

69th Annual St. Patrick's Day Road Race

March 15, 2009 10 a.m.

South Boston Boys & Girls Club

230 West 6th Street, South Boston, MA 02127

617.268.4301 ext. 201

IMPORTANT INFORMATION

Early Number Pick-Up

☛ **Friday, March 13** from 6 - 8 p.m.; and **Saturday, March 14** from 10 a.m. - 12 p.m.

Get your number 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.

If you were one of the first 500 to register you can also pick-up your shirt with your number. No promises. . . but in general those that signed up before February 11, 2009 appear to be the ones who will get a shirt.

Key Race Day Information!

Pre-Registration / Number Pick-Up

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 8 a.m. You should plan to arrive no later 9 or 9:15 a.m.

Race-Day Registration

While online registration has set a new record, we do anticipate being able to register most, if not all, race day sign-ups, however we cannot guarantee all runners will be able to register and run. We will do our best, and encourage you to arrive at 8:30 a.m. Runners who still need to register are encouraged to do so Friday (6-8 p.m.) or Saturday (10 a.m. – 12 p.m.) if possible.

Shirts

Official Race Shirts go to the first 500 registrants and will be available in the auditorium. You will need your number to claim your shirt. This is not precise (!) but . . . runners who registered before February 11, 2009 are likely to receive a shirt.

We will be selling a very limited number of shirts at a very low cost.

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 the green hat!

Reuse-a-Shoe drive

We are partnering with Nike in a Reuse-a-Shoe drive. Please bring in your old running shoes anytime and Nike will use them to build playgrounds and running tracks. Shoes should be athletic, rubber-soled and as dirt-, mud- and dust-free as possible.

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. 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 the 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 playing hoops, stretching, or hanging out. 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. The finish is a few yards further up the street than the start, so keep going to the *chutes!*

The Chutes / Finish Line

Finish Line volunteers and timing company staff will direct you into specific chutes or corrals. This is how accurate results are recorded. It can get congested at the finish so please be patient, helpful and happy that you made it! Look for direction from volunteers. Please stay in the order you finished, keep moving, and be prepared to tear off the tag at the bottom of your number.

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 as over 40 volunteers so you will have a lot of support on the route. Headphones are discouraged.

Weather

We are tied into the overall city plan for the 1 p.m. 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 – choose Weather Announcements. Race postponement will also be posted on www.bqcb.org.

Food / Water

There is a water stop just before the half-way mark and we will have water and Smart Water at the Finish Line. After the race Kayem Foods will be providing hot dogs and we will have fruit 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.

Raffles

After the race, check the raffle board in the Auditorium to see if you won anything cool! Your race number is your raffle number.

Awards

Award and Medal Ceremony will begin at 10:45 a.m.

Keystone

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

Finish Line

Finish Line services provided by Spittler Race Systems.

Parking

Is tough. Parking is always tight in South Boston, especially with all us runners in town! Advance registration for our race has more than doubled (to over 1,100) 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 Old Colony Ave and Columbia Road around Columbus Park and Moakley Park. *There are parking restrictions in some areas due to the parade so please check signage.*

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