



Saturday, March 14, 2026
St. Luke's Lutheran Church
2021 W. State Rd. 426, Oviedo, FL 32765

Thank you for joining us for the 15th Annual Sham Rock N' Run 5k to benefit HOPE Helps.

FREQUENTLY ASKED QUESTIONS

Where can I pick up my Race Bib/Race Bag/Shirt?

In Advance: Racers can pick up their packet early to avoid the lines on the morning of the race! Packet pick up will be at Beers & Gordon P.A., 313 S Central Ave in Oviedo, on Thursday, March 12th from 8:00 am – 6:00 pm.

On Race Day: Packet Pick Up will be at the HOPE tent at St. Lukes on Race Day from 7:00 am to 7:55 am. **Gear check is available at Packet pick up this year.**

Where do I park?

There is ample parking in the Church, School and Lutheran Haven parking lots, as well as in the new parking lot down the road to the north of St. Luke's. Enter from 426 and volunteers will direct you to the best spot.

Will the race be timed?

Yes, this is an officially timed race. We also have a runner app called "**RaceJoy**" for a better race experience. You can **Download RaceJoy for free!** Available on Apple and Android Devices. To use, participants must carry their phones during the event and click "Start My Race" as they cross the start line to begin their personal GPS tracking. These interactive race day features are being provided to you by the race at no charge.

Search for your race: Go to Featured Races to locate this event and click on the race to enter.

HOPE's 15th Annual Sham Rock N Run 5K

Set Up: Follow the prompts carefully to get set up properly for race day.

Race Day: Carry your phone during the race and click START MY RACE as you cross the Start Line.

Where does the race start?

See map attached for the race course. The race begins at the back of the St. Luke's School property. Registration will be in the open area by the Pavilion (see map). Signs and volunteers will be pointing the way.

What time does the race start?

Registration opens at 7:00 am and the race begins promptly at 8:00 am. Racers will be organized by areas accordingly:

1- Runners, Joggers, Strollers and Walkers

2- Based on time of arrival

Listen to race director for directions! **Remember your time does not start until you cross the start line timing mat!**

I have friends and family who would like to participate but haven't registered yet. Can they still sign up?

Of course – we would love to have them join us. Shirts and medals are only guaranteed for the first 700 registrants, so hurry! They can go to www.hopehelps.org/sham-rock-n-run-5k/ and register or donate to HOPE for any amount. We greatly appreciate all donations!



(FAQ Continued)

What else is going on?

In addition to the 5k, we will also be holding a costume contest, so come dressed in your best St. Patty's running gear! Beginning at 9:20 am there will be awards given for best costume followed by overall male and female winners, ending with the top three male and female winners in various age categories followed by overall winners. We will also have a prize for the largest team, Irish Dancers, DJ, Stilt-walker, Bagpiper, and a free Little Leprechaun Lap for children under 10 beginning at 9:00 am to entertain all morning long.

Can I push a stroller or bring my dog?

You are welcome to push a stroller in the race. We just ask that you stay towards the back when the race begins. Dogs, other than service dogs, are not allowed at the race.

Where are the restrooms?

Restrooms are located outside Founder's Hall behind the pavilion and in the New Gym. The hand washing station is located at the Founders Hall Gym on the outside wall. See map.

Where is First Aid?

There will be a First Aid table across from the medals by the Vendor tables. See map.

Will there be refreshments?

Runners will have an opportunity to pick up a bottle of water, snack, and fruit. Food is located near the Pavilion. See map.

Will there be water stations on the course?

We will have two water stations on the course. The locations are centrally located on the course to allow for maximum availability for the runners. See map.

Where can I find my time?

QR codes will be available to scan and see your race time and rank or current standing.

The QR Code boards will be in the field by the Pavilion and past the finish line. A results board will be posted by the Gym.

SEE RESULTS HERE



I'm a top three runner in my category. Do I get an award?

Yes! All top three finishers of each age category, as well as overall top male and female finishers, will be presented with an award. **Proceed to the Pavilion to pick up your award. Awards will be presented beginning at 9:20 am.**

Will there be photos of the race?

There will! You will find photos on our Flickr page at www.flickr.com/photos/hopehelpsinc/albums, our Facebook page www.facebook.com/hopehelpsinc a few days following the race, and we will also share the link in our newsletter the following week! Photos will also be available on runsignup.com by bib number. Visit www.hopehelps.org and navigate to the Sham Rock N' Run event page to find easy access to the Flickr page.

Are there other photo opportunities?

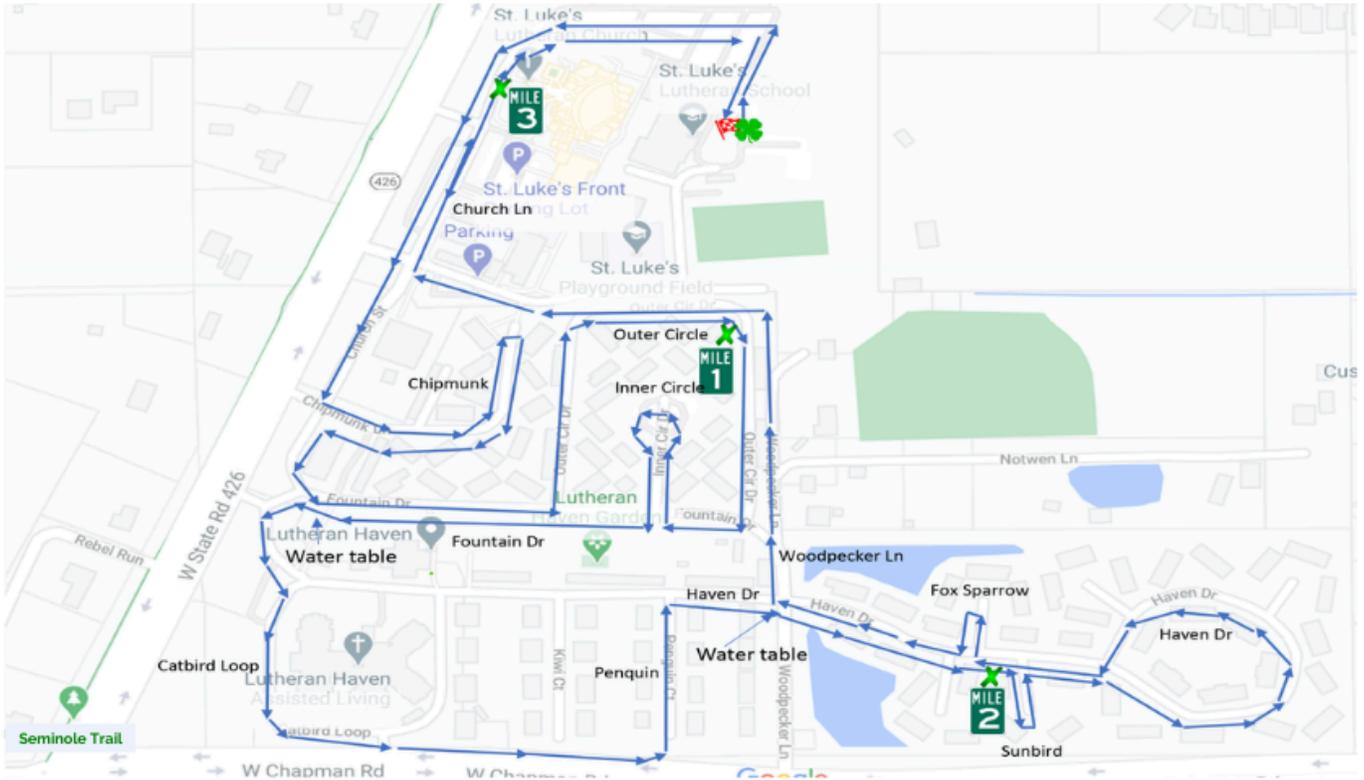
The pavilion area will feature winner podiums and a Sham Rock N' Run backdrop, as well as HOPE's Sham Rock themed photo-booth (complete with fun props)!

What about the weather?

The race will be held rain or shine. HOPE may cancel, shorten or alter the event or course due to severe weather.

HOPE Helps, Inc. sounds like a great organization. How can I get involved?

Thanks for asking! HOPE Helps' mission is to prevent and reduce hunger and homelessness in Central Florida. HOPE has a Resource Center, which includes a Food Pantry and other services. We are always accepting donations at The HOPE Chest Thrift Store and welcome volunteers for our Food Pantry, thrift store and a variety of events. To learn more about us, please visit www.hopehelps.org or call **407-366-3422**. We'd love to have you out for a tour! You can also find us on Facebook at www.facebook.com/hopehelpsinc.



1. Left at end of parking lot
2. Left onto Church St
3. Turn left onto Chipmunk Ln, stay left
4. Bear right around end of Chipmunk
5. Left on Church Lane
6. Left onto Fountain; stay left
7. Left on Outer Circle
8. Right on Fountain
9. Right onto Inner Circle, stay right
10. Counterclockwise around circle
11. Right on Fountain Dr; Stay left
12. Left on Church/Haven
13. Right on Catbird Loop
14. Straight over to Penguin CT
15. Left on Penguin Ct
16. Right on Haven Dr
17. Straight at the roundabout. Stay right
18. Right onto Sunbird Ct, stay right
19. Counterclockwise around circle
20. Right on Haven Dr
21. Counterclockwise around circle
22. Right on Haven Dr
23. Right on Fox Sparrow Ct
24. Counterclockwise around circle
25. Right on Haven Dr
26. Right on Woodpecker/Electric
27. Left at end of Electric
28. Right on Church St
29. Right at end of north parking lot
30. Right to Finish Line

7:00 AM	Registration / Bib Pickip	HOPE Tent by Gym
7:35 AM	Largest Team Award and Photo	Pavillion
7:40 AM	Warm Up	Near the Start/Finish Line
7:50 AM	Announcements	Near the Start/Finish Line
7:57 AM	National Anthem	Near the Start/Finish Line
8:00 AM	5K Race Begins	Start/Finish Line
8:30 AM	Irish Dance Troop	Pavilion
9:00 AM	Little Leprechaun Lap (Children under 10)	Soccer Field
9:20 AM	Costume Awards / Awards	Pavilion

FAQS for Virtual and Snooze Runners:

When can I expect to receive my Race Bag:

In Advance: Race Bag/Package Pick Up will be at Beers & Gordon P.A., 313 S Central Ave in Oviedo, on Thursday, March 12th from 8:00 am – 6:00 pm.

After the race: Race bags can be picked up **Tuesday, March 17th through Thursday, March 19th from 9am - 5pm and Tuesday, March 24th through Thursday, March 26th from 9 am- 5 pm** at the HOPE Helps Admin building located at 812 Eyrie Drive, Oviedo, FL 32765.

As a Virtual runner, when can I run?

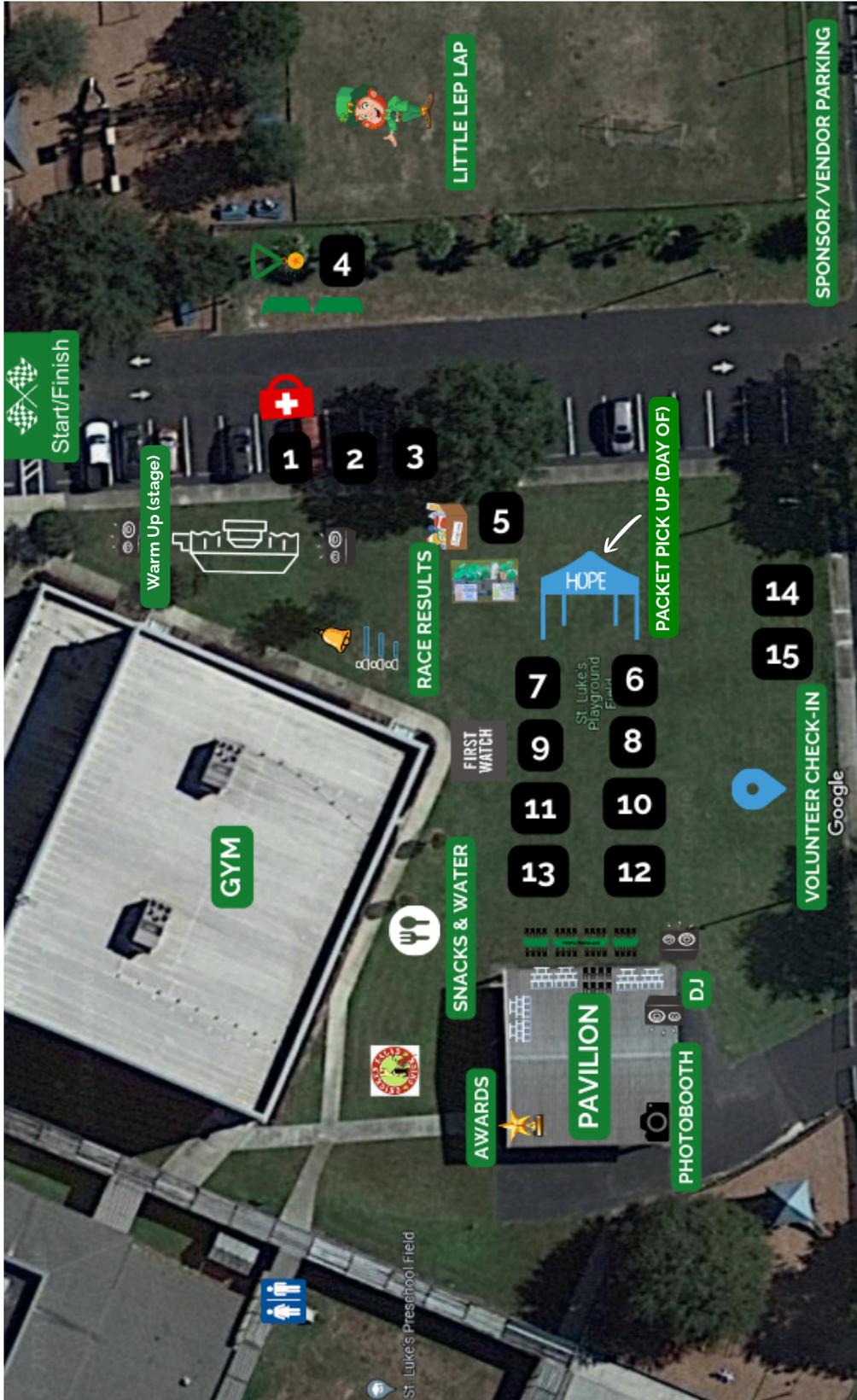
The Virtual run will take place starting at **8 am on Saturday, March 14th through Monday, March 16th at 11.59 pm.**

Can I time my Virtual Run?

Yes, we have a runner app called "**RaceJoy**" for an elevated race experience.

Download RaceJoy for free! Available on Apple and Android Devices. To use, participants must carry their phones during their run and click "Start My Race" as they begin for their personal GPS tracking. These interactive race day features are being provided to you by the race at no charge.







**Thank you for participating in the 15th Annual Sham Rock N' Run 5K!
Your support is directly benefiting local families in need.**

Through our Resource Center and Food Pantry, HOPE Helps, Inc. serves our neighbors in need. We believe in equipping individuals and families with the tools necessary to get them through their crisis by offering case management, financial assistance and access to additional resources.

There are a variety of ways you can learn more and get involved.

Come Out for A Tour – See firsthand how staff, volunteers, donors, local businesses and the faith community are supporting those in need. Learn about all the programs we offer, including individualized services for children and the elderly. Contact tours@hopehelps.org to set up a visit.

Volunteer – Whether your heart lies with helping serve clients in our Food Pantry, volunteering in the Thrift Store, earning Bright Future hours, participating in special events or taking the lead on large projects, there is something for everyone. We offer ongoing orientation and a cooperative environment where everyone's ideas are important. Learn more at www.hopehelps.org/get-involved or contact our Director of Volunteer Engagement at volunteer@hopehelps.org.

Host a Food/Hygiene Drive – We are so grateful for the ongoing community support to keep our Food Pantry stocked. Find out how you can host a drive at www.hopehelps.org/food-pantry. Your race bag features a list of items needed at the pantry. Fill it and return it to HOPE to help our mission to reduce hunger and homelessness!

Donate to The HOPE Chest Thrift Store/Boutique – The next time you clean out your closets, consider donating to HOPE. We provide vouchers to our clients so they can receive clothing and household items at no charge. Sales from the HOPE Chest help fund our programs, providing assistance to local families in need. Stop by to shop sometime too! There are always some great finds. www.hopehelps.org/the-hope-chest

Donate to HOPE Financially – Our programs are fully funded by donations from individuals, sponsorships, grants and donations from members of our Interfaith Coalition. Your support will help us provide financial assistance to someone struggling to make ends meet. It is much less expensive to help someone pay a utility bill than to help them start over if they have been evicted from their home. Please consider donating today at www.hopehelps.org.

Join our Interfaith Coalition - Do you belong to a local house of worship that would like to do more to help prevent homelessness? Our Interfaith Coalition meets monthly to bring positive change to our community. For more information, visit www.hopehelps.org/interfaith-coalition/

Thank you for your support!

-HOPE Sham Rock N' Run Committee



Thank you to our sponsors!

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SHAM ROCK N' RUN 5K

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