

St. Patrick's Day Road Race

March 20th 2011 @ 11 AM < new time ! >

South Boston Boys & Girls Club

230 West 6th Street, South Boston MA 02127

617.516.5441

Loomis Sayles Presents

St. Patrick's

Day 5K 0320
2011

Est. 1940 • South Boston Boys & Girls Club

Early Number Pick-Up

☪ **Friday March 18** from 6 - 8 PM; and **Saturday March 19** from 10 AM - 2 PM.

Get your # before the Sunday morning rush! Please take advantage of this option; we are experiencing record highs for sign-ups and it will be very busy Sunday morning.

Can someone pick-up my number for me? Or me for someone else? Yes! But bring a copy of the Registration Confirmation, signed/approved by the runner.

If you were one of the first 550 to register you can also pick-up your shirt with your number. Shirts also for sale at a super-low price. See below.

Key Race-Day Information!

Parking is tough, very tough; Public Transportation is Recommended ! (see below for details)

Pre-Registration / # Pick-Up Sunday

Runners who have registered in advance will pick-up their numbers in the Auditorium. *You will need to look up your name on an alphabetical list to find out what your number is, and then go to the registration table to pick-up your number.* We will have lists posted in multiple locations and several volunteers will have lists as well. We will begin registration shortly after 9 AM. You should plan to arrive no later 10.

Race-Day Registration

Online registration numbers are very high, and the race is capped at 1,900 actual runners, so it is possible that the race will sell-out and that there will be no race-day registration. It all depends on how many numbers are left. We will update this section as we get closer to the race. If the race is not sold-out, there may be registration options on Friday night and Saturday.

Weather

We are connected to the overall City plan for the 1:00 pm St Patrick's Day Parade, so if the Parade is on, we are likely to be on. If the Race is postponed, there will be a message on 617.268.4301. Race postponement will also be posted on www.bqcb.org. We will also send an email out to all online registrants.

Shirts

Official Race Shirts go to the first 550 registrants (up from 500 last year) and will be available in the gym. You will need your number to claim your shirt. We will be selling a very limited number of shirts at a very low cost (\$10) while supplies last. In addition, the b Positive Project will be selling their b Irish apparel, among other items. <http://bpositiveproject.com>. Official lists won't be created by our timing company until race weekend, but as a rough guide, with no promises (!), if you registered before 2/1/2011 then you have a good chance of getting a free shirt.

2011 Shirt Design



Greeters – Ask Me!

There will be several teen and adult volunteers who are great sources of information. They will help direct you and answer race-day or Club-related questions. Look for yellow shirts with red lettering.

Bathrooms

There are bathrooms on all three floors of our building.

Lockers

We have Male and Female Locker rooms for showering.

Belongings

You are welcome to stick your bags and belongings in any corner in the Gym, or anywhere! We do have lockers in the Locker Rooms; bring your own lock. We are not responsible for lost or stolen belongings.

Wander! Give Yourself Some Breathing Room

Once you have your number, please go to Games Room, Gym, Teen Center or Outside!

We have a big building and encourage runners to spread out once you have your number. We need your help to minimize congestion at the Front Door area, especially as race time nears.

Feel free to wander around the building to see the types of programs we offer to the youth of our City. The Teen Center (lower level) and the Games Room (main floor) will be open and you can play pool, ping pong, hang out etc. The Gym will be open for hoops, stretching, hanging. There is a side door out the Gym to the street so you do not need to pass through the lobby again to get to the start.

Start / Finish

The Start and Finish of the Race are directly in front of the Club so you don't have far to travel.

Finish Line & Timing

New for 2011 - New finish line timing technology - MYLAPS BibTag electronic chip! The BibTag is efficient and accurate and will help us improve your experience. The chip is on your bib number, so please be sure to wear your bib prominently on the front of your shirt, and don't wrinkle, fold, bend or trash it (at least not before the race!).

Results will be posted in the Auditorium. We will shorten our Awards Ceremony, but are still giving medals to top three, male and female, in all age groups. Please look for the Winner's Corner if you are

top three in your age group. Also, we award the Connolly Medal to top South Boston resident (male and female).

BibTag Instructions

Always keep the Bib Tag visible; do not remove or cover with jacket

Do not excessively bend or twist the Bib Tag

Do not attach beside or under a zipper: Metal has a negative impact on the Bib Tag chip

Do not wear on your back or side, or around your arm or leg

Do not cover the Bib Tag with your hand or arms when crossing the finish line:

Runners often do this when checking their watch when crossing the line!!!

Always remember that the mat must “see” the number when you cross the finish line

Do not separate the Bib Tag from the start number

Do not fold or remove tag foam

Walker / Run Walkers

If you are walking the course, or run-walking, please be aware that the roads are not fully closed to traffic, and as a result you may be guided to the sidewalk for part of the event. When public safety officials open the roads up to increased traffic and begin their preparations for the parade, they will ask us to guide participants to the sidewalks.

Please Run With Care !

Please use caution while you run. The roads are not entirely closed to traffic so extra care is required. We will have police escorts and over 20 motorcycle cops on the route, as well many volunteers so you will have a lot of support on the route. Help each other! Headphones are discouraged. Dogs are also discouraged.

Food / Water

There is a water stop just before the ½ way mark and we will have POWERADE at the Finish Line. After the race we will have fruit and water inside the building. There are water fountains available in the building but there will be no bottled water or food available before the race. There are vending machines in the Auditorium and Teen Center and our local corner store, Jim’s, is just a few feet away on F Street.

Street Teams On-Site Race-Day

JAM’N 94.5

PowerADE

South Boston Running Emporium

Saucony

Simmons College Physical Therapy Doctorate Program

b Positive Project

Stretching Clinic

Simmons College Physical Therapy Doctoral Students will be leading stretches for all runners prior to the race. They will be providing handouts and education on appropriate stretching techniques for the casual or committed runner. They will be ready to roll starting at 9 AM, so go find them inside the gym!

Photos

Jack McCoy Photography will be at the Finish Line capturing the moment and photos will be available for purchase. We will email a link after the race.

Raffles

Raffle winners will be notified in advance by email so you don’t miss out!

Awards

We will have a brief Award Ceremony at 11:45 AM, awarding medals to top male and female finishers, top South Boston finishers (Connolly Award) and top Club member finisher (Father Lane Award). Age group winners will also receive medals from the Awards table in the auditorium.

Keystone

Our Race is hosted and sponsored by Keystone, our Teen Leadership Program. Funds raised at the Race will help support the Keystone program.

Parking

Is tough. Parking is always tight in South Boston, especially with all us runners in town! And the Parade. Advance registration for our race has more than doubled (to over 1,800) the past two years so there will be even more competition for limited spots this year. There are no resident parking restrictions on Sunday so you do not need a permit to park on the street. The best bet is to have a good map, and give yourself a little time to hunt around. Try the side streets but your best bet may be the 1st Street area, or Old Colony Ave and Columbia Road around Columbus Park and Moakley Park. 1st Street is a very good option as is E Street from Fargo to West 1st Street. D Street towards the Convention Center is also a possibility. *There are parking restrictions in some areas due to the parade so please check signage.*

Comcast has helped us secure 50 parking spots in the building they lease at 426 East First Street. This is a special one-day usage specifically for our race, so please be respectful of the property.

We are working with local businesses to use their lots to provide some extra parking for our runners. As we receive confirmation on additional options we will update this parking section.

Public Transportation is Recommended !

The Club is a 10 minute walk from Andrew or Broadway Stations on the Red Line. From Andrew Station, walk up Dorchester Street to West 6th Street (take a left). From Broadway Station, walk up W. Broadway to F Street (take a right). The #11 Bus stops in front of our Club, but its route will be diverted as race time approaches.

Thanks for supporting our kids by running with us!

To learn more about the South Boston Club, visit:

http://www.bqcb.org/locations_clubs_southboston.cfm