



# The Great Railway Run 2017

Welcome to the 6th Great Railway Run which is set to be our biggest and best yet and thank you for your entry. This is entirely a charitable event and the main beneficiary of this run has been the Carrigaline Youth centre which was opened last year.

## Notice to Runners

### Route Information

The finish area remains the same as last year at the Carrigaline Lions Youth Centre and the start lines and routes will also be similar to last year but have still to be finalised.

Further details on routes and starting areas will be provided in the near future.

### Pre-Registration and number collection

If you have already registered by post or online, you can collect your number the evening before between **4pm and 8pm at Phelans midnight pharmacy, Kinsale Road Roundabout**. Alternatively you can collect it before the race at the start/registration area for your distance.

We will be also be providing an opportunity for late registration from 4pm until 8pm on Saturday evening at Phelans midnight pharmacy at the Kinsale Road Roundabout.

If you have already registered, please bring along your confirmation of registration.

New entries for the event will not be accepted on race day. Pre-registration makes it easier for us all and ensures we can start on time as we have done every year.

### Buses

Although we intend running an efficient bus service, we encourage runners to organise their own transport where possible. If travelling with others, consider leaving one car in Carrigaline and then bringing one to the start. The bus service is free but should be pre-booked. Times and location of buses to the start are published on the website, ( [www.thegreatrailwayrun.com](http://www.thegreatrailwayrun.com) ). Parking locations are the Owenabue car park in Carrigaline and the circus field. Buses leave from the Owenabue car park. Please read FAQs.

### **T-Shirts**

If you bought a T-Shirt, this will be supplied at check-in (Saturday evening/Sunday morning). If you do not want to wear it until later, simply send it down with in the baggage van to the finish. A small number of T-Shirts will be available for sale at pre-registration on the Saturday.

### **Water stations**

The water stations will be located at 7km, 11km, 14km, 18km and 22km. Isotonic drinks will be available at the 14km station also.

We would ask those gathering at the start of the 10K to be mindful of and support any 25K runners coming through and be careful not to hinder any runner's progress.

### **Race numbers and shoulder stickers**

You will be given your race number to put on your front as normal. In addition you will be given a smaller sign that **you pin on the back of your right shoulder**. This signifies whether you are running 5k, 10K or 25K and should be worn as a courtesy to your fellow runners. You will also be given a number for your baggage if needed and will be transported to the finish area.

### **No shortcuts!**

For 25k runners, note that at Blackrock castle, the correct route is to proceed along the roadway and not down the steps. Marshalls will be on hand to advise.

### **Open roads**

The route is partially run on roads that remain open to traffic. This is important to be aware of, particularly between Monkstown and Shanbally and in Passage. Please ensure for your safety and the safety of others that you do not cross the centre line of the road between Monkstown (15K) and Shanbally (20K) at any stage. When rounding the roundabout at Shanbally (you will be turning right) do so as traffic would – keep left and go around as traffic would. In general you should remain on the left side of the road except for the last 2 km where marshals will direct you to the right hand side

### **Personal audio devices**

The use of personal audio devices is prohibited on the public roads

### **The start**

The 10km and 25km runs will have a chip-timed start for each individual runner. Make sure that you cross the starting mat to activate your timer. The 5km start will be based on gun-time. For all routes, each km of the route will be marked with number of km left to go.

### **The finish**

The finish line is off the main road and therefore not clearly visible as you approach the youth centre. You will be taking a right turn about 20m before the actual finish line. Please continue past the finish line for a further 10m to avoid congestion and there will be bananas and a bottle of water as well as medals. Please ensure you are given the correct medal for your distance. From there, proceed to the youth centre adjacent. There will be massage/therapy in the youth centre as well as soup and sandwiches, tea/coffee and snacks.

### **NO Showers**

Please note there are NO SHOWER facilities at the youth centre.

Marshalls and a medical team will be on hand to assist and do not hesitate to advise them if you need assistance. Please follow their directions.

And most of all enjoy the views, enjoy the forecasted cool, dry and bright weather and have a great day!