Good afternoon, Shamrock Athletes!

I cannot begin to thank all of you enough for registering for the Shake Your Shamrock 5k and 4.35 mile run.

Course maps can be round on the website race page: [Shake Your Shamrock | 5k | 7K | Midwest Multisport Races (mmraces.com)](https://www.mmraces.com/shake-your-shamrock)

Here are the details you will need for race day:

**Do not forget:**

**A poop sack for your pup if you are bringing them along for the run.**

**Free parking is available across the street from Kelly’s Korner Bar at the Centennial Elementary School.**

**Packet Pick-Up –**

Race Morning Only - starting at 10:00 am in the parking lot behind Kelly’s Korner Bar.

7098 Centerville Road, Centerville MN 55038

Your packet will include your bib, your finisher medal and race shirt (if you chose the shirt option when you registered).

If you are running with your four legged best friend – AWESOME! I love seeing the pups. Please make sure to bring along a poop sack just in case your buddy has to go on the run.

If running with a stroller – GREAT! I love that you are introducing your kids to a healthy lifestyle. But please plan on placing yourself toward the end of the pack so that runners do not have to dodge you on the way out.

There is no bag drop for this race, but because parking is literally across the street, you can drop your stuff in your car before heading to the race start (which is a block from the finish line).

**Finish and Post Race Awards**

Kelly’s will be open for you to grab something to eat. Awards will take place at Kelly’s at noon. (Those wishing to have their awards mailed to them must cover the cost of shipping $7.)

Given the lower numbers of those racing, awards will be given three deep for 10 year age groups. Overall male and female for each distance are not eligible for age group awards (no double dipping).

|  |  |  |
| --- | --- | --- |
| 5k | Male | Female |
| 19 and Under | 1 | 1 |
| 20-29 | 1 | 5 |
| 30-39 | 8 | 13 |
| 40-49 | 3 | 7 |
| 50-59 | 1 | 10 |
| 60-69 | 2 | 6 |
| 70-79 | 4 | 2 |
| 80-89 | 1 | 1 |

|  |  |  |
| --- | --- | --- |
| 7k | Male | Female |
| 19 and Under | 1 | 0 |
| 20-29 | 0 | 4 |
| 30-39 | 3 | 1 |
| 40-49 | 1 | 8 |
| 50-59 | 4 | 4 |
| 60-69 | 2 | 3 |
| 70-79 | 5 | 6 |
| 80-89 | 0 | 0 |

Awards are an age group ribbon that you will attach to your finisher medal.

Numbers could change as registration will remain open through race morning. We will add five year age groups to other age ranges if registrations are sufficient to ensure competition.

**Race Course and Water Stop**

Water in sealed water bottles will be provided at the finish line and the water stop. The water stop is located at the 5k turnaround where we will provide small 8 ounce bottles. Do not litter your bottles on the course. Please bring your empty bottles to the finish line or leave them with the volunteer at the water stop.

The majority of both the 5k and 4.35 mile courses are on paved trails through the Rice Creek Chain of Lakes park. Corners will be marked with spray chalk and signs and where available, volunteers. BOTH RACES, start south of the finish line before entering the park. Both races finish in the same place however, the 5k will approach the finish line from the south, the 4.35 Mile will approach the finish line on Main Street from the west.

MMR staff will hand you sealed 8 ounce bottles of water at the water stop which marks the turn around for the 5k. Those running the 4.35 will pass through the water stop on their way to the park. Please do not litter your bottles on the course. Either carry them with you to the finish or dispose of them at the water stop.

Be aware that there could be snow and ice on the trails. A high in the 50’s is being projected with falling temperatures through the afternoon. The bummer is that right now there is a 70% chance of rain. Make sure you plan your apparel accordingly. The race will go on with rain – if there is lightning in the area, we can postpone the race up to a half hour. This trail is quite shaded in some areas, so don’t be surprised to see snow across shaded areas with potential ice under the snow. I will be setting the courses on Friday afternoon, on foot and will provide an update on conditions on race morning and Friday night if I deem it necessary.

**5K -**

The 5k is an out and back! It follows the exact same route as the 4.35 (starts just south of the finish area, heads south before turning left into the parking lot to get on the park trail) until you reach the water stop, which is your turn around. You will return on exactly the same route as the one you used on your way out. There is a sharp 90 degree turn at main street to finish under the gantry.

**4.35 mile (7k) –**

**If you want to switch from the 4.35 to the 5k, you need to let me know by noon Tuesday to avoid a $5 transfer fee.**

The 4.35 starts just south of the finish area, heads south before turning left into the parking lot to get on the park trail. This is single loop course that will head through the park, staying on the trails through the park grounds, then on the trail along the entry road leading into the park, making a left at the park entrance, staying on the park path all the way up Main to the finish line.

**RACE DAY SCHEDULE**

10:00am | Registration and packet pick-up opens at Kelly’s Korner Bar

10:50am | Registration closes

10:50am | 4.35 MILE Athletes assemble at race start

10:55am | 4.35 MILE Race announcements at race start

11:00am | 4.35 MILE starts

11:05am | 5k Athletes assemble at race start

11:05am | 5k Race announcements at race start

11:10am | 5k starts

12:00pm | Awards at Kelly’s Korner Bar

**Shirts, Pictures and Results**

**Pictures:**

A professional photographer will be on site to snap pictures of athletes at no additional cost to you. We make every effort to capture all athletes but cannot guarantee that we snapped each athlete. Please feel free to ask the photographer to snap a photo of you and your pals. Photos will be posted to our Facebook page within a week of the race. Feel free to link and copy photos.

Please share your photos with us as well.

Like us on Facebook and follow us on IG using the hashtag #shakeyourshamrock for your photos.

**Shirts:**

If you registered for a shirt after the order was placed, your shirt will be mailed to you at the address provided when you registered. Shirts typically come in about 2-3 weeks after the race. (Our vendor tries to fit these smaller subsequent orders in where he can in his production line.)

Make sure you see me after you are done running to see if there is a shirt that was not picked up. You might get lucky and be able to leave with a shirt on race day after all.

**Results:**

Races will be posted at <https://www.frontrunnerusa.com>.

 If anything looks a bit wonky, please reach out to Randy via email randy@frontrunnerusa.com so he can research the issue and make the appropriate adjustments.

I look forward to seeing all of you on Saturday morning. Please stay healthy and safe until then!