

RACE HIGHLIGHTS

- Free T-shirts to the first 3000 pre-registered individuals. (Runners & Walkers only)
Limited qty. available if registered after 3/19/20

- Lively Celtic Music on Course

- Water stops and Baggage Storage

- Event website: www.ctshamrockrun.com

- Online registration available at:
www.ctshamrockrun.com

- Five-mile race
USATF Course Certified and Sanctioned

- Creative Costumes Welcomed and Encouraged

Early t-shirt, number pick up and registration at:
St. Gregory CCD Center Pasta Supper
1043 Stafford Ave., Bristol
March 20th 4:30 - 7:30pm

KIDS FUN RUN

Kids ages two to ten will enjoy the fun run on school grounds. Prizes will be awarded to every participant.

SCHEDULE OF ACTIVITIES

8:00-10:30 a.m. Registration & Packet Pick up
9:15 a.m. Kids Fun Run
9:30 a.m. 2 Mile Run/2 Mile Walk
10:30 a.m. 5 Mile Run

POST RACE ACTIVITIES

Sponsored by
Planet Fitness



After the races and the walk, enjoy a free massage, listen to music, and participate in an array of fun and festive activities. Refreshments for all registered participants.

AWARDS

- First Place Award in each age category male & female
Applies to 5 mile & 2 mile road races

- Awards to 2nd and 3rd place winners in each age category
Applies to 5 mile & 2 mile road races

ENTRY FEES

Early Registration: \$25.00
After 3/7/2020 and on Race Day: \$30.00
Kids Fun Run: \$5.00
Fees are non-refundable

PROCEEDS TO BENEFIT

Saint Vincent DePaul Mission of Bristol, Inc.

Saint Vincent DePaul Society is a non-profit organization that plays a vital role in our community by providing shelter, food, counseling and referral services with dignity for people in need. They operate a 25 bed homeless shelter, a 10 family Women with Children Transitional Center and a 13 unit transitional living center for single men.

The Cove

Center for Grieving Children servicing the needs of young families through out Connecticut. \$1000 grant will be awarded. www.covect.org

Other local charities that benefit the greater Bristol area organizations.

DIRECTIONS

Chippens Hill Middle School
551 Peacedale St., Bristol, CT 06010

From Route 84 West:

Take 84 west to exit 38 for route 6 west. Follow route 6 west for 15 miles to the train trestle. Go under the train trestle and take a right onto Matthews Street. Continue up hill and veer right at fork onto Perkins Street. Follow Perkins to Chippens Hill Middle School.

From Route 84 East:

Take route 84 to exit 31 for route 229. At the end of the ramp, take a left onto route 229 north to route 6 west. Follow 6 west to the train trestle and take a right onto Matthews Street. Continue on Matthews St. and veer right at fork onto Perkins Street. Follow Perkins to Chippens Hill Middle School.

REGISTRATION FORM

Online registration available at:
www.ctshamrockrun.com

Event: (Check One)

- ☐ 5 Mile Road Race
☐ 2 Mile Road Race
☐ 2 Mile Fun Walk
☐ Kids Fun Run

Division:

- ☐ 10 & under
☐ 11-13
☐ 14-19
☐ 20-29
☐ 30-39
☐ 40-49
☐ 50-59
☐ 60-69
☐ 70 & Over

Sex:

- ☐ Male
☐ Female

Adult Shirt Size:

- ☐ Small
☐ Medium
☐ Large
☐ X-Large
☐ XX-Large

- ☐ \$10 Upgrade
For Long Sleeve Technical Race Shirt

Early t-shirt, number pick up and registration at the Pasta Supper at St. Gregory CCD Center, Bristol
March 20th 4:30 -7:30pm

Please Print Clearly

Name: _____

Date of Birth: _____

Age as of Race Day: _____

Email: _____

Address: _____

City: _____

State: _____

Zip: _____

Phone: _____

Waiver: I agree to participate in the Shamrock Road Race (5M & 2M run/2M fun walk and the Fun Run.) In consideration of my entry, I do hereby waive, release and forever discharge any and all rights and claims which I (or my child) may have or which hereafter accrue to me against the sponsors, officials conducting the event or the Saint Vincent DePaul Society of Bristol, Inc. for any and all injuries suffered by me (or my child) while participating in the event and do hereby certify that I (or my child) am physically able to participate in this event.

Signature: _____

Date: _____

Entry Fees:

Registration: \$25.00

(After 3/7/20 and Race Day: \$30.00)

Kids Fun Run: \$5.00

Fees are non-refundable

Official Shamrock Run Walking & Running Gloves \$7.00 per pair:

Long Sleeve Tecnical Race Shirt - \$10 Upgrade:

Registration Fee: _____

Kids Fun Run Fee: _____

Pairs @ \$7 each: _____

Shirt @ \$10 each: _____

Pasta Supper:

- ☐ Yes I would like to attend the Pasta Supper on Friday March 20th at St. Gregory CCD Center.

Please Reserve Me: _____

Adult tickets @ \$8 each _____

Child tickets @ \$6 each _____

- ☐ I am unable to participate, but I would like to make a contribution. _____

Fill out entry form and mail, along with check payable to:

Total Enclosed _____

The Shamrock Road Race Committee, 58 Cronin Street, Bristol, CT 06010
Registration form MUST BE POSTMARKED BY MARCH 15, 2020

18TH ANNUAL SHAMROCK RUN & WALK



Saturday
March 21, 2020

Chippens Hill Middle School
551 Peacedale St., Bristol, CT

A Traditional Event for
Every Ability and Spirit!

www.ctshamrockrun.com

Sponsored by:



USATF
Certified &
Sanctioned
Course



Saint Vincent DePaul Society of Bristol, Inc.
The Shamrock Road Race Committee
PO Box 1922
Bristol, CT 06011-1922

PASTA SUPPER



Enjoy a delicious pasta buffet
on Friday March 20th.
at St. Gregory CCD Center
1043 Stafford Ave., Bristol
from 4:30-7:30.

Feast on pasta, salad and more.
Purchase Pasta Party Dinner tickets
with your application.

\$8.00 for adults
\$6.00 for children ages 6 – 12
FREE for children 5 & under.

Open to all event participants and the community.

Early packet pick up and registration
will be held during the dinner.

American Red Cross Blood Drive
Check event website for details and times



COMMUNITY CANNED FOOD DRIVE

Sponsored by BSA Troop 6.

We are pleased to partner with the Bristol
Salvation Army Food Pantry this year. Our goal is
to fill their shelves with canned goods so they can
serve the needs of the community through their
food pantry. Please consider bringing nonperish-
able items on race day. Our collection vehicles &
scouts will be ready for your generous donation.

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