

Shamrock 5K Trail Run

Records

Men

Jonas Zimmerman (12)	18:14.8
Jamie Doyle (10)	18:39.2
Jamie Doyle (12)	18:40.0
Jeremy Gray (19)	18:46.7
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

Women

Heather Lambert (11)	20:41.3
Zella Warner (15)	21:31.7
Sophie Lambert (19)	21:32.1
Jenny Logan (16)	21:37.2
Julia Thompson (19)	21:38.7
Courtney Klein (10)	22:03.9
Caroline Sanders (16)	22:28.3
Jocelyn Chan (18)	22:36.4
Megan Roper (09)	22:47.3
Ritchie Vaughan (15)	22:49.8

The Harrisonburg Cardinals 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.

