

Shamrock Hill Run

5K & 1 Mile



March 16, 2019

Hosted by: Roanoke Catholic School

Event

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

Saturday, March 16, 2019

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

*Online Registration closes at 11:59PM on
March 12th.*

T-shirts not guaranteed if you register after March 1st.

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 15 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

www.CommonwealthGames.org

www.CommonwealthGames.org



Downtown
Roanoke
make it yours



Shamrock Hill Run

5K & 1 Mile Mail In Form

March 16, 2019 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 16, 2019: _____

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 March 1st

\$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 16, 2019. **There will be no refunds.**

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

Signature (Parent or guardian, if applicable)

