



Hi Folks,

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

**NOTE CHANGE OF VENUE FOR THE RACE NO. pick up on Monday. Go to Marker Hotel, Grand Canal Square, (up the street from KBC HUB). Please do not go to the KBC HUB – we won't be there 😊**

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

**\*\*There are a few changes from 2019\*\*** 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 2x BIGGIES:*

1) **We are FULL** and we are not allowed any more entries in agreement with Dublin City Council and An Gardai. Please don't show up asking to enter on the night (or before via email or phone) – it will be a wasted journey/ phone call. Sorry! **There will be no entries taken on the night**

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

*\*{Also... 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 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. 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.*

Note: Some areas of the course are less well lit. If you feel you need a head torch please bring it.

**Race date** March 10th

**Start time** 7.20pm

**Location** Clanna Gael GAA club Sandymount. Directions click here

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

**\*\*\*CHANGE OF VENUE\*\*\* NUMBER PICK UP on Monday 09<sup>TH</sup> will be in the Marker Hotel, Grand Canal Square (up the street from the KBC Hub)**

**Number pick up on the night Tuesday 10th** starts at 6.00pm upstairs in the BAR of Clanna Gael clubhouse. Closes at 7pm. Don't be late!

PLEASE NOTE – The race numbers will be available upstairs in the BAR at 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.

\*Race numbers will be available to view on the website Monday 9<sup>th</sup> at 10am\* online here ->

<http://rundublin.com/race/dublin-march-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 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. 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 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.

**Our supervised Car Park is on the South Bank road.** Drive past the Club towards the Toll bridge. Take the 3<sup>rd</sup> exit off the roundabout. See map below



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

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. And there are loos in club house and upstairs at the bar.

**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 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 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 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. 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 Gantry is on the long straight tree lined path. 5km do one loop and then finish under the Gantry. The 10km do a second loop and then finish under the Gantry.

**The 10km participants** must take a detour to the left just before the finish Gantry to begin the second lap (don't go under the finish Gantry on lap one). There will be a sign to warn you in advance and I'll mention it at race briefing. The sign will look like this.



Follow the tape until there is a gap that allows you to swing left.

Outline graphic (below) to demonstrate the set up. 5km go straight to the finish. 10km do a second lap 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 KBC goodie bag including a bottle of water. There will also be banana and a medal to pick up. 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 Night Run Team**

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



## Other races in Dublin to consider for 2020:

Wheelwork FASTLANE 10km or Half marathon Clondalkin (Dublin) May 24<sup>th</sup> [www.rundublin.com](http://www.rundublin.com)

Clontarf Half marathon or 5 mile (Ireland's flattest race) July 11<sup>th</sup> [www.rundublin.com](http://www.rundublin.com)

IP Telecom Dublin Night run 5km or 10km JULY 30<sup>th</sup> **THE SUMMER NIGHT RUN...**

Check out this UNIQUE spinner medal for the Dublin Night run on JULY 28<sup>th</sup> in Park West

Place are limited. Book now [www.rundublin.com](http://www.rundublin.com)



The image of the runner in blue spins around and around and around... 😊

## KBC Wicklow Half marathon or 10km March 22<sup>nd</sup> (Wicklow Town)

Finishes in Wicklow Gaol...More details -> [www.wicklowhalfmarathonand10km.com](http://www.wicklowhalfmarathonand10km.com)

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