

RACE GUIDE



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PARTNERS



CHARITY OF CHOICE



WELCOME RUNNERS

At this point you've probably already made the wise decision to get registered. Now, you are likely just trying to avoid doing something silly like showing up at the wrong place or forgetting to wear green - or both!

We're just like you, so that's why we made this guide. Be sure to like our LC10K Facebook event page for the latest breaking news and please read this entire document.

Thanks for running with us!

Ben Cohoon, Jason Bakewell, and Zach Harsin
Pink Gorilla Events Race Directors



- RUN BY -

PINK GORILLA
EVENTS

PACKET PICKUP

ADVANCED PACKET PICKUP

DES MOINES

- Friday March 9th, 2018
- 11:00am to 6:00pm
- Principal Park Stadium (Gate B)
1 Line Dr, Des Moines, IA



RACE DAY PACKET PICKUP

Packet Pick-Up will be available on race day, but we **STRONGLY** encourage you to pick it up in advance. After all, why stand in line when you could be showing off your finest Irish jig?

THE PACKET: RACE ENVELOPE & PARTICIPANT SHIRT

At Packet Pickup, you will receive a race envelope packet that contains your race bib (which also doubles as your timing chip) and safety pins. You will also receive your official participant shirt and any upgrades you selected during registration!

NO CONFIRMATION OR ID REQUIRED

We currently do not require photo ID or official confirmation to pickup your packet for this event as long as this privilege is not abused. Simply know your bib# that was sent to you in a pre-race email or you can look up your bib# when you arrive at packet pickup.

PACKET PICKUP (CONT'D)

CAN A FRIEND PICK UP MY PACKET FOR ME?

Yes! We currently allow you to pick up packets for as many friends as you'd like at advanced packet pickup with a simple stroke of the pen (signature). Please just know their bib #. If this privilege is abused, we will be forced to ask for photo ID and proxy forms. Please don't abuse this and give a bib to someone that didn't register. These runners are considered bandits and are a major liability to us. Failure to comply will result in disqualification of all offending parties from the current race and a ban for the following year.

SHIRT EXCHANGE

If you would like to exchange your participant shirt for a different size, this can be done on race day only. Shirt exchange is available after the race at the Green Beer After Party. Make sure your shirt fits prior to leaving on race day.

POST RACE SHIPPING POLICY

We can ship you your unclaimed packet, shirt, pre-ordered items, awards, or shirt exchange after the race upon request, but you must cover the cost of shipping.



THE COURSE



[VIEW COURSE MAP](#)



RACE DAY SCHEDULE

RACE START

Principal Park Stadium
1 Line Drive
Des Moines, IA 50309

8:00 am to 9:45 am	Packet Pickup & Gear Check
10:00 am	Lasses Start
10:05:30 am	Lads Start
10:30 am to 12:30 pm	Athlete Recovery

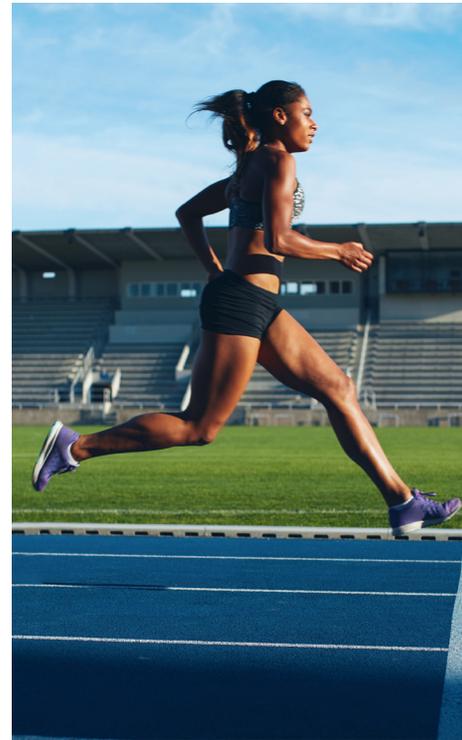
RACE FINISH

Green Beer After Party & Awards
El Bait Shop
200 SW 2nd Street
Des Moines, IA 50309

10:30 am to close	Green Beer After Party
11:00 am	Overall Winner Awards Ceremony
11:30 am	Age Group & Contest Awards

ARRIVAL

Arrive early on race day. Leave plenty of time to park the car, stretch, laugh and make that final trip to the little lads or lasses room! Add another 30 minutes if you did not pick up your race packet in advance. The lasses start promptly at 10:00am and the lads 5 ½ minutes later.



ATHLETICO
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HELPING YOU CROSS THE
FINISH LINE

Free injury screenings* available
at all Athletico locations

[FREE INJURY SCREEN >](#)

*Per federal guidelines, beneficiaries of federally funded plans are not eligible for complimentary injury screens.

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RACE DAY SCHEDULE

PARKING

Parking is FREE and is available surrounding Principal Park. Arrive early to get a good spot. Overflow parking is available throughout downtown Des Moines.

BIB# LOOK UP

SPECTATORS

Spectators are invited to cheer along the course. Refer to the course map to locate great course viewing areas. Eastbound MLK BLVD will be closed from 9:50 am to 10:50 am for the race, plan accordingly. In addition, spectators are encouraged to attend the Green Beer After Party. The party is free admission for all ages at El Bait Shop.



Heartland SOLES

Running & Walking Store

5525 Merle Hay Rd • Johnston
HeartlandSoles.com

An advertisement for Heartland SOLES, a Running & Walking Store. It features a collage of running gear including shoes, a watch, a pink t-shirt with 'RUN IOWA' and a city skyline, a green t-shirt with 'run.' and a state outline, and various socks. A prominent coupon offers '\$10 Off with your LC10K race bib!' and includes two green shamrock icons. The offer is valid on shoe purchases only. The store's name and address are listed at the bottom.

Let the celebration continue!
Join our Irish Coffee Run



**Saturday,
March 17, 8 am**

Free--Join us for a 3 or 5 mile social run and enjoy IRISH COFFEE after!

FLEET FEET
Sports



Des Moines
521 E. Locust Des Moines, IA 50309
www.fleetfeetdesmoines.com
Free covered parking on E 6th

MONTHLY BULU BOXES FOR ONLY \$7.99

SUBSCRIBE



RACE DAY SCHEDULE

FREE PHOTO BOOTH

Arrive early on race day and get your photo taken in our free photo booth.



GEAR CHECK

Sure, we can hold your gear while you race, but it will be safer and less of a hassle for you to leave as much as you can in your vehicle. Any personal items need to be clearly labeled with your bib # and last name. Turn items in to the Gear Check tent in Principal Park Gate A. Arrive early and allow extra time before the start of the race if you plan to use this service. You won't want to miss the start. Gear will be available again after you cross the finish line wearing your silly grin.

LINING UP

The start and finish line are located at Principal Park Stadium. If you can't find it, just ask someone wearing green! We will begin lining up at about 9:40am. Ladies to the right, Lads to the left (keep your hands to yourselves). Yep, we'll have pace signs to help you find the right spot. We'll play the national anthem, step up to the timing mat and kick this puppy off at 10:00am sharp. Lads will twiddle their thumbs for another 5 ½ minutes before being released from the gates!

THE WORLD'S MOST REFRESHING BEER

 COLD LAGERED
 COLD FILTERED
 COLD PACKAGED



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at [caseystogo.com](https://www.caseystogo.com)



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RUNNER SAFETY

COURSE MEDICAL RESOURCES

Medical resources are available at the start and finish line and are staffed by paramedics from Des Moines Fire & Rescue who can offer assistance as needed. If you need assistance, please notify the nearest medical personnel or event volunteer.

DROPPING OUT OF THE RACE

We want all runners to have an amazing running experience, but we know that sometimes it's "just not your day." Listen to your body and do not continue running if you experience symptoms that are not familiar to you. If you are unable to continue or finish the race, ask the nearest race official for assistance. If you are feeling ill on race morning, consider not starting the race. There's always next year and your health is more important.

RACE DAY WEATHER CANCELLATION POLICY

We want the Leprechaun Chase 10K to happen just as much as you! We'll do everything in our power to have things go off as scheduled. That being said, excessive rain, snow or other hazardous weather might cause us to modify or cancel the event. Cancellation is not likely, so plan on wearing green and running!

LOST & FOUND

Lost & Found on race day will be located inside the Pink Gorilla Events headquarters tent inside the Principal Park Stadium. After the race, make inquiries at [Facebook.com/lc10k](https://www.facebook.com/lc10k)

GOOD FOR YOU.
GREAT FOR THE DOGS.

Paws on the Pavement is an Animal Rescue League of Iowa (ARL) volunteer program in which participants run or walk shelter dogs, increasing their exposure to potential adopters!

GET INVOLVED [ARL-iowa.org/PawsonthePavement](https://www.arl-iowa.org/PawsonthePavement)

PAWS ON THE PAVEMENT

ARL



GREEN BEER AFTER PARTY

LET'S PARTY

El Bait Shop
200 SW 2nd Street
Des Moines, IA 50309

After the chase, it's time for cheers. You'll find the Green Beer After Party just steps from the finish line at El Bait Shop. Grab some grub and toast to your success while we hand out awards for overall winners, age group winners and the best dressed lads and lasses. Cool!

****You must bring your ID and be of age to consume adult beverages****

BEER

- Coors Light
- World's Largest Selection of American Craft Beers on Tap

FOOD

- Mediterranean Grill
- El Bait Shop
- The High Life Lounge



AWARDS & RESULTS

WHO'S FEELING LUCKY?

Stay for the Green Beer After Party to see who walks away with a piece o' gold. Practice your celebration jig in case you win one of these fine awards:

- Overall Winner:
\$100 Cash Bonus
- Top 3 Lads & Top 3 Lasses:
\$100, \$75, \$50 Cash, Leprechaun Chase 10K Pint Glass & Free Entry into following years race.
- Top Masters Lad and Lass Award (40+):
\$50 Cash, Leprechaun Chase 10K Pint Glass & Free Entry into following years race.
- Awards to the Top 3 in each Age Group (Lads and Lasses):
Leprechaun Chase 10K Pint Glasses & (1st & 2nd place receive Free Entry into following years race, 3rd place gets 50% off). 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Up
- Best Dressed Awards:
Leprechaun Chase 10K Pint Glasses



LIVE MOBILE RESULTS

Mobile results will be made immediately at lc10k.com/results/

A promotional graphic for the "THE GOOD LIFE HALFSY" race. The background is a purple and blue gradient with a crowd of runners. A yellow banner at the top says "MAKE YOUR MOVE". Below it, there are two circular callouts: "Save the Date" and "Race Day 10.28.2018", and another circular callout: "Register 4.6.2018". On the right, there is a clock icon with "13.1" inside, and a banner that says "THE GOOD LIFE HALFSY PRESENTED BY BULU BOX". At the bottom, the website "GOODLIFEHALFSY.COM" is displayed.