

# Shamrock Hill Run

## 5K & 1 Mile



**March 14, 2020**

### Event

1 Mile Walk - 8:30 am  
5K Road Race - 8:30 am

Saturday, March 14, 2020

**Chip Timing for 5K!**

### Registration

\$25 (Till 11:59PM of Feb 15th)  
\$30 (Feb 16th - 11:59PM of March 1st)  
\$35 (March 2nd & after)

Register online or download your  
entry form at:

[www.CommonwealthGames.org](http://www.CommonwealthGames.org)

*Online Registration closes at 11:59PM on  
March 11th.*

*T-shirts not guaranteed if you register after February 27th.*

**Hosted by: Roanoke Catholic School**

### Make Checks Payable to:

Virginia Amateur Sports  
711-C 5th Street NE  
Roanoke, VA 24016

### Packet Pick-Up

Packets may be picked up at Roanoke  
Catholic School - Gillespie Family Gym  
on Friday, March 13 from 4 to 7pm

**OR**

on race day from 7 am to 8am at  
Roanoke Catholic School -  
Gillespie Family Gym

### Time & Results

Results will be posted on the following  
websites:

[www.RunRoanoke.com](http://www.RunRoanoke.com)

[www.CommonwealthGames.org](http://www.CommonwealthGames.org)



# Shamrock Hill Run

## 5K & 1 Mile Mail In Form

### March 14, 2020 8:30 AM



Mail this form with check to:

Virginia Amateur Sports  
711-C 5th Street NE  
Roanoke, VA 24016

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Race: (circle one) 5K    1 Mile

Gender:    Male    Female

Birthday: \_\_\_\_\_

Age on March 14, 2020: \_\_\_\_\_

T-shirt Size: Youth S    Youth M    Adult S    Adult M    Adult L    Adult XL  
Adult XXL (\$2 additional charge)

*T-shirts are not guaranteed if registered after February 27th*

\$25 (Till 11:59PM of Feb 15th)

\$30 (Feb 16th - 11:59PM of March 1st)

\$35 (March 2nd & after)

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

**Waiver:** In consideration of being permitted to participate in the Shamrock Hill Run for myself, my heirs, executors, administrators and assignees, I do hereby release and forever discharge Roanoke Catholic School, Virginia Amateur Sports, City of Roanoke, Run Roanoke, INC and their respective officers, employees, agents, subsidiaries, sponsors and affiliates, and all those persons involved in organizing and staffing this event from all claims, demands, losses, damages, actions, causes of actions or suits of whatsoever kind or nature, arising out of my participation in the race on March 14, 2020. **There will be no refunds.**

**Signature** (If runner is under 18, parent or guardian must also sign):

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**Signature** (Parent or guardian, if applicable)

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