



**Saturday, March 8, 2025**  
**Gallatin City Hall Lot**  
**132 W Main Street**  
**Gallatin, Tennessee**



Primrose School  
of Gallatin



The 12th Annual Gallatin Shamrock Run 5K & 10K takes place on the 2nd Saturday of each year. This year's date is Saturday, March 9th. The event is sponsored by the Gallatin Area Chamber of Commerce to benefit the Gallatin Chamber Foundation, a 501(c)3 organization. The Gallatin Chamber Foundation is the Gallatin Area Chamber of Commerce's 501(c)3 component that exists to encourage, promote, and support innovative enhancement projects and creative initiatives within the city of Gallatin. This year's event is presented by Primrose School of Gallatin.

Annually, the Gallatin Chamber Foundation funds innovative education programs in Gallatin K-12 schools through the Innovation and Enhancement Awards. Since 2014, the Gallatin Chamber Foundation has presented over \$147,591.70 to Gallatin schools. In 2020, the Gallatin Chamber Foundation expanded its awards to include scholarships for graduating seniors to honor the late Jim Hawkins, a champion for education and the Gallatin area.

## **PARTICIPATION GUIDE**

### **WELCOME TO THE GALLATIN SHAMROCK RUN!**

**We're so glad you could join us!**

**Please read through ALL of the Participation Guide so you're prepared for a great race day experience!**

### **QUICK TIPS & REMINDERS**

- The event will start at Gallatin City Hall, 132 W Main Street in Gallatin, TN on Saturday, March 11th.
- The number one question we receive is, "When should we arrive?" We advise arriving by 6:30 AM - 6:45 AM at the latest.
- **GET THERE EARLY!** The closer to race time you arrive, the greater the likelihood of lines for packet pick-up, registration, parking, and restrooms. If you wait until after 7:00 AM to arrive, expect heavy traffic, to be rerouted for parking, and long lines at packet pick-up/registration.
- **PARKING** is available along **SMITH STREET**. Do not try to park along Main Street, Franklin Street, North Water Avenue, Public Square, or along the main route to get to the start location.
- All participants for the 10K need to be ready to line up at the start line by 7:00 AM and 7:15 AM for the 5K. Nobody will be permitted to start the race after 7:30 AM.
- All participants must complete the race by 9:00 AM.
- Do you have a family member, church group, or best friends group who want to participate? Tell them to line up along the route to cheer you and other participants on to the finish line!
- If you are a participant who wants to use a backpack during the race - please take note that we only allow **CLEAR** backpacks; all others are prohibited.

**GALLATIN**  
**SHAMROCK**  
**RUN** 5K / 10K / FUN RUN

**PACKET PICK UP**

**Thursday, March 6th 2:00pm to 5:00pm**

**Friday, March 7th 10:00am to 5:30pm**

Location: The Station, 117 W Main Street (Gallatin Chamber Office), Gallatin, TN

**Saturday, March 9th 6:30am to 6:45pm**

Location: The Station, 117 W Main Street (Gallatin Chamber Office), Gallatin, TN

**RACE DAY INFORMATION**

**Corral Staging Times/Start Times**

**10k\***

6:30 AM - Recommended Arrival Time

Roads leading into the Start Area close between 6:45 AM/7:00 AM!

7:00 AM - Corral Open

7:15 AM - Start Time

**!** **IMPORTANT: IF YOU REGISTERED FOR THE 10K, PLEASE ADHERE TO THE 10K ROUTE AND THE CATEGORY FOR ACCURATE TIMING FOR THIS EVENT. Be sure to cross the finish line!**

**5k\***

6:30 AM - Recommended Arrival Time

Roads leading into the Start Area close between 6:45 AM/7:00 AM!

7:20 AM - Corrals open

7:30 AM - Start Time

**!** **IMPORTANT: IF YOU REGISTERED FOR THE 5K, PLEASE ADHERE TO THE 5K ROUTE AND THE CATEGORY FOR ACCURATE TIMING FOR THIS EVENT. Be sure to cross the finish line!**

Start times are subject to change, so keep your eyes peeled for email updates from us or follow us on our Facebook page: [www.facebook.com/gallatinchamber](http://www.facebook.com/gallatinchamber). Please be in your corral five minutes prior to the start of your race. Remember to social distance. There will be a break of approximately three minutes between the 10k and 5k. This event is rain or shine.

**Be sure to cross the finish line!**

**NOTE: EMAILS will be sent to the email provided at registration.**



## A GUIDE TO RACE DAY ETIQUETTE

- Whether this will be your first ever race or your 100th, here's a list of ten race day etiquette tips to help make it a great one.
- Wear your bib on the front of your shirt or shorts. Your bib contains your timing chip (it's the sticker on the back). It is also how we identify you when crossing the finish line, who you are in photos, and where you're supposed to be. Make sure it is visible from the front at all times and is securely fastened with 4 safety pins (provided to you at pick-up).
- If you're a slower runner or need more time to warm up, start towards the back of the corrals. Strollers and walkers to the back. If you'll be running with a stroller, or if you're planning to walk/slow jog to start, start at the back of your wave to avoid becoming a bottleneck.
- Pass on the left, stay to the right. If you're having the best day ever and speeding up, pass runners on the left. If you're needing to slow down, move to the right to allow others to easily pass. "On the left!" This is the universal sign that a faster runner is behind you and plans to pass on your left. Do them a solid and step to the right.
- Be careful when taking selfies mid-race. We're all for photos, but please be careful when taking them to avoid causing a pile-up or dropping your phone. It's always best to step to the side to snap your pic and to look over your shoulder before stopping.
- Run through the finish line. You did it! You made it to the finish, and one of the most congested areas is after you cross the line. Don't stop right on the line—there are runners coming in hot behind you! Keep moving toward the medals and post-race snacks.
- If you do require medical assistance, do your best to step to the side and wave down a volunteer or emergency personnel working along the route who can help you walk and get to medical personnel.
- Edmonton State Bank is the official water sponsor and will have water available before and after the race near the start/finish line.
- Have Fun! Remember you trained for this and race day is intended to be a community celebration of fun and fitness. Don't forget to smile, compliment a participant's costume, and be sure to say thank you to volunteers and public safety officers. Positive vibes are welcomed and encouraged!

**Don't forget the COSTUME Contest!**

**PRE-RACE for 2025**

**Don your best Irish / Green attire!**

**#GallatinShamrockRun25**



## **BIB INFORMATION**

The Gallatin Shamrock Run 5k and 10k is a chip-timed event.

Please be sure to **CROSS THE FINISH LINE** and adhere to the race (5k or 10k) you registered for to receive accurate timing. A Matter of Timing, our timing company for the Shamrock Run, will provide each participant with an accurate time from the start to the finish line. Your time will be available at [www.amatteroftiming.com](http://www.amatteroftiming.com) after the race. Because of this, individual timing tags are affixed to the back of each bib number. Leave the tags on the back of the bib number and wear the bib number on your front torso, so that it is clearly visible on the outside of your clothing.

Please ensure the following are in order to receive an accurate time and to access your start corral:

- Race bib is clearly visible on the front of the torso.
- Race bib is unaltered and unmodified (do not fold or wrinkle).
- Race bib is pinned in all four corners.
- Race bib is not covered (jackets, runner belts, water bottles, etc.).

## **PARKING**

Parking is available at several locations along Smith Street and S Water Avenue. Please be sure to pull all the way into the parking lot to give maximum space for others to park. We anticipate around 500 participants, volunteers, and sponsors who will need room to park. We also encourage carpooling to the event site for you and your team. All roads included along the route will close between 6:45 am and 7:00 am!

### Parking Areas along W Smith Street:

- Beside the Sumner County Museum and across from 175 W Smith Street (Behind the First Presbyterian Church)
- Across from the Sumner County General Sessions Court at W Smith Street (Behind the First United Methodist Church)
- Across from Bledsoe Baptist Association at 145 E Smith Street or behind the First Baptist Church on E Smith Street.

### S Water Avenue Parking:

- Next door to 215 S Water Avenue and across the street from Sumner County General Sessions Court



**DO NOT PARK ALONG MAIN STREET, FRANKLIN STREET, NORTH WATER AVENUE, PUBLIC SQUARE OR ANYWHERE ALONG THE ACTUAL ROUTE TO GET TO THE START LOCATION.**



# PARKING MAP

**Be sure to be parked and in the EVENT ZONE by no later than 6:45am. The roads along the route will close promptly at 6:45am.**



**PARKING**

**ROADS CLOSE AT 6:45am**

**To Parking\***  
 \*Smith Street will not close but you will have limited access after 6:45am.

## PARKING AREAS ALONG W SMITH STREET:

- Beside the Summer County Museum and across from 175 W Smith Street (Behind the First Presbyterian Church)
  - Across from the Summer County General Sessions Court 117 W Smith Street (Behind the First United Methodist Church)
  - Across from Bledsoe Baptist Association 145 E Smith Street (Between First Baptist Church Student Center 155 E Main St and the Gallatin Public Library 123 E Main St)
  - Behind the Summer County Probation Office 236 E Smith Street
- S WATER AVENUE PARKING:**  
 Next door to 215 S Water Avenue and across the street from Summer County General Sessions Court

## COURSE INFORMATION

**Start Location: Gallatin City Hall, 132 W Main Street, Gallatin, Tennessee**

### **10K Route (Take the 5K Loop Twice - Info Included Here)\*\***

**START**—Gallatin City Hall Parking Lot—132 W Main Street

Turn Right out of City Hall Parking Lot (Pass City Hall)

Turn Right onto Locust Avenue (Best Donuts)

Turn Right onto Franklin Street—Continue on Franklin St to Boyers Ave

Turn Right onto Boyers Avenue

Turn Left onto MAIN STREET—Continue on Main Street

Turn LEFT onto E Main Street to Kraft Street

Turn Right onto Kraft Street to Hartsville Pike

Turn Right onto Hartsville Pike (Hartsville Pike will turn into Main Street)

Follow Main Street to PUBLIC SQUARE and turn right into the Square

Make a loop around the Court House and back to Main Street

Continue on Main Street past City Hall to Locust Avenue

Turn Right onto Locust Street (Best Donuts)

Turn Right onto Franklin Street—Continue on Franklin St to Boyers Ave

Turn Right onto Boyers Avenue

Turn Left onto MAIN STREET—Continue on Main Street

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Turn Right onto Kraft Street to Hartsville Pike

Turn Right onto Hartsville Pike (Hartsville Pike will turn into Main Street)

Follow Main Street to PUBLIC SQUARE and turn right into the Square

Make a loop around the Court House and back to Main Street

Continue on Main Street past City Hall to Locust Avenue

Turn Right onto Locust Avenue (Best Donuts)

Turn Right onto Franklin Street

Enter City Hall Parking Lot just past the Gallatin Fire Department.

**You are FINISHED**



**\*\*IMPORTANT: IF YOU SIGNED UP FOR THE 10K, PLEASE ADHERE TO THE 10K ROUTE & THE CATEGORY FOR ACCURATE TIMING!**

### **5K Route\*\*\***

**START**—Gallatin City Hall Parking Lot—132 W Main Street

Turn Right out of City Hall Parking Lot (Pass City Hall)

Turn Right onto Locust Avenue (Best Donuts)

Turn Right onto Franklin Street—Continue on Franklin St to Boyers Ave

Turn Right onto Boyers Avenue

Turn Left onto MAIN STREET—Continue on Main Street

Turn LEFT onto E Main Street to Kraft Street

Turn Right onto Kraft Street to Hartsville Pike

Turn Right onto Hartsville Pike (Hartsville Pike will turn into Main Street)

Follow Main Street to PUBLIC SQUARE and turn right into the Square

Make a loop around the Court House and back to Main Street

Continue on Main Street past City Hall to Locust Avenue

Turn Right onto Locust Street (Best Donuts)

Turn Right onto Franklin Street

Enter City Hall Parking Lot just past the Gallatin Fire Department.

**You are FINISHED**



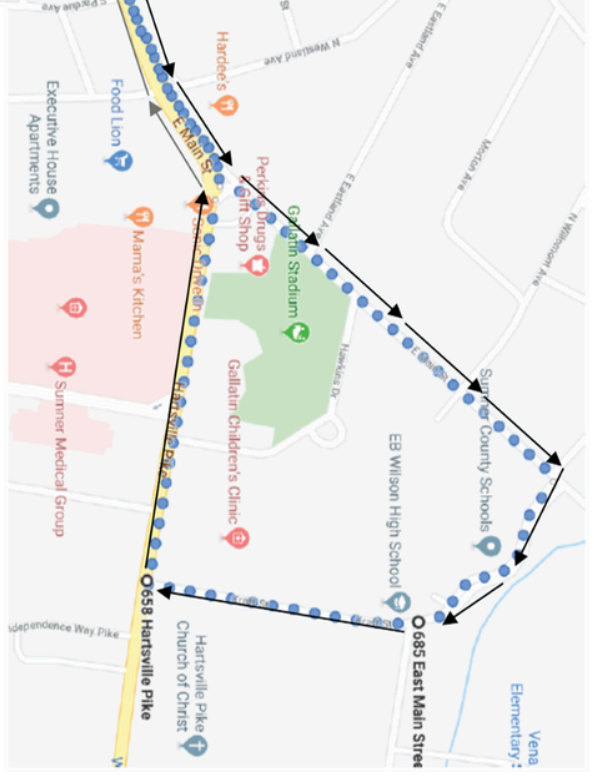
**\*\*\*IMPORTANT: IF YOU SIGNED UP FOR THE 5K, PLEASE ADHERE TO THE 5K ROUTE & THE CATEGORY FOR ACCURATE TIMING!**





**5K ROUTE**  
**START**—GALLATIN CITY HALL PARKING LOT—118 W MAIN STREET

- Turn Right out of City Hall Parking Lot (Pass City Hall)
- Turn Right onto Locust Avenue (Best Donuts)
- Turn Right onto Franklin Street
- Continue on Franklin Street to Boyers Avenue
- Turn Right onto Boyers Avenue
- Turn Left onto MAIN STREET—Continue on Main Street
- Turn LEFT onto E Main Street to Kraft Street
- Turn Right onto Kraft Street to Hartsville Pike
- Follow Main Street to PUBLIC SQUARE and turn right into the Square
- Make a loop around the Court House and back to Main Street
- Continue on Main Street past City Hall to Locust Street
- Turn Right onto Locust Avenue (Best Donuts)
- Turn Right onto Franklin Street
- Enter **City Hall Parking Lot** just past the Gallatin Fire Department.
- You are **FINISHED**



**10K ROUTE**  
**START**—GALLATIN CITY HALL PARKING LOT—118 W MAIN STREET

- Turn Right out of City Hall Parking Lot (Pass City Hall)
- Turn Right onto Locust Avenue (Best Donuts)
- Turn Right onto Franklin Street—Continue on Franklin Street to Boyers Avenue
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- Turn Left onto MAIN STREET—Continue on Main Street
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- Enter **City Hall Parking Lot** just past the Gallatin Fire Department.
- You are **FINISHED**



## COURSE RULES

Please read through ALL of these rules so there are no surprises on race day!

- We love our walkers. One favor: If you are only walking, we ask that you remember you must complete the race by 9:00 am. For the 5k walkers, we ask that they can hold a minimum of a 20 minute per mile pace. That's a leisurely pace along a primarily flat course. If the 10k runner/walker, we ask that they can hold a minimum of a 15 minute per mile pace. If you are on the street past 9:00 am, we can unfortunately no longer guarantee course support - which is paramount for your safety. The local police and race organizers will ask you to either move onto the sidewalk and obey pedestrian laws, or transport you further up on the course to catch up to a group. All roads will open to traffic at 9:00 am.
- There is no age minimum or maximum, so feel free to bring the kids or grandparents and make it a family activity. Just make sure each participant can keep the pace, and that anyone under 12 is accompanied by a grown-up on the course.
- Those participants with strollers of any sort are only permitted to participate in the 5k and must keep to the left on the course at all times in a single file.
- Wheelchair athletes are permitted based on their wheelchair type and the city's course. Please email us for more information.
- ALL PARTICIPANT ENTRIES ARE NON-TRANSFERABLE AND NON-REFUNDABLE.
- Bikes and rollerblades are not allowed on the course. Feel free to ride your bike to the event, but please park it before you get on the course.
- This event will go on, rain or shine, and is a non-refundable event.
- If you are a participant who wants to use a backpack during the race - please take note that we only allow CLEAR backpacks, all others are prohibited.



**FOR THE SAFETY OF OUR RUNNERS & OUR FURRY FRIENDS,  
NO PETS ARE ALLOWED ON THE COURSE.**

They are welcome to join us at the awards ceremony. All pets must be on a leash.

## COURSE AMENITIES

- **Water is available at the START and FINISH line.**
- **In case of emergency, we have medical personnel standing by at Gallatin City Hall. Emergency personnel will also be on the course, should you need assistance.**
- **RESTROOMS: Gallatin City Hall, 132 W Main Street or The Station, 117 W Main Street will be open for those needing a restroom before or after the race. (6:00 am until 10:00 am)**

## RACE DAY EXPERIENCE – "TOP O' THE MORNIN"

### REGISTRATION AND PACKET PICK UP

If you have not already picked up your race packet, registration and race packet pick up will begin at 6:30am at Gallatin City Hall, 132 W Main Street. We highly recommend picking up your packet on Friday, if possible.

### ENTERTAINMENT

DJ Jay (Jay Ingram, The Ingram Law Firm PLLC) will be kicking things off to some lively tunes just right for the Shamrock Run! Dance along and visit our sponsor booths and grab some swag or a bottle of water from our water sponsor, Edmonton State Bank! Be sure to thank the sponsors for their continued support of the Gallatin Chamber Foundation!



### SMILE BIG!

A photographer will be at the event before, during, and after the race! Be sure to SMILE BIG for the camera! We'll be emailing a link to the email address provided at registration soon!



# RACE DAY EXPERIENCE – "TOP O' THE MORNIN'" (Continued)

## MEDAL

The first 500 participants to cross the finish line will receive an official Gallatin Shamrock Run medal to commemorate their awesome achievement. We recommend displaying this sturdy, high-quality medal on a wall for maximum bragging rights. You'll be handed your medal after crossing the finish line.

## RACE SHIRTS

For those who registered between October 1, 2024 - and February 12, 2025, you will receive a commemorative long-sleeved Gallatin Shamrock Run moisture-wicking race shirt at packet pick up. Any extras will be available the morning of the race.

## AWARDS CEREMONY

Join your fellow runners and walkers for the awards ceremony following the race! DJ Jay will keep the party going while runners wait for results. The awards ceremony is tentatively scheduled for 9:00 am.

- Only the top 3 overall male and female runners for both the 5k and the 10k are guaranteed to be announced at the Post Race Party.
- Age group certificates will only be announced if time permits. If time does not permit, age group first - third-place certificates will be mailed to the winners within 6-8 weeks. We will do our best to announce all the winners but the TOP 3 OVERALL 5k & 10k are a "definite go."
- All race times will post on [www.amatteroftiming.com](http://www.amatteroftiming.com) later in the day.
- Costume awards and a Team Spirit award will be presented at the awards ceremony.

## AGE GROUP AWARDS

If time permits, all-Age Group Awards (first place) will be given to the top finishers in each age group for each distance. Age groups are 12 and under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+. The top 3 overall male and female runners for both the 5k and the 10k are guaranteed to receive their award certificates at the Awards Ceremony. Again, age group awards will be presented after the race if time permits. If not, the certificates not awarded after the race will be mailed within 2-4 weeks to the address presented at registration.

## COSTUME CONTEST!

Did we say costume contest? YES, we did! Don your best St. Patty's day attire and join us BEFORE the race in front of the STAGE for costume shenanigans! Certificates will be awarded to the best-costumed individual and team!



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# IN MEMORY OF JAMES B. HAWKINS

## SPECIAL THANK YOU

GALLATIN POLICE DEPARTMENT - GALLATIN FIRE DEPARTMENT  
SUMNER COUNTY EMA - SUMNER COUNTY SHERIFF'S OFFICE - SUMNER COUNTY EMS  
CITY OF GALLATIN PARKS & RECREATION - CITY OF GALLATIN PUBLIC WORKS

