



# 2025 ATHLETE GUIDE



# ABOUT OUR HOST



For over 20 years, the Blue Crab Restaurant & Oyster Bar has been the place eat, drink and be merry on the New Orleans Lakefront!



# Important Last Minute Race Information

**DON'T  
FORGET**



**SPRING FORWARD  
OR YOU'LL BE LATE  
FOR OUR 7:15AM START  
TIME!!!**



WELCOME TO  
SHAMROCKIN  
RUN 2025



For the 2<sup>nd</sup> time, the 2025 Shamrockin Run New Orleans Half Marathon, 10K and 5K, and our Kids One Mile Fun Run will be taking place from our new host location, The Blue Crab Restaurant & Oyster Bar.

Located at 7900 Lakeshore Drive on the southern shores of Lake Pontchartrain, the Blue Crab is the place to be for the best in Seafood Specials and Live Entertainment and now the Host of the 2025 Shamrockin Run New Orleans.

If this is your first time to New Orleans, Welcome! Or if this is the first time to our event, Thank You! Enjoy the Shamrockin Run and the City of New Orleans!!



**SATURDAY, MARCH 8, 2025**

**SATURDAY**

**SCHEDULE**



Race Packet-Pick-up & Registration

The Blue Crab Restaurant & Oyster Bar, 7900 Lakeshore Drive, New Orleans, Louisiana 70124

11:00am to 6:00pm - Registration & Packet Pick-up





SUNDAY

SCHEDULE



**SUNDAY, MARCH 9, 2025**

The Blue Crab Restaurant & Oyster Bar, 7900 Lakeshore Drive, New Orleans, Louisiana 70124

5:30am to 7:15am - Registration & Race Packet Pick-Up

6:00am to 7:30am - Gear Check

7:15am - Shamrockin Run New Orleans - Half Marathon - Start

7:30am - Shamrockin Run New Orleans - 10K, 5K & Guinness Challenge - Start

8:30am to 12:30pm - Post Event Party Celebration

10:00am - Leprechaun Kids One Mile Fun Run

9:15am - 5K Awards - 9:45am - 10K Awards

10:15am - Half Marathon Awards



**SUNDAY, MARCH 9, 2025**

The Blue Crab Restaurant & Oyster Bar, 7900 Lakeshore Drive, New Orleans, Louisiana 70124

The Half Marathon has a 4 Hour Time Limit

Gear Check opens at 6:00am and closes at 7:15am

Awards for the Half Marathon & 5K will be given to the top 3 overall finishers and the top 3 in each 5 year age group

5K awards at 9:15am, 10K awards at 9:45am, Half Marathon awards at 10:15am

8:30am to 12:30pm - Post Event Party Celebration

New Orleans EMS will be at the Start / Finish Line and will also be on course during the event for your safety and security.

## GENERAL RACE INFO





## RACE COURSE

## INFORMATION



**SUNDAY, MARCH 9, 2025**

The Blue Crab Restaurant & Oyster Bar, 7900 Lakeshore Drive, New Orleans, Louisiana 70124

**RACE COURSE CLOSED TO ALL TRAFFIC**

7:15am - Shamrockin Run - Half Marathon - Start

7:30am - Shamrockin Run - 10K, 5K, & 5K Guinness Challenge - Start

10:00am - Leprechaun Kids One Mile Fun Run

Aid Stations on course at 6 locations with water, ice and Gatorade.

Aid Station near mile 6 will offer energy gels and bananas.





RACE COURSE

HALF MARATHON





# ATHLETE FLOW FOR SHAMROCKIN RUN NEW ORLEANS



ALL 4 LANES ON LAKESHORE DRIVE ARE CLOSED TO TRAFFIC



Inbound Runners heading to Finish Line

Lakeshore Drive

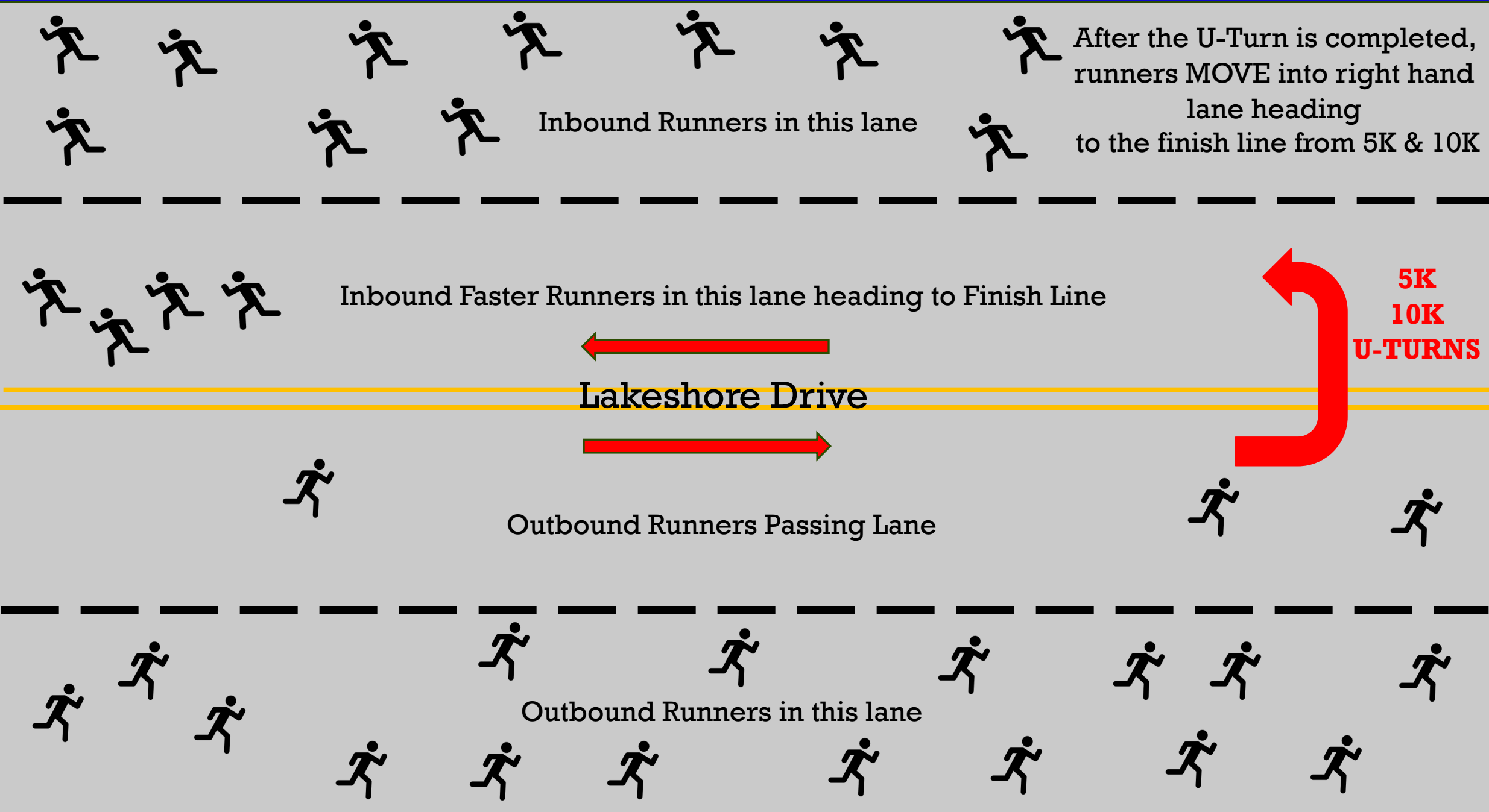


5K  
10K  
U-TURNS

Outbound Runners Passing Lane and Emergency Vehicle Lane ONLY!



Outbound Runners in this lane





RACE COURSE

10K ROAD RACE





# ATHLETE FLOW FOR SHAMROCKIN RUN NEW ORLEANS



ALL 4 LANES ON LAKESHORE DRIVE ARE CLOSED TO TRAFFIC



Inbound Faster Runners heading to Finish Line



Lakeshore Drive



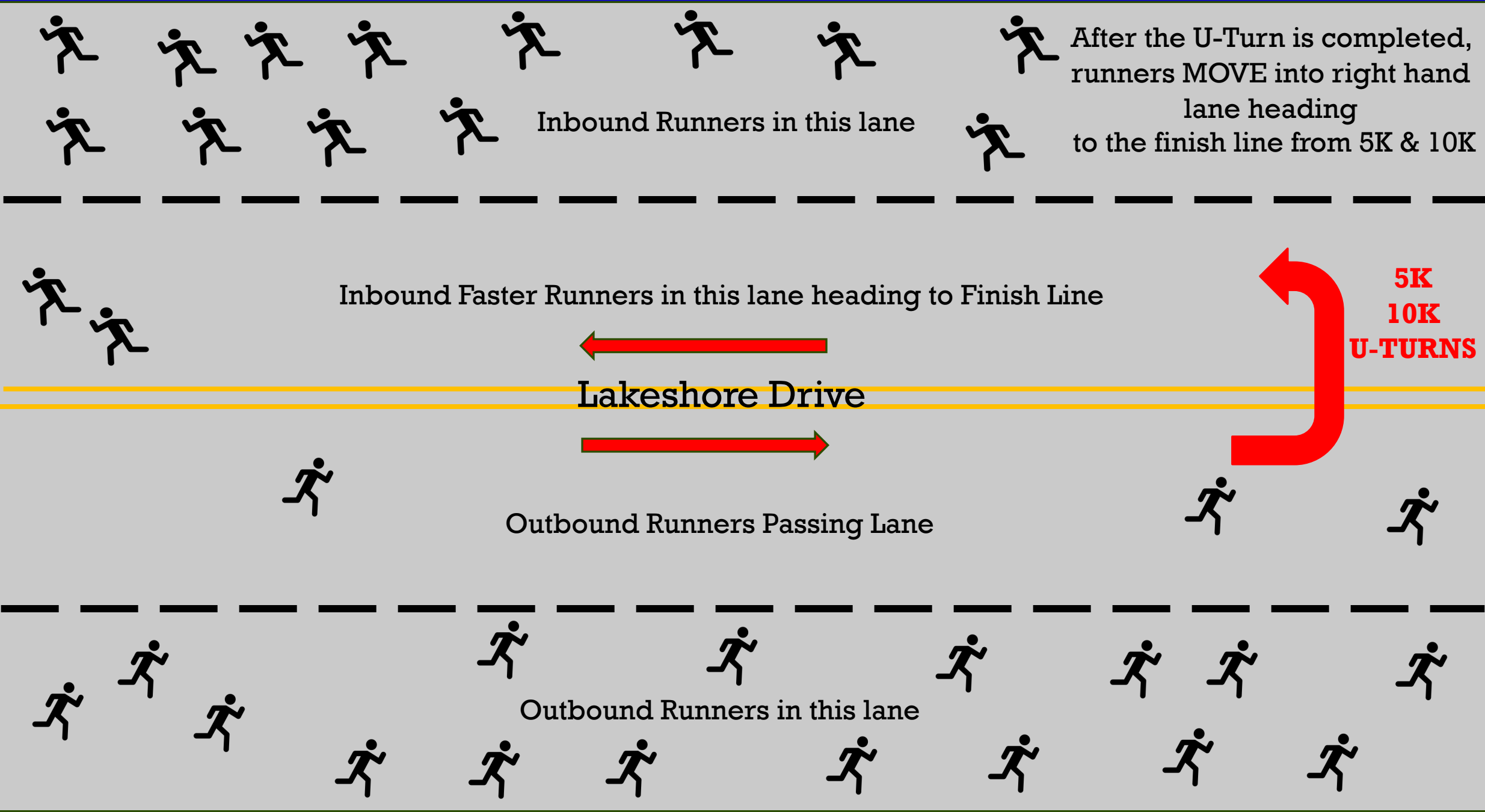
5K  
10K  
U-TURNS

Outbound Runners Passing Lane and Emergency Vehicle Lane ONLY!



Outbound Runners in this lane







# RACE COURSE

# 5K ROAD RACE



# ATHLETE FLOW FOR SHAMROCKIN RUN NEW ORLEANS

ALL 4 LANES ON LAKESHORE DRIVE ARE CLOSED TO TRAFFIC

Inbound Faster Runners heading to Finish Line

Lakeshore Drive

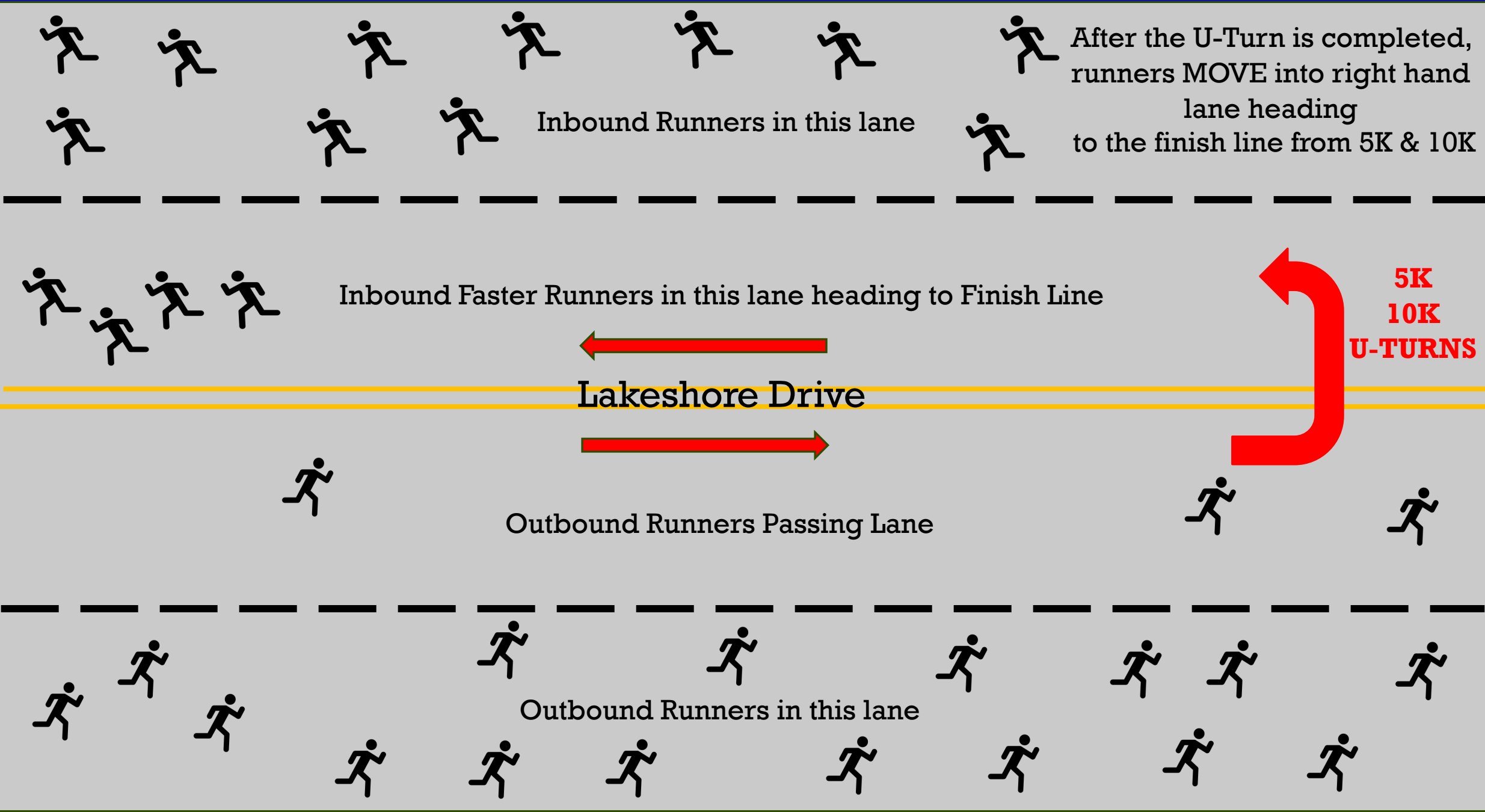
5K  
10K  
U-TURNS

Outbound Runners Passing Lane and Emergency Vehicle Lane ONLY!

Outbound Runners in this lane









RACE COURSE

LEPRECHAUN  
KIDS FUN RUN





# **SHAMROCKIN' RUN**

**Half Marathon • 10K • 5K**

**NEW ORLEANS**

## **Event Parking Information & Map Key Points of Interest**

- 1.) Arrive Early!**
- 2.) Arrive Early!**
- 3.) Arrive Early!**

**Half Marathon, Start at 7:15am / . 10K, 5K & 5K Guinness Challenge – Start at 7:30am  
Leprechaun Kids Run 10:00am  
Half Marathon has a 11:15am Time Cut Off**

### **IMPORTANT NOTICE**

**The Parking Lots directly across the Street from Felix's, The Blue Crab and Landry's will have coned off Parking Spots for the staff of each Restaurant on the Lakefront. Please do NOT PARK in these spots!**

# Parking on Lakeshore Drive

- As athletes approach The Blue Crab Restaurant and Lakeshore Drive on West End Blvd., parking Lots 1, 2 and 3 will be the first lots runners will come in contact with heading east on Lakeshore Drive.
- Lakeshore Drive has hundreds of individual parking spots heading east that will be open on race morning. Runners are encouraged to take those spots along Lakeshore Drive on the southside ONLY!
- Athletes parking on southside of Lakeshore Drive will have to head east upon leaving the event when your race is over. Traffic will only be allowed to flow in an easterly direction.
- Athletes are discouraged from parking on the northside of Lakeshore Drive. Inbound runners heading to the finish line will be running in the northern lanes heading west towards the finish line and the Blue Crab.
- The distance from the Blue Crab Restaurant to Parking Lot 1 and Shelter 1 is  $\frac{1}{4}$  of a Mile.
- The distance from the Blue Crab Restaurant to Parking Area #2 is .6 of a Mile
- The distance from the Blue Crab Restaurant to Parking area #3 is .8 of a Mile
- The distance from the Blue Crab Restaurant to Parking Area #4 is 1.4 Miles
- The distance from the Blue Crab Restaurant to Parking area #5 is 1.7 Miles
- **On event morning from 6:00am to 7:15am, Race Management will be running two shuttle busses from Shelter #1 near the starting line to the western side of the Bayou St. John Bridge to pick up and drop off athletes at Shelter #1. Shelter one is less than a  $\frac{1}{4}$  mile from the Blue Crab.**
- **This will continue at 9:30am to assist with runners leaving the race site and heading back to some of the parking areas along Lakeshore Drive. This post event service will run from Shelter #1 to the Bayou St. John Bridge.**



# SHAMROCKIN' RUN

Half Marathon • 10K • 5K

NEW ORLEANS

## Overall Parking Map



**Shuttle Bus Pick Up and Drop off Coverage Area**  
6:00am to 7:15am                      9:30am to 12:30pm

**Race Start & Finish**

**Parking Lot #1**

**Shelter #1**

**Parking Lot #2 & #3**  
Use Canal Blvd. to access these two lots.

**Parking Lot #4 & #5**  
Use Marconi Drive or Beaugard Ave. to access Parking areas.

**Bayou St. John Bridge**

Ponchartrain Lake Front Playground

Mardi Gras Fountain

St. Pius X Catholic Church

Lakeshore Park

Tourmaline

Canal



**PONTCHARTRAIN EXPRESSWAY**

**DIRECTIONS!!!**  
**The Blue Crab is 6.7 miles from downtown New Orleans**  
**7900 Lakeshore Drive**  
**New Orleans, LA 70124**

**I-10 WEST**

**I-10 from Downtown New Orleans**

10

New Orleans City Park

New Orleans Museum of Art

Metairie

Jefferson

Nine Mile Point

New Orleans

We would like to take this opportunity to thank our Partners, Sponsors, First Responders, Volunteers and Staff for their assistance to make this event possible.

A Special Thank you to the Blue Crab Ownership Group and Management Staff for hosting our 2025 event.

THANK  
YOU

