

HALF MARATHON 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: 08:00

Start Line: Fitzwilliam Square East

Finish Line: Chesterfield Avenue, Phoenix Park

Half Marathon Packet Pick up:

Trinity College Sports Centre, Dublin, City Centre

- Friday, 9th August: 11am- 6pm
- Saturday, 10th 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. 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 HALF MARATHON START LINE

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

HALF MARATHON 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

Bag check will open at 6am at Baggot Street Lower.

No bags may be checked at the Half Marathon start line after 7:45am. Your bags will be transported to the finish line festival at Phoenix Park, where you can collect them from the baggage trucks after you finish. **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. All Half Marathon baggage must be collected before **1pm**.

Please **DO NOT** leave valuables, cash or jewelry in your Bag. The event is not responsible for lost or stolen items.

Please note: Any clothing or other items left at the Start Line (not checked into Baggage Check) will be collected and donated to charity and will not be available for collection after the race.

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 half marathon is 3 hours 30 minutes (approx. 16min/ mile pace). Runners who are behind this pace at the 3-mile mark may be held briefly to allow LUAS trams to pass. Additionally, any runners who do not keep this pace through the course, will be asked to board the sweep vehicle. Full information on the course limits and cut-offs can be found on the **General Information** page on our website.

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: **1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00**

FREE SHUTTLE SERVICE

Information on the Shuttle bus services (pre and post-race) can be found on our website: <https://www.runrocknroll.com/en/Events/Dublin>. See further shuttle info online for details of routes and timings.

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.**

COURSE ENTERTAINMENT

Bands on the Run: We are excited to have bands playing approximately every mile along the course to keep your spirits high and your legs moving. For a complete list of bands, check the **Entertainment** page of our website.

COURSE SUPPORT

There will be 4 aid stations on the courses with Deep RiverRock water and sports drinks provided by Powerade. SiS Gels will be available at 8.3km and 17.0km and toilets available at each aid station. Note that water will be available in a combination of bottles and cups this year at alternative aid stations.

Station/Product	Half Marathon
W1 Deep RiverRock Water (Cups)	3.54 (5.7km)
W2 Deep RiverRock Water (Bottles), Powerade, SiS Gel	5.15 (8.3km)
W3 Deep RiverRock Water (Cups)	7.76 (12.5km)
W4 Deep RiverRock Water (Cups), Powerade, SiS Gel	10.56 (17.0km)

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.

FINISH LINE FESTIVAL & CONCERT

Once you cross the finish line you will enter a "Secure Zone" – a fenced off area for race participants only. Here you will receive your medal, have your photo taken by FinisherPix and receive Deep RiverRock water, Powerade, a banana and other post-race refreshments. After exiting the secure zone you will be able to meet your supporters, collect your baggage, enjoy the Jerry Fish headline concert and other finish festival activities. Please note: once you exit the Secure Zone, you may not re-enter.

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 Trinity College Sports Centre on the 9th or 10th August. You will need your 5K bib to pick up a wristband.

Rock'n'Roll

HALF MARATHON DUBLIN

FINAL INFORMATION
Half Marathon
11th August 2019

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' medall! 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.

THANK YOU TO OUR SPONSORS & PARTNERS



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



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.