



🍀 St. Patrick's Day/Basic 5 Event 🍀

- Be sure to check all the information when picking up your race number to make certain all information is correct. Let a race official or volunteer know so they can make appropriate changes prior to the start of the race. The best time to do this is at Packet Pick-up.
- Pin your race number on the front of your body on the outside layer of clothing. Make sure the number and tag is clearly visible at all times.
- Please position yourself at the starting line according to your running or walking ability. All participants with strollers, or dogs on a leash should start in the back!
- Please stay to the right at all times unless you are passing. Please allow room for faster participants to pass by not running or walking more than two abreast.
- Please proceed quickly through the finish chute.
- The **Treasure Valley Dietitians** are providing a healthy and delicious, post race brown bag featuring all five food groups. Your brown bag will include a bagel from **Blue Sky Bagel**, cream cheese, string cheese, fruit, veggies and of course a napkin. Bottled Water is provided by Pepsi!
- Awards will be presented as soon as results are tallied by the race officials. Results will be posted at www.ymcatvidaho.com

Start Times:

1Mile kids run & 1 Mile Kilted Run — 9:30am

5k and 5 Mile Run—10:00am



Proceeds from the St. Patrick's Day/Basic 5 Event support the YMCA Team Idaho Track and Cross Country Club. For 34 years, Team Idaho has helped youth at all levels enjoy Track & Field and Cross Country. Focusing on the YMCA character values of Caring, Honesty, Respect, and Responsibility, the program helps participants practice goal-setting, sportsmanship, and healthy living. For more information about Team Idaho, go to the club website at ymcatvidaho.org.

