



Participant Booklet

**Remembrance Run 5k Sponsored by Silver Stream Healthcare
Sunday 12th November 2023
10.00am Start
Phoenix Park, Dublin**

REMEMBRANCE RUN TIMETABLE

08:00 Registration and Tee Shirt Collection Area Opens

08:40: Live Music & Choirs Begin

09:30 Individual Warm up

09:45 Assemble in allocated Assembly Zones

09:50 Mass Warm-Up

09:55 Address by Frank Greally / Minute Silence

10:00 First Wave Runners/ Joggers Start

10:02 Second Wave Start – Joggers/Walkers Start

10:04 Third Wave Start – Walkers / Buggies Start

RUN BIB NUMBER COLLECTION

Number collection is available in [Elverys, Blanchardstown Retail Park](#) on Saturday 11th November from 11am- 3.00pm. Avoid the queues and collect your number in advance. You can also collect your number on the morning of the event from 8.00am - 9.30am. If collecting on the morning of the race, please allow sufficient time. Peak collection time is from 9.00am – 9.30am, so arrive early to avoid Queues! If you opted to purchase a T-shirt this can be collected with your race number.

- Saturday 11th November [Elverys, Blanchardstown Retail Park](#) 11:00 – 15:00
- Sunday 12th November , [Furze Road, Phoenix Park](#) (near Start area) 08:00 – 09:30

EARLY ARRIVAL AVOIDS the QUEUE!

T-SHIRT COLLECTION

Participants who have purchased souvenir t-shirts and have not opted for postage will be able to collect them on the day when collecting your number.

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 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 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. RUNNERS**
- 2. JOGGERS**
- 3. JOGGERS/WALKERS**
- 4. WALKERS/BUGGIES**

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

FREE SHUTTLE BUS SERVICE

A limited FREE shuttle bus will be provided to transport participants to Phoenix Park from the bus stops at **PARKGATE STREET** and **DUBLIN ZOO** from 8:00am - 9.45am to Phoenix Monument. After the run the buses will return from an agreed area close to the monument back to **DUBLIN ZOO** and **PARKGATE STREET** between 10.30am – 11.30am. All buses will be clearly marked 'Remembrance Run'.



FAB LITTLE BAG

Athletics Ireland are delighted to partner with 'Fab Little Bag' and become the first 'Period Positive Event' in Ireland. Fab Little Bags provide participants with free period products and FabLittleBags for easy, discreet and responsible disposal. Should anyone need anything just come to our help desk in the registration tent and ask for a 'Fab Little Bag'!



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.

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 not be provided along the 5K route. If you require water before or during the run please bring it with you. Water will be provided to each participant **after** you finish the event.

MUSIC

Enjoy the music. Early arrival in the Phoenix Park will give you the opportunity to enjoy the performances on stage of The Mellow Tonics and other acts. Gets you into the spirit of the occasion. Join in the singing! Live Music and performances will begin from 8.40am.

WALL OF REMEMBRANCE

Early Arrival is recommended to get your message on the physical wall of remembrance. We will supply markers for you on the morning. We will also have your messages and pictures of your loved ones on the big screen.

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 **BIB NUMBER** in order to recover your baggage.

PARKING

There no 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. Please check the following websites www.dublinbus.ie /www.luas.ie. The Carparks listed below are all open on Sundays:

- Park Rite Kilmainham – Park Rite Smith Field - Q-Park Four Courts – Usher Quay , Christchurch Place, College Green, Parnell Street, Fleet Street

BUSES/LUAS TO PHOENIX PARK

For those wishing to access Phoenix by Public Transport on November 13th there are several BUS options. To stop near Parkgate Street (Main Gate Entrance), Islandbridge Turnstile and Chapelizod Gate, use bus route numbers 25 and 26. To stop next to the North Circular Road Gate, use bus route number 46A. To stop on the Castleknock Road and enter the Phoenix Park through the Castleknock Gate, use bus route number 37. To stop on the Navan Road and enter the Phoenix Park through the Ashtown Gate, use bus route numbers 37, 38, 39, and 70.x. The RED **LUAS** line also serves Heuston Station.

LITTER

The Phoenix Park is being made available to the Remembrance Run 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



THANK YOU

Maurice Cleary and his team at the OPW who manage the Phoenix Park, Dublin City Council Recreation Dept, Gardai Traffic Corps, St John Ambulance, Our Lady of Victory Ballymun Gospel Choir, The Mellow Tonics, Silver Stream Healthcare, Last Lap Café, all our performers and our team of volunteers.

Complete the 5k at your own pace! This is an experience, not a race. Enjoy the day!