

SHAMROCK SCRAMBLE 5K

Location: Walkill Firehouse, Central Avenue Walkill, NY
Date: Sunday, March 22, 2020
Reporting Time: 8:00 – 9:00 a.m. Start Time: Walkers 8:30 a.m.
Runners 9:30 a.m.
Kids Run 10:30 a.m.

Race Time by Champion Chip Super Race Systems

Entry Fee: \$20.00 pre-registered, \$25.00 after March 13, \$1.00 Children's Race

Checks payable to: Shamrock 2020

Mail Entries to: Al Schmidt 451 Borden Road Walkill, NY 12589

Entries must be post marked by March 6, 2020

T-Shirts to registered runners and walkers by March 4 (no T-Shirts for the children's race)

Post-race pancake 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 1st male and female runners
Eddie "Doc" Edsall Memorial Trophy to the 1st male & female walkers
Cash Prizes: To the 1st male & female, 1st male & female master (one award) and 1st 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: 200 lbs. & over no age limit
High School team trophy male & female (top three runners will be scored)
Walkers: Male & Female 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over
Kid's Runners: Medals to all runners (6 and under, ¼ lap; 7-8, ½ lap; 9-10, 1 lap)
Course Records: Derek Lake 15:15 Claudia Camargo 16:12

Directions to Walkill Fire Department:

From the North: Rte 87 Exit 18, West onto 299, South onto 208 to Walkill

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

From East & West: Rte 84 exit 5, North onto 208 to Walkill

For further information, contact race organizers:

Bob Garrison: 845-926-8055 Al Schmidt: 845-895-8350 JoAnne Warren: 845-895-8373

Website: <https://runsignup.com/Race/NY/Walkill/NYshamrockscramble5K>

Like us on facebook, Shamrock Scramble 5k run and walk and register

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 Walkill 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 3/22/20 _____

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 _____ Xlarge _____ XXlarge _____