



Happy St. Patrick's Day Eve and thank you for supporting Asheville Catholic School and the 13th Shamrock 5K/10K/Fun Run. The 5K/10K races sold out in record time and we expect the largest field in event history.

Below is important information to make your participation more enjoyable so please read it all carefully.

Date – Saturday, March 16, 2019

Location - Asheville Catholic School – 12 Culvern Street

Schedule

Packet Pick Up

Friday, March 15 – 4:00-6:00 PM – ACS Gymnasium

Saturday, March 16 – 7:00-9:00 AM – ACS Gymnasium

You may pick up for another person(s) but you are responsible for it once it leaves our hands

Fun Run

Starts at **8:30** AM at the **START FLAG** on Culvern Street going toward St. Eugene Catholic Church.

10K

Starts at **9:00 AM** at the **START FLAG** on Culvern Street going toward Beaverdam Road

5K

Starts at **9:15 AM** at the **START FLAG** on Culvern Street going toward Beaverdam Road

You will receive an envelope that contains your race bib and timing chip. On race morning, make sure the bib is worn on your front so it can be seen when you cross the finish line. Your chip should be firmly attached to one of your running shoes.

Parking – A limited amount of parking is available at the following locations:

- St. Eugene's Catholic Church on Culvern Street past the school (road closes at 8:25 am)
- Asbury United Methodist Church on Merrimon Avenue – parking lot and street parking
- Grace Episcopal Church – Upper and lower parking areas closest to Ottari Road
- Steinmart parking lot across Merrimon Avenue.
- Surrounding neighborhood side streets

Please **do not** park in the North Asheville Veterinary Hospital or Water Lily parking lots on Beaverdam Road as they are open for business and will tow. Please do not block driveways in front of residences on any of the neighborhood roads.

Directions – The most direct route to ACS is via Merrimon Avenue. Turn east on Beaverdam Road (Ingles and North Asheville Veterinary on the corner). Culvern Street is the next street on the left.

Course – Weather permitting, the 10K-course will be marked on the street with **white arrows** and the 5K-course with **green arrows**. Both courses will have direction arrows (**red for 10K, black for 5K**) at turn intersections and volunteers at every corner. Never turn unless you see the signs and/or are instructed

by a course volunteer. There will be markers at each mile of both races.

Water Stations – There will be one water station at the top of the Rose Garden on Griffing Avenue that will take care of all runners. The 10K runners will pass it twice and the 5K runners will pass it once.

Race Etiquette – You should stay on the right side of the road unless instructed otherwise. All roads will be open to traffic so staying on the right ensures your safety. If you plan on walking the race, please stay to sidewalks whenever possible and avoid walking in groups. This creates hazards for both runners passing you and cars behind you.

Dogs – We love dogs but this is not the place for them, either for runners or your supporters. Please do not bring them to the race. Those that do will be asked to remove them.

Post Race – Bottled water will be at the finish line. A plethora of amazing food donated from ACS parents and our sponsors will be inside the gym.

Adults 21 years and older may receive one beer from Mills River Brewing in the playground. If you are used to getting carded or look younger than 21 years old, please be prepared to present your ID. Use the Glory Hound Events stub on your race bib to receive your beer.

Awards - The awards ceremony will be held inside the Gymnasium with the 5K awards beginning at approximately 10:15 AM and the 10K awards at 10:45 AM.

Results – Unofficial results will be posted for each race near the finish area. Official results will be posted at the [Shamrock race page](#) by Saturday evening.

Mission Health My Generation Running Series – The Shamrock 5K/10K are the second races of this innovative series that also includes the Hot Chocolate 5K/10K (held on January 26), Biltmore Kiwanis 15K/5K (May 5) Highland Night Flight (July

27) and Asheville Brewing Super Hero 5K/Super Villain 10K (September 21). Everyone who races Shamrock is automatically entered into the Series that awards prizes based not on your age group but your generation. You will receive a special email after the Shamrock showing Series results from the race and current standing. For more information, go to the [My Generation Page](#).

Costumes – Don't forget your costumes! The male and female wearing the most creative Irish-themed costumes will receive a prize packet from Fresh Market.

In honor of St. Patrick's Day, we share this Irish blessing:

May your troubles be less
And your blessings be more
And nothing but happiness
Come through your door