



SHAMROCK 5K TRAIL RUN

MARCH 17-20, 2021
VIRTUAL EVENT

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

Basic Information:

The Shamrock 5K Trail Run typically takes place at Hillandale Park, however we will once again be going virtual for 2021. The event will be held between the dates of March 17 (St. Patrick's Day) and March 20. Participants may complete the run any time between those dates and submit their times via RunSignUp.

If individuals would like to run the event on our traditional course, let us know and we will share the race route.

\$15 race registration fee.

No Refunds.

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 SIZE

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 released, 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