



REMEMBRANCE RUN 5KM

Sunday 10th November 2019

11.00am Start

Phoenix Park, Dublin

REMEMBRANCE RUN TIMETABLE

09:00	Registration and Tee Shirt Collection Area Opens
10:15	Forget Me Not Choir Performance
10:30	Special Performance by Noel O'Grady
10:40	Individual Warm up
10:45	Assemble in allocated Assembly Zones
10:50	Mass Warm-Up
10:55	Official Starter – Olympic 1500m Champion Ronnie Delany
11:00	First Wave Runners/ Joggers Start
11:02	Second Wave Start – Joggers/Walkers Start
11:04	Third Wave Start – Walkers / Buggies Start

RUN BIB NUMBER COLLECTION

In order to take part in the event you will need to collect your race entry number. This can be collected from the following points on the dates/times listed below:

- Intersport Elverys – Henry Street, Dublin 1

Friday 8th November - (10:00-18:00)

Saturday 9th November - (10:00-18:00)

Please print off your registration email and present in store.

- Phoenix Park

Sunday 10th November – 9am-10:30am (Phoenix Park)

*If you have purchased a Remembrance Run 5K t-shirt it will be available for collection at the above times and locations.

We strongly encourage as many people as possible to collect their numbers on Friday 9th November & Saturday 10th November to avoid a last-minute rush on the morning of the event. Thank you.

TEE SHIRT COLLECTION

Participants that have purchased t-shirts will be able to collect them from the allocated collection points. Technical T-Shirts are available in sizes Small, Medium Large and X-Large and can be purchased on www.RemembranceRun.ie for a price of €10.

Collection point is near the start line in the Phoenix Park on the morning of the race.

BAGGAGE

Because of the number of participants in the run, it is not possible to provide changing rooms. There will be limited baggage storage area. Please place your bag in the area allocated to your number where it will be in safekeeping until you recover it after the run. For security purposes you will be required to show your run number in order to recover your bag.

Under no circumstances should you leave valuables in your bag. While the organisers will make every effort to ensure a safe event, no responsibility can be accepted for loss or damage to personal items.

GATHER AROUND THE STAGE

At 10.15am, participants will be invited to gather near the stage to listen to a short performance by The Forget Me Nots Choir- so beloved by Brendan Grace. The choir will perform a special song in Brendan's memory.

The Forget Me Nots Choir is a dementia inclusive choir - for Seniors, Carers, Family and Friends. The choir has a special welcome for those with memory loss conditions. The Choir is based in Baldoyle.

Also performing on the Main Stage will be Gardiner Street Gospel Choir. Our Lady of Victories Choir will be performing at a point along the route where you will get to hear them on two occasions.

Please also note that at 10.30am- there will be a Special Performance of a new song composed by Noel O'Grady and Frank Greally. Noel O'Grady will sing- 'I'm Still Close By' and will be joined in the Chorus by the Forget Me Nots Choir. Participants will be invited to join in the singing of the Chorus: It will be the first public performance of this new song.

ASSEMBLY /START

The assembly area is adjacent to the start line which will be clearly marked by the start gantry. The assembly area will be divided into sections as follows:

1. RUNNERS
2. JOGGERS
3. JOGGERS/WALKERS
4. WALKERS/BUGGIES

PLEASE ENSURE THAT YOU ENTER THE START AREA IN THE ASSEMBLY ZONE WHICH CORRESPONDS BEST TO YOUR FITNESS LEVEL.

FREE SHUTTLE BUS SERVICE

A number of FREE shuttle buses will be provided to transport participants to Phoenix Park from the bus stops at **PARKGATE STREET** and **DUBLIN ZOO** from **9:00am** to Phoenix Monument. After the run the buses will return from an agreed area close to the monument back to **DUBLIN ZOO** and **PARKGATE STREET**. All buses will be clearly marked 'Remembrance Run'



BEFORE YOUR RUN:

WARM-UP

It is recommended that you commence your individual warm up approx. 45 mins before the start time. This is to allow time for access to the toilets, access to the baggage area and to get to your assembly zone in a timely manner. Your warm up should include some light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool. A mass warm up will be organised at 10.50am by an experienced trainer.

RUN NUMBERS/BIBS

Please print the following information clearly on the reverse of your run number/bib:

- Name and contact number In Case of Emergency
- Medical Conditions

MEDICAL

St John Ambulance will be providing medical cover for this run. If you have an on-going medical condition please make yourself known to a member of the St John Ambulance on site on the morning before the run commences. The medical centre will be located adjacent to the finish line.

WATER

Water will not be provided along the 5K route. If you require water before or during the run please bring it with you. Water will be provided to each participant after you finish the run.

AFTER YOUR RUN

AT THE FINISH

After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you to where you will receive your finishers pack.

BAGGAGE RECOVERY

As soon as you have exited the finish system please recover your left baggage from the designated area. Remember you will need to produce your **BIB NUMBER** in order to recover your baggage.

PARKING

There is limited car parking available in the Phoenix Park. We recommend that you park in some of the multi-story car parks in the city centre as listed below and use the public transport system servicing the Phoenix Park. Please check the following websites www.dublinbus.ie /www.luas.ie. The Carparks listed below are all open on Sundays:

- Q-Park Four Courts – Usher Quay , Christchurch Place, College Green, Parnell Street, Fleet Street

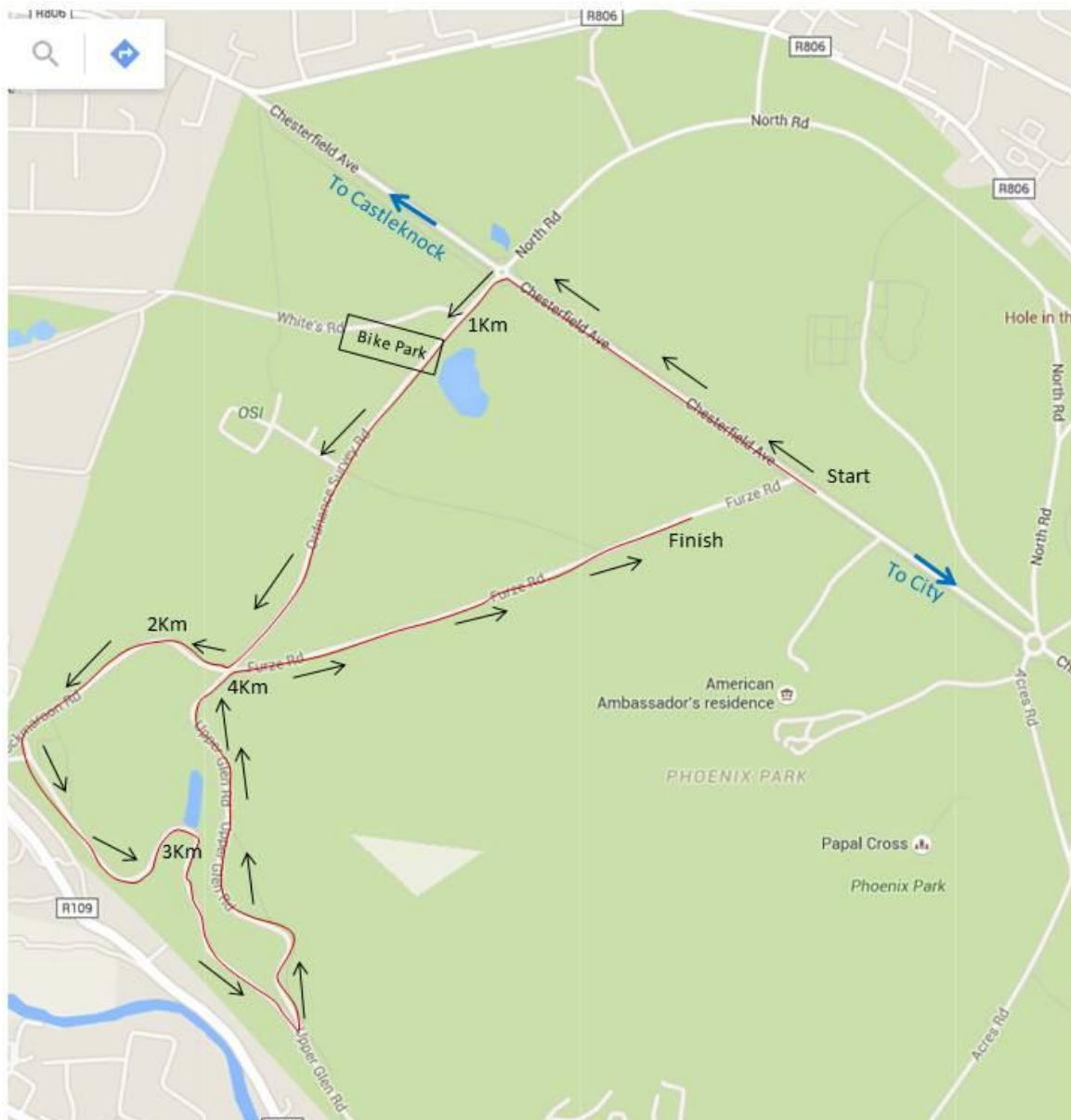
Please allow 20 minutes to get to the start line.

BUSES/LUAS TO PHOENIX PARK For those wishing to access Phoenix by Public Transport there are several BUS options. The numbers 37/38/39 and 70 serve the Phoenix Park. If you travel on any of these routes disembark at the BAGOTT ROAD stop and it is a five minute walk to the start area. Alternatively the numbers 25/26/66 and 67 serve Heuston Station. From there you can access the free bus shuttle to the start area. The RED **LUAS** line also serves Heuston Station.

LITTER

The Phoenix Park is being made available to the Remembrance Run under permission of the Office of Public Works. We encourage all participants and spectators to exercise the highest respect for this fantastic city amenity, and to dispose of any litter by using the facilities provided on the day or by bringing your litter home with you. Please adopt a “leave no trace” policy when exiting the park.

COURSE MAP



THANK YOU

Maurice Cleary and his team at the OPW who manage the Phoenix Park, Dublin City Council Recreation Dept, Gardaí Traffic Corps, St John Ambulance, Gardiner Street Gospel Choir, Our Lady of Victory Ballymun Gospel Choir, RTE, Independent Newspapers and our team of volunteers.