

**BRIDGEVALLEY CTC SHAMROCK  
SHUFFLE 5K WALK/RUN**

**Saturday, March 12, 2022**

*(Rain or Shine)*

**5K Run: 9 a.m.**

**Walkers begin shortly after 9 a.m.**

- ✓ **Registration/Check-In:**  
Registration will take place at Building 2000 in the WV Regional Technology Park at 8 a.m.
- ✓ **Registration Fee:**  
\*\*Pre-Registration is \$25/person if postmarked by February 25. Registration is \$30/person if postmarked after February 25 and on Race Day. (Please make checks payable to the BridgeValley CTC Foundation).
- \*\*T-shirts are only guaranteed to those who pre-register.
- ✓ **Online Registration**  
TriStateRacer.com
- ✓ **Course Description**  
The 5K will start and end at Building 2000/BridgeValley CTC. This is a mostly flat course throughout the WV Regional Technology Park.
- ✓ **Parking**  
FREE parking is available.

For more information, please contact Alicia Syner at [Alicia.syner@bridgevalley.edu](mailto:Alicia.syner@bridgevalley.edu) or 304.205.6746.

Send completed registration form with payment to:

**BridgeValley CTC Foundation**  
ATTN: Alicia Syner  
2001 Union Carbide Drive  
South Charleston, WV 25303



**SHAMROCK SHUFFLE 5K**

**SATURDAY, MARCH 12, 2022**

**BIRDGEVALLEY CTC, SOUTH CHARLESTON, WV**

**Registration form for each participant (please print clearly)**

_____	_____	_____	_____
Last Name	First Name	MI	
_____	_____	_____	_____
Street Address or PO Box	City	State	Zip
_____	<input type="checkbox"/> Male <input type="checkbox"/> Female		
Age on Race Day			

_____	_____
Phone Number	E-mail Address
I will be participating in (mark one event): <input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Walk	

Cost:      Pre-registration is **\$25** if postmarked by **February 25, 2022**. Registration is **\$30** after **February 25, 2022**. Make checks payable to "*BridgeValley CTC Foundation*". T-shirts will only be guaranteed to those participants who pre-register before February 25<sup>th</sup>, so register early!!

T-Shirt Size:       Small    Medium    Large    X-Large    XXL *(Add additional \$2 to registration fee)*

**Waiver:** I know that running (or walking) a road race is a potentially hazardous activity. I should not enter and run (or walk) unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather (including cold weather, ice, and heat), traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release BridgeValley Community and Technical College, race officials, volunteers and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I agree that I am releasing the service provider (Tri State Racer) from liability for injuries resulting from the ordinary negligence of the provider.

By signing below, I agree that I have read and accept the above waiver. I also agree that I am over 18 years of age OR the parent/legal guardian of a minor under 18 years of age.

_____	_____
Signature	Date
_____	_____
Parent or Guardian (if participant is under age 18)	Date