

Wheelworx FASTLANE Sept 29th Final race details

Hi All,

Not long to go before the Wheelworx FASTLANE Half Marathon & 10KM on Sunday 29th September. Yeah!

It's a NEW race with a lotta information to digest - but all written with you guys in mind. That's how we roll....

Weather - This information is being published before the Event so we have no idea how hot or cold it might be with our great Irish weather. Could be very hot so hydration and sun cream will be needed or it may bucket rain. Please take whatever precautions are necessary for either eventuality. If you don't feel up for the half marathon – go in the 10km race.

We will take late entries on the day. Half marathon €38. 10km €30

A couple of quick things to take into consideration:

- 1) **New** – this is a new event and you may not be familiar with the area. So please print off these details and plan your journey sooner rather than last min dot com.
- 2) **PARKING. We recommend that you stick to the Official car park at The Mill shopping centre.** It is 1.3km from the Mill to the Start/ finish so factor that in. There will be signs to guide you from the main entrance of The Mill to the start/finish. The start and finish are almost side by side (see map further down)

3) Race number pickups -

Thursday 26th Wheelwork, Bike shop, Lucan 9.30am – 9pm

Friday 27th Wheelwork, Bike shop, Lucan 9.30am – 9pm

Sunday 28th Start /Finish area 10th Lock

(further details below on number pickups)

4) **Race swaps are NOT allowed.**

We'd like to clarify something important. If you are not an official entrant you are not allowed to participate in the race. Please pass this message onto your friends or work colleagues who might think this is 'ok'. We have an entry limit for a reason. If we crowded the course with as many entries as we liked - we would compromise your enjoyment of the race. That is why we have a limit. Should others 'show up to tag along' not only are they not insured to be there but they will also get in your way! If they have an accident – we don't know who they are. If people swap their numbers and this 'unknown' has an accident we will phone the wrong next of kins. Plus it delays race results being issued correctly when guys use female numbers. And not ignoring the obvious that you guys paid to be there – they didn't. For further info see FAQ's <http://rundublin.com/race/fastlane-half-marathon-or-10km/#faq>

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Please familiarise yourself with the Final Race day information for YOUR enjoyment of the event. Print this off, read it and bring it with you...

Any last minute information will be transmitted by social media (on facebook). Why not -

Join us on Facebook for any last minute updates <https://www.facebook.com/RunDublin-Clontarf-Half-Marathon-5-Mile-112053348865749/>

Join us on Twitter https://twitter.com/Run_Dublin

Number Pick UP 2 x locations (3 x options)

Thursday 26th Sept Registration is from 9.30am –9pm for both Half Marathon and 10km. Location Wheelworx/Runworx, Unit 48B, Fonthill Retail Park, Lucan, Co. Dublin. DIRECTIONS <http://www.wheelworx.ie/opening-hours> (map at end of sheet if unclear)

Friday 27th Sept is from 9.30am –9pm for both Half Marathon and 10km. Location Wheelworx/Runworx, Unit 48B, Fonthill Retail Park, Lucan, Co. Dublin. DIRECTIONS <http://www.wheelworx.ie/opening-hours> (map at end of sheet if unclear)

Strongly suggest that you avail of the Thursday or Friday Number Pick up options. Gives you a sleep in and less time spent on your feet Q-ing on Sunday.

Yes – someone else can collect your pack for you OR multiple packs.

Sunday 29th Registration is from 8.00am to 9.15am sharp for Half Marathon and 10km at Start/finish line (at the 10th lock). Please don't all appear at 9.00am. We will close at 9.15am sharp.

On Sunday the number slots (1 – 500, 501 – 1000 etc.) will be visible on the roof of the Gazebo. Please Q in the correct corral so we can process you quicker.

Registration General Info

Please note you don't need to bring your confirmation slips. If you have already entered - we have you logged in.

Race numbers will be visible on a Notice board at registration. And on a spread sheet in Latest News on our website www.rundublin.com (FASTLANE race – Introduction page) from **Wednesday 25th Sept at 8pm** (save it to your phone in advance) please find your number first and then come to registration table to receive pack. Applies for all days.

At Registration you will receive the following:

Race Kit - Including: Number & (pins),
A Timing Chip
Training Top

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Timing chip is attached to your race number (FYI - it is very small, white and hard to see). They are disposable. Pls ensure they are visible on the front of your outer top and clear of all other garments when you start and finish the race otherwise it might not pick up the chip signal.

Race Timings and Locations

9.30am Start time for Half Marathon AND 10km. Stand beside the banner with your estimated finish time (more on this below)

Parking for participants and Map to start/finish

The official car park is **THE MILL Shopping centre in Clondalkin Village (the Dunnes Stores)**. From the main entrance we will have signs on poles directing you to the start finish. Please bring this map in the unlikely event that signs are removed or tampered with.... Start from Back/side entrance to the Mill Shopping centre



We highly recommend car – pooling or public transport to make this a greener race.

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When parking Please don't obstruct an entrance to a house or property – you could be towed away.

Dublin Bus No 13 and 51D will drop you almost at the start finish. Get off at stop 7201 and walk across the grass area to the canal. (Please double check this as routes often change)

Bicycle Park area – (Pls - Remove all bikes by 1pm as we have to dismantle) We will have a bike parking area near the start finish area. Bikes are left at owner's risk and the race does not accept any responsibility for them. Park the bikes like a triathlon race putting the saddle over the long bar. There will be a visual on the sign to show you how...Please do not park on the barriers surrounding the finish area. We may need to move these in the event of an emergency. *That won't be possible if bikes are attached to them*.

Note: Bikes must be removed by 1pm for the breakdown of the site.

Bag Drop

Is limited and not covered. Will be **NEAR** the start finish line and opens at 8.30am. We can't accept responsibility for any lost or stolen items.

The Course Half Marathon start time 9.30am

The course is a loop course. Half marathon **go around twice.** (Map at end of sheet)

*****Do not turn for the finish shoot until you have completed 21.1km. If the person in front of you takes the right to the finish shoot – that means they are doing the 10km. Don't follow them****

Pls obey the stewards and Gardai at all times they are there for your safety. Marshals come from Ashwood FC and will receive a donation for their help. The Head Marshal briefs the marshalling team.

There will be a race briefing b4 each race. I suggest you tune into this in case there are any last minute changes. Pop out the ear phones

Half Marathon cut off time: The cut off time was advertised above the Race Entry and on the event waiver. If a participant is not past the 10km point by 1 hour 30 mins then he/she must step off the course making it a 10km race for them. Please obey the steward if asked. The council have given us this directive.

Pacers x 6 times will have balloons for times: 1hr 30min, 1hr 40mins, 1hr 45, 1hr 50 & 2hrs. **Join them if you wish – just look out for the balloons and the time written on it.**

There will be a timing mat at the start so your individual time starts when you cross the mat. No need to rush. Make sure you cross over the Mat with your race number visible

NEW – To help you locate the Pacers and stand at your correct predicted finish slot we will have banners with the predicted finish times on them. Please stand near the banner that represents your predicted time so we have a smooth start for everyone. Thanks

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Reminder your time starts once you cross the mat so you don't need to be at the front of the start unless your intended time/speed quicker than 1hr 30mins.

Half marathon Water stations & Rubbish

Water stations are located at km 5, km 10.5 and km 15. Water will be in bottles.

****This is important**** and your cooperation is appreciated. Lots of bottles will be used in the event which is a lot to pick up. There is a way we can manage this more efficiently with your co-operation.

Option 1 put in bins provided. Look out for **bright green mini skip bags**.

Option 2 drop them at the KM signs

We understand that you may not want to carry extra weight if bottle is half drunk **so please squirt out the water** and the bottle weighs nothing **and drop at the next KM sign**. It is much appreciated.

The Course **10km start time 9.30am**

The course is a loop course. 10km **go around once**. (Map at end of sheet)

*****10km turn for the finish shoot at 9.7km's** If the person in front of you goes straight ahead – that means they are doing the Half Marathon. **Don't follow them****

Pls obey the stewards and Gardai at all times they are there for your safety. Marshals come from Ashford FC and will receive a donation for their help. The Head Marshal briefs the marshalling team.

There will be a race briefing b4 each race. I suggest you tune into this in case there are any last minute changes. Pop out the ear phones

Pacers – we don't have pacers for the 10km.

Predicted finish times for the 10km will be on the tear drop banners along the start area (on the canal). Please stand at the banner that matches your finish time

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FINISH TIMES	
Half Marathon	10km
01:30	40mins
01:40	45mins
01:45	47mins
01:50	50mins
2 hours	54mins



There will be a timing mat at the start so your individual time starts when you cross the mat. No need to rush or be up at the front. Make sure you cross over the Mat with your race number visible

There is one water station for the 10km at km5. Please discard of the bottles in the bins provided.

At the Finish area

Water. Banana will be available inside the finish PEN. (Please be mindful of the others coming in behind you are just as thirsty/ hungry). If there are surplus left over we will give them out at the end – stick around. Your courtesy is much appreciated.

Race Medal can be collected at the exit of the finish pen. We'd ask you to move through quickly then you can chill.... Happy Pear goodies available outside the finish pen,

Note: We have been instructed that people must vacate the finish pen ASAP. Please don't use it as a spectator area or a place to wait on a friend. We have been instructed to move people out for Health & Safety reasons so please get your recovery stuff and medal and exit. Once you leave you may not re-enter. Thank you

Toilets

located at start/ finish area. A toilet at km 5 (AND 15km for Half marathon)
Use the loos early to avoid Q's.

Prizes

Prizes will be posted out to the winners. We do not have prize giving on site

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Sponsors

Premium Sponsors – WHEELWORX Bike and Running shop

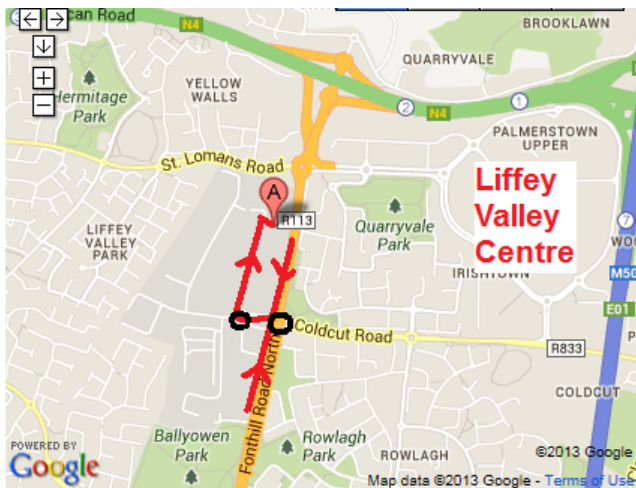
Race is supported by: Dublin Outdoors and Waterways Ireland

Main Sponsors – The Happy Pear, The Mill Shopping Centre, DC Print, The Star

This information should cover all/ most stuff. Please consult website www.rundublin.com if you have a further question as not all emails can be replied to. Suggest you print this off and have it with you on race day.

Look forward to welcoming you all to the FASTLANE. Good luck!

Map Runworx/ Wheelworx Thursday/ Friday number pick up



A – marks the Spot. Runworx/ Wheelworx, Unit 48 Fonthill Retail Park.

Enter at Coldcut road/ Fonthill roundabout. Then take the third exit at next sml roundabout. Go down to the end then turn right

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Map of route

