



20th May 2018
09:00 START
COMPETITORS BOOKLET

START AREA: Custom House Quay (Outside CHQ Building)

1. **07.30** Baggage Drop Area opens outside CHQ Building.
2. **08.00** PA System Opens and announcements begin
3. **08.40** Invite runners to enter staging area.
4. **07.50** MASS Warm up for all participants
5. **09.00** Countdown and First Wave of 5KM Start
6. **09.02** Countdown and Second Wave of 5KM Start
7. **09.04** Countdown and Third Wave of 5KM Start
8. **09.15** First Runners Arrive at finish line on City Quay
9. **10.00** Last Runners Arrive



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

Thank you for your entry to the SPAR Streets of Dublin 5K. Athletics Ireland and Dublin City Council are delighted to bring you this event, and would like to wish you the best of luck on your run!

The event itinerary is shown below and we would ask you to cooperate with the stewards at all times.

NUMBER COLLECTION

Number collection will take place at INTERSPORT Elverys on Henry Street, 18 Henry St, Dublin 1 on Friday 18th May between 10:00 & 18:00, and Saturday 19th May between 10:00 & 18:00.

Elverys Sports is offering all participants **20% discount off** all Full RRP items in their Henry Street Store.

We are encouraging all runners to wear their Race T-shirt during the run.

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: RUNERS (Under 20 Mins) 2: RUN/JOG (Under 30 Mins) 3: JOGGERS (Under 40 Mins)

4: WALKERS/BUGGYS

PLEASE ENSURE THAT YOU ENTER THE START AREA IN THE SECTION WHICH MOST CORRESPONDS WITH YOUR ABILITY LEVEL.

BAGGAGE

The baggage drop will be located outside the CHQ Building. Please place your bag in the area allocated to your number when asked, where it will be in safekeeping until you recover it after the run. For security purposes you will be required to show your run 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 the safe keeping of your bag no responsibility can be accepted for loss of personal items. For convenience it would be best to come dressed in your gear because changing rooms cannot be provided for a run of this nature.



BEFORE THE RUN

WARM-UP

It is recommended that you commence your individual warm up approx. 40 mins before the start time. This is to allow time for access to the toilets, access to the baggage area and timely assembly in your zone before the start time of 09.00. Your warm up should include a few minutes light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool.

EVENT NUMBER

Please print clearly on the reverse of your event number the following:

- Name and contact number- *In Case of Emergency*
- Medical Conditions *-if any.*

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.

WATER

There will **NOT** be a water station on the course. If you require water before or during the run please bring it with you. Water will be provided to each participant immediately after the finish.

PARKING

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 start area at Custom House Quay. Please check the following websites www.dublin bus.ie /www.luas.ie

Christchurch Place Drury Street St Stephens Green Shopping Centre	Dawson Street Fleet Street Royal College of Surgeons
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AFTER THE RUN

AT THE FINISH

After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you through the finish system and on to the distribution area where you will receive post-race refreshments.

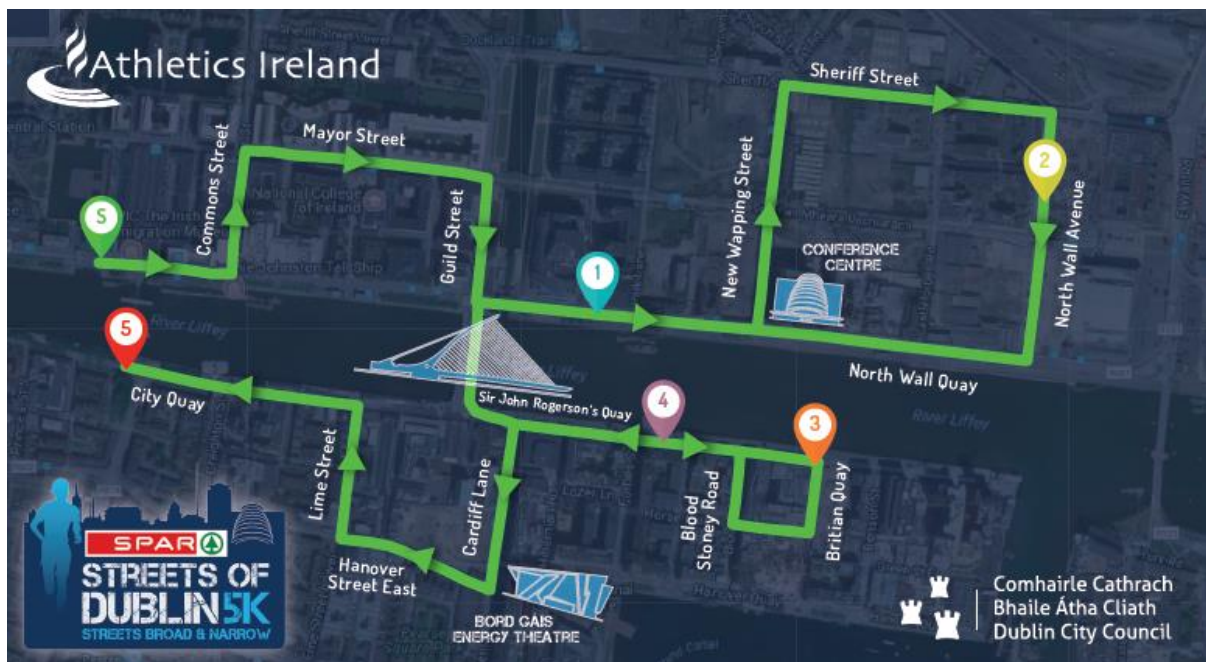
BAGGAGE RECOVERY

As soon as you have exited the finish system please recover your left baggage from the designated area.

LITTER

Dublin City Centre is being made available to Spar Streets of Dublin 5K Run under kind permission of the authorities there and we encourage all participants and spectators to exercise the highest respect for this fantastic city. Please 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 taking part in the event.

MAP



ACKNOWLEDGEMENT

Athletics Ireland wishes to acknowledge all those without whom this event could not have taken place:

SPAR, Dublin City Council, An Garda Síochana, Event Stewards & Irish Runner.

