



23rd Annual Shamrock Run Corporate Challenge Fitness Event

When: Saturday, March 5, 2011, 8:15 AM

What: 5K Run/Walk, Free Souvenir T-Shirt, Post Race Party With Free Food, Music, Awards, Door Prizes, Community Involvement & FUN! FUN! FUN!

Where: St. Francis of Assisi Catholic Church, 862 Yadkinville Rd, Mocksville NC

How Much: \$25 Entry Fee

How To Register: At Work as a Group or On-line at, www.Active.com

Who Is Invited: All Davie County Businesses and Employees

Who is Sponsoring This Event: St. Francis in Cooperation with The Davie County Chamber of Commerce and The Davie Family YMCA

Who is Providing Training: The Dave Family YMCA

St. Francis of Assisi Church

862 Yadkinville Road
Mocksville, North Carolina 27028

November 1, 2010

Dear Chamber Member:

On March 5, 2011 St. Francis will celebrate the 23rd anniversary of the St. Francis Shamrock Run, Walk & Tots Trot. In cooperation with the Davie County Chamber of Commerce and the Davie County YMCA, we proudly invite your company to participate in the Shamrock Run under our 1st Annual Corporate Challenge 5K Run/Walk for Fitness Program.

Long known for its health benefits, running and walking can dramatically improve the productivity and morale of a company's employees. If you've been looking for ways to improve productivity, improve public relations and improve sales, here is your solution!

The Davie Chamber of Commerce will be assisting us in promoting and coordinating the Corporate Challenge portion of the event, and the Davie YMCA will be offering training to beginner runners for a nominal fee.

The cost to participate is \$25 per employee which includes entry fee and Shamrock Run T-shirt. All participants are also invited to our post race party which includes free food and music. Enclosed is a Corporate Challenge sign-up sheet which needs to be returned to the Chamber no later than January 15, 2011.

Over the past several years, a substantial portion of the events proceeds has been donated to a local charity. In 2010, the Shamrock Run donated \$1,000 to the Davie County YMCA. For 2011, we have selected Hospice of Davie County.

Corporate Sponsorships are also available whether you decide to participate in the event or not. For donations \$250 and over, we will print your logo on the back of all runners T-shirts and provide a lawn sign. Sponsors who donate over \$500 will also receive a banner to be displayed at the finish line. Naturally, any donation regardless of the amount will be greatly appreciated!

Don't let this opportunity pass you by: healthier employees, improved morale, increased productivity, a chance to build real **TEAM SPIRIT and COMPANY PRIDE** with your employees! Only you can make this happen.

Thank you and looking forward to seeing you at The Shamrock Run!

Sincerely Yours,

Paul Nice, Race Director

336-473-5730

ShamrockRun@StFrancisMocksville.com



**23rd Annual Shamrock Run,
Walk & Tots Trot**



Shamrock Run

Corporate Challenge 5K Run/Walk for Fitness

March 5, 2011

Company Name

Address.....

Telephone.....

Contact Person.....

Sign-up sheet

Please note the cost to enter the event is \$25 per person

Name	Address	Telephone	Date of Birth	Gender M/F	Shirt Size
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Please read the Race Waiver on the reverse side and sign your name

Please return this form and entry fees to the Davie County Chamber of Commerce.

Shamrock Run Race Wavier



I know that running a good road race is a potentially hazardous activity and I should not enter unless I am medically stable and properly trained. I assume all risks associated with running or walking in this event including, but not limited to, falls, contact with other participants, the effects of weather and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself, and anyone else acting on my benefit waive and release and indemnify the organizers of the Shamrock Run, St Francis Catholic Church, plus all sponsors, their representatives and assignors from all claims or negligence or carelessness on the part of the persons named in this waiver. I also give my permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose. By signing below, I accept the waiver.

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