



WELCOME TO THE 39th ANNUAL SHAMROCK RUN 10 MILER/5K/L'IL LEPRECHAUN

Countdown for the Shamrock race starts NOW and below is some valuable information that all registered runners should be aware of for packet pick-up and on race day.

This year the Palm Beach Roadrunners' beneficiary for a portion of your registration fee goes to the BT Road Warriors and Brian Thomas. They run to raise funds and awareness for the difficulties associated with receiving proper cancer care. <http://www.roadwarriorscorp.org/>

PACKET PICK-UP

Monday, March 9th 4:30PM- 7:30PM at Delray Beach Running Company, 20 W. Atlantic Ave., Delray Beach

Tuesday, March 10th 4:30PM - 7:00PM at Paddy Mac's, 10971 Military Trail, Palm Beach Gardens

Wednesday, March 11th 2:00PM - 7:00PM at Fit2Run, Wellington Mall

Thursday, March 12th 2:00PM- 9:00PM at Fit2Run, Wellington Mall

Saturday, March 14th 6:00AM- 7:30AM at race site

RACE START TIMES

10 Miler: 7:30AM

5K: 7:45AM

Kid's L'il Leprechaun

(for Leprechauns age 7 & under): 9:30AM.

PARKING Parking will be ample but please allow sufficient time. Please note that if you are running in the 10 Miler it will take you close to 10 minutes to get to the start line from the main pavilion.

PORT-A-LETS & RESTROOMS Two locations at the race site. In addition there will be a Port-A-Let on the race course at mile 5.

COURSE The 10 Miler and the 5K are course certified.

WATER STOPS On the course there are 3 water stops. The first one at the Boat House (mile 1.5), mile 4, and at the turn-a-round mile 5. If you are running the 10 Miler you will have 5 opportunities to hydrate.

FINISH TIMES AccuChip Race Timing Services is doing the timing for the race. Finish times will be posted near the pavilion. This is the same location that the awards will be presented. In addition the times will be posted on-line approximately 4 hours after the finish of the race at <http://www.accuchiptiming.com>

FINISHER CERTIFICATES All finishers may print out a custom finisher's certificate available after the race at www.accuchiptiming.com

BEST IRISH RUNNING OUTFIT Awards for the best dressed Male/Female/Couple/Kids.

AWARDS Awards will be presented for the 10 Miler & 5K to the Male/Female Overall, Master & Grandmaster winners.

Awards for the 5K in the following age groups, male & female, 3 deep. 8 & under, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 & 75-79 & 80 and older. In the 10 Miler awards start at 14 & under. If you are a winner and must leave early send us an e-mail and we will tell you where they can be picked up. If you are from out of town we will mail it to you.

SHIRTS Shirts are guaranteed to the first 1,000 registrations. We will make every attempt to make sure you receive the proper size you requested. There will be no exchanges at packet pickup.

After the race, if you desire to exchange your shirt for a different size you may do so, on a first come, first serve basis. Proceed to the Palm Beach Roadrunners tent and one of the volunteers will assist you. If you did not receive a shirt at packet pickup follow the same procedure: go to the Roadrunners tent and if shirts are available you may get one. It is important that you have your race bib with you.

FINISHER MEDALS Every finisher in the 10 Miler and 5K wearing a bib will receive a medal.

VOLUNTEERS Please take a minute of your time to thank the volunteers as they are an important part on the race.

