

# SHAMROCK SCRAMBLE 5K

**LOCATION: Wallkill Firehouse, Central Avenue, Wallkill, NY**

Data Sunday- March 22, 2015

Reporting Time: 8:00-9:00 AM      Starting Time      Walkers: 8:30 AM  
Runners: 9:30 AM  
Kids Run: 10:30 AM

Race Time by Champion Chip Super Race Systems

Entry Fee: \$20 pre-registered, \$25 after March 13 & \$1.00 Children's Race

Make check to Shamrock 2015

Send Entries to: Al Schmidt      451 Borden Road, Wallkill, N Y 12589

**T-Shirts to the 400 pre-registered runners and walkers (no T-shirt for the children's' race)**

**Entries must be post marked by March 13, 2015**

Post race continental breakfast is available for registered runners and walkers following the race.  
There is a charge for all others.

**AWARD:** Peter O Riggins Memorial Trophy to the 1<sup>st</sup> male & female

**CASH PRIZES:** To 1<sup>st</sup> male & female, 1<sup>st</sup> male & female master (one award) and 1<sup>st</sup> male & Female breaking the course record

**Medals:**

Male & Female Runner: 11& under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55-59, 60-64, 65-69, 70- over.

Heavyweight: 200lbs. & over no age limit.

High School team trophy Male & Female (Top three runners will be scored)

Walkers: Male & Female 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

Kids' runners: Medals to all runners (6 and under, 1/4 lap; 7- 8, 1/2 lap; and 9-10, 1 lap ;)

**Directions to Wallkill Fire Department:**

From the North: Rte. 87 Exit 18, West onto 299, and South onto 208 to Wallkill

From the South: Rte. 87 Exit 17, North onto 300, West 84 exit 5, North onto 208 Wallkill

From East & West: Rte. 84 ext 5, North onto 208 to Wallkill

**For further information contact race organizer:**

Al Favata 845 565 1483

Bob Garrison 845 926 8055

Al Schmidt 845 895 8350

JoAnne Warren 845 895 8373

LIKE us on face book Shamrock 5k run and walk and register

Website <http://home.roadrunner.com/~scramble/>

Course Records: Jeffrey Rios 15:18      Claudia Camargo 16:12

**SPONSORED BY**

**Lanc & Tully Engineering and Surveying P.C.**

REGISTER at <http://register.chronotrack.com/reg/form?eventID=11376>

I the undersigned, intending to be legally bound, hereby, for myself, my heirs, and administrators waive and release any and all claims for damages

I may have against the Wallkill St Patrick's parade committee, town of Shawangunk, the race organizers and all sponsors and volunteers from all liability arising from illness, injuries and damages I may suffer as a result of my participation in this event. I do hereby certify that I am physically fit and sufficiently trained for this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent if under 18 \_\_\_\_\_ Age on 3/22/15 \_\_\_\_\_

Name (print) \_\_\_\_\_ Male ( ) Female ( )

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

E-Mail \_\_\_\_\_ High School Name \_\_\_\_\_

Check: Runner \_\_\_\_\_ Walker \_\_\_\_\_ Heavyweight \_\_\_\_\_ Kid Run \_\_\_\_\_

T-Shirt Size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X Large \_\_\_\_\_ XX Large \_\_\_\_\_