

## 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**

### 5km Posted Packet:

As you have received this information via the post then you will also have your 5K race number and baggage check tag. Please note that if you pre-purchased a t-shirt, these are not included within this pack. For further information on how to pick up your t-shirt, please see below. You do not need collect anything before the 5K race, unless you wish to pick up your pre-purchased 5k t-shirt at Packet Pickup (see below).

### T-shirt Collection

- 5K pre-purchased T-shirts are not posted, these can be collected from the Packet Pickup at Trinity College Sports Centre on 9 and 10 August.
- Please bring your bib number and confirmation email with you to collect your souvenir 5K T-shirt.
- Additional tees will be available for purchase in the merchandise area while supplies last.

### GETTING TO THE 5K START LINE

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 are 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 a 1hour 15 minute 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 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 packet pickup 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](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.

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