

PLATINUM

DANVILLE REGIONAL
MEDICAL CENTER

URW COMMUNITY
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JACKSON HEWITT TAX SERVICE

FREE CLINIC OF DANVILLE

SHAMROCK 5K

20th Annual



5K RUN/WALK
MARCH 16, 2013
ON THE
RIVERWALK
TRAIL



Donald Pippin
c/o Free Clinic of Danville
133 South Ridge Street
Danville, VA 24541

REGISTRATION FORM

SHAMROCK 5K RUN/WALK SATURDAY MARCH 16, 2013

(Photocopies of form are permitted)

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Age on race day _____ Sex _____

Check: 5K Run _____ 5K Walk _____ (NO RUNNING)

Circle shirt size: M L XL (First 200 entries)

Team Name _____

(minimum 3 runners)

*Additional entry forms can be downloaded at:
danvillerrunner.org

Mail entry form & check payable to DFC:

Danville Free Clinic
133 S. Ridge Street
Danville, VA 24541

WAIVER

In consideration of the acceptance of my entry, my executors, administrators and assignees, I do hereby release & discharge the Free Clinic of Danville, their sponsors, volunteers and officials of all claims and damages out of my participation in this 5K Run/5K Walk on March 16, 2013. I verify that

I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in the event.

Signature of runner or parent if under 18yrs Date

DANVILLE FREE CLINIC * SHAMROCK 5K

Race Start Time: 10:00am

Registration & Packet Pickup:

Friday March 15 from 4-6pm at The Brick on 410 Main Street

Saturday March 16 from 8:30-9:30am at the Community Market—**no registration after 9:30am so as not to delay race**

Trophies & Awards: (no duplication of overall age and group awards)

Runners:

Trophy to top 3 males/females

Trophy to top M/F masters (40 & over)

Trophy to top 3 M/F in each age group:

14& under	40-44
15-19	45-49
20-24	50-54
25-29	55-59
30-34	60-64
35-39	65-69
	70&over

Walkers: Trophy to overall top
Male/Female walker

Trophies to top M/F walkers in age group:

19&under	50-59
20-29	60-69
30-39	70&over
40-49	

Running Teams:

Trophies to male team & female team with top 3 overall finishers

Course:

Riverwalk Trail on north bank of Dan River. Start line near trestle bridge. Finish line near railroad bridge. Scenic course of asphalt & concrete—relatively flat. Water available in 2nd mile of course.

Parking: Off Craghead Street at the Community Market parking lot at the Crossing on the Dan. Location is 1/2 mile from Main street.

Restrooms: At the Community Market and the course at 1/2 & 3/4 mile markers.

Awards Ceremony: At the Community Market following the race.

Entry Fees:

Pre-Race: \$20 (thru March 15)

Race Day: \$25

Door Prizes, Plus: Door prizes will be drawn during the awards ceremony. You must be present to win.

For information, contact:

L.C. Moore: 434-793-3409

Donald Pippin: 434-797-8564

Free Clinic: 434-799-1223

