

## 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](http://www.ctshamrockrun.com)
- ✿ Online registration available at: [www.ctshamrockrun.com](http://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](http://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](http://www.ctshamrockrun.com)

<b>Event: (Check One)</b>	<b>Division:</b>	<b>Sex:</b>	<b>Adult Shirt Size:</b>
<input type="checkbox"/> 5 Mile Road Race	<input type="checkbox"/> 10 & under	<input type="checkbox"/> Male	<input type="checkbox"/> Small
<input type="checkbox"/> 2 Mile Road Race	<input type="checkbox"/> 11-13	<input type="checkbox"/> Female	<input type="checkbox"/> Medium
<input type="checkbox"/> 2 Mile Fun Walk	<input type="checkbox"/> 14-19		<input type="checkbox"/> Large
<input type="checkbox"/> Kids Fun Run	<input type="checkbox"/> 20-29		<input type="checkbox"/> X-Large
	<input type="checkbox"/> 30-39		<input type="checkbox"/> XX-Large
	<input type="checkbox"/> 40-49		
	<input type="checkbox"/> 50-59		<input type="checkbox"/> \$10 Upgrade
	<input type="checkbox"/> 60-69		For Long Sleeve Technical Race Shirt
	<input type="checkbox"/> 70 & Over		

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) Registration Fee: \_\_\_\_\_  
Kids Fun Run: \$5.00 **Fees are non-refundable** Kids Fun Run Fee: \_\_\_\_\_  
Official Shamrock Run Walking & Running Gloves \$7.00 per pair: \_\_\_\_\_ Pairs @ \$7 each: \_\_\_\_\_  
Long Sleeve Tecnical Race Shirt - \$10 Upgrade: \_\_\_\_\_ 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](http://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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