



SHAMROCK 5K TRAIL RUN

MARCH 21, 2020

HILLANDALE PARK
HARRISONBURG, VA

FOR MORE INFO: VISIT WWW.HARRISONBURGVA.GOV/SHAMROCK-TRAIL-RUN

BASIC INFORMATION:

-THE TOP THREE IN EACH AGE/GENDER DIVISION RECEIVE A RACE MEDAL.

(-17, 18-29, 30-39, 40-49, 50-59, 60+)

-EVENT SHIRTS WILL BE GUARANTEED TO EVERYONE WHO REGISTERS BY MARCH 6. THERE WILL BE A VERY LIMITED SUPPLY AVAILABLE FOR WALK-UP REGISTRATIONS-SIZES ARE NOT GUARANTEED.

-RACE PACKET PICK-UP WILL BE AVAILABLE THE FRIDAY PRIOR TO THE RACE AT 305 SOUTH DOGWOOD DRIVE.

-\$30 RACE REGISTRATION FEE. NO REFUNDS.

RACE DAY TIMES:

- 8:00AM-RACE-DAY REGISTRATION OPENS
- 8:45AM-POT OF GOLD KID'S FUN RUN
- 9:30AM-5K RUNNERS START, WALKERS START AFTER

MAIL-IN OR DROP-OFF REGISTRATION:

- 305 SOUTH DOGWOOD DRIVE, HARRISONBURG, VA, 22801
- PLEASE MAKE CHECKS PAYABLE TO: MAWAA

ONLINE REGISTRATION:

- GO TO WWW.RUNSIGNUP.COM AND SEARCH SHAMROCK 5K TRAIL RUN.



NAME (FIRST/LAST)

BIB #

EMAIL ADDRESS

PHONE

STREET ADDRESS

CITY

STATE

ZIP

AGE

GENDER

SHIRT

WAIVER AND LIABILITY RELEASE

I CERTIFY THAT I/MY CHILD, TO THE BEST OF MY KNOWLEDGE, IS IN PROPER PHYSICAL CONDITION FOR THIS ACTIVITY.

I UNDERSTAND AND ACKNOWLEDGE THAT THERE ARE RISKS ASSOCIATED WITH THIS ACTIVITY AND HEREBY ASSUME ANY AND ALL RISKS AND HAZARDS THEREWITH, AND, IN CONSIDERATION OF THE PERMISSION GRANTED TO ME/MY CHILD BY HARRISONBURG PARKS AND RECREATION DEPARTMENT, I HEREBY RELEASE THE CITY OF HARRISONBURG, ITS OFFICERS, EMPLOYEES, AND VOLUNTEERS FROM ALL CLAIMS FOR DAMAGES ARISING FROM ANY ACCIDENT OR INJURY CAUSED BY OR ARISING FROM PARTICIPATION IN THE ABOVE ACTIVITY OR AT ANY LOCATION WHERE THE ACTIVITY IS HELD.

IN CASE OF MEDICAL EMERGENCY, I AUTHORIZE HARRISONBURG PARKS AND RECREATION DEPARTMENT PERSONNEL TO OBTAIN MEDICAL TREATMENT FOR ME/MY CHILD.

I GRANT THE CITY OF HARRISONBURG PERMISSION TO USE MY/MY CHILD'S FACE, LIKENESS, VOICE AND APPEARANCE IN ANY COMMUNICATION MATERIALS, WHICH MAY INCLUDE, BUT ARE NOT LIMITED TO, NEWS RELEASES, PUBLICATIONS, VIDEOS, BILLBOARDS, TELEVISION, AND SOCIAL MEDIA.

I, THE UNDERSIGNED, HAVE READ THIS WAIVER AGREEMENT AND UNDERSTAND AND AGREE TO ALL ITS TERMS.

SIGNATURE OF PARTICIPANT OR PARENT/GUARDIAN

DATE