

70th Annual St. Patrick's Day Road Race

March 14th 2010 @ 10 AM

South Boston Boys & Girls Club

230 West 6th Street, South Boston MA 02127

617.268.4301 x201

IMPORTANT INFORMATION

Early Number Pick-Up

☉ **Friday March 12 from 6 - 8 PM; and Saturday March 13 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.

If you were one of the first 500 to register you can also pick-up your shirt with your number. Shirts also for sale at a super-low price.

Key Race Day Information!

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

Spring forward! Clocks get turned ahead on Saturday night so plan properly!

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

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 PM) or Saturday (10 AM – 12 PM) if possible.

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 – choose Weather Announcements. Race postponement will also be posted on www.bgcb.org. We will also send an email out to all online registrants.

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. No promises but as a general guide, runners who registered before 2/5 will probably receive a free shirt. We will be selling a very limited number of shirts at a very low cost (\$10) while supplies last. If supplies run out we will take orders (\$15), reprint some shirts and mail them to you. See below for this year's shirt design.

South Boston Boys & Girls Club
#33120 Full Front: 10 in wide x 11 in tall
2 Color: Forest & Black Ink



Also, we are partnering with a cool company called The **b Positive Project**. They will be selling some great St. Patrick's Day shirts and will be donating \$5 per shirt sold to the Boys and Girls Club. These are excellent long sleeve, 100% Organic cotton shirts and have a wonderful Irish quote: **"Wherever you go and whatever you do, may the luck of the Irish be there with you."** The shirts are just \$20 and range in sizes from YOUTH to ADULT. See images below.



b irish

"Wherever you go and whatever you do,
may the luck of the Irish be there with you"



b irish

"Wherever you go and whatever you do,
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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.

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 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. 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 and 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 many volunteers so you will have a lot of support on the route. Help each other! Headphones are discouraged. Dogs are not allowed.

Food / Water

There is a water stop just before the ½ way mark and we will have water and PowerAde at the Finish Line. After the race Legal Sea Foods will be providing chowder and we will have fruit, water and Ocean Spray juice inside the building. Myoplex will be handing out nutrition shakes. In addition, Cabot cheese and Meora's cookies will be providing samples and JAMN' 94.5's street team will have chips and candy. 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

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

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! And the Parade. Advance registration for our race has more than doubled (to over 1,700) 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.* 1st Street is also a good option as is E Street from Fargo to West 1st Street.

Pappas Enterprise and the Boston Athletic Club have kindly offered some of their parking lots. Please note the addresses carefully because not all businesses in this area will be providing parking and we don't want anyone to be towed! You might want to put a note on your dash board mentioning the Boys & Girls Club Race.

Parking is available:

- ✪ In the first lot on Pappas Way (left or right from 1st Street onto Pappas Way, then first left)
- ✪ In the lot between Yankee Bus and Verizon (also on Pappas Way)
- ✪ Boston Athletic Club – 653 Summer Street (off Pappas Way)
- ✪ FAE – 645 Summer Street (off Pappas Way)

Again, please note the addresses carefully and put a note on your dash board mentioning the Boys & Girls Club Race.

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 tops 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.bgcb.org/locations_clubs_southboston.cfm