



TUESDAY 10th SEPTEMBER 2024

Commencing at 20:00

City Quay, Dublin 2

COMPETITOR INFORMATION BOOKLET

TIMETABLE

MONDAY – 9th September

- 10:00 to 18:00 Race pack pick up and Information Desk open at [The SPENCER Hotel](#), Excise Walk, Dublin 1, D01 X4C9

TUESDAY – 10th September

- 10:00 to 19:10: Race pack pick up and Information Desk at [The SPENCER Hotel](#), Excise Walk, Dublin 1, D01 X4C9
- 18:00: Toilets and Baggage Area Open at [Mayor Square](#), North Dock, Dublin 1
- 19:15: Individual Warm-up
- 19.15: Deposit Baggage in Allocated Area.
- 19.30: Runners (GREEN WAVE 1 to Assembly via SEAN O'CASEY BRIDGE)
- 19.30: Runners (RED WAVE 2 to (BLUE WAVE 3 and BLACK WAVE 4 to Assembly via SAMUEL BECKETT BRIDGE and along CITY QUAY.
- 19.35: Runners Assemble in allocated Zones.
- 19.50: Mass Warm-up at Assembly Area
- 20:00: Race Starts
- 21:00: Race Finishes

Please note the city is expected to be exceptionally busy on Tuesday evening so we advise all participants to plan accordingly and arrive early.

NUMBER/ T-SHIRT COLLECTION

Teams can collect their race packs, t-shirts, and luggage tags from [The SPENCER Hotel](#). This will be open for collection on Monday 9th at 10:00 –18:00 and on Tuesday 10th from 10:00-19:10 on the day of the race. Participants are encouraged to collect as early in the day as possible to avoid congestion. It is a requirement that all 4 team members' numbers and t-shirts are collected together. Individual numbers will not be handed out (unless you have entered as an 'individual entry').

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 timely assembly. Toilets at the starting area are located just off City Quay on Lombard St east and on Sir John Rodgerson Quay. Your warm up should include a few minutes light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool. Please remember that traffic will be moving as roads are not closed until the race starts.

BAGGAGE DROP OFF

The baggage area will also be in Mayor Square (Outside the National College of Ireland). A baggage tag has been supplied with your number, ensure you write your race number on the baggage tag and securely attach it to your bag. Place the bag in the area allocated to your number where it will be in safekeeping until you recover it after the race. **The Bag drop is located outdoors. Under no circumstances should you leave valuables in your bag.** For security purposes you will be required to show your race 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 the safe keeping of your bag, no responsibility can be accepted for loss of personal effects.

ASSEMBLY

The assembly area is located at City Quay and will be secured with control barriers. The start area will be marked by a large gantry containing the timing equipment. The assembly area will be divided into sections based on predicted finishing times as follows:

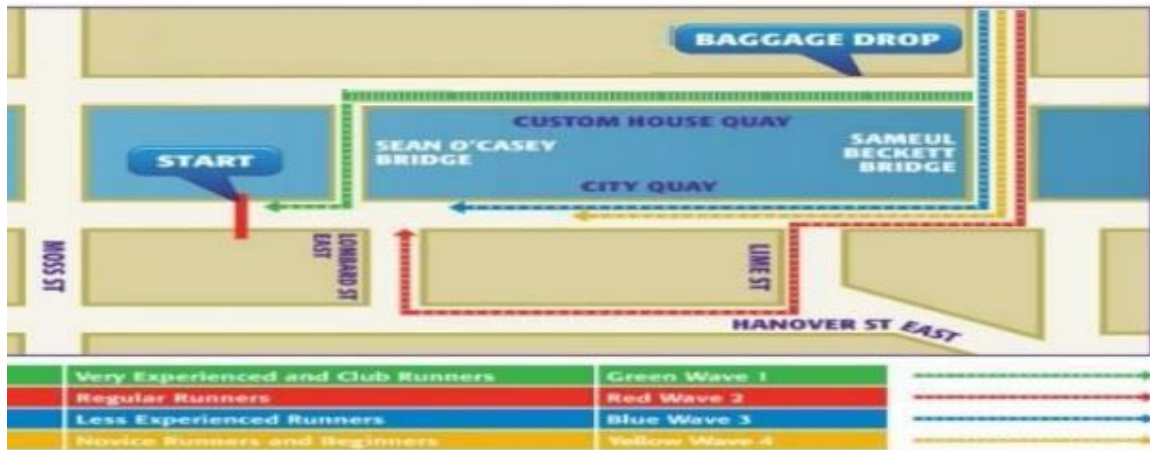
15.00 to 20.00 MINS - VERY EXPERIENCED AND CLUB RUNNERS - GREEN WAVE 1

21.00 to 25.00 MINS - REGULAR RUNNERS - RED WAVE 2

26.00 to 30.00 MINS - LESS EXPERIENCED RUNNERS - BLUE WAVE 3

31.00 to 45.00 MINS - NOVICE RUNNERS AND BEGINNERS - YELLOW WAVE 4

Runners expecting to finish in 20 mins or under will access the start via CUSTOM HOUSE QUAY and over SEAN O'CASEY BRIDGE, while runners expecting to finish in 21 mins or over will access the start via SAMUEL BECKETT BRIDGE. Please follow the instructions of the marshals who will direct you to the staging areas on City Quay). Please be careful when crossing over Macken Street – remember traffic will be live prior to the race.



PLEASE ENSURE THAT YOU ENTER THE START SECTION CORRESPONDING TO YOUR ANTICIPATED FINISHING TIME. Also pin your number on your front and do not interfere with the timing chip which is contained in the number. Team results will be based on aggregate times of each member of your team. There are 4 members per team. Because this is a chip timed event your individual time will be recorded only from when you cross the start line to when you finish. Don't rush the start - approach it in an orderly manner and enjoy your run. Please follow the instructions of the stewards at all times.

Please note that a photographer and videographer will be capturing the event. Athletics Ireland and/or A&L Goodbody may use these photographs, videos, motion pictures, website images, recordings and any other record of this event as per participant waiver.

AFTER YOU HAVE RUN

AT THE FINISH: After you cross the finish please keep moving and follow the instructions of the marshals who will direct you through the finish area where water and refreshments will be distributed and then back to Mayor Square where you can access the baggage area and recover your belongings.

TEAM PRIZES: As per last year, team prize presentations will not take place after the race. Winning teams will be contacted after the event and presented with their prizes at a later date. There will prizes for the first three teams in each of our male, female & mixed team categories. Winning teams will be announced on the ALG5K social media channels after the race.

PARKING: There will be some public parking in the city centre and on-street parking. When parking please remember that there are numerous other road users and we would ask race participants to be mindful of this. Please follow the directions of the race marshals at all times.

MEDICAL: St John Ambulance will be providing medical cover for this run. If you have an ongoing medical condition, please make yourself known to a member of St John Ambulance before the run commences. The medical centre will be located adjacent to the finish line on City Quay.

WATER: Water will be provided to each entrant immediately after the finish line.

LITTER: We are grateful to the authorities at Dublin City Council for permission to run this race. We adopt a Leave No Trace policy. Please do not discard litter or at any point along the race route, place it in the bins provided or bring it home with you.

RESULTS: Results will be available to view on the ALG5K Corporate Team Challenge event web site and on Facebook on the night of the race. A results link will be emailed to you after the race with your virtual goodie bag.

TAG US: Don't forget to tag us in your #ALG5K selfies.

- Facebook: @ALG5Kcorporateteamchallenge
- Twitter: @ALGoodbody
- Instagram: @A&LGoodbody

Map of the course: (5k or 3.1mile)



ACKNOWLEDGEMENT

Athletics Ireland wishes to acknowledge all those without whom this event could not have taken place:

A&L Goodbody, Dublin City Council, An Garda Siochana, Dublin Docklands Authority, Dublin County Athletics Board, St John Ambulance, Dublin Bus, Bus Eireann, The Spencer Hotel, Apleona Facility Management. Also to all our Event Stewards from Dublin City Harriers, Raheny Shamrock AC, D15 Running Club, Kevins Hurling club and Athletics Ireland Volunteers.

RACE WAIVER:

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained.

In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am travelling to or from the event, during the event, or while I am on the premises of the event.

I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road/water. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event.

I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise.

I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

I confirm that I DO NOT have any injury, disease or medical conditions that would prevent me from taking part in the event or endanger myself or any other participant.

I understand the nature of the event and I fully accept that I take part totally at my own risk.

