

Great Speedwork for the Spring Racing Season!

Past Winners:

Men:

Isaac Haas, 10:05 2013*
Adam Beck, 10:13 2012
Mark Biros, 10:24 2011
Mark Biros, 10:09 2010
Mark Biros, 10:30 2009

Women:

Maggie Shields, 12:27 2013
Rachel Clemons, 12:38 2012
Roberta Meyer, 12:13 2011
Sara Biros, 13:38 2010
Lara Overton, 11:59 2009*

* Course and Meet Record

Share this with your friends on
Twitter and Facebook!

More Information:

A limited number of Leprechaun Run
tech shirts (\$15) will be available
race day on a first-come basis.

Door Prizes donated by Jeffersonville
Main Street merchants and other
southern Indiana donors!

School, business, fitness groups
(5 or more) are eligible for group rates.
See: *ADDITIONAL INFO.



30th Annual Runner-of-the-Year 2014 Racing Series

March 11 - The Leprechaun Run 2M (Jeff)
May 24 - Run for the Berries 5K (Starlight)
June 21 - Barnyard Dash 10K (Starlight)
June 22 - Founders Day 5K (Charlestown)
July 28 - Championship of the World
Mile Run (Clarksville)
August 16 - Chuck's 5K (New Albany)
Sept. 13 - Lanesville Heritage 8M (Lanesville)
Nov. 8 - DASH 47130 5K (Jeff)
Nov. 27 - Fast Freddie's 5 Miler (New Albany)

For more information, go to:
fastfred@fredrun.com or
www.pacersandracer.com



300 Spring Street
Jeffersonville, Indiana
6:30 pm



*Include the Leprechaun Run
in your Race to Fitness*

COURSE: 2-MILES

Very flat, out-and-back course starts at Watt & Chestnut Sts, East to Main St. and back. USATF Sanctioned

AWARDS:

Beautiful plaques to the top 3 overall male and female finishers. Specially-designed medals to the top 50 finishers of each gender. **Plaque to the best St. Patrick's Day themed costume!**

PRE-REGISTRATION FEE of \$20 before March 1. **After March 1 is \$25.** Race-day registration \$25. Register at www.fredrun.com

CHECK IN & LATE REGISTRATION: 4:30 p.m. - 6:10 p.m. at 300 Spring Street & Chestnut Sts., Jeffersonville, IN.

REGISTRATION:

Includes race number which entitles you to one beverage (green beer or soft drink), door prizes, bags of gold, a Pot of Gold, Finish Medals, and (at a small cost) pizza. Doors will close at 8:00 p.m.

HIGH SCHOOL COACHES:

Your athletes are eligible to participate as this is a road race.

***ADDITIONAL INFO:**

502-554-7245 or fastfred@fredrun.com

SPECIAL THANKS TO:

- All Trax Timing
- Fred Run Ltd.
- Jeffersonville Parks
- Kaiser Wholesale Inc.
- Louisville Numismatic Exchange
- Mathes Pharmacy
- News and Tribune
- Orange Leaf Yogurt
- G.D. Estes & Company



PROCEEDS GO TO:

Purdue University School of Pharmacy Type I Diabetes Education for Clark-Floyd and Harrison Counties and Jeffersonville Riverstage.

DONATIONS:

If you would like to donate to either of the above causes, but are unable to participate, call the number listed elsewhere on this flyer. Donations may be tax deductible. Make a donation of \$100 and receive a specially designed plaque marking your contribution.



Tuesday, March 11, 2014
The Shamrock - 6:30 p.m.

Send release, check and entry form to:
AllTrax Timing - Jim Kaiser
215 Stirrup Circle
Nicholasville, KY 40356

make checks payable to: All Trax Timing

Race #: _____

for official use only

Name _____

Address _____ City/State/Zip _____

Phone _____ Email _____

Date of Birth _____ Age _____ Sex _____

In consideration of the acceptance of my entry for the Leprechaun Run, I, myself, my heirs, executors and administrators, waive and release all claims against Fred Run Ltd., USATF, and all contractors, promoters, supporters and volunteers, for all claims of damage, injuries, demands, actions in any manner as a result of my participation in the Leprechaun Run.

Signature _____ Date _____

(Signature of parent if under 18 years of age)