



MCHARG SHAMROCK RUN

Saturday, March 14th, 2009

5K Run/Walk & Children's Fun Runs

We welcome all participants to the 2009 McHarg Shamrock Run! This race is open to all walkers and runners of any age and experience. This event is presented by the McHarg Parent School Association. Proceeds will benefit the McHarg Honeybee Fund, a fund that is used to support local families who have experienced a crisis or emergency.

TIME: 5k Run/Walk starts at 9:30 am.
Children's Fun Run festivities begin at 10:30 a.m.

PLACE: Bisset Park, Radford, VA

REGISTRATION: Opens at 8:30 am at Shelter #2 in Bisset Park. Race packets may be picked up from 8:30-9:15 on race day for 5K participants. Children's Fun Run race packets may be picked up from 9:15-10:15am. For your convenience, print the registration form on the next page, complete and return to McHarg.

ENTRY FEES FOR 5K: \$15 includes a t-shirt (if pre-registered by March 6th)
\$20 on race day.

FUN RUNS: for ages 12 and under:
\$5 includes a t-shirt (if pre-registered by March 6th)
Options include a Diaper Dash (3 and under),
100 Yard Dash (ages 4-7), and 1 mile Run/Walk.

COURSE: All races start inside Bisset Park at Shelter #2. The 5K Run/Walk course is level and proceeds along the River way. Strollers are allowed on the course.

AWARDS: Trophies for the top three walkers overall. No age divisions.
5K Shamrock Run: Trophies for overall male and female winner, and top two male/female finishers in each age division.
Medal for all Fun Runs participants.

5K RUN DIVISIONS: 14 & UNDER, 15-19, 20-29, 30-39, 40-49, 50-59, and 60+

*We will raffle off valuable gift certificates, prizes & more.

*Wear your silliest St. Patrick's Day accessories.

*Bicycles, roller blades, or other types of transportation, other than strollers, will not be allowed.

*There will be a variety of drinks and snacks at the finish.

*Homemade baked goods will be available for sale.

*For more information contact Amanda Bush at amandatbush@juno.com



MCHARG SHAMROCK RUN
(Print, complete and return to McHarg Elementary)

Last Name _____ First Name _____

Address _____

Phone # _____ Email Address _____

T-Shirt Size: Adult ___S___M___L___XL Youth ___S___M___L Gender: ___F___M

Race: _____ 5K Run _____ 5K Walk _____ 1 Mile Fun Run
_____ 100 YD Dash _____ Diaper Dash

Fees: \$15 for 5K Run/Walk if received by March 6th, \$20 on race day. \$5 for all other races.

Please make checks payable to: **McHarg PSA**
Attn: McHarg Shamrock Run
700 Twelfth Street
Radford, VA 24141

Waiver: In consideration of being permitted to participate in the McHarg Shamrock Run,

I, _____, do hereby for myself, my heirs, executors, administrators and assignees, release and forever discharge the McHarg Shamrock Run, the McHarg Elementary School PSA, Radford City Schools, The town of Radford, Radford Parks & Recreation and their respective officers, employees, agents, subsidiaries and affiliates, all sponsors, and all those persons involved in organizing and conducting this event from all claims, demands, losses, damages, actions, cause of action or suits of whatsoever kind of nature, arising out of my participation in the McHarg Shamrock Run on March 14th, 2009. I realize that some of the activities may subject me to hazards not all of which can be foreseen. I desire and consent by signing this form to take part in all such activities. I assume all risks incident to the nature of this activity and agree that any agents conducting this activity will not be responsible for any damages or injuries resulting to me. Furthermore, I also agree that I have appropriate health care coverage for this activity and I understand that there would be no reimbursement for medical expenses incurred from this race.

Signature Date

Signature of parent or guardian if under age 18 Date