



## FINAL RACE INSTRUCTIONS

Thank you for joining us at the 2022 Shamrock Run Portland! Please read the information below to answer your questions about race weekend. Safe travels to Portland and we look forward to hosting you at the race!

### EVENT SCHEDULE

Event	Date	Time	Location
Fitness Fair & Packet Pick-Up*	Friday, March 11 <sup>th</sup>	12:00pm – 6:00pm	Oregon Convention Center, Hall C
Fitness Fair & Packet Pick-Up*	Saturday, March 12 <sup>th</sup>	10:00am – 4:00pm	Oregon Convention Center, Hall C
5K Race Start	Sunday, March 13 <sup>th</sup>	8:00am**	SW Naito Parkway & Pine St Portland, OR 97204
15K Race Start	Sunday, March 13 <sup>th</sup>	8:55am**	SW Naito Parkway & Pine St Portland, OR 97204
Half Marathon Start	Sunday, March 13 <sup>th</sup>	9:20am**	SW Naito Parkway & Pine St Portland, OR 97204
Leprechaun Lap Start	Sunday, March 13 <sup>th</sup>	9:40am**	SW Naito Parkway & Pine St Portland, OR 97204
8K Race Start	Sunday, March 13 <sup>th</sup>	10:10am**	SW Naito Parkway & Pine St Portland, OR 97204
Stride Walk Start	Sunday, March 13 <sup>th</sup>	10:30am**	SW Naito Parkway & Pine St Portland, OR 97204
Beer Garden Hours	Sunday, March 13 <sup>th</sup>	8:00am – 1:00pm	Waterfront Park Portland, OR 97204

\*In adherence of Oregon Convention Center requirements, anyone entering OCC 5 years of age or older is required to present proof of full Covid-19 vaccination status or a negative Covid-19 test within 72 hours of Friday, March 11<sup>th</sup>.

\*\*Daylight Savings Time begins on Sunday, March 13<sup>th</sup>. Don't forget to Spring Forward to not miss your race start!



## PRE-RACE

### FITNESS FAIR & PACKET PICK-UP

**\*\*In adherence of Oregon Convention Center requirements, anyone entering OCC 5 years of age or older is required to present proof of full Covid-19 vaccination status or a negative Covid-19 test within 72 hours of Friday, March 11<sup>th</sup>.**

Friday, March 11<sup>th</sup>  
12:00pm – 6:00pm

Saturday, March 12<sup>th</sup>  
10:00am – 4:00pm

Oregon Convention Center, Hall C\*  
777 NE Martin Luther King Jr Blvd  
Portland, OR 97232

\*Parking rates at Oregon Convention Center are set by the facility, not the race organizers. Please plan accordingly.

- Participants are required to pick up their race bib during the Fitness Fair unless you have pre-purchased packet mailing or race day packet pick-up or are participating on a team that has had its race materials mailed. Race day packet pick-up instructions will be emailed on Wednesday, March 9<sup>th</sup> to those that purchased this service.
- Bring your bib number email (to be sent Wednesday, March 9<sup>th</sup>) to expedite the pick-up process.
- **Can someone pick up your bib for you?** [Yes, check out what that person will need to pick up your race number and shirt on your behalf.](#)
- **Is no cost Covid-19 testing available?** Yes, there is [no-cost testing available](#) in front of the Oregon Convention Center by appointment only.
- **Can I pick up my race packet on race morning?** Yes, race day packet pick-up is still available for \$25. [Please visit our FAQ to see how to add this to your registration.](#)
- **Can I change my race distance?** Yes, please visit the Solutions table at the Fitness Fair or on race morning in Waterfront Park with your assigned bib and we will help switch you to a different distance.

### REGISTER FOR 2023

Participants can register for the 2023 Shamrock Run, scheduled for March 12, 2023, for the absolute LOWEST price at this year's event. Visit the 2023 Registration booth at the Fitness Fair to register for next year's race and receive a commemorative gift!

Half Marathon - \$55  
15K - \$40  
8K - \$30  
5K - \$25  
Stride Walk - \$25  
Leprechaun Lap - \$15

### OFFICIAL MERCHANDISE

The official 2022 [Shamrock Run Portland merchandise store](#) is open! Check out the latest styles and pre-order your favorites for pick-up at the merchandise booth during race weekend to secure your size before they're all gone. Don't forget to check out the clearance items, they are final sale and will not last long!



## RACE DAY

### START LINE

Daylight Savings Time starts on Sunday, March 13<sup>th</sup>. Don't forget to Spring Forward so you don't miss your race start time!

5K starts at 8:00am  
15K starts at 8:55am  
Half Marathon starts at 9:20am  
Leprechaun Lap starts at 9:40am  
8K starts at 10:10am  
Stride Walk starts at 10:30am

Located at the intersection of SW Naito Parkway & Pine Street in Downtown Portland

### GETTING TO THE START LINE

There are multiple ways to get to the start line – parking lots that are walking distance, public transportation, or by bike. We recommend carpooling or taking public transportation to avoid hassle of finding parking.

For driving instructions to the race, please visit the [Travel](#) page of our website for driving directions to the start line. For information on where to find parking adjacent to the start line, please visit our [Parking FAQ](#) page. To find the closest bike racks to the start line, please visit our [Bike FAQ](#) page.

Taking MAX or TriMet is an easy way to get to the start line. Visit [TriMet.org](http://TriMet.org) for routes, schedules, and to plan your trip. MAX riders should step off at SW 1<sup>st</sup> and Oak Street and walk one block east to SW Naito Parkway and the start area at Waterfront Park.

### GEAR CHECK

Participants can check gear with us to be held during the race. Clear, gear check bags will be provided on race day in the Gear Check tent. Luggage or large bags will not be accepted. **Gear check will open at 7:00am and close at 12:00pm.** All bags that are not picked up by participants will be taken back to the event office and held for one week. Afterward, all items will be donated to a local charity. Any clothing items left at the start line of each race or discarded on course will be collected and donated to a local charity.

### START LINE

The half marathon, 15K, 8K, and 5K will all operate on a self-seeded corral system. Participants should look for the pace-per-mile signs that line the start line to seed themselves accordingly. Those that plan to take longer to complete the distance should plan to start toward the back of the pack to avoid impeding those that are running at a faster pace.

The event will utilize a wave start. This will enable a comfortable starting position for runners and walkers of all paces. When the horn sounds, only the first corral will be released. The rest of the participants will be held at the start line. At predetermined intervals (every few minutes), the next corral will be released. By using this staggered starting method, the pack will be spread out and allow every runner to settle into their racing rhythm from their first step to the finish line. This will allow sufficient room along the course and at the finish line without affecting individuals' time or the time participants have to complete the race. All runners



should still plan to arrive at least **60 minutes** prior to their start time. Due to the nature of the start, it may be difficult to properly social distance. We strongly encourage you to wear a mask while waiting for the start of your wave.

Start times were designed with the quality of the course in mind for each distance. Please note, due to current health guidelines and spacing needs, start times will be strictly enforced this year. **You must start the race with your registered distance.** Those attempting to start earlier than their designated time will be asked to leave the starting corrals and/or removed from the course and disqualified. Your cooperation is greatly appreciated so that we can ensure everyone has a great race day experience!

### **PACE TEAM**

Join dozens of pacers from Beast Pacing Team as they look to lead you to the finish line in your goal time. Look for our pacers and their goal finish time signs in the start chute of your race and join them on your way to a great finish!

Half Marathon (expected finish time): 1:40, 1:50, 2:00, 2:15, 2:30, 2:45, 3:00

15K (pace/ mile): 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 13:00, 14:00, 15:00

### **ON-COURSE SUPPORT**

Please find the locations of the aid stations along each course listed below. Water and Nuun Endurance Lemon Lime will be provided at all aid stations along the course.

5K – midway on the course

8K –Miles 1.4, 3.2

15K – Miles 1.4, 3, 5, 8.25

Half Marathon – Miles 1.5, 2.75, 5.2, 6.8, 8.8, 12.5

Base Performance gels will be provided on the half marathon and 15k course at the following aid stations:

Half Marathon – Mile 6.8

15K – Mile 3

### **COURSE MAPS**

Please visit the links below to see the course map for your respective distance:

[Stride](#)

[5K](#)

[8K](#)

[15K](#)

[Half Marathon](#)



## RACE DAY

### RESULTS

Unofficial race results will be posted live on the [event website](#) on race morning. You will also receive an email with your official race finish time in the early afternoon of race day. Race results will not be available for viewing at the event other than via the event website.

### AWARDS – HALF MARATHON, 15K, 8K, 5K

Awards will be available for the top 3 male and female finishers of the half marathon, 15K, 8K, and 5K.

The top 3 male and female finishers in each group of the Half Marathon and 15K will receive a commemorative item.

The top male and female finisher in each age group of the 8K and 5K will receive a commemorative item.

Age group awards will not be available on-site at the event. If you place, you will receive additional information on how to receive your age group award toward the end of March.

Age groups can be found below:

14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

### BOB'S RED MILL OATMEAL

All participants can enjoy a cup of Bob's Red Mill Gluten Free Oatmeal after the race. Show your bib at the Oatmeal tent in Waterfront Park after the race and take your pick from the following flavors: Classic, Brown Maple Sugar, Blueberry Hazelnut, or Apple Cinnamon

### POST-RACE BEER GARDEN

Participants 21 years of age or older can make plans to join us at the post-race Beer Garden to celebrate their race with a complimentary beer! While enjoying live music, participants can show their race bib in the Beer Garden and enjoy a complimentary Widmer beer. Participants can select from the following beverage options: Widmer Hefe (draft), Green Skies Hazy IPA (draft), and Hefe SunLife (can). Additional beers can be purchased for \$7.

Participants will also have the opportunity to sample White Claw Hard Seltzer after their race. White Claw cans will be available for purchase for \$7.

### COMMEMORATE YOUR RACE

Make sure to wear your bib on the front of your body and bring your best smile to race day! FinisherPix will be on course capturing you in action. [Your photos are available for pre-purchase in our shop!](#)

We know you've been training for a Personal Record, and a great way to celebrate is with an iTAB ribbon hanger! Your iTAB will be customized with your name and finish time and will be mailed to you post-race. [iTABs are also available for pre-purchase in our shop!](#)