



Hi Folks,

The 1st Dublin DISCO run/walk in Sandymount is nearly upon us.... We are planning a FUN night out for all ages (well, under 12's need to be supervised at all times). This is a Halloween themed run where dressing up is optional. Everyone will get a glow stick so technically you will be dressed up...

We will set up the gig – you guys bring the fun!! That's your Friday night sorted..... ☺

**Take note:** DISCO – to enter the DISCO area you must have a race number pinned on you. The bouncers will be checking. Collect your race number first before entering the DISCO Hall.  
{Spectators will not be given access to DISCO}

## We have put together an information sheet which should answer all your Q's

Knowing what is going on, will help you be self sufficient and therefore have a much more enjoyable night run. Strongly suggest you print this off AND bring it with you for maps and general information.

**DISCO/Race date** October 21st

**Start time** DISCO: 7.30pm – 8.50pm    5km: 9.00pm

**Location** Clanna Gael GAA club Sandymount. Directions below

<https://maps.google.ie/maps/ms?msid=213818783752181085427.0004e10822fcc84282d39&msa=0&ll=53.338324,-6.216674&spn=0.001842,0.004823>

**Number pick up on Friday 21<sup>st</sup>** starts at 7.00pm outside the hall of Clanna Gael clubhouse. Closes at 8.50pm. Don't be late!

**\*\*Late entries on the Night – Yes you can enter late on the Night for €25.00\*\***

**Note:** You can pick up race numbers for other people ONLY if you tell them in advance. Race numbers will be available to view on the website <http://rundublin.com/race/dublin-disco-run-5km/#introduction> on Friday morning from 11am

Suggest u look up your number & save it to your phone (this will save you time when picking it up).

**Race number & Timing chip** The chip is attached to your race number (it is very small) and it is disposable so you don't need to return it. Take 4 pins at the Number pick up point to attach it.

**Bag Drop** We will have one. It will be supervised however please note we cannot accept any responsibility for lost or stolen items. Use the bag drop at your own risk. Please note you will need a bag so we can put our sticker on it (i.e. we won't take car keys or phones).

**Parking** is limited so we suggest you car pool, cycle/ walk or take public transport out.

**Buses or DART** From city take Bus No 1 or Bus No 47 and get out at Irishtown Rd, Bath Street. Walk to Clanna Gael. Dart to Sandymount station. Walk to Clanna Gael

**There is NO parking in Clanna Gael Gaa club for the run.** (it was only going to take a few cars anyway) so we've put together options on the map.

PLEASE DO NOT BLOCK ACCESS TO ANY HOUSE.

Example: Cambridge Road to Race HQ = 1km. That can be your warm up.



Dublin south and Wexford / Wicklow people please use the car parks on the Promenade along Strand road. There are 3 of them. Best route from the South of city is to come along the Rock road onto Merrion Road and then cross the Dart line which brings you onto Strand Road. There are 3 car parks on the Prom along Strand Road. Use the 1<sup>st</sup> or 2<sup>nd</sup> (1<sup>st</sup> one marked on map above. 2<sup>nd</sup> is below it).

**Toilets** – Portaloos will be at the front driveway (entrance/exit) of the Clanna Gael GAA club (if necessary). Toilets also in club house

**DISCO start is 7.30pm - 8.50pm. 5km starts at 9pm**

- **1x loop = 5km**

- **You can change from 10km to 5km but you can't do the reverse as your timing chip won't work**

**Race start** The most effective and safest way to start the race is to have 3x **waves** based on the fastest first. The Fastest people will start together for Wave 1. Followed by next fastest etc.

Below are the **wave** times

**Wave 1** - Complete the 5km in under 20minutes

**Wave 2** –Complete the 5km in under 25minutes

**Wave 3** – All remaining & walkers

There will 3 x signs on the trees to indicate where to stand for each wave. This helps coordinate a smooth start. Find the sign for the Wave that reflects your predicted finish time. Decide now what wave you will be in and stick to it. It will be a rolling start so be ready. **Note: there is no disadvantage to starting in the 2<sup>nd</sup> or 3<sup>rd</sup> Wave. Your time starts once you cross the Start line.**

**The course is marked in km's (no big surprise there...)**

The start will be on grass for 200metres. It is the safest way to start the race and the best racing line. The race goes in an anti clockwise direction around Sean Moore Park. Then it goes onto the sand until you come to the slip way up to the Promenade. You continue down along the Promenade to the end and then take the slip way down to the beach. You must continue straight here to get to the turnaround cone. Once you go around the cone you then continue back along the hard sand below the Prom back to Sean Moore Park. Take a right on the path followed by a left which brings you back into the playing pitches and follow tree lined path to finish area. The whole race is anticlockwise – see map at end of info.

The course will be marshalled and there will also be signs.

Wave 1 will have a lead bike in front to guide them (and the whole race).

**Please be aware that there will be other people out enjoying the Promenade and Parks during the race. The course is (majority) long straight lines so you will have a clear line of sight in case there is a need to pass someone. DON'T FORGET TO SCARE THEM (a little)**

**Coming into the finish** The finish line is on the long straight tree lined path.

Outline graphic (below) to demonstrate the set up. 5km go straight to the finish. 10km do a second lap then finish.

**ZOMBIES** – we may have some zombies (tbc) out on the course to, well... eat your brains! They might chase you. Let the younger ones know that they aren't real. Organisers can't held responsible for ensuing nightmares

**Finish area** – upon finishing you will receive a bottle of water, a banana and a medal. Please continue straight up the shoot and out the gate into the Clanna Gael GAA car park. Please do not go back down the finish shoot as it is a one way system. There is an open Pedestrian gate to re -access the course/pitches further up (if necessary).

**Medical** – is being provided by the Civil Defence. They will have 2 x mobile cyclists on the course and an ambulance at the finish area.

**Showers** there are no showers after the race.

**Results** (when available) will be on <http://www.redtagtiming.com/>

**Prizes** – will be posted out. 1-3 M&F. Prizes maybe cash or vouchers

Finally we hope you enjoy the Dublin Night run. It is a pancake flat course so it could be fast.... Again we recommend you print off and bring these instructions so you are ready for a great nights running/walking.

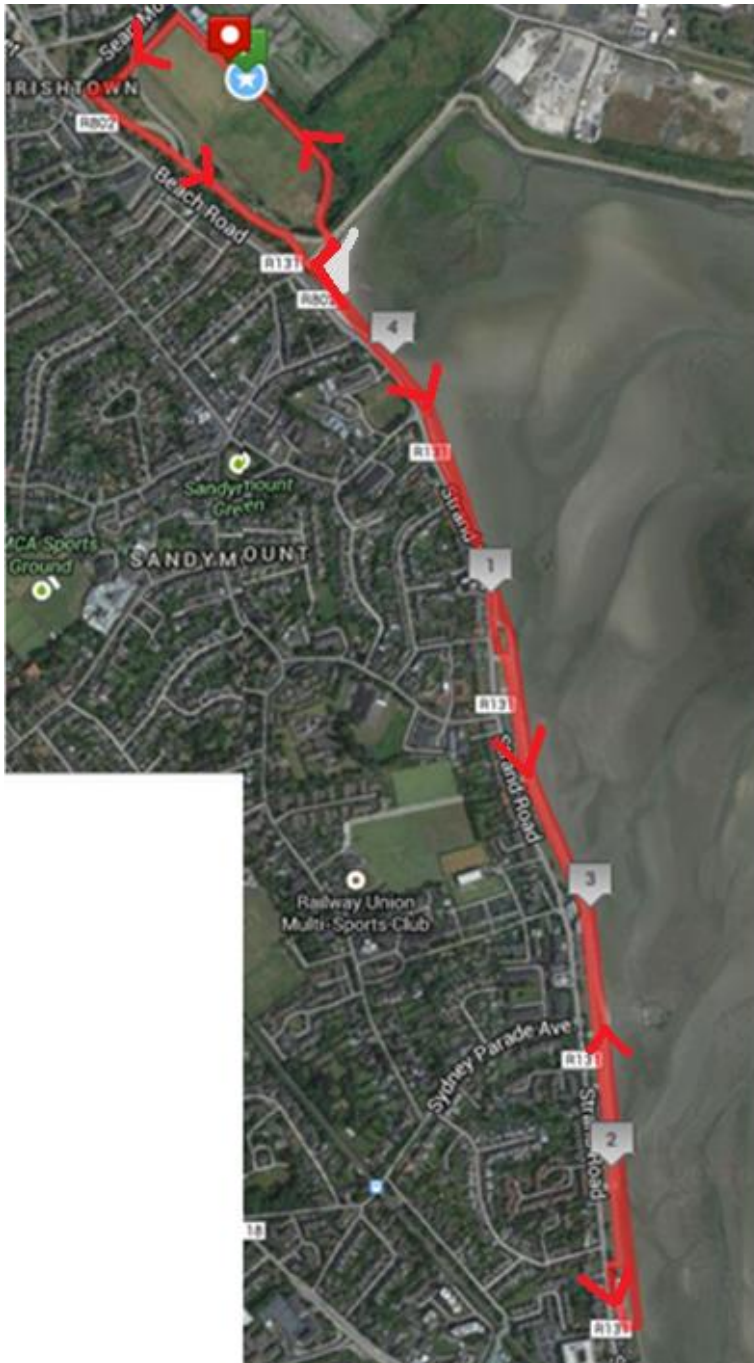
Latest updates on FB via our website [www.rundublin.com](http://www.rundublin.com) -> click on Dublin DISCO run. Enjoy and have fun... Look forward to welcoming you.

Thanks for reading and your co-operation for a fun night

**The Dublin Team**

**Appendix - Course route.** Anti clockwise. KM markers visible. Full description further back in text.

Scroll down to see course map



**Other races to consider for 2016/'17:**

Clontarf Half marathon or 5 mile (Ireland's flattest race) July 9<sup>th</sup> [www.rundublin.com](http://www.rundublin.com)

**Dublin Night Run 5km/10km Sandymount Feb 28<sup>th</sup> OPENING SOON** [www.rundublin.com](http://www.rundublin.com)

Wicklow Gaol Break Half marathon or 10km March 26<sup>th</sup> [www.wicklowhalfmarathonand10km.com](http://www.wicklowhalfmarathonand10km.com)

Wexford Half marathon or 10km (PB course) April 23rd [www.wexfordhalfmarathon.com](http://www.wexfordhalfmarathon.com)