



Downtown YMCA
 119 Washington Street
 Watertown, New York 13601

NON-PROFIT
 U.S. POSTAGE
P A I D
 PERMIT #2
 WATERTOWN, NY 13601

Watertown Sunrise Rotary - Pancake Breakfast - Best Western Carriage House - Pancakes, Sausage, Coffee, Tea, Milk
 Saturday March 13th, 2009 - 7:30am to 12:00 pm - Adults: \$5.00 Child: \$3.00
 Proceeds to benefit the Watertown YMCA

22nd Annual Shamrock Run

March 13



Presented by



**AHLGRIM
 DENTAL OFFICES**

Downtown YMCA
 119 Washington Street,
 Watertown, NY 13601
 (315)782-3100
www.watertownymca.org

REGISTRATION FORM

(1 PER PERSON)

Last Name: _____

First Name: _____

WAIVER: I release any and all claims for personal damage against all sponsors, municipalities, organizations or their agents.

Sign Here Please

Participant Signature (or parent if under 18)

Address: _____

City/Zip: _____

Phone: _____

Age **ON RACE DAY:** _____

Gender: _____ Birthday: _____

EVENT INFO: CHECK ONE FOR EACH
____ 5 Mile Run ____ 2.2 Mile Run/Walk

Shirt Size: Adult: S M L XL XXL (\$1.50 extra)

Amount Paid: \$ _____ **BIB#** _____

If mailing your registration please fully complete this form along with a Check (make checks payable to the YMCA) and send it to: Shamrock Run-Downtown YMCA, 119 Washington St, Watertown, NY 13601 (315)782-3100.

WE MUST RECEIVE YOUR REGISTRATION NO LATER THAN MARCH 7 BY 5:00PM.

* If your registration is incomplete you will be automatically registered in the run/walk (because it is not an age/gender specific event). If you do not mark a t-shirt size you will automatically receive a large. You will have the opportunity to correct your registration on race day only, but you will need to wait in line with race day registrants. T-shirt size changes will be first come first serve. We apologize for any inconvenience this may cause you and thank you for helping make this event run as smoothly as possible.

REGISTRATION

Pre-Registration: ends **March 7, 2010**. You can pre-register by stopping into any YMCA Branch, mailing the completed registration form along with a check (make checks payable to the YMCA) or on-line at www.watertownymca.org. If you register after 03/07/10 you will pay race day fees.

5 Mile:

Member-**\$15** (includes t-shirt + timing chip)

Non-Member-**\$18** (includes t-shirt + timing chip)

2.2 Mile Run/Walk:

Member-**\$12** (includes t-shirt)

Non-Member-**\$15** (includes t-shirt)

Pre-registration Packet Pick-Up: Race packets will be available for pick up on **March 12, 2010** at the Downtown YMCA or Race day at the Dulles State Office Building from **7:00am-9:30am the day of the Race.**

Race Day Registration: At the Dulles State Office Building on **March 13, 2010** from **7:00am- 9:30am the day of the Race. Registration ENDS at 9:30am NO EXCEPTIONS**

5 Mile:

Member-**\$15** (includes timing chip, t-shirt not included)

Non-Member-**\$18** (includes timing chip, t-shirt not included))

2.2 Mile Run/Walk:

Member-**\$10**(t-shirt not included)

Non-Member-**\$ 12** (t-shirt, not included)

T-shirts will be available For Sale on Race Day. They will not be included in your

Race Day Registration Fee.

\$10.00 (if we have your size in stock)

\$13.00(to order &mail shirt to you)

ATTENTION 5 MILE RUNNERS

ANY PERSON NOT RETURNING THE CHIP ASSIGNED TO THEM BY THE END OF THE RUN WILL BE CHARGED \$90.00 FOR A REPLACEMENT ByYELLOW JACKET RACING.

AWARDS

Awards will be presented in each of the following categories for the 5 mile race participants.

AWARD CATEGORIES

AWARDS	FEMALES	MALES
Overall	1	1
14 & Under	3	3
15-19	3	3
20-24	3	3
25-29	3	3
30-34	3	3
35-39	3	3
40-44	3	3
45-49	3	3
50-54	3	3
55-59	3	3
60 & Over	1	3
Team		1
Military Unit		1

Team Challenge:

An award will be presented to the team with the most points. One point is awarded for each participant on the team, no matter the event. No membership restrictions.

Military Unit Challenge:

An award will be presented to the military unit with the most points. One point is awarded for each team participant no matter the event. No membership restrictions.

RACE DAY SCHEDULE

7:00am-9:30am: Race Day Registration and Pre-registration packet pick-up at the Dulles State Office Building

10:00am: 5 Mile Race and 2.2 Fun Run/Walk begin behind the Best Western on Mullin Street.

11:30am-Noon: Results announced, Race Results will also be posted on our website the day of the race. Go to www.watertownymca.org. Shower facilities will be available at the Downtown YMCA.

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