

MEDIA ALERT

Media Contact:

Marianne Caponi

Bank of America Shamrock Shuffle

(P) 312.992.6618

(C) 312.446.4463

(F) 312.904.9820

marianne.caponi@bankofamerica.com



SHAMROCK SHUFFLE 8K

30th Anniversary Shamrock Shuffle Welcomes 32,500 Runners and Walkers, Sunday, March 29

CHICAGO (March 24, 2009) – On Sunday, March 29, 32,500 runners and walkers will line up to participate in the Bank of America Shamrock Shuffle. Locally recognized as Chicago’s official rite of spring and the beginning of the outdoor running and walking season, the 30th anniversary 8K Run and 5K Fitness Walk will draw thousands to the downtown area for a day of celebration.

The 8K course will take approximately 30,000 runners on a tour of Chicago’s downtown area, starting and finishing in Grant Park while the 2,500 walkers enjoy a morning stroll along the lakeshore. All participants, their guests and Chicagoans are invited to celebrate the occasion at the Post-Race Party on Columbus Dr. immediately following the conclusion of the race.

Leading up to the event, the Health & Fitness Expo will welcome more than 50,000 visitors to Navy Pier on Friday, March 27 and Saturday, March 28. More than 75 exhibitors will feature official 30th Anniversary Shamrock Shuffle merchandise and the latest in running, fitness and nutrition.

A complete schedule of events and street closures to accommodate the road race follow. More information and details are available at shamrockshuffle.com.

Health & Fitness Expo

Navy Pier Festival Hall B

Friday, March 27

10:00 a.m. - 8:00 p.m.

Saturday, March 28

9:00 a.m. - 6:00 p.m.

Expo Transportation and Parking:

Free transportation to the Expo is available via a trolley that will run between the intersection of State and Lake Streets and Navy Pier during Expo hours. Discounted Navy Pier parking vouchers are available to all Expo attendees at a flat rate of \$10. Vouchers are available just inside the Expo entrance.

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30th Anniversary Shamrock Shuffle 8K Run & 5K Fitness Walk

Sunday, March 29

- 8:30 – 9 a.m. Media Availability with Deena Kastor at Start Line (upon request)
- 9:30 a.m. 8K Race Start (Columbus Drive & Jackson Boulevard)
- 10 a.m. 5K Fitness Walk Start (Columbus Drive & Jackson Boulevard)
- 10:30 a.m. Interviews with winners at Finish Line
- 10 a.m. – 1:30 p.m. Post-Race Party featuring *Maggie Speaks* (Columbus Drive)

Race Day Media Parking: Media vehicles are permitted to park on the northwest side of Jackson Boulevard between Michigan Avenue and Columbus Drive. To access parking, vehicles should obtain a parking placard from event staff and enter Jackson Boulevard from Michigan Avenue. To request a parking placard, contact Marianne Caponi at (P) 312.992.6618, (C) 312.446.4463 or marianne.caponi@bankofamerica.com.

Race Day Media Start Line Access: For optimal site lines of the start, crews are advised to take position on the west side of Columbus Drive, near Jackson Boulevard. If you need additional assistance, check in with the public relations team located at the Start Line stage.

Scheduled Street Closures for Sunday, March 29:

Columbus Drive, from Randolph Drive to Grand Avenue	9:15 a.m. - 10:15 a.m.
Grand Avenue, from Columbus Drive to Rush Street	9:15 a.m. - 10:30 a.m.
Rush Street, from Grand Avenue to Hubbard Street	9:15 a.m. - 10:30 a.m.
Hubbard Street, from Rush Street to State Street	9:15 a.m. - 10:30 a.m.
State Street, from Hubbard Street to Jackson Boulevard	9:30 a.m. - 10:45 a.m.
Jackson Boulevard, from State Street to Jefferson Street	9:30 a.m. - 11:00 a.m.
Jefferson Street, from Jackson Boulevard to Harrison Street	9:30 a.m. - 11:00 a.m.
Harrison Street, from Jefferson Street to Michigan Avenue	9:30 a.m. - 11:15 a.m.
Michigan Avenue, from Harrison Street to Roosevelt Road	9:30 a.m. - 11:30 a.m.
Roosevelt Road (westbound lanes only), from Michigan Avenue to Columbus Drive	9:30 a.m. - 11:30 a.m.

For more information on street closures, visit www.shamrockshuffle.com/streetclosures.

Grant Park Vehicle Access:

There will be limited vehicle access to Grant Park for the duration of the event, beginning in the early morning hours until approximately 3 p.m.

30th Anniversary Shamrock Shuffle

The Bank of America Shamrock Shuffle will usher in the Chicago running season on Sunday, March 29 with an 8K Run through the city and 5K Fitness Walk along the lakeshore. Beginning and ending in historic Grant Park, the 8K provides an abbreviated preview of the Chicago Marathon course as it circles the city's stunning downtown architecture. 5K walkers are treated to a scenic stroll along the shores of Lake Michigan in the shadow of the magnificent city skyline. Online registration for both events closed on January 29 when the 32,500 participant capacity was reached. The Chicago community is invited to celebrate along the course or sign up to volunteer. For more information, visit shamrockshuffle.com.

www.shamrockshuffle.com