

# 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. On the morning of March 3, cars must be parked only on the “even” side of the street (look at address numbers). 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
- The race will start at 11:00am

### 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 at the finish line and stationed 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:

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

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