

St. Patrick's Day Road Race est. 1940

March 18th 2018 @ 11 AM

Edgerley Family South Boston Boys & Girls Club

230 West 6th Street, South Boston MA 02127 617.516.5441

Please Read this entire document to help you have a smooth and fun day

A Little Help from our (runnah) Friends

Getting to the start can be congested. We are working hard on a plan for a smooth, fun, safe and timely start!

And We Need Your Help:

1. Pick-up your number early if possible. See below. If your zip code is 02127, early pick-up might be the only guaranteed way to get your number !
2. Don't arrive at the last minute Sunday race-day ! If you still need to pick-up your number Sunday morning, we recommend doing so between 9-10 AM. If you have already picked-up, please arrive by 10:20 AM.
3. Avoid hanging out inside the building. Hopefully the weather will cooperate. We will have porto-potties.
4. Our teen rock-pop band the Harmaniacs will play from approx. 10:30 AM to the 11 AM Start.
5. See Getting to the Start section below. Please!
6. Thank you for your patience, help and understanding.

Early Number Pick-Up / Registration

☛ **Friday March 16** from 6 - 8 PM; and **Saturday March 17** from 10 AM - 2 PM.

Get your # before the Sunday morning rush! Also – we'll have some good raffles and freebies.

Location: South Boston Boys & Girls Club Gym, 230 West 6th Street, South Boston MA 02127.

Can Someone Pick-Up my Number for Me? Can I Pick-Up my Friend's Number?

Yes! It is best if you have their registration confirmation, or similar note, signed (if possible) by them authorizing you to pick-up their number. *Make sure you write the right names on the right bib numbers* so our official results are correct! And please please make sure everyone in your group knows who has what. Last year several runners came to pick-up their numbers only to find out it was not here – a friend/spouse had already picked it up!

If you were one of the first 654 to register you can also pick-up your shirt with your number. A limited number of shirts also for sale at a wicked-low price. See below.

Can I Still Sign-Up ? Yes!

Girl Scouts will be on-site Saturday selling cookies of course!

Key Race-Day Information!

Parking is tough, but some options exist; Public Transportation is Recommended ! (see details below)

Pick-Up / Registration Sunday

Runners who were unable to get their numbers early will pick-up their numbers in the Boys & Girls Club Gym. *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 9 AM. You should plan to arrive no later 10.

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 617.516.5441 and 617.268.4301. 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 654 registrants. You will need your number to claim your shirt. We will be selling a very limited number of shirts at a very low cost (\$10) while supplies last.

We will try post a list of registrants on the race web site a few days before the race.

2018 Shirt – Very Special *Limited Edition* Designed by *Dropkick Murphys*

**Getting started, keeping going, getting started again –
in art, (in sport) and in life, it seems to me this is the essential rhythm.**

(Irish Nobel Laureate Seamus Heaney)

Greeters & Ushers & Race Crew – Ask Me!

There will be several adult volunteers who are great sources of information. They will help direct you and answer race-day or Club-related questions. Look for yellow shirts with red lettering or safety vests.

Bathrooms

There is a bathroom (one each Female & Male) in the Teen Center.
There are additional bathrooms on all levels of the building and volunteers will assist.
There will be Porto Potties outside near the Start in the corner lot.

Lockers

We do have Male and Female Locker rooms in our pool area.
While the locker rooms and showers are open and available to you, unfortunately the pool is not!
There are securable lockers in the pool locker rooms, but you must *bring your own lock*.

Belongings

You are welcome to stick your bags and belongings in any corner in the Gym and Teen Center. Please grab your stuff right after the race, as the building is locked by 1 PM. There are securable lockers in the pool locker rooms, but you must 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 Teen Center or Outside!

We need your help to minimize congestion, especially as race time nears.

Start / Finish

The Start and Finish of the Race are directly in front of the Club so you don't have far to travel.
Please line-up according to fitness, faster runners at front, mid-pack in the middle, etc!

We request all runners are at the start line at 10:25 AM. (why? See below!)

Getting to the Start

The side door of the Gym and the Teen Center front door (beneath the Gym) lead directly to West 6th Street, where you will be directed left to Dorchester Street (*away from Start*) and then two quick rights around a very small block to get to F Street and the Start. This block is the historic Saint Augustine Chapel, the oldest Roman Catholic church building in MA. The Chapel is 200 years-old this year, and is on the National Register of Historic Places.

Please do not attempt to go down 6th Street into the direction of the race.

There is no room and the sidewalks are closed.

Another option is to use the rear exit of the Teen Center. Exit and turn left on Bowen Street and then left again onto F Street to the Start.

If you live close by or park near, a good strategy is to stay home or in the car (assuming you have your number already) and go directly to the Start at 10 or so. Again, don't come down 6th Street from Dorchester but access Start from Tudor, Bowen, F and 6th (via E or D) Streets.

After the race we will have refreshments outside. There will be no bottled water or food available before the race. Our local corner store, Jim's, is just a few feet away on F Street.

IMPORTANT – the block directly in front of the Club will be blocked off and closed entirely in the hour before the race start. This includes our front door (glass entrance). But don't fret – using the side streets (Bowen and Tudor, running parallel to W. 6th) provides easy and quick access to our Gym and Teen Center which is HQ, and from there to the Start Line.

Please see map below ! And thanks.



Rock Concert ~ the **Harmaniacs**

Our talented teens will be rocking the start. 10:30 AM. Check them out! They are coming to play just for you!



We will Climb Higher in Time.

(Waterboys)

Finish Line & Timing

Finish line timing technology is MYLAPS BibTag electronic chip. The BibTag is efficient and accurate and will help us improve your experience. The chip is on your bib number, so please be sure to wear your bib prominently on the front of your shirt, and don't wrinkle, fold, bend or trash it (at least not before the race!). Results will be posted in the Gym. See below for Bib instructions.

BibTag Instructions

Always keep the Bib Tag visible; do not remove or cover with jacket

Do not excessively bend or twist the Bib Tag. Do not fold or remove tag foam.

Do not attach beside or under a zipper: Metal has a negative impact on the Bib Tag chip

Do not wear on your back or side, or around your arm or leg

Do not cover the Bib Tag with your hand or arms when crossing the finish line: Runners often do this when checking their watch when crossing the line!!!

Always remember that the mat must "see" the number when you cross the finish line

Do not separate the Bib Tag from the start number

Walker / Run Walkers

If you are walking the course, or run-walking, please be aware that the roads are not fully closed to traffic, and as a result you may be guided to the sidewalk for part of the event. When public safety officials open the roads up to increased traffic and begin their preparations for the parade, they will ask us to guide participants to the sidewalks.

Please Run With Care !

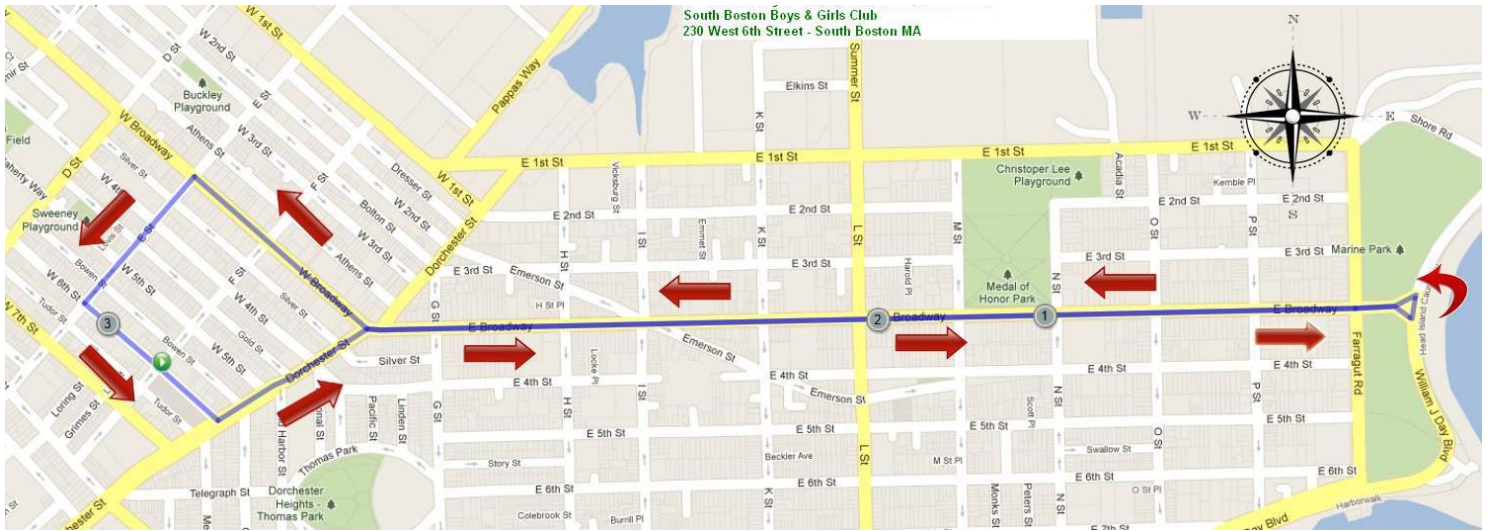
Please use caution while you run. The roads are not entirely closed to traffic so extra care is required. We will have police escorts and over 20 motorcycle cops on the route, and many volunteers as well so you will have a lot of support on the route. Help each other! Headphones, dogs and strollers discouraged but not banned.

Be CAREFUL – the roads are in good shape but watch for mini-potholes, bumps etc.

→ **RUN SAFE !**

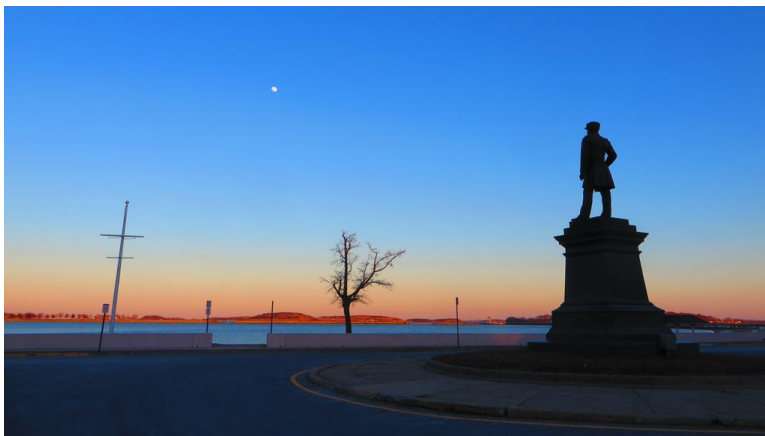
Course

Is not certified and in some cases may be a few yards shy of 5K. It has a few hills. And is wicked fun. The road is pretty good but bumpy in spots, so please be careful. Also – as you take the left at the very start of the race, please be aware of a curb-small median that divides Dorchester Street.



Water Stop

There is a water stop just after the ½ way mark, after the turn at the statue.



Dogs / Strollers

Dogs and strollers are discouraged (safety!) but are not prohibited. If you run with a dog or stroller please be extra careful, avoid crowds of runners, make sure there is space between you and other runners, and start near the back.

Thanks!

Please thank the Police Officers, EMS, BTD, PW and volunteers who help us so much!

After the Race

There will be refreshments at the top of the street. We will have all the food, water and sports drink outside.



We will also have water and fruit. **EXIT** via Dorchester Street (top of the block away from Finish) or via the Teen Center/Gym to Bowen Street.

First Aid

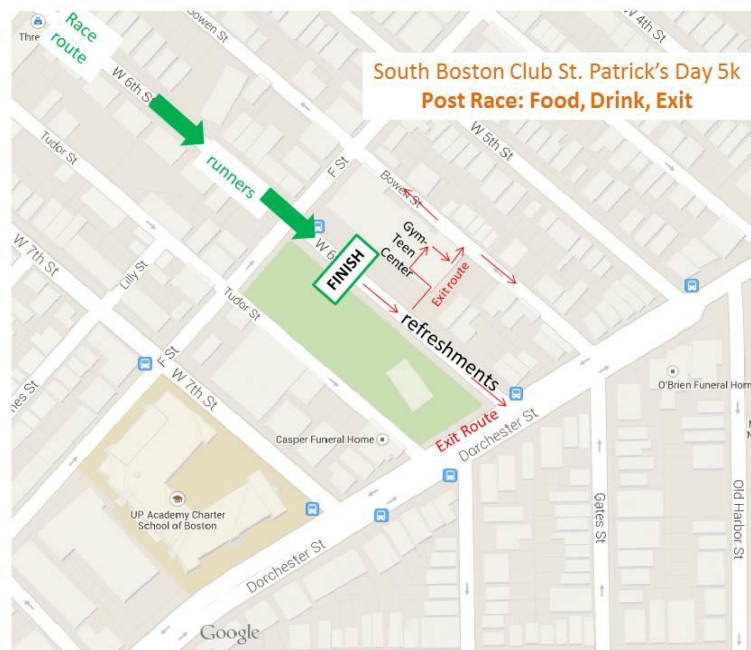
They will be First Aid supplies in several areas inside the building. There will also be several professionals from our friends at Boston EMS if you need assistance with any health or medical needs.

Keep Moving

Once you cross the Finish Line please keep moving up the street to the refreshments station. Do not go back, it could mess up the electronics and also it will add to the crowds!

Getting Back into the Club

As the finish line and street gets crowded it may be hard to go back down the street if you need to get back into the building. A good option is to enter through the rear of the building - go to the top of our street, go left on Dorchester Street and left on Bowen Street and enter the Club.



Raffles

Most Raffle winners will be awarded on Friday night and Saturday.

Awards

We will award top Male and Female Finishers their awards near the finish shortly after they finish. All other awards will be self-serve inside our Gym. The top South Boston finisher (Connolly Award) and Age group winners will also receive medals from the Awards table in the gym.



**Please – if you think you are in the mix
– look up your results in the Gym and
claim your hard-earned, well-deserved
award!**

**The Age Group Awards were hand-
made by kids in our Mudworks
Pottery Program !!**

Parking

Is tough. Parking is always tight in South Boston, especially with all us runners in town! And the Parade. 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. Remember to check signs !

Some good options:

- Comcast has helped us secure 50 parking spots in the building they lease at 426 East First Street. This is a special one-day usage specifically for our race, so please be respectful of the property.
- 1st Street and the surrounding area
- The streets between 1st Street and West Broadway
- E Street from Fargo to West 1st
- D Street towards the Convention Center
- Old Colony Ave
- Columbia Road around Columbus Park and Moakley Park.

There are parking restrictions in some areas due to the Parade so please check signage.

Public Transportation is Recommended ! (and kinda easy)

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).

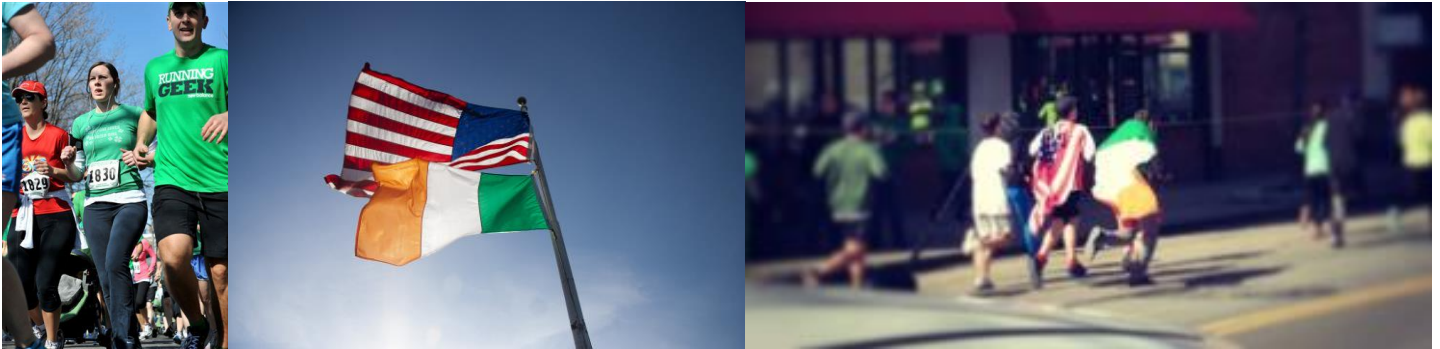
From Broadway Station, walk up W. Broadway to F Street (take a right).

The #11 Bus stops in front of our Club, but its route will be diverted as race time approaches.

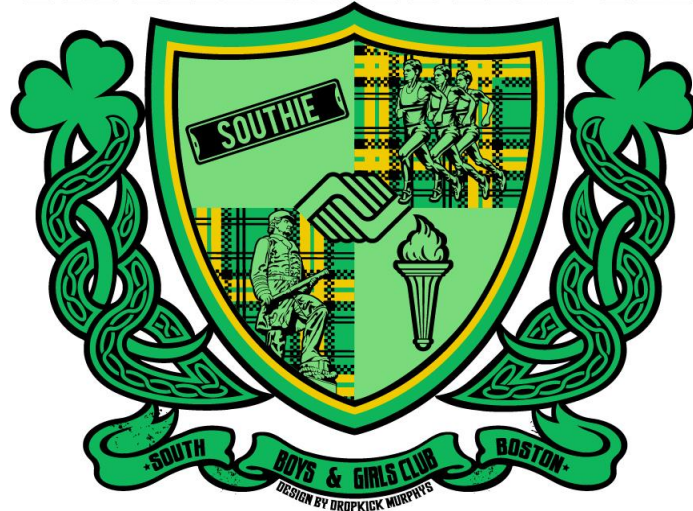
Keystone

Our Race is hosted and sponsored by Keystone, our Teen Leadership Program. Funds raised at the Race will help support the Keystone program.

Thanks for supporting our kids by running with us!



ST. PATRICK'S DAY 5K



Massive Thanks to Our Wicked Kind Sponsors!

Loomis Sayles
A Street Scrap Metal
Dunkin Donuts
The Cronin Group
John Nagle, Co.
Boston EMS
Boston Pipefitters
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Symetra
Burns Realty & Investment
East Boston Savings Bank
N. E. Carpenters Labor Management Program
Iron Workers Local 7
Second Street Associates
IBEW Local 103
Boston Transportation
Spitler Race Systems
RAS
Comcast
United Staging & Rigging
Harpoon
Dough Boy

May you have warm words on a cold evening,
a full moon on a dark night,
and the road downhill all the way to your door.

Irish Blessing

Paintings by good friend,
South Boston artist and
all-around good guy,
Dan McCole.

