



DUBLIN
NIGHT RUN



Hi Folks,

The fourth KBC Dublin Night run in Sandymount HALLOWEEN EDITION is nearly upon us....

****Fancy dress optional ****

We have put together an information sheet which should answer all your Q's. ****There are a few changes**** 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. **ESPECIALLY FOR PARKING – there is NO PARKING in the club house.**

Please note 2x biggies:

1) We are filling up - online entry will close on Sunday 13th at midnight or before if all entries are taken.

2) Race swaps are NOT allowed.

*{Based on people asking - **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 people swap their numbers and this 'unknown' has an accident we will phone the wrong next of kins. And not ignoring the obvious that you guys paid to be there – they didn't}*

**That message only applies to a tiny minority. We know that most people understand this applies to all races.*

Race date Oct 15th

Start time 7.20pm

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>

NEW NUMBER PICK UP on Monday 14th (day before) 12.30pm – 2.30pm (lunch time) at KBC, 3 Forbes Street, Grand Canal Dock



How to find us

You'll find us at 3 Forbes Street, Grand Canal Dock, Dublin 2, right next door to Lolly and Cooks, behind the Marker Hotel.



If you pick up your race number at KBC you can enter a draw for a super-duper hamper!

Number pick up on the night Tuesday 15th starts at 6.00pm upstairs at the bar of Clanna Gael clubhouse. Closes at 7pm. Don't be late!

PLEASE NOTE – The race numbers will be available upstairs in Clanna Gael GAA club. Go to the main entrance (walk to the far side of the building). It is the entrance with the iron hand rail outside it. Go into the foyer and up the stairs to the BAR/pub.

The bag drop will be in a room beside the toilets which is downstairs (look out for the sign)

We are not in the main Hall this time.

Note: You can pick up race numbers for other people ONLY if you tell them in advance. Limit 5 per person. Race numbers will be available to view on the website from 10am on Monday 14th

<http://rundublin.com/race/dublin-halloween-run-5km-10km-sandymount/>

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.

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

Note: THERE IS NO PARKING IN THE GAA CLUB.

Bag Drop in the room beside the toilets. 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

From city take Bus No 1 or Bus No 47 and get out at Irishtown Rd, Bath Street. 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.



CHOICE OF MEDALS

Mostly the ghost version.

First come first served on the choice...



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 1st or 2nd (1st one marked on map above. 2nd is below it).

Bag drop Remember you have the facility to pick up race numbers on Monday so you can go straight to the START (see note on Number pick up further up).

It will open at 6.15pm beside the toilets at Clanna Gael Gaa club. Please do not leave valuables in your bag as organisers cannot be held responsible for items lost/ stolen or mislaid. Please note you will need a bag so we can put our sticker on it (i.e. we won't take car keys).

Toilets– Portaloos will be at the front driveway (entrance/exit) of the Clanna Gael GAA club. And TOILETS in club house.

Race start is 7.20pm at the start/finish area (follow signs) Be ready at 7.15pm for race briefing

-1x loop = 5km and 2x loops = 10km.

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

Race startThe most effective and safest way to start the race is to have 3x **mixed waves** based on the fastest first. That means there is no separate start for the 10km and 5km. The Fastest people in 10km and 5km will start together for Wave 1. Followed by next fastest for 10km and 5km etc.

Below are the **mixed wave** times comprising of both 5km and 10km runners together in each:

Wave 1 - complete the 10km in under 40mins. Complete the 5km in under 20minutes

Wave 2 – complete the 10km in under 50mins. Complete the 5km in under 25minutes

Wave 3 – All remaining for 5km and 10km

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. Each wave will go 30 seconds apart. So be ready. **Note: there is no disadvantage to starting in the 2nd or 3rd 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. Same route as other years....

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).

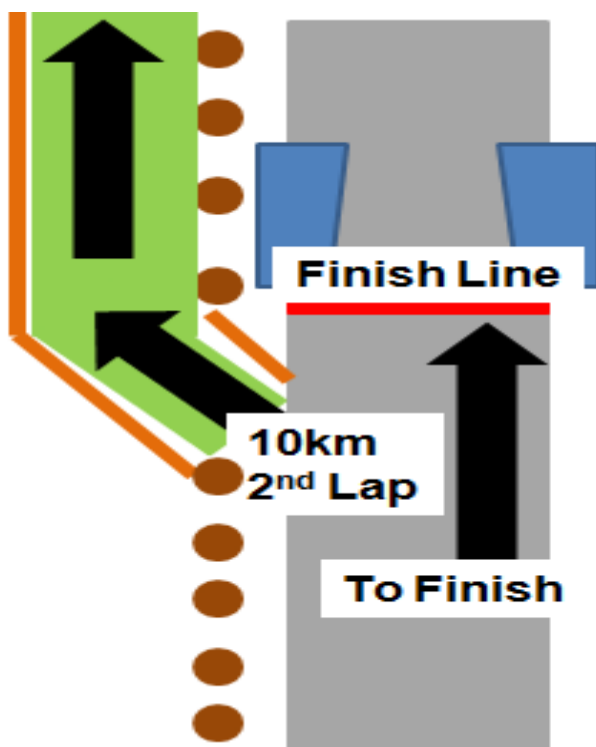
Please be aware that there will be other people out enjoying the Promenade and Parks during the race. The course is (majority) long straight lines so you will have a clear line of sight in case there is a need to pass someone.

Coming into the finish The finish line is on the long straight tree lined path. 5km do one loop and then finish. The 10km do a second loop then finish.

The 10km guys must take a detour to the left before the finish to begin the second lap. Don't cross the finish line (between the blue tear drop banners). There will be signs to warn you in advance and I'll mention it at race briefing. The sign will look like this. Follow the orange mesh that swings you left



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



Water station -this is for the 10km ONLY. It will be available on the course at km 10.5. It is the small water bottles. The water bottles are NOT to be taken further than the Park boundary. In other words NO bottles are to be taken onto the sand or beyond. There will be 2 x large bins in the park to drop them into en route. Please use these bins. **Your courtesy is much appreciated here.**

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 for 10km & 5km. Prizes maybe cash or vouchers

Finally we hope you enjoy the KBC 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 Facebook

<https://www.facebook.com/RunDublin-Clontarf-Half-Marathon-5-Mile-112053348865749/>

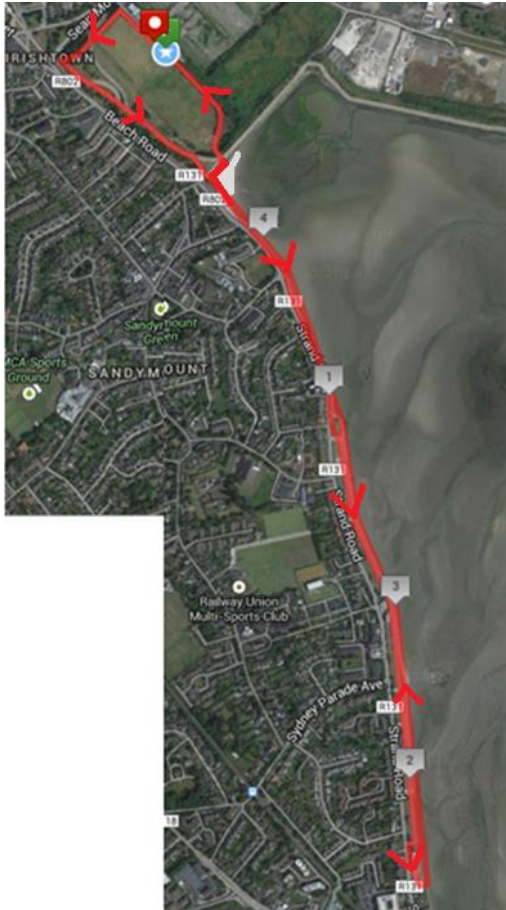
Enjoy and have fun... Look forward to welcoming you.

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



MORE RACES.....

Clontarf half marathon or 5 mile Nov 30th *is filling fast* www.rundublin.com

Other races to consider for 2020:

Sandymount Night Run March 3rd – will open once the Halloween Race is over

KBC Wicklow Gaol Break 1/2 mara or 10km March 22nd www.wicklowhalfmarathonand10km.com

Wexford Half marathon or 10km (PB course) April 26th www.wexfordhalfmarathon.com

Clontarf Half marathon or 5 mile (Ireland's flattest race) July 11th www.rundublin.com



If you enter all 3 races.....

Wicklow, Wexford, Clontarf

In any distance....

You can collect this amazing Trilogy medal.