

Walk, Jog, Run 5km Together *for* Yes.



WEDNESDAY 16th MAY 2018

PARTICIPANT INFORMATION

Hi everyone,

The Together for Yes Walk, Jog, Run 5k is almost here! It promises to be a great night with the added bonus of raising much needed funds to secure a YES vote in the referendum.

We have put together some information to answer questions you may have. However, if we haven't covered everything, please email us at run@togetherforyes.ie.

*****Please read to the end - knowing what is going on and where everything is will help you enjoy the night ***.**

1) How do I collect my race number and free Together For Yes t-shirt?

There are two chances to collect your race number and t-shirt. Please make sure to bring your registration details with you.

When:

- Day before - Tuesday, 15th May 2018.
5.30pm – 7.30 pm: Together for Yes, 14 Upper Mount Street, Dublin 2.
(everyone who collects on 15th May will be entered in a raffle)
- One Race night - Wednesday, 16th May 2018 at the Number Collection Desk on the beach at Sandymount Strand (Sean Moore Park end). There will be three queues on the night organised alphabetically by surname.
5.30pm – 7.00pm
Don't be late! We will close at 7.00 pm sharp.

Race number and timing chip: the chip is attached to your race number (it is very small) and it is disposable so you do not need to return it. Take 4 pins at the Number pick up point to attach it.

2) I opted to have my number posted, how do I collect my Together for Yes t-shirt?

If you have your number you will be able to pick up your t-shirt on Tuesday or Wednesday as outlined above. Go to the 'T-Shirt Only' collection area.

3) Where does race start?

We start the race on the beach at the Sean Moore Park end of Sandymount Strand. Don't worry – we checked – the tide will be out!

4) How do I get to the start point?

There is limited on street parking. We advise using public transport, carpooling or walking/biking to the start.

By Dart: 15 minute walk from Sandymount Station or Landsdowne Road Station.

By Bus: Routes 1 and 47.

Please note that there is no parking at Clanna Gael Fontenoy GAA grounds as part of this event.

5) Is there a bag drop?

This is a completely outdoor event and the bag drop will also be outdoors so please bring a waterproof bag.

It will be supervised however please note we cannot accept any responsibility for lost or stolen items. Use the bag drop at your own risk. It will open at 5.30 pm. Please note you will need a bag so we can put our sticker on it (i.e. we cannot take individual items such as car keys).

6) Will there be toilets?

Portaloos will be available at the Strand Road car park nearest the race start (car park 1) which is approx. 10 minute walk from the start.

7) Will there be first aid?

The Order of Malta are providing First Aid and will be stationed at Car Park Number 1 too. If you require First Aid please notify one of our volunteers or race marshalls who will be wearing Together For Yes Hi Vis vests.

8) What time does the race start?

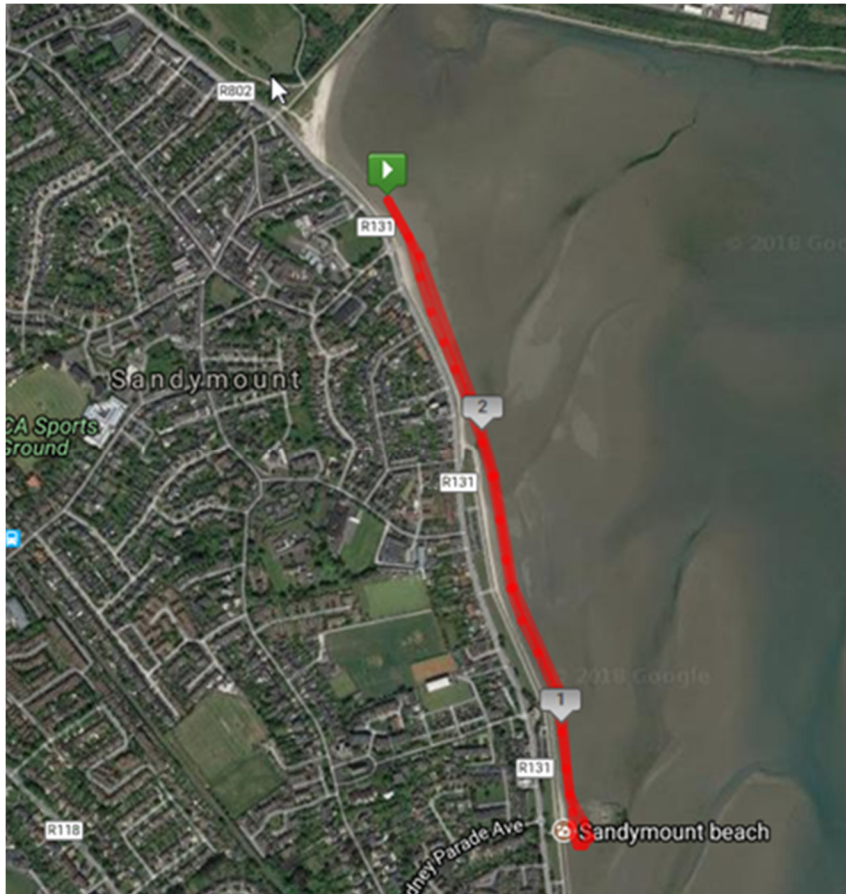
Be ready at 7.00 pm for race briefing and warm up - race start is 7.30pm at the Gantry.

Anna Nolan, Television Presenter will MC the event and warm up will be provided by health and fitness expert Emma Murphy.

9) What is the race route?

The route will be marshalled and fully marked.

The run consists of two laps. Starting on the beach at Sandymount Strand at Sean O'Moore park end, participants will continue on the beach along coastline for 1.25k (approx. as far as old swimming pool). Participants will turn back adjacent to run route out. One lap and equals 2.5k in distance. Participants commence second lap. After second lap they continue to finish gantry and complete their 5K. See map below for an aerial overview of the route.



10) Can I bring my dog?

Unfortunately, we are not able to accommodate dogs at this event.

11) Where can I see my time?

Race results will be available on www.popupraces.ie shortly after the event ends and we will circulate a link by email the day after the event.

12) Leave no trace

Leave No Trace – please bring your litter home with you or use the bins provided – we want to leave the beach as we found it.

Finally, thank you for joining us on this run - we are really looking forward to seeing you on the night.

Walk, Jog, Run 5K Together For Yes event team