



REMEMBRANCE RUN 5KM

Sunday 14th November 2021

10.00am Start

Phoenix Park, Dublin

REMEMBRANCE RUN TIMETABLE

08:00	Registration and Tee Shirt Collection Area Opens
09:30	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 Runners/ Joggers Start
10:02	Second Wave Start – Joggers/Walkers Start
10:04	Third Wave Start – Walkers / Buggies Start

RUN BIB NUMBER COLLECTION

You can collect your number from the Number Collection Marquee near the start line in the Phoenix Park on the morning of the race from **8am until 9:30am**.

Covid 19

Remembrance Run 5k is an outdoor event located in the large Phoenix Park so social distancing will not be an issue before and after the race. Wearing of masks is recommended but at your discretion as per Government guidelines. We will have hand sanitisers in the start and finish area. If you show any symptoms of Covid 19, feel unwell, have tested positive or you have been a close contact please do not come to the event.

T-SHIRT COLLECTION

Participants who have purchased souvenir t-shirts and have not opted for postage will be able to collect them from the allocated collection points. Technical T-Shirts are available in sizes X -Small, Small, Medium Large and X-Large and can be purchased on www.RemembranceRun.ie for €12 and can be collected on the day from the T-Shirt marquee.

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

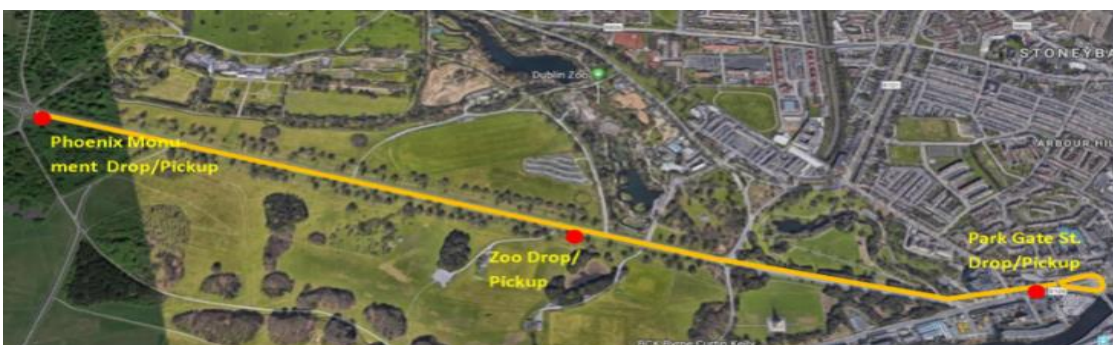
The assembly area is adjacent to the start line which will be clearly marked by the start gantry. The assembly area will be divided into sections as follows:

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 number of FREE shuttle buses will be provided to transport participants to Phoenix Park from the bus stops at **PARKGATE STREET** and **DUBLIN ZOO** from 9:00am 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**. All buses will be clearly marked 'Remembrance Run'



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 led 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 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.

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 is limited car parking available in the Phoenix Park. There is now **NO PARKING along chesterfield Avenue** 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.dublin bus.ie](http://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

Limited Parking is available in the Phoenix Park in the below car parks:

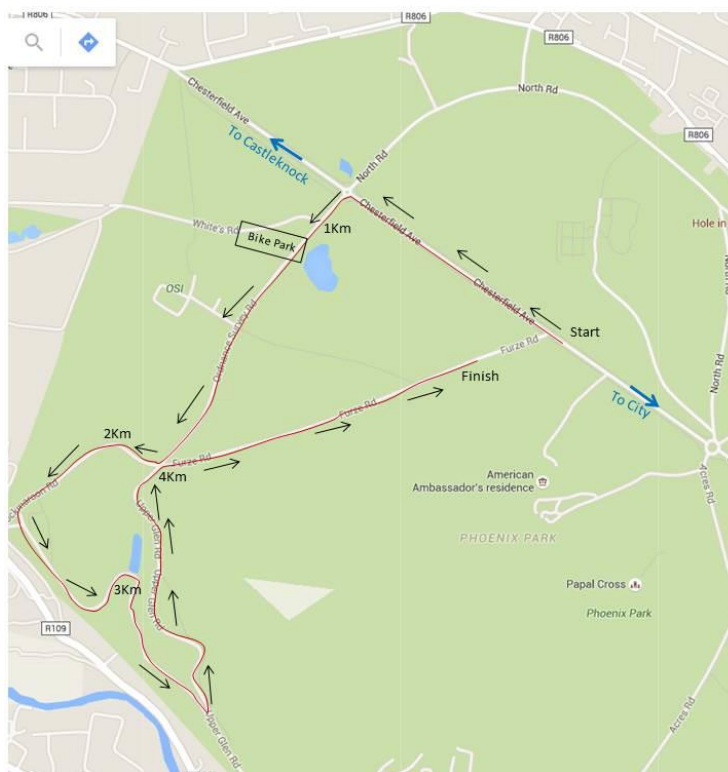
- Papal Cross - The Lord's Walk adjacent to Dublin Zoo - Phoenix Park Visitor Centre - Soccer Pavilions on Military Road - Civil Service Cricket Club off Chesterfield Avenue - Phoenix Cricket Ground off Chesterfield Avenue - Upper Glen Road – on street -

BUSES/LUAS TO PHOENIX PARK For those wishing to access Phoenix by Public Transport on November 14th 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, SPAR, Dublin City Council Recreation Dept, Gardai Traffic Corps, St John Ambulance, Gardiner Street Gospel Choir, Our Lady of Victory Ballymun Gospel Choir, and our team of volunteers.