



2nd Annual Running of the Leprechauns 8K

Saturday, March 13, 2010

9:00 am Nags Head, NC

www.kellysrestaurant.com

www.outerbanksrunningclub.org



\$30/Pot of Gold
\$15/Blarney Stone

We Do Green On-line Registration

The race for the Pot of Gold will be fierce this year. The 2nd Annual Running of the Leprechauns is expected to be one of the club's largest events building upon a successful inaugural year. As the first event in the Kelly's Annual St. Patrick's Celebration, poised the weekend before the 2010 Yuengling Marathon in Virginia Beach, and coinciding with the OBX Taste of the Beach Weekend, interest will be high.

This event is open to runners and walkers of all levels and paces. Strollers, bikes, dogs, and bandits are prohibited.

This is a point to point course combining paved surface and trail including hills and inclines. The course planned is the 2009 route with a minor adjustment adding a loop in the woods thereby removing a loop later on the paved surface and having a direct southern route back to Kelly's for the Finish. We have been monitoring the trail conditions with the excessive rains thus far this year. Should weather events render the woods/trails unfavorable, we will use the 2009 route. The change is a ¼ mile alteration between the routes.

We will monitor the course conditions and post the exact route Friday, March 12th on the Kelly's website, www.kellysrestaurant.com, and have the information at packet-pick-up.

COURSE:

The course begins on Villa Dunes Dr. in Nags Head, NC. The course takes a right turn onto a private non-paved road and continues through Nags Head Woods with a right turn and loop around the Twiddy cemetery; right turn onto Ocean Acres Drive (Water Stop/Portojohn location); right turn and parallel to US 158 (not on the bypass) to Kelly's.

Alternate course/2009 course.

The course begins on Villa Dunes Dr. in Nags Head, NC. The course takes a right turn onto a private non-paved road and continues through Nags Head Woods with a right turn and loop around the Twiddy cemetery; right turn onto Ocean Acres Drive (Water Stop/Portojohn location); right turn and parallel to US 158 (not on the bypass), right turn onto 8th Street; left turn onto Lark St; and left turn onto Satterling with the Finish Line at TW's Tackle. "Cool down" walk to Kelly's for post-race hospitality

REGISTRATION/FEES

Register On-line at www.fsseries.com.

Field Limit 250.

Pot of Gold: \$30 Through Midnight March 1. March 2-March 7, \$35.

Includes race shirt, running gloves, and post race party.

First 100 Pot of Gold Registrations receive a "Lucky Charm" bonus gift.

Pot of Gold Registration Deadline: Midnight March 7th. No exceptions. This data is used to order and process the race shirts.

Blarney Stone: \$15 Through March 9th. Includes race fee, running gloves, and post race party. This option is for those who “just have enough shirts” or just want to run.

Paper Registration: We will take paper registration, exact cash only, if space remains, Friday, March 12th at packet-pick-up and from 7:30-8:15 am race day. This option is available for \$20/Blarney Stone level only.

AWARDS:

First 150 finishers get to dip into the Pot of Gold.

Fastest Leprechaun

Top Three Male Runners

Top Three Female Runners

1st-3rd Age Group Ribbons

Best Irish Costume

Emerald Isle-Selected by race staff during the event.

Luck of the Irish-We just love surprises!

IRISH TAVERN PARTY

Post Race hospitality and awards will be held in Kelly’s Tavern.

Menu: Kelly’s Signature Sweet Potato Biscuits

Irish Stew

Irish Soda Bread

Sugar Cookies, sponsored by Just Desserts

Cup Cakes, sponsored by Leanne Macklin

Water, Coffee, Tea

Guinness Beer (runners only)

CHARITIES:

- Race proceeds benefit the Outer Banks Community Foundation, www.obcf.org.
- Food Drive: We are collecting food items for Food for Thought. This volunteer organization provides meals for Dare County school children over the weekends. Visit

www.foodforthoughtobx.org to learn about this need that could easily fall through the cracks. Suggested items: oranges, apples, microwave popcorn, cereal bars, granola bars, juice boxes, and snack packs-pudding, apple sauce, crackers, raisins, and cookies. The organization has sufficient meal items for a few months. Food for Thought Volunteers will be taking care of the collection and assisting along the race route.

- One World Running: The best reason to clean out the closet. Donate your old/used/worn-out/much loved running/athletic shoes for refurbishment and recycling. This endeavor supports our sport, the environment, and those in need. www.oneworldrunning.org.

RAFFLE: All participants are entered into a raffle. Bring a non-perishable food item(see list) and receive an additional raffle ticket for prizes.

LOGISTICS:

Shirt Orders: All shirt sizes are adult. You will receive the shirt size selected during registration. There will be no exchanging of shirt sizes at packet pick-up. That is, you order a medium, you get a medium. You cannot re-size for another size.

This ensures that everyone gets their shirt order and does not jeopardize those who come late to pick-up.

What if you need a different size? More than likely you will not be alone. If you want to trade your shirt with someone else, we will designate a time and location at the post race party for this “t-shirt trade”.

Packet pick-up: Friday, March 12th 4-7:30 pm at the Outer Banks Sports Club,
MP 10.5/Croatan Hwy-approximately ¼ mile south of Kelly’s.

Saturday, March 13th 7:30-8:15 am at Kelly’s Outer Banks Restaurant & Tavern

Race Time: 9 :00 am

Parking: Kelly’s Outer Banks Restaurant and Tavern

Participants/spectators will be shuttled to the start line. **ABSOLUTELY NO PARKING** at the **START LINE**.

Runner Check-in: Saturday, March 13th 7:30-8:30 am@ Kelly’s.

All participants, including those who pick up packets Friday evening, will confirm their participation at check-in. We will be checking in runners in the restaurant. Water will be available and you will enjoy the interior warm restrooms.

Shuttle: Runners and Spectators will ride the bus to the start line and gather in the parking lot of the International Ark Church. The shuttle runs 7:30-8:40 am.

Post Race Start: The shuttle will transport spectators to the finish line and Kelly’s.

Runner Convenience:

There will be two portojohns at the Start Line and one at the mid-point/the turn at Ocean Acres.

A water table will be at the mid-point.

There will be a designated “drop area” for any exterior clothing. All clothing shed at the Start Line will be taken to the Finish Line. This is runner honor. You should label your items. Kelly’s and the Outer Banks Running Club are not responsible for any items discarded but not retrieved.

Course Service: Two Nags Head Police Officers will be facilitating safety on the course. Race marshals will assist with traffic and emergencies.

Medical Services: Dare County EMS will be on-site for any medical/race related needs.

Legal disclaimer for runners and volunteers: I am aware that participating in a footrace is potentially hazardous. I will not enter, run, walk or volunteer in the event referred to in this entry form unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my safely completing the event. I assume all risks associated with participating in this event, including but not limited to road traffic, volunteer errors, falls, contact with other participants, the effects of the weather, heat, humidity, geography and all other race conditions, all such risks being known and acknowledged by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry or assistance, I, for myself and anyone entitled to act on my behalf, waive and release anyone associated with this event, including the sponsors, sanctioning body, beneficiaries, race officials, volunteers, Roanoke Island Festival Park and all their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, television, or any other record of this event for any legitimate purpose. If in the case of race cancellation due to extreme weather conditions, please understand that all fees are non-refundable due to the event’s charity fund raising nature.