



**Saturday 14<sup>th</sup> July 2018**

**10 Mile -10.00am Start**

**Phoenix Park, Dublin**

### **IRISH RUNNER 10 MILE TIMETABLE**

08:30	Registration and Tee Shirt Collection Area Opens
09:15	Individual Warm up
09:45	Assemble in allocated Assembly Zones
09:50	Mass Warm-Up
09:55	Address by Frank Greally
10:00	First Wave <b>10 Mile</b> Start
10:02	Second Wave <b>10 Mile</b> Start
10:04	Third Wave Start <b>10 Mile</b> Start

## **RACE NUMBER AND T-SHIRT COLLECTION**

In order to take part in the event you will need to collect your race entry number. This can be collected from the following Location on the dates/times listed below.

### **Elverys Intersport– Henry Street**

- **Thursday 12th July - (10:00-18:00)**
- **Friday 13<sup>th</sup> July - (10:00-18:00)**

Please print off your registration email and present in store.

You can alternately collect your number near the start line in the Phoenix Park on the morning of the race from 08:30am until 09:30am.

## **BAGGAGE**

Because of the number of participants in the run, it is not possible to provide changing rooms. There will be limited baggage storage area. Please place your bag in the area allocated to your number where it will be in safekeeping until you recover it after the run. For security purposes you will be required to show your race number in order to recover your bag.

Under no circumstances should you leave valuables in your bag. While the organisers will make every effort to ensure a safe event, no responsibility can be accepted for loss or damage to personal items.

## **ASSEMBLY /START**

The assembly area is adjacent to the start line which will be clearly marked by the start gantry. The assembly area will be divided into sections as follows:

- 1. Sub 60 Mins**
- 2. 70 Mins -80 Mins**
- 3. 90-100 Mins**
- 4. 110+ Mins**

**PLEASE ENSURE THAT YOU ENTER THE START AREA IN THE ASSEMBLY ZONE WHICH CORRESPONDS BEST TO YOUR FITNESS LEVEL.**

## **BEFORE YOUR RUN:**

### **WARM-UP**

It is recommended that you commence your individual warm up approx. 45 mins before the start time. This is to allow time for access to the toilets, access to the baggage area and to get to your assembly zone in a timely manner. Your warm up should include some light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool. A mass warm up will be organised at 09.50am by an experienced trainer.

## **RUN NUMBERS/BIBS**

Please print the following information clearly on the reverse of your run number/bib:

- Name and contact number In Case of Emergency
- Medical Conditions

## **MEDICAL**

St John Ambulance will be providing medical cover for this run. If you have an on-going medical condition please make yourself known to a member of the St John Ambulance on site on the morning before the run commences. The medical centre will be located adjacent to the finish line.

## **WATER**

Water will be provided along the course. The water stations will be positioned at 2.5 miles and 7.5 miles into the run. Water will also be provided to each participant after you finish the run.

## **AFTER YOUR RUN**

### **AT THE FINISH**

After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you to where you will receive your finishers pack.

### **BAGGAGE RECOVERY**

As soon as you have exited the finish system please recover your left baggage from the designated area. Remember you will need to produce your run number in order to recover your baggage.

### **PARKING**

There is a limited car parking available in the Phoenix Park. We recommend that you park in some of the multi-story car parks in the city centre as listed below and use the public transport system servicing the Phoenix Park.

**BUSES/LUAS TO PHOENIX PARK** For those wishing to access Phoenix by Public Transport there are several BUS options. The numbers 37/38/39 and 70 serve the Phoenix Park. If you travel on any of these routes disembark at the BAGOTT ROAD stop and there is a 15 minute walk to the start area. Alternatively, the numbers 25/26/66 and 67 serve Heuston Station. The RED **LUAS** line also serves Heuston Station. **There will be no shuttle bus provided.**

### **LITTER**

The Phoenix Park is being made available to the Irish Runner 5 Mile under permission of the Office of Public Works. We encourage all participants and spectators to exercise the highest respect for this fantastic city amenity, and to dispose of any litter by using the facilities provided on the day or by bringing your litter home with you. Please adopt a "leave no trace" policy when exiting the park.

## COURSE MAP



Please be aware that there will be live traffic alongside the course for 1 mile outside of phoenix park when the race moves onto Chapelizod Rd (miles 3 – 4). Please remain within the marked course at all times.