

## 10K FINAL INFORMATION

Are you ready for the 2019 Rock 'n' Roll Dublin Weekend? Race day is fast approaching, and the excitement is building for the 2019 Rock 'n' Roll Dublin Weekend!

**Start time: 09:15 Phoenix Park**

**Start Line: Chesterfield Avenue, Phoenix Park**

**Finish Line: Chesterfield Avenue, Phoenix Park**

### 10K Posted Packet Pick up:

Trinity College Sports Centre, Dublin, City Centre

- Friday, 9<sup>th</sup> August: 11am- 6pm
- Saturday, 10<sup>th</sup> August: 10am- 5pm
- Late registrations will be available if not sold out.

Trinity College Sports Centre is right in the heart of Dublin and served well by cross-city buses. You can plan your bus route on [www.dublinbus.ie](http://www.dublinbus.ie). The DART (train) stations of Pearse Street and Tara Street are both a short walk away. Both LUAS (tram) lines are also a short distance away, located at Lower Abbey Street for the Red Line and the terminus of the Green Line on St Stephen's Green. You can also use the Dublin Bikes service to cycle to Trinity College with bike station 32 located at the entrance to Trinity College on Pearse Street. More information can be found on the TCD website.

### GETTING TO THE 10K START LINE

For a full overview of parking and transport queries please visit event website - <https://www.runrocknroll.com/en/Events/Dublin>

Parking near the start line will be limited. There is parking available near Phoenix Park at the following locations:

APCOA – Heuston Train Station  
APCOA – National Museum of Ireland

We recommend using public transport if possible. Heuston LUAS stop is closest to the start line. We will be running shuttle bus services between Parkgate Street (adjacent to Heuston Station) and The Phoenix Monument, Phoenix Park.

### 10K START LINE VILLAGE

Upon arrival to the Start Area on race morning, you will find a baggage area to drop off your bag, First Aid Point, and toilets all within walking distance.

**Note to all runners:** Please arrive **AT LEAST** one hour before your race start time to allow for any traffic delays, warm up, baggage check, etc.

### BAGGAGE CHECK FOR 10K

**All baggage must be placed in clear Rock 'n' Roll branded Bags – these will be available at Packet Pick Up.** This bag is smaller than an airline cabin bag – the size of a small backpack. For security reasons, we are **unable** to accept larger bags. Please be sure to affix your baggage check tag (attached to your Race Number as a tear off) to your Bag (using the zip tie also included) before you leave it at Baggage Check on race morning. Baggage Check is open at the 10K Start Line from **07:30-09:00am**. You will be able to collect your bags at the same place after you finish. Please **DO NOT** leave valuables, cash or jewelry in your bag. The event is not responsible for lost or stolen items.

### START CORRALS (PENS)

Your race number and corral are based on your projected finish time. Runners can enter the corrals 30 minutes prior to the start. Your corral is indicated on your race number. The corrals will enable a comfortable starting position for runners of all paces. By using a staggered starting method, the pack will be spread out and allow every runner to settle into their racing rhythm.

### COURSE TIME LIMITS & CUT OFF

The official course time limit for the 10K is 1 hour 40 minutes (approx. 16min/ mile pace) The race will utilize a wave start; your official time will start when you cross the start line.

### PACE TEAM

Official Pace Teams are FREE and open to all participants. Simply look for the black or red pace flag in your corral which clearly displays the pace time you are looking for. Groups offered include: **0:45, 0:50, 0:55, 1:00**

### THANK YOU TO OUR SPONSORS & PARTNERS



### FIRST AID INFORMATION

First Aid stations will be located at the start, at key points along the course and at the finish. These will be clearly visible and will be staffed by medical personnel in their hi-viz clothes. In order to help our medical team, help you, **it is critical that you fill out the medical history information on the back of your race number.**

### OFFICIAL RACE TIMING

Your timing chip is attached to your race number. Your official time begins as you cross the start line and stops when you cross the finish line. Please take note of the instructions explaining how to affix your race number on this packet envelope.

### COURSE SUPPORT

There will be an aid stations on the course with Deep RiverRock water. This will be located at 5.2KM. Note that water will be available in cups this year. At the finish line you will receive your medal, water and refreshments.

### COURSE ENTERTAINMENT

**Bands on the Run:** A local band will be stationed at every mile along the course to keep your spirits high and your legs moving. For a complete list of bands, check out the **Entertainment** page of our website.

### FINISH LINE

After crossing the finish line you will enter a secure zone to collect your medal and refreshments before picking up your bag (if you deposited one before the race).

**Please note: once you exit the secure zone, you may not re-ente**

### FINISH LINE FESTIVAL: PHOENIX PARK

Pointbreak	09:45am – 10:15am
Half Marathon Awards Presentation	10:15am – 10:30am
Jerry Fish	10:30am – 12:00pm
Live DJ	12:00pm – 12:30pm

Several food vendors will also be on site in the festival area (some will be cash only), along with our official merch store and medal engraving tent.

### OFFICIAL RACE RESULTS

Official race results will be posted on the Rock 'n' Roll Dublin website <https://www.runrocknroll.com/en/Events/Dublin/The-Races/Results> on race day, showing chip time results.

### LIVE RUNNER TRACKING APP

Find us in the App Store and Google Play.

Search: **Rock 'n' Roll Dublin**. With the app you will find loads of event information, as well as your finish time when you cross the line that you can share on Facebook. Your friends and family will be able to track your progress live whilst you are on course, too!

### REMIX RUNNERS

Those running the Saturday 5K and ANY other distance on Sunday will need to collect a **black** wristband in order to collect a remix medal on Sunday. You can collect your wristband after the 5K race at the Solutions tent or at packet pickup at Trinity College Sports Centre on the 9<sup>th</sup> or 10<sup>th</sup> August. You will need your 5K bib to pick up a wristband.

### VOLUNTEERS WANTED

We need hundreds of extra hands at the Packet Pickup, Start and Finish, and on course. Volunteers receive an Official Race Crew T-shirt. Group participation is encouraged. Anyone who wants to get involved, email [Dublin@RNRRaceCrew.com](mailto:Dublin@RNRRaceCrew.com).

### MEDAL ENGRAVING

Stop by our medal engraving marquee at the finish festival to instantly add your name and chip time to your blingin' medal! It's **€15**.

### OFFICIAL RACE PHOTOGRAPHERS

FinisherPix will photograph you multiple times before, during and after the race. Smile when you see the photographers in their bright yellow vests. View and order your photos at [www.finisherpix.com](http://www.finisherpix.com)

### Quick Tips & Reminders

- Corral Change—First, collect your race number, then proceed to the 'Solutions Desk' at the Packet Pick Up if you would like to move to a faster corral.
- Complete the Medical Information on the back of your race number.
- Wear your race number on the front of clothing during the race.