

SHAMROCK SCRAMBLE 5K

LOCATION: Wallkill Firehouse, Central Avenue, Wallkill, NY

Data Sunday- March 23, 2014

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 2014

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, 2014

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 1st male & female

CASH PRIZES: To 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: 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

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

2013 Champions: Loris Thahito 16:07
Malissa Guckian 18:22

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

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WALLKILL FEDERAL VALLEY SAVINGS & LOAN ASSOCIATION

Proud participant in the 2014 Hudson Valley Grand Prix.

All Runners & Walkers must wear electronic chip on their shoes.

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 3/23/14 _____

Name (print) _____ Male (☐) Female (☐)

Street _____ City _____

State _____ Zip _____ Phone _____

E-Mail _____ High School Name _____

Check: Runner _____ Walker _____ Heavyweight _____ Kid Run _____ HVGP member _____

T-Shirt Size: Small _____ Medium _____ Large _____ X Large _____ XX Large _____