

# Shamrock'n Half Marathon / 2-person Relay Course 2009



## DIRECTIONS to Raley Field

Please plan to leave extra early to drive and park. Last year, hundreds missed the start of their race because they didn't allow enough time for the heavy traffic. FREE Parking race day at lots next to Raley Field. Please follow directions of parking attendants.

## Main Routes to Raley Field:

### US 50 Westbound (from Folsom, Rancho Cordova, etc.)

Bus.80 west to Jefferson Blvd./South River Road Exit.  
Keep right to South River Road.  
Turn left at light at bottom of ramp to Stadium; look for parking signs.

### Interstate 80 Eastbound (from San Francisco, Davis, etc.)

I-80 Eastbound to Capital City Freeway (Bus. 80/US-50) toward South Lake Tahoe.  
Bus. 80/US-50 East to Downtown/Jefferson Exit.  
Straight toward Downtown, exit at West Capitol Ave. (do not take Jefferson Ramp).  
Look for Stadium/Riske Lane exit.

### Interstate 5 North (from Elk Grove, Stockton, etc.)

Exit at Bus-80/US-50 Westbound (San Francisco).  
Bus. 80 west to Jefferson Blvd./South River Road Exit.  
Keep right to South River Road.  
Turn left at light at bottom of ramp to Stadium.

### Interstate 80 Westbound

(from Roseville, Auburn, etc):  
Stay on I-80 West to I-5 South.

### Interstate 5 South

(from Woodland, Redding, etc):  
Exit I-5 South at Richards Blvd.  
Turn right at bottom of ramp onto Jibboom Street.  
Follow Jibboom southbound to I Street Bridge.  
Turn right across the Sacramento River to 3rd Street.  
Turn left on 3rd Street to South River Road.  
Look for entrances to Raley Field parking lots from South River Road.

**Notes:** Do not attempt to drive to Raley Field by crossing the Tower Bridge from Sacramento after 7:30 a.m.  
The Tower Bridge off ramp to West Capitol Avenue will close at 7:30 a.m.

All of these directions take you on part of the race course and some of these roads will close by 7:30 a.m. for final course set-up. Please plan to arrive at Raley Field by 7:00 a.m. **RACES WILL START ON TIME!**

## The Course

New, mostly flat, certified, courses starting and finishing at beautiful Raley Field in West Sacramento. Enjoy scenic views of the Sacramento skyline, Old Sacramento, the Sacramento River, and The Rivers, West Sacramento's luxury community. The course has been modified this year to better accommodate a larger race field using wave starts. Shamrock'n entertainment throughout the course. On-field finish (weather permitting) with finishers shown on the outfield big screen and announced on the stadium PA!

### Half Marathon Course-13.1-miles

- Seven fluid stations with water and Power Bar Endurance sports drink.
- Walker-friendly! Course services provided for a 3:30 finish pace, 16 minutes per mile.

### Relay Exchange

- First leg of relay starts with 8am wave start runners.
- Walker-friendly! Course time limit 3:30 finish pace, 16 minutes per mile.
- Leg one: 7.1 miles; Leg two 6 miles, (Subject to change. Visit website for updates).
- Exchange zone three blocks from Raley Field; no transportation needed or provided.

**Course rules:** For safety of all participants, No dogs on the course or at Raley Field, No baby joggers or strollers in either race, No iPods, headphones, or Walkman-type radios, No non-registered runners. Course not recommended for wheelchairs.