

# Attention 4 Mile Runners

## Important Race Day Information!!!!

### Race Morning Registration / Bib Pick-Up:

- Please arrive early as parking in or near the park will be limited
- Parking Areas:
  - 1) Avery Ave entrance into Burnet Park. (Closes at 10:30am)
  - 2) ARC of Onondaga Lot on Wilbur Ave
  - 3) Rosamond Gifford Zoo, from Wilbur Ave (upper lot only)

OR: Park at or near one of the local taverns and make the short walk to the park!!!

If parking in the neighborhood, please obey all posted street-parking rules, including "alternate side" rules. Car pool if you can!

- Pre-Registered Bib Pick Up begins at 8:30 a.m. inside the Burnet Park Rink
- Race Day Registration held 8:30 a.m. – 10:30 am inside the Burnet Park Rink. Cash or check only... \$40 on race morning
- Shirts will most likely not be available to runners who register on race day.
- WSYR 9's Dan Cummings will be hosting the pre-race festivities

### The Start:

- Runners should head for the START at 10:40 a.m.
- All runners must be assigned an official race bib
- Please listen closely for vital race day announcements
- At approximately 10:50, the national anthem will be sung
- Mayor Stephanie Miner, will announce the start of the race

### The Course:

- Splits will be announced at each mile mark
- There is one water stop at approximately the 2-mile mark.
- For medical assistance, look for Shamrock Run volunteers wearing orange vests. Also, note the location of emergency medical personnel/ambulance just outside the Rink entrance
- The course is open for 1 ½ hours (12:30 p.m.)

### The Finish:

- Runners, after crossing the finish line, **continue to move forward through the chute.**
- **Please do NOT go back onto the course.** Respect the other runners and walkers who are still completing the run/walk.
- Proceed to Burnet Park rink for food and refreshments
- Food and Refreshments are for Runners Only!

### Post-Race Award Ceremony:

- Must be present to receive award
- Open to Runners, Relatives and Friends (Food and Beverage for runners only)
- 93Q's Ted Long will emcee the award ceremony

**GOOD LUCK RUNNERS!!!!!!**