



Participant guide

March 25, 2018



Bank of America
**Shamrock
Shuffle® 8K**

2018 Bank of America Shamrock Shuffle

Participant guide

Sunday, March 25, 2018
Grant Park, Chicago

The Bank of America Shamrock Shuffle is one of Chicago's classic road races with a history spanning more than three decades. Whether in rain, snow, sunshine or under cloudy skies, thousands of runners have journeyed through the Loop and crossed the finish line. We are excited that you are joining the Shamrock Shuffle tradition on Sunday, March 25, as we continue to celebrate St. Patrick's Day, the Chicago running community, and runners like you who bring the spirit of the Shamrock Shuffle to life.

Race weekend schedule of events

Friday, March 23

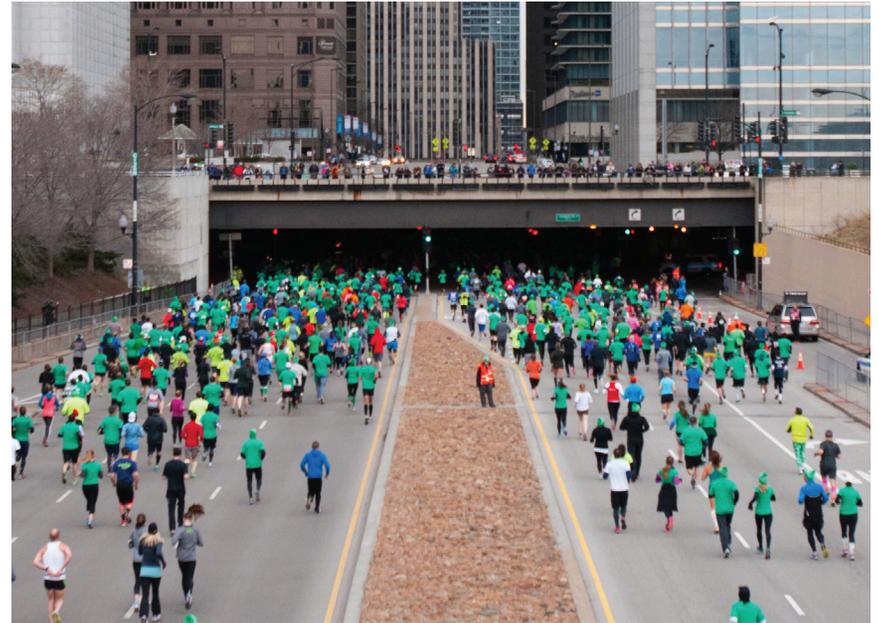
10 a.m. – 8 p.m. Participant Packet Pick-up
McCormick Place, West Building, Skyline Ballroom

Saturday, March 24

9 a.m. – 6 p.m. Participant Packet Pick-up
McCormick Place, West Building, Skyline Ballroom

Sunday, March 25

6:30 a.m.	Gear check opens
6:30 a.m.	Wave 1 Start Corrals Elite, A, B, C and D open
7:30 a.m.	Wave 2 Start Corrals E, F, G and H open
8:20 a.m.	Wave 1 Start Corrals Elite, A, B, C and D close
8:30 a.m.	Wave 1 race start
8:45 a.m.	Wave 2 Start Corrals E, F, G and H close
8:45 a.m.	Walk Wave opens
9:00 a.m.	Post-Race Party begins
9:00 a.m.	Wave 2 race start
9:15 a.m.	Walk Wave closes
9:30 a.m.	Walk Wave race start
9:30 a.m.	Live music begins at the Post-Race Party
11:30 a.m.	Gear check closes
1:00 p.m.	Beer ticket sales end
1:30 p.m.	Post-Race Party ends
2:00 p.m.	Race after party at The Scout begins



Pre-race information

Packet pick-up email

Shufflers will receive a packet pick-up email the week of March 19. Participant Packet Pick-up will take place on Friday, March 23 (10 a.m. – 8 p.m.) and Saturday, March 24 (9 a.m. – 6 p.m.) at McCormick Place (West Building, Skyline Ballroom). You must present your email* to receive your participant packet, participant bag, Nike participant shirt and festive event socks.

**The packet pick-up email can be presented on the screen of a mobile device or tablet, or in the form of a printout/hard copy. If you misplaced or did not receive a packet pick-up email, go directly to the Packet Pick-up ticket window of the Skyline Ballroom where a staff member will verify your registration and print a packet pick-up ticket for you.*



Reduce the use of paper, present your packet pick-up email electronically instead of printing!

Verify your information

We encourage you to verify your race information listed in packet pick-up email. If any of the information is inaccurate (name, age division, bib number and assigned start (wave and/or start corral assignment)), you can make corrections by contacting the event office at 312.904.9814, Monday - Friday, 9 a.m. to 5 p.m. (U.S. Central Time) or by emailing office@shamrockshuffle.com.

Packet mailing

Participants who opted to have their packet mailed during the registration process will receive an envelope via UPS during the second week of March. The envelope will include your 2018 bib number, Nike participant shirt, festive event socks, a clear plastic bag (to be used at gear check on race day) and pre-purchased beer tickets (if applicable).

If you do not receive your event bib number by Wednesday, March 14, please contact the event office at 312.904.9814, Monday - Friday, 9 a.m. to 5 p.m. (U.S. Central Time) or by emailing office@shamrockshuffle.com.

Participant Packet Pick-up

Participant Packet Pick-up for the Bank of America Shamrock Shuffle 8K run and 2 mile walk will take place Friday and Saturday of race weekend in the Skyline Ballroom at McCormick Place. You must attend the Participant Packet Pick-up at McCormick Place to pick up your participant packet, participant bag, Nike participant shirt, festive event socks and any pre-purchased beer tickets (if applicable).

Location and hours

McCormick Place, West Building, Skyline Ballroom
2301 South Martin Luther King Drive
Chicago, IL 60616

Friday, March 23: 10 a.m. – 8 p.m.

Saturday, March 24: 9 a.m. – 6 p.m.

McCormick Place parking

McCormick Place is offering a reduced \$10 rate for Parking Lot A on Friday, March 23 and Saturday, March 24. Additional information and driving directions are available at shamrockshuffle.com. Attendees must pick up a parking voucher in the ballroom to receive the reduced parking rate. Vouchers will be available near the entrance of the ballroom.*

**During show hours only*

Free shuttle bus service

Free shuttle bus service to Participant Packet Pick-up at McCormick Place will be available from Chicago's Union Station (225 S. Canal St.). Shuttles will operate every 15 – 20 minutes between 10 a.m. and 8 p.m. on Friday, March 23, and 9 a.m. and 6 p.m. on Saturday, March 24. The final pick-up time from Packet Pick-up will be at 8:30 p.m. on Friday and 6:30 p.m. on Saturday at Gates 43 and 44.

Start and finish with CTA: Transit tips and directions

The Chicago Transit Authority (CTA) is the most economical and convenient way to travel throughout race weekend. The CTA offers a variety of ways to get to and from McCormick Place; the Bank of America Shamrock Shuffle start and finish areas in Grant Park; and spectator viewing areas along the course.



Visit transitchicago.com or call 312.836.7000 for travel information or to request a complimentary CTA downtown transit sightseeing guide and CTA system map.

CTA Transit Directions to the Participant packet and pick-up at McCormick Place

From Downtown Chicago

From Michigan Avenue, take a southbound #3 King Drive bus on Michigan to King Drive/23rd (located across the street from McCormick Place). Buses run every 7 to 20 minutes. Or take the Green Line (either Cottage Grove or Ashland/63rd) from a Loop Elevated station to the accessible Cermak-McCormick Place station and walk three blocks east to McCormick Place.

From Ogilvie Transportation Center

Take the Green Line (either Cottage Grove or Ashland/63rd) from the accessible Clinton station (located two blocks north of Ogilvie); exit at Cermak-McCormick Place station and walk three blocks east to McCormick Place.

From Union Station

Take either a #1 Bronzeville/Union Station*, #7 Harrison*, or #126 Jackson bus to Michigan Avenue. Then, transfer to a southbound #3 King Drive bus to King Drive/23rd (located across the street from McCormick Place). Buses run every 7 to 20 minutes.

**Route operates on weekdays only*

Divvy to McCormick Place

Go green, get fit and Divvy to Participant Packet Pick-up at McCormick Place. The McCormick Place Divvy station will be monitored on Friday, March 23 from 9:30 a.m. to 8:30 p.m. and Saturday, March 24, from 8:30 a.m. to 6:30 p.m. to ensure plenty of bikes are available.



Take the Metra Electric Line to Participant Packet Pick-up

The Metra Electric Line offers regular service to and from McCormick Place, home to the Bank of America Shamrock Shuffle Participant Packet Pick-up. For more information about Metra Electric service, including schedules, fares and tickets, please visit metrarail.com.



Take public transportation or Divvy to McCormick Place and reduce your carbon footprint.

Reserve your parking in advance and get there on time, stress free!

To book convenient and affordable parking, we recommend using SpotHero, the nation's leading parking reservation app. To reserve your parking spot today, visit the Bank of America Shamrock Shuffle SpotHero parking page and book a spot with rates up to 50% off drive-up. You can also use SpotHero to park all over Chicago — learn more at spothero.com.



New to SpotHero? Download the SpotHero app and enter promo code SHAMROCK for an extra \$5 off your first park!

Race day information

The Bank of America Shamrock Shuffle features two events, the 8K run and 2 mile walk. The run and the walk share the same start and finish lines, as well as event rules. The following section highlights important information regarding your race experience for both events. We encourage you to review the information in advance of race weekend. If you have any questions after reviewing the information, please contact the event office at 312.904.9814, Monday - Friday, 9 a.m. to 5 p.m. (U.S. Central Time) or by emailing office@shamrockshuffle.com.

Important race day information

Shufflers have been assigned to a specific start wave. Your assigned start determines your event (8K run or 2 mile walk), your start time and the location of your gear check tent.

8K run

- Runners in the Elite Corral (Deloitte Elite Club Competition teams and elite runners) will check their gear at the Deloitte Elite Club Tent and will start at 8:30 a.m.
- Runners in Wave 1—those assigned to Start Corrals A, B, C and D—will check their gear at Red Gear Check and will start at 8:30 a.m.
- Runners in Wave 2—those assigned to Start Corrals E, F, G and H —will check their gear at Blue Gear Check and will start at 9 a.m.

2 Mile walk

- Shufflers in the Walk Wave—those participating in the 2 mile walk —will check their gear at the Walk Gear Check and will start at 9:30 a.m.

Bib number

Your Bank of America Shamrock Shuffle 8K run and 2 mile walk bib number is a unique identifier that must be visible at all times on race day. Your bib number indicates your assigned start and gear check location.

What you need to know about your bib number:

- Pin all four (4) corners of your bib to the outermost layer of clothing on your chest.
- Your bib must be visible at all times.
- Wearing your bib improperly (pinned at your waist, pinned to race belts or fuel belts etc.) could result in improper scoring and/or disqualification.*
- Include your emergency contact and medical information on the back of your bib number.
- Your bib number is non-transferable and must be worn only by you.
- The sale or transfer of your bib number is strictly prohibited and will result in disqualification.

**Note timing devices are only applicable to the 8K run event. The 2 mile walk is an untimed event.*

Timing device*

You must wear your bib number as instructed above throughout the entirety of the race to record an official finish time and place. A MYLAPS Bib Tag timing device is permanently attached to the back of the 8K run bib number. **Do not remove the timing strip from your bib, fold or damage it in any way.** Your time will be recorded from the point at which you cross the timing mats at the start line until you cross the timing mats at the finish line. The MYLAPS Bib Tag is a single-use device that does not need to be returned after the event.

**Note timing devices are only applicable to the 8K run event. The 2 mile walk is an untimed event.*

Gear check

Prior to the race, you can check small personal items in your event-issued gear check bag at your assigned gear check tent. Gear check tents will be open from 6:30 – 11:30 a.m. The location of your gear check tent corresponds with your start wave assignment and the color of your bib number.

Shufflers have been assigned to a specific start wave. Your assigned start determines your event, what time your race starts and where you need to check your gear.

- Runners in the Elite Corral (Deloitte Elite Club Competition teams and elite runners) will check their gear at the Deloitte Elite Club Tent and will start at 8:30 a.m.
- Runners in Wave 1—those assigned to Start Corrals A, B, C and D—will check their gear at Red Gear Check and will start at 8:30 a.m.

- Runners in Wave 2—those assigned to Start Corrals E, F, G and H —will check their gear at Blue Gear Check and will start at 9 a.m.
- Shufflers in the Walk Wave—those participating in the 2 mile walk —will check their gear at the Walk Gear Check and will start at 9:30 a.m.

About gear check:

- You must use your event-issued clear plastic bag (participant bag). Please note that the event will not handle oversized bags or luggage.
- To check your gear, remove the gear check tag from your bib number and fasten it to your event-issued clear plastic bag using the instructions provided below
- Do not check valuable items, such as wallets, money, phones or jewelry. The Bank of America Shamrock Shuffle is not responsible for lost, damaged or stolen items.
- Participants will not be permitted to run with a bag. All personal items must be checked at your assigned gear check tent prior to the race.
- Do not leave bags unattended within Grant Park. Unattended bags will be confiscated and removed from the park.
- Bags not claimed by 11:30 a.m. will be taken back to the event office (135 S. LaSalle St.) where they can be picked up in person starting Monday, March 26, at 10 a.m. Any items unclaimed by Friday, April 20, 2018 will no longer be available.



Step one: Close the gear check bag by pulling on the drawstrings of the bag.



Step two: Fold one drawing in half and insert through the hole in the gear check tag. Pull the drawstring through the hole to create a 3 inch loop.



Step three: Pull the gear check tag through the loop.



Step four: Hold the gear check tag and pull the drawstring of the bag, securing the tag to the gear check bag.



Reuse and recycle! We encourage you to reuse your participant bag following the race. When you're ready to dispose of the bag, think about bringing it to a facility in your area that accepts plastic bags for recycling.

8K Run – Wave 1

Deloitte Elite Club Competition and Elite Start Corrals*

Bib and gear check color: White

**Runners assigned to the Deloitte Elite Club Competition and Elite corrals will receive specific instructions on how to access the Deloitte Elite Club Tent in advance of the race.*

A, B, C and D start corrals

Bib and gear check color: Red

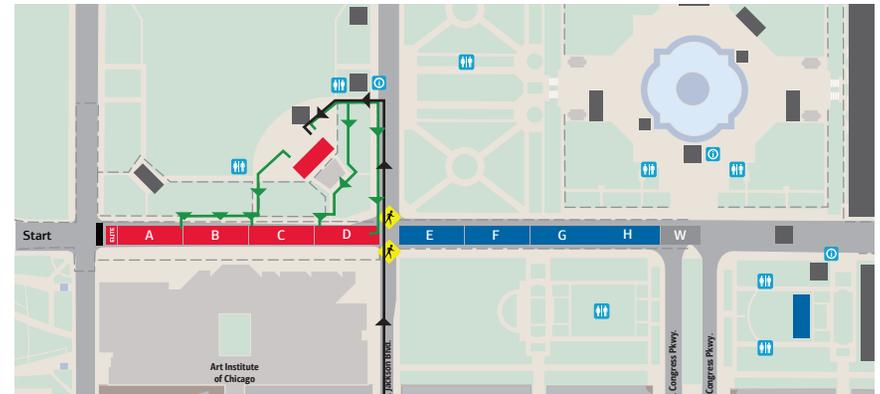
Start corrals open: 6:30 a.m.

Start corrals close: 8:20 a.m.

Race start time: 8:30 a.m.

**If you are not in your start corral by 8:20 a.m. you must start at the back of Wave 1, Start Corral D.*

Directions to gear check tent and start corrals



Black ► = Directions to your gear check tent
Green ► = Directions from your gear check tent to your start corral





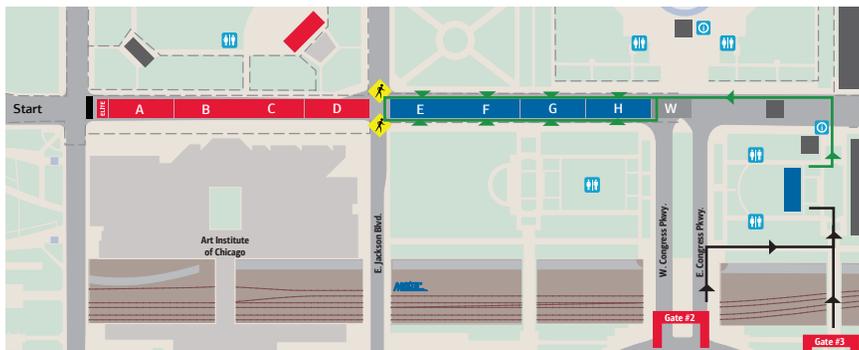
8K Run – Wave 2

E, F, G and H start corrals

Bib and gear check color: Blue
 Start corrals open: 7:30 a.m.
 Start corrals close: 8:45 a.m.*
 Race start time: 9 a.m.

**If you are not in your start corral by 8:45 a.m. you must start at the back of Wave 2, Start Corral H.*

Directions to gear check tent and start corrals



Black ► = Directions to your gear check tent
 Green ► = Directions from your gear check tent to your start corral

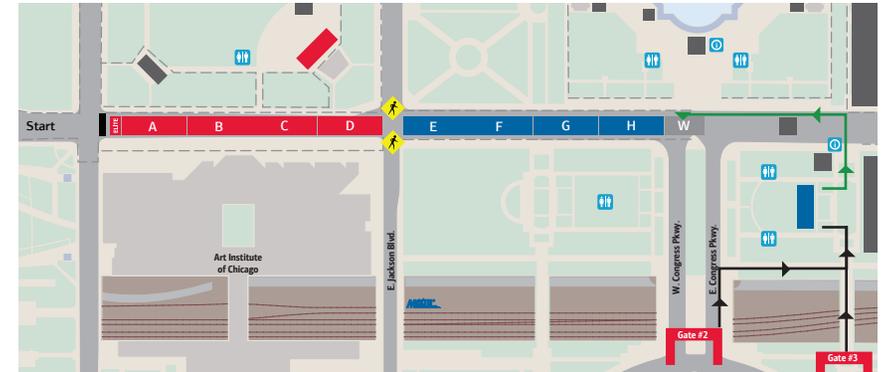
Walk Wave – 2 mile walk

Bib and gear check color: Green

Start corrals open: 8:45 a.m.
 Start corrals close: 9:15 a.m.
 Walk start time: 9:30 a.m.

**Note the 2 mile walk shares the same start and finish lines as the 8K run. The 2 mile walk begins after the last wave of runners. All prohibited items covered in the prohibited items section apply to the 2 mile walk as well as 8K run.*

Directions to Walk Gear Check Tent and start corral



Black ► = Directions to your gear check tent
 Green ► = Directions from your gear check tent to your start corral



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Prohibited items

Wheeled devices are not permitted on the Bank of America Shamrock Shuffle 8K run or 2 mile walk course by anyone other than registered and authorized wheelchair participants, duo team participants and authorized course marshals on bicycles. Prohibited wheeled devices include non-registered wheelchairs and handcycles, baby joggers, strollers, skateboards, rollerblades and bicycles.

The use of music devices (e.g. iPods) is permitted during the race; however, in keeping with USATF rules for championship races, athletes competing for overall awards or prize money may not use music or communication devices during the event. In addition, participants must be alert to their surroundings at all times and must pay attention to important announcements made in Grant Park and along the course.

The use of cell phones, video devices, cameras or similar devices by participants while in the event is strongly discouraged, and event officials reserve the right to disqualify any participant using such devices who poses a safety hazard on the course.

Additional prohibited items on the 8K run and 2 mile walk course include, but are not limited to: large bags (backpacks, suitcases and rolling bags), hard-sided coolers, costumes covering the face, any non-forming bulky outfits extending beyond the perimeter of the body, props and non-running equipment, pets/animals (except service animals that are trained to perform specific work or tasks for a person with a disability), alcoholic beverages, illegal substances, chairs, weapons, remote controlled aircrafts and drones, Camelbaks® and any type of hydration backpack. For the avoidance of doubt, fuel belts and hand-held water bottles are allowed.

Toilet facilities

Toilet facilities are located throughout Grant Park near the start and finish areas as well as at the Bank of America Shamrock Shuffle Post-Race Party. Allow for ample time to get to your start corral prior to the start of the race.



Did you know the paper products used in the toilet facilities on the course and throughout Grant Park are made of 100% recycled materials?

Aid stations

Two on-course aid stations offer Gatorade® Endurance Formula (lemon-lime), water, medical support and toilet facilities.

- Aid Station 1: Mile 1.6
(State Street and Randolph Street)
- Aid Station 2: Mile 3.6
(Harrison Street and Wells Street)



The 2 mile walk will have one on-course aid station offering water, medical support and toilet facilities.

Course time requirement

Participants must be capable of maintaining a 15:00/mile pace for the 8K run and a 30:00/mile pace for the 2 mile walk. Completing the full event distance, start line to finish line, within the event time requirement of 1 hour and 15 minutes (1:15:59) for the 8K run and 1 hour (1:00:59) for the 2 mile walk.

Participants who finish outside of the time requirement may not receive full on-course support from aid stations and traffic safety personnel. Runners who finish outside of the time requirement may not be recorded as official finishers.*

**Note timing devices are only applicable to the 8K run event. The 2 mile walk is an untimed event.*

Clocks and mile markers

Clocks and mile markers will be located at every mile for the 8k run. Timing mats for the 8K run will be at the start and finish lines. The 2 mile walk is an untimed event. Mile markers will be located at every mile.

8K Run live results at shamrockshuffle.com

The most efficient way to stay updated on race day results is at shamrockshuffle.com. The mobile-friendly race website allows spectators to view our race leaderboard and to follow friends and family by getting real-time updates.

Age groups*

Male and Female: 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, 75-79, 80-84, 85-90, 90 & over. The top five finishers in each age group will receive an engraved award.

**Note age group awards are only applicable to the 8K run event. The 2 mile walk is an untimed event.*

Mariano's Runner Refreshment

Refreshments will be available beyond the finish line within the Mariano's Runner Refreshment area, including Gatorade® Endurance Formula (lemon-lime), Aquafina bottled water, bananas, and a variety of food items from Mariano's. Only race finishers will be allowed in the Mariano's Runner Refreshment area. Once you exit the finish area you may not re-enter.



Banana peels are compostable! Green team volunteers will be located throughout the Mariano's Runner Refreshment area to assist in discarding materials into compost, recycle or landfill receptacles.

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



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Deloitte is proud to support the inspirational runners who choose to run on behalf of charity. With every step they take, they are taking strides to improve the lives of others, and their communities.

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Post-Race Party

The Bank of America Shamrock Shuffle Post-Race Party will be held at Buckingham Fountain in Grant Park (Columbus Dr. and Congress Pkwy.) immediately following the race from 9 a.m. – 1:30 p.m. The Post-Race Party will feature 16 Candles playing live from 9:30 a.m. to 1 p.m.

Shufflers 21 years or older will receive a drink ticket attached to their bib number that can be redeemed for one (1) Michelob ULTRA.* Additional drink tickets will be available for purchase for participants 21 years or older at Participant Packet Pick-up in advance of race day or on race day at the Post-Race Party. Drink tickets can be purchased for \$5 and redeemed for one (1) Michelob ULTRA, Goose Island Old Man Grumpy, or Goose Island Green Line.**



Race after party

The Bank of America Shamrock Shuffle after party will be hosted at The Scout Waterhouse & Kitchen (1301 S. Wabash St.) on Sunday, March 25 from 2 p.m. to 1 a.m. Shufflers who bring their race bib will receive a ticket that can be redeemed for one (1) Michelob ULTRA.*



**You must be 21 years or older with a valid ID to purchase and/or consume alcoholic beverages at the Post-Race Party and the race after party at The Scout.*

***Specific Anheuser Busch offerings are subject to change.*

Race day transportation & parking

Public transportation is strongly recommended for race day transportation to Grant Park. Go to the Metra website (metrarail.com) or the CTA website (transitchicago.com) to plan your route by train or bus. If you drive, allow sufficient time for traffic congestion and street closures in the downtown area due to the race.

Take CTA race day

The Chicago Transit Authority (CTA) is the most economical and convenient way to travel throughout race weekend. The CTA offers a variety of ways to get to and from the Bank of America Shamrock Shuffle start and finish areas in Grant Park and spectator viewing areas along the course.



CTA Transit directions to the Bank of America Shamrock Shuffle 8K in Grant Park

From Downtown Chicago

From the Adams/Wabash station on the Green, Orange, Pink and Brown elevated lines, walk one block north to Monroe then three blocks east to Columbus. From the Red and Blue Line subways, exit at the accessible Jackson station and walk several blocks east on Jackson to Columbus.

From Ogilvie Transportation Center and Union Station

Due to street closures for the race, go to transitchicago.com/alerts for the latest information on bus re-routes and service information.

For CTA fare information, go to transitchicago.com/fares. CTA encourages all participants and spectators to purchase their fares in advance to avoid long lines during the weekend's events.

Divvy to Grant Park

Warm up your legs and Divvy to Grant Park on race day. Divvy stations will be monitored at Michigan Avenue and Jackson Boulevard, as well as Michigan Avenue and Congress Parkway on Sunday, March 25 from 6:30 a.m. to 1 p.m. to ensure plenty of bikes are available.



Sustainability initiatives

The Bank of America Shamrock Shuffle is proud to have earned Gold level certification from the Council for Responsible Sport in 2016, for the event's incorporation of environmentally and socially responsible practices. This year, we are excited to join the Council for Responsible Sport's INSPIRE program at the Gold level. Through this program the Shamrock Shuffle will work with events throughout the country to share best practices, as well as integrate new sustainability initiatives.

At the 2018 event, we encourage you to join us as we work to improve our efforts and reduce our footprint. Look for recycling icons located throughout the participant guide; these icons indicate many of the event's sustainability initiatives. Thank you for helping to make the Bank of America Shamrock Shuffle a more sustainable event!



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© 2018 Anheuser-Busch, Michelob Ultra® Light Beer, St. Louis, MO
95 calories, 2.6g carbs, 0.6g protein and 0.0g fat, per 12 oz.

Official merchandise retailers

Nike will offer official 2018 Bank of America Shamrock Shuffle merchandise at Nike Chicago, Nike Running Bucktown, nike.com and the Fleet Feet Sports locations listed below starting Thursday, March 8. Official merchandise will also be available for purchase at Participant Packet Pick-up.



Nike Chicago
669 North Michigan Ave.
312.642.6363

Nike Running Bucktown
1640 N. Damen Ave.
773.278.1095

Fleet Feet Sports – Old Town
1620 N. Wells Street
312.587.3338

Fleet Feet Sports - South Loop
150 W. Roosevelt Road
312.788.3338

NBC 5 Chicago live race coverage

On race morning, NBCChicago.com will provide live, streaming coverage of the race start and finish from 8 - 11 a.m. where supporters can watch their favorite runner cross the line. Download the NBCChicago Mobile app to watch on your phone.



Deloitte team competitions

Deloitte Open Team Competition

Enhance your race day experience at the Bank of America Shamrock Shuffle by joining the Deloitte Open Team Competition. The team competition adds an extra element of fun and competitiveness to race day. The competition is open to all runners, running club members, groups of friends, co-workers and corporate teams. The Open Team Competition offers three divisions: Competitive, Recreational and Corporate for teams of coworkers. The Open Team Competition includes male, female and mixed teams, as well as combined finish time and age-graded scoring. Visit shamrockshuffle.com/teamcompetitions for more information and to create your team.



Deloitte Elite Club Competition

The 2018 Bank of America Shamrock Shuffle is hosting its tenth annual club 8K competition. The Deloitte Elite Club Competition attracts USATF-member clubs from around the U.S. This unique opportunity allows club teams to compete on the roads for a \$20,000 prize purse and national recognition as one of the top clubs. Visit shamrockshuffle.com/teamcompetitions for more information.

Event Alert System

The Event Alert System communicates the status of course conditions to participants leading up to and on race day via email updates, color-coded signs, PA announcements and flags. Alert levels range from Low to Moderate to High to Extreme based primarily on weather conditions, as well as other factors. All participants should familiarize themselves with the Event Alert System prior to the race, remain alert for directions from race officials throughout the event and take precautions to prepare properly for varying weather conditions on race day. For more information about the Event Alert System, visit shamrockshuffle.com/eas.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/ FOLLOW EVENT OFFICIAL INSTRUCTION
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/ FOLLOW EVENT OFFICIAL INSTRUCTION/ CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/ BE ALERT

Event Rules

All participants must follow the official event rules of the Bank of America Shamrock Shuffle 8K, which are posted on the event website at shamrockshuffle.com/rules. Event rules should be reviewed in their entirety prior to race day.

Have fun training and see you on race day for the 39th annual Bank of America Shamrock Shuffle 8K!

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Zoraida Sambolin | Alex Maragos | Andy Avalos | Kye Martin

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