

FINAL RACE INSTRUCTIONS



March 10th-12th, 2023

Thank you for joining us at the 2023 Shamrock Run Portland! Please read the information below to answer your questions about race weekend. We look forward to hosting you at the race!



EVENT SCHEDULE

| Event | Date/Time | Location |
|----------------------------|--|---|
| Race Expo & Packet Pick-Up | Friday, March 10th 3:00pm - 7:00pm | Oregon Convention Center, Hall D 21291 777 NE Martin Luther King Jr Blvd, Portland, OR 97232 |
| Race Expo & Packet Pick-Up | Saturday, March 11th 10:00am - 4:00pm | Oregon Convention Center, Hall D 21291 777 NE Martin Luther King Jr Blvd, Portland, OR 97232 |
| 5K Race Start | Sunday, March 12th 8:00am** | SW Naito Parkway & Pine St Portland, OR 97204 |

| | | |
|--|---|--|
| <p>15K Race Start</p> | <p>Sunday, March 12th 8:55am**</p> | <p>SW Naito Parkway & Pine St Portland, OR 97204</p> |
| <p>Half Marathon Race Start</p> | <p>Sunday, March 12th 9:20am**</p> | <p>SW Naito Parkway & Pine St Portland, OR 97204</p> |
| <p>Leprechaun Lap Start</p> <p>PROUDLY SUPPORTING</p> <hr/>  | <p>Sunday, March 12th 9:40am**</p> | <p>SW Naito Parkway & Pine St Portland, OR 97204</p> |
| <p>8K Race Start</p> | <p>Sunday, March 12th 10:10am**</p> | <p>SW Naito Parkway & Pine St Portland, OR 97204</p> |
| <p>Stride Walk Start</p> | <p>Sunday, March 12th 10:30am**</p> | <p>SW Naito Parkway & Pine St Portland, OR 97204</p> |
| <p>Beer Garden</p> | <p>Sunday, March 12th 8:00am - 1:00pm</p> | <p>Waterfront Park Portland, OR 97204</p> |

**Daylight Savings Time begins on Sunday, March 12th. Don't forget to Spring Forward and not miss your race start!



PRE-RACE: Friday, March 10th - Saturday, March 11th

RACE EXPO & PACKET PICK-UP

| Event | Date/Time | Location |
|----------------------------|--|--|
| Race Expo & Packet Pick-Up | Friday, March 10th 3:00pm - 7:00pm | Oregon Convention Center, Hall D* 21291 777 NE Martin Luther King Jr Blvd, Portland, OR 97232 |
| Race Expo & Packet Pick-Up | Saturday, March 11th 10:00am - 4:00pm | Oregon Convention Center, Hall D* 21291 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 and tend to vary between \$12-20 per day. Please plan accordingly. Due to multiple events taking place at Oregon Convention Center (especially on Saturday, March 11th), parking within the Oregon Convention Center Parking Garage may be full at different points in the day. Please plan to take public transportation if possible or use one of the [additional parking lots](#) in the area.

- Participants are required to pick up their race bib during the Race Expo unless you have pre-purchased 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 Thursday, March 9th to those that purchased this service.
- Bring your bib number email (to be sent Thursday, March 9th) 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.](#)
- Can I pick up my race packet on race morning? Yes, race day packet pick-up is still available for \$15. [Please visit our FAQ to see how to add this to your registration.](#)
- Can I change my race distance? Prior to Monday, March 6th, participants can change their race distance before the race. Please email shamrockrunpdx@motivsports.com to request your distance change by March 6th. For participants on a team that has had their bibs mailed to them, please bring your race bib to the Pre-Paid Bib Pick-Up tent in Waterfront Park on race morning and we can switch your distance there.
- While at the Race Expo, check out the [Shamrock Run Speaker Series](#) to learn more from our experts in their field. Visit the Stage in the Expo to hear these folks impart wisdom from their years in the running space.



REGISTER FOR 2024

Participants can register for the 2024 Shamrock Run, scheduled for March 17, 2024, for the absolute **LOWEST** price at this year's event. Make sure to visit the Marketing Booth during Expo to sign up on-site and access other fun promotions!

Half Marathon - \$60

15K - \$45

8K - \$35

5K - \$30

Stride Walk - \$30

Leprechaun Lap - \$20



OFFICIAL MERCHANDISE

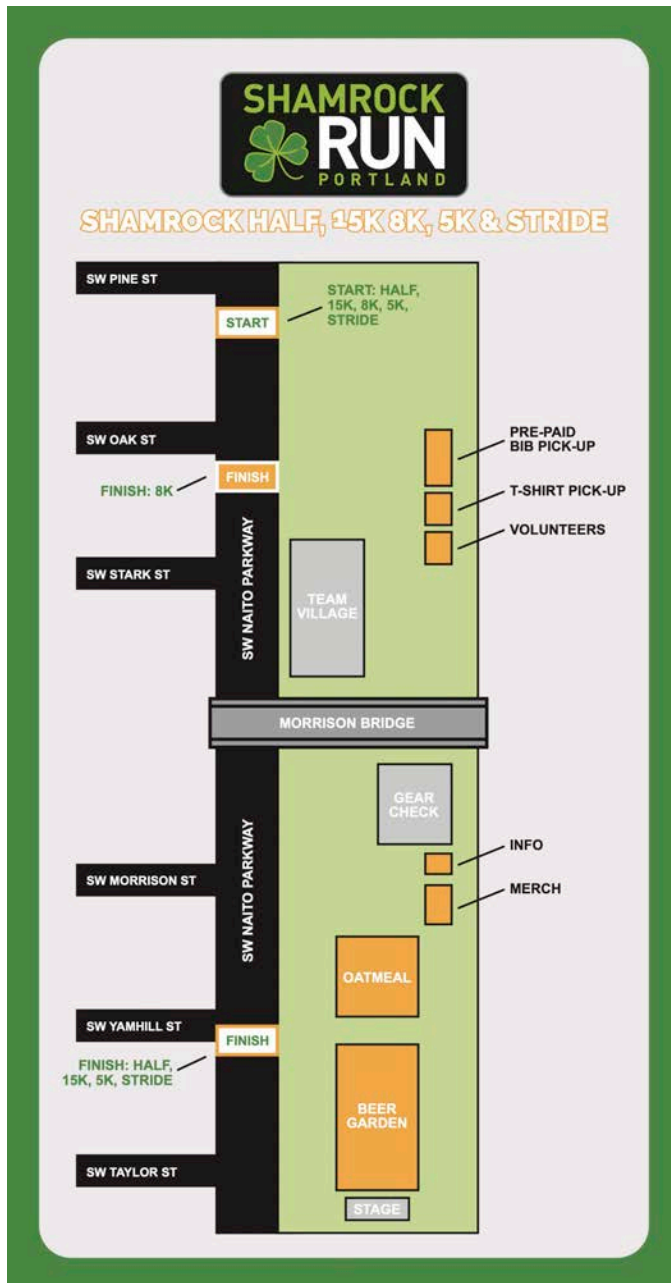
The official 2023 [Shamrock Run Portland merchandise store](#) is open! Check out the latest styles and pre-order your favorites for pick-up at the merchandise booth during race weekend to secure your size. Also, don't forget to check out the limited-edition Shamrock Run x Portland Gear Dad Hats before they sell out!





RACE DAY: Sunday, March 12th

VENUE MAP



[Download Venue Map](#)

START LINE

Daylight Savings Time starts on Sunday, March 12th. 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

All race distances start at the intersection of SW Naito Parkway & Pine Street in Downtown Portland.

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.

Start times were designed with the quality of the course in mind for each distance. 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!

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 the hassle of finding parking.

- For driving instructions to the race, please visit the [Parking & Travel](#) page of our website for driving directions to the start line.
- City Center Parking operates several pay lots and garages in downtown Portland that are near Waterfront Park. Go to <https://www.citycenterparking.com/> and click on the tab entitled "Lot Locator." Enter the distance you want from "Waterfront Park in Portland, Oregon" in the lot locator tool. The program will display a list of surface lots and garages in order of proximity to Waterfront Park. These lots and garage require a fee to park. Parking fees are set by lot operators, not the race organizers.

- To find the closest bike racks to the start line, please visit [Portland's Bureau of Transportation's bike corral map](#). Visit [Portland's Bicycle Trip Planner](#) to help plan your trip.
- Taking MAX or TriMet is an easy way to get to the start line. Visit [TriMet.org](#) for routes, schedules, and to plan your trip. MAX riders should step off at SW 1st 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 at the Race Expo and 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 12:30pm.

The Gear Check tent is located just south of the Morrison Bridge in Waterfront Park. Participants should affix their gear check tag (on the bib number) to their bag and look for the table that corresponds to their last name to drop off their bag.

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.

TOYOTA TEAM VILLAGE

The Toyota Team Village will only be available for teams that qualified for this perk by registering 40+ members. Team captains should review the load-in instructions sent separately for information on Toyota Team Village. Shoutout to Team Rock N' Run Portland, Team POIC + RAHS, Team Garmin, Team COLLEGE POSSIBLE, Team Torch, Team Multnomah Athletic Club, Team Eastwind2023, Team Washington County, and Team Epon Portland Inc for making the Toyota Team Village for 2023!

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! Beast Pacing will pace the half marathon and 15k distances only.

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

15K (pace/ mile): 7:00, , 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 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 Lemon-Lime Gatorade will be provided at all aid stations along the course.

- 5K – Mile 1.4
- 8K – Miles 1.2, 3.8
- 15K – Miles 1.4, 2.8, 5, 8.25
- Half Marathon – Miles 1.2, 2.8, 5.2, 6.8, 8.8, 12.5

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

- Half Marathon – Mile 6.8
- 15K – Mile 3



LEPRECHAUN LAP 1K (0.6 MILES)



NOTE:
ALL SHAMROCK EVENTS
START AT NAITO & PINE

FINISH → ○ ← START
LEPRECHAUN LAP

FINISH LINE
FOR 8K

FINISH LINE FOR
5K, 15K & HALF



POST-RACE: Sunday, March 12th

RESULTS

Unofficial race results for the half marathon, 15K, 8K, and 5K will be posted live on the [event website](#) on race morning. Participants in the half marathon, 15K, 8K, and 5K can scan the Results QR code on their bib after their race to see their race results. Participants in those races will also receive an email with their unofficial race finish time in the early afternoon of race day. Race results will not be available for viewing at the event.

AWARDS

- Awards will be available for the top 3 overall male and female finishers of the half marathon, 15K, 8K, and 5K.
- The top 3 male and female finishers in each age 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 in your age group, you will receive additional information on how to receive your award within a couple of weeks after the event once results are made official.
- Age groups for the half marathon, 15K, 8K, and 5K 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, Maple Brown Sugar, Blueberry Hazelnut, or Apple Cinnamon.

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 Michelob ULTRA, Michelob ULTRA Selzer or Apocalypse 10 Barrel while supplies last. Additional beers can be purchased for \$8.

[Beer Garden Main Stage Line up!](#)

Katie Jane Band performing from 8am - 10am

Coming Up Threes performing from 10:30am – 1pm

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!](#)

SHAMROCK GIVES BACK

This year, the Shamrock Run Portland is celebrating 25 years of supporting vital and life-saving programs across OHSU from groundbreaking cancer research to pediatric care to education. 100% of all registration fees from the "Leprechaun Lap" kids run are donated directly to the Friends of Doernbecher Grant Program, which funds innovative projects and cutting-edge research that directly benefit current and future Doernbecher patients and families. For more than 20 years, the grant program has provided seed-stage funding for faculty and staff in numerous specialties to pursue and develop relevant and impactful projects.

