

RACE HIGHLIGHTS

- ✿ Free T-shirts to the first 1500 pre-registered individuals. (Runners & Walkers only) (Limited quantity if you register on 3/20 or race day)
- ✿ Lively Celtic Music on Course
- ✿ Win a Wii Sports provided by Select PT for the Most Spirited Costume
- ✿ Electronic Chip Timing
- ✿ Water stops and Baggage Storage
- ✿ Event website: www.ctshamrockrun.com
- ✿ Online registration available at: signmeup.com/62219
- ✿ Five-mile race USATF Course Certified and Sanctioned
- ✿ Event Takes Place Rain/Snow or Shine

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

8:00-9:30 a.m. Registration & Packet Pick up
9:30 a.m. Kids Fun Run
9:40 a.m. 2 Mile Run/2 Mile Walk
10:30 a.m. 5 Mile Run

POST RACE ACTIVITIES

Sponsored by 99 Restaurant & The Bland Company
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

Provided by Main Street Financial Group

- ✿ 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
- ✿ 1st, 2nd, 3rd Place for Clydesdale (200lbs+) and Athena (150lbs+) Categories

ENTRY FEES

Early Registration: \$20.00
After 3/10/09 and on Race Day: \$22.00
Kids Fun Run: \$3.00
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.

COLLEGE SCHOLARSHIP AWARD

for a graduating Bristol resident.
See website for more details and an application.

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.signmeup.com/62219

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 & Over

Sex:

- Male
 Female

Adult Shirt Size:

- Small
 Medium
 Large
 X-Large
 XX-Large

Division:

- Clydesdale (200lbs+)
 Athena (150lbs+)

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: _____

Group Affiliation: _____

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: \$20.00

(After 3/10/09 and Race Day: \$22.00)

Registration Fee: _____

Kids Fun Run: \$3.00

Fees are non-refundable

Kids Fun Run Fee: _____

Official Shamrock Run Walking & Running Gloves \$5.00 per pair:

_____ Pairs @ \$5 each: _____

Pasta Supper:

Yes I would like to attend the Pasta Supper on Friday March 20 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. _____

Total Enclosed _____

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

The Shamrock Road Race Committee, 58 Cronin Street, Forestville, CT 06010

THE SHAMROCK RUN & WALK



Saturday
March 21, 2009

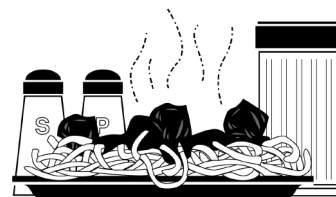
Chippens Hill Middle School
551 Peacedale St., Bristol, CT

A Traditional Event
for Every Ability
and Spirit!

USATF Certified & Sanctioned Course

The Shamrock Road Race Committee
58 Cronin Street
Forestville, CT 06010

Non-Profit
Organization
US Postage
PAID
Hartford, CT
Permit No. 2238



PASTA SUPPER

Enjoy a delicious pasta buffet
on Friday March 20.
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.



BONE MARROW DRIVE

We also are hosting a Bone Marrow Drive
sponsored by the National Marrow Donor
Program on the day of the event.

Individuals in good health between the ages of 18
and 60 are encouraged to join the registry.
To join, you complete a short health questionnaire
and sign a form stating that you understand what
it means to be in the registry. Then, a small blood
sample is taken to find your tissue type. Further
information is collected at another time.

For more information please visit:
www.marow.org



- Acucut Inc.
- Bagels Plus
- The Barnes Group
- Beacon Prescriptions
- Dr. Bencivengo & Dr. Gaudio
- Bristol Lacrosse
- Mary Casey - Prudential Connecticut Realty
- F.J. Chard & Son, Inc.
- Comstock Marketing
- Dunn Funeral Home
- Bristol Chamber of Commerce
- BristolCt.net
- City True Value Hardware
- Tracy Driscoll
- efgraphics
- Farmington Savings Bank
- R. R. Hiltbrand Engineers & Surveyors, LLC
- ING
- Just Ask Rental
- M & M Tennis Court Company, Inc.
- New England Communications
- Physical Therapy & Massage Medicine of Central CT
- Quebecor World Enfield CT
- Craig Stalk - Good Time Music
- St. Gregory Church
- St. Joseph Church
- St. Matthew School
- Tollman Spring Co.
- Valley Bank
- Yarde Metals