

Hi Folks,

The Dublin Night Run is almost upon us..... Yeah!

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

**\*\*There are a few changes from 2020\*\*** 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.

*Please note 3x BIGGIES:*

**1) We can take entries on the night – but not many.... Be there before 7pm. €25 for 10km €20 for 5km (we cannot take cards. Please bring the exact amount in cash)**

**2) The start finish line, race number pick up and toilets are not in the usual place. In other words we are not using the Clanna Gael GAA club on this occasion. See location below**

**3) This time the course will go clock wise. Down along the beach first and then return along the Promenade (the opposite to usual)**

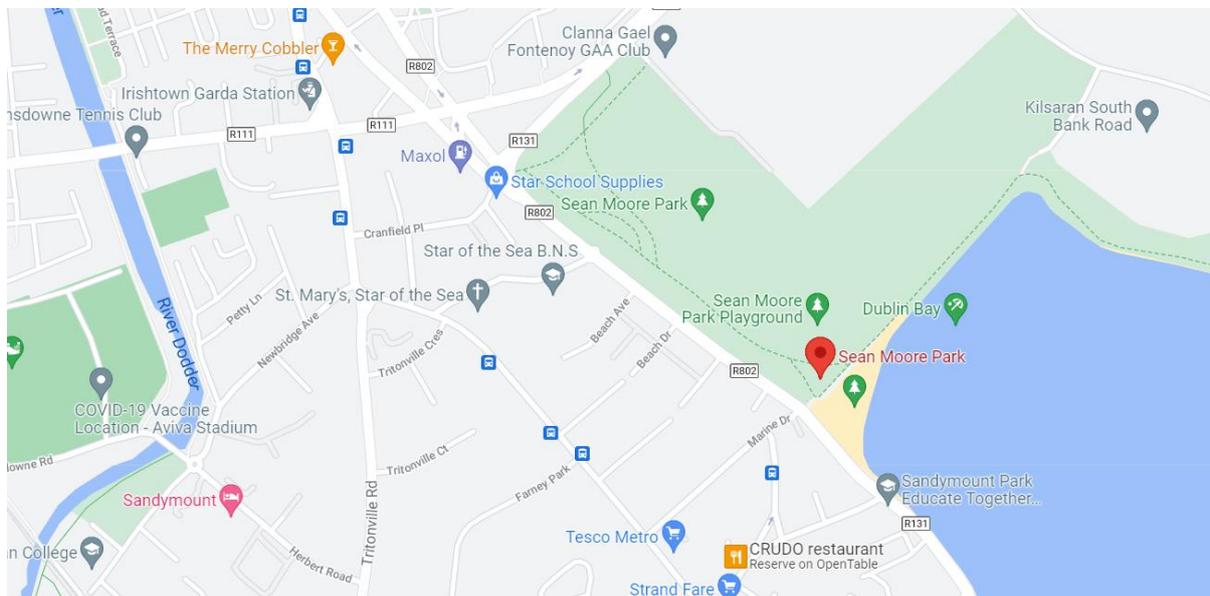
**Race date** Oct 26th

**Start time** 7.20pm

**Location** Edge of Sean Moore Park and the beach. This link (below) gives a pinned location

<https://www.google.com/maps/place/Sean+Moore+Park/@53.3345963,-6.213449,17z/data=!4m13!1m7!3m6!1s0x48670f29d9289c0b:0x9cdba6dc289de0c0!2sSandymount+Beach!3b1!8m2!3d53.3234935!4d-6.2059775!3m4!1s0x48670ede508b3847:0xd7a52d246269d49a!8m2!3d53.335139!4d-6.2134887>

To see this location on a map (see below). It is the red pin with text Sean Moore Park (beside it)



**NEW NUMBER PICK UP on Monday 25<sup>h</sup> (day before) 12.30pm – 2.30pm (lunch time) at Clayton Hotel, Cardiff Lane, Sir John Rogerson's Quay, Grand Canal Dock, Dublin 2, D02 YT21**



Please go into the Vertigo Bar entrance (beside the Main reception entrance). This is a street entrance beside the main entrance.

Bring a mask 😊

**Number pick up on the night Tuesday 26<sup>th</sup>** starts at 6.00pm at the new start finish area (not the GAA club). Closes at 7pm.

**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 Monday 25<sup>th</sup> at 10am\* online here ->**

<https://rundublin.com/race/dublin-halloween-run-5km-10km-sandymount/#race-number-pick-up>

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.

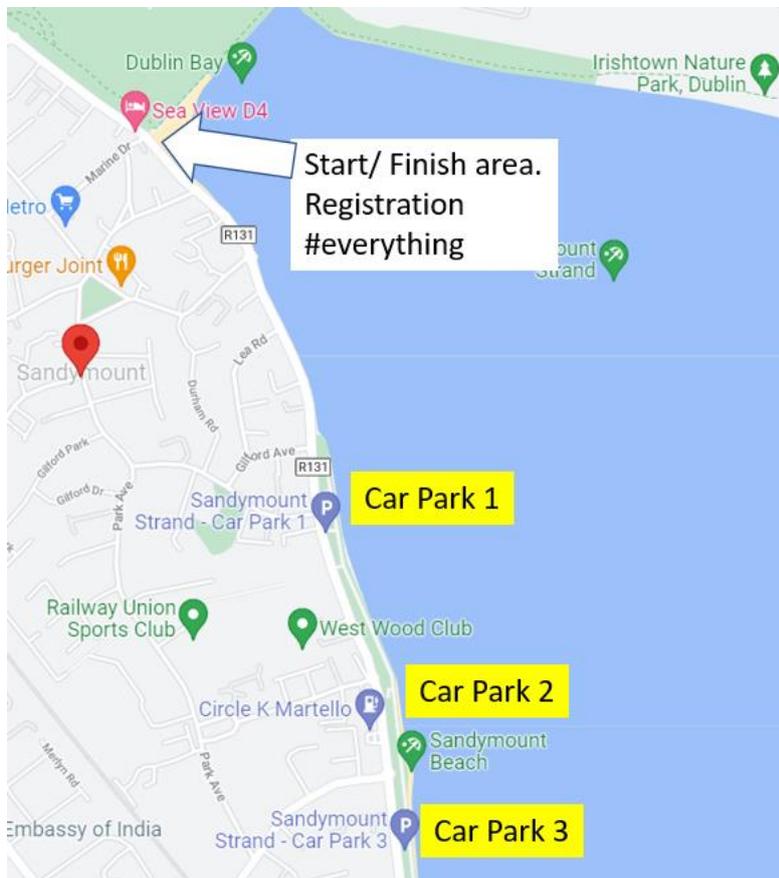
**Bag Drop** will be at the start/ finish area. Take note it will not be covered. So if you need to, bring a plastic bag to keep it dry (should it rain). It will be supervised however please note we cannot accept any responsibility for lost or stolen items. Use the bag drop at your own risk. It will open at 6.15pm. Please note you will need a bag so we can put our sticker on it (i.e. we won't take car keys).

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

From city take Bus No 1 or Bus No 47 and get out at Irishtown Rd, Bath Street. Walk to Sean Moore Park

**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.

We are not using the car park on South Bank road (the old/usual car park)



PLEASE DO NOT BLOCK ACCESS TO ANY HOUSE. You will be clamped

**Toilets**— Portalooos will be at Start / finish area.

**Race start is 7.20pm at the start/finish area. 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 start** The 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 be 3 x signs near the start. 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 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**

NEW Route this time – We start at the start / finish area and go clockwise around the Sean Moore park. Then we go onto the beach and continue on the sand to the turn cone. Then up the slip way to the promenade and back to the end of the promenade. Go down the slip way onto the beach and then back to the start finish

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 Gantry will be just off the path. 5km do one loop and then finish under the Gantry. The 10km do a second loop and then finish under the Gantry.

**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 and banana and medal. Please continue straight up the shoot and out. 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 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/>

**Covid guidelines** – we are located beside a large beach at the start finish 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 finish area.

If you show any symptoms of Covid 19 or feel unwell please do not come to the race. Or you have been a close contact of someone with Covid 19.

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

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

**The Dublin Night Run Team**

## **Other races to consider for 2021**

Wheelworx FASTLANE Half marathon or 10km November (Dublin) 7<sup>th</sup> [www.rundublin.com](http://www.rundublin.com)

Sorry Clontarf is sold out.