

5K 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: 10:00 Phoenix Park

Start Line: Chesterfield Avenue, Phoenix Park

Finish Line: Chesterfield Avenue, Phoenix Park

5k Packet Pick up:

- Friday, 9th August: 11am- 6pm - **Trinity College Sports Centre, Dublin, City Centre**
- Saturday, 10th August: 8am-10am – **Phoenix Park (at the solutions tent). There will be NO 5K packet pickup at Trinity College on the 10th.**
- *Late registrations will be available if not sold out.*
- 5K pre-purchased tshirts can also be collected at Packet Pick up. Additional fees will be available for purchase in the merchandise area while supplies last.

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. The DART (train) stations of Pearse Street and Tara Street are both a short walk away. Both LUAS (tram system) 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.

The best entrance to use for Trinity College Sports Centre is located at the junction of Pearse Street and Westland Row.

GETTING TO THE 5K START LINE

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

Limited parking will be available in Phoenix Park. Alternative parking is 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 (which is adjacent to Heuston Station) and The Phoenix Monument, Phoenix Park.

5K 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.

BAGGAGE CHECK FOR 5K

You may leave a small bag at the 5K Baggage Area during the race. **The maximum size for bags is 50cm x 30cm x 20cm.** This 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 opens at the 5k Start Line from **8:00am. 5K baggage drop will close at 9:45am.** All 5K baggage must be collected by **11:15am.**

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 5K is 1 hour 15 minutes. The race will utilize a wave start; your official time will start when you cross the start line. A tail runner will follow the last 5K runner at this pace.

FIRST AID INFORMATION

First Aid stations will be located at the start 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 ENTERTAINMENT

Bands on the Run: A local band will be stationed at the 1.2km and 3.7km marker 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.

COURSE SUPPORT

There are no aid stations on course for the 5K. Runners are recommended to bring their own supplies if required. At the finish line you will receive your medal, water and refreshments.

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-enter.**

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 Trinity College Sports Centre on the 9th or 10th 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

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

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.

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