



**All proceeds will benefit  
The Shenandoah Valley High  
Rollers Wheelchair  
Basketball Team**

March  
19th

**Shamrock 5K  
Trail Run**

**Basic Information:**

-The top two in each age division receive a race plaque.  
(-17, 18-29, 30-39, 40-49, 50-59, 60+)

-Refreshments provided before and after the event.

-T-shirts will be provided to the first 50 pre-registered.

There will be a very limited supply available for walk-up registrations—sizes are not guaranteed. (T-shirts will not be ordered after March 9th).

-Race Packet pick-up will be available the Friday prior to the race.

-\$20 race registration fee. No Refunds.

**Race Day Times:**

8:00 a.m. —Race Day Reg. Begins  
9:00 a.m. —Registration Closes  
9:30 a.m. —5K Trail Run Begins

**Mail-in or Drop-off Registration:**

305 South Dogwood Drive, Harrisonburg, VA, 22801.  
Attn: Erik Dart or Tim Moubray.  
Please make checks payable to Shen. Valley High Rollers

**Online Registration:**

[www.runwalkjog.com/shamrocktrailrun](http://www.runwalkjog.com/shamrocktrailrun).

**Due to trail size, no strollers or dogs will be permitted for race participants.**

**Directions:** From I-81, take exit 245

(Port Republic Rd.). Go West onto Port Republic Road, (toward JMU). Continue straight on Port Republic Road, cross over Rt. 11, (S. Main Street). When you cross Rt. 11, Port Republic Road becomes Maryland Avenue. Continue straight on Maryland Avenue until you come to a stoplight at Rt. 42. Take a left onto Rt. 42, continue through your next stoplight and you should start seeing signs for Hillendale Park. Take a right onto Hillendale Drive and continue until you enter Hillendale Park. If you make it to a Food Lion, you have gone too far.

Name

Address

Age

Gender

T-Shirt Size

Email

Address (con't)

Phone #

**Signature for Waiver:** I hereby release the City of Harrisonburg, its employees, and volunteers from all claims for damages arising from any accidents or injury, which are caused by or arise from the participation of the above name applicant during any program or in any facility or at any location where this program is held.