consists of individuals from the Harrisonburg / Rockingham / Augusta area. This program is run through a joint effort between the Harrisonburg Department of Parks and Recreation and the Mid-Atlantic Wheelchair Athletic Association, both of which are tax-exempt, non-profit organizations.

