

# Enter

## The Twentieth Annual

Presented by:  
Roanoke Catholic School  
RCS Educational Foundation



D I S T A N C E R U N '10

Roanoke Catholic School  
Saturday March 13, 2010

**Race Starts:**  
8:30 a.m. - 1 Mile  
9:15 a.m. - 5K

### 5K + 1 Mile Fun Run

**ENTRY FEE:** \$15.00 early registration for both 1 mile and 5K runs. \$25.00 after March 5th and until 1 hour prior to the start of the 5K race. **Registration for 5K race will absolutely be cut off at 8:15 a.m.** Check or money order must accompany your signed entry form.

**AWARDS:** Top three men and women will receive overall awards. The top three men and women in each age group will receive awards. You may only receive one award. Top 3 Teams will receive one trophy for the team. Age groups are:

10 & under	40 - 44
11 - 13	45 - 49
14 - 17	50 - 54
18 - 22	55 - 59
23 - 29	60 - 64
30 - 34	65 - 69
35 - 39	70 & over

Prize for best St. Patrick's Costume  
Door Prizes

**COURSE:** Flat and fast.

**Ribbons:** will be awarded to all finishers of the 1 Mile Fun Walk/Run.

**Door Prizes and Awards:** Begins at 10:15 a.m. Packet pick-up and the award ceremony will be held in the Roanoke Catholic School gym. Proceeds of the race will go to the Cornerstone Scholarship Program.

**START/FINISH LINE:** Course will be the same as 2009. See back of this brochure for map.

**RACE RESULTS:** Check website [www.roanokecatholic.com](http://www.roanokecatholic.com) for entry form and race results.

**ENTER NOW:** Complete the entry form below and mail along with check or money order to:

Roanoke Catholic School  
Shamrock Hill Distance Run  
RCS Educational Foundation  
621 N. Jefferson Street  
Roanoke, Virginia 24016-1416

#### Roanoke Catholic School Student Discount:

PK-12 RCS students can enter either the 1 mile or the 5K for \$10.00. **RCS Family Discount** (5 or more runners from same family - \$35.00.)

#### A Wee Bit of Emerald Isle

Join us for a traditional Irish Breakfast  
Roanoke Catholic School's Cafeteria  
8:00 am - 11:00 am  
Pay at the door  
Dine in our cafeteria or boxed orders to go

#### RACE HEADQUARTERS:

Roanoke Catholic School  
Upper School Gym  
621 North Jefferson Street  
(540) 982-3532

**ATTENTION:** CHIP Timing. Please note instructions regarding chip pick-up on Saturday morning.

**AGENDA:** Race activities will be in Upper School gym.

**Friday, March 12th** - Packet pick-up, 5:00 - 7:00 p.m.

**Saturday, March 13th** - Packet pick-up, 7:45 - 8:30 a.m. Late registration 7:45 - 8:15.

**Chip Pick-up - In the RCS gym on SATURDAY MORNING from 7:45 - 9:00 a.m.**



Please join us at the St. Pat's Parade and Festival Downtown Roanoke at 11:00 AM.

[www.eventzone.org](http://www.eventzone.org)

**Official Entry Form Please fill out completely. Incomplete form will not be accepted and will not be entered in the race.**

Early Entry (Prior to March 5th) - \$15.00 RCS Students - \$10.00 RCS Families - \$35.00  
March 5th through 8:15 a.m. Race Day - \$25.00

Mark which race you will run:  5K  1 mile Fun Run/Walk



FIRST NAME INITIAL LAST NAME

STREET ADDRESS

CITY STATE ZIP CODE

(AREA CODE) PHONE BIRTHDATE AGE (Day of Race)

**HIGH SCHOOL TEAM CHALLENGE:** (5-7 runners) Team entries must be submitted together.

Team Name \_\_\_\_\_

Number of People \_\_\_\_\_

SEX:  Male  Female  
SHIRT SIZE:  Youth medium  Small  Medium  Large  X-Large

Amount Enclosed \_\_\_\_\_

Make Check payable to **RCS Educational Foundation** **NO REFUNDS**

Mail to: Roanoke Catholic School  
RCS Educational Foundation  
621 N. Jefferson Street  
Roanoke, Virginia 24016-1416

In consideration of your accepting this entry. I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any, and all rights and claims for damages I may have against Roanoke Catholic School and their representatives, successors and assigns, the City of Roanoke and any or all sponsors for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been recently verified by a physician.

All entrants must sign waiver.

Legal Guardian must sign if entrant is under 18 years old.