

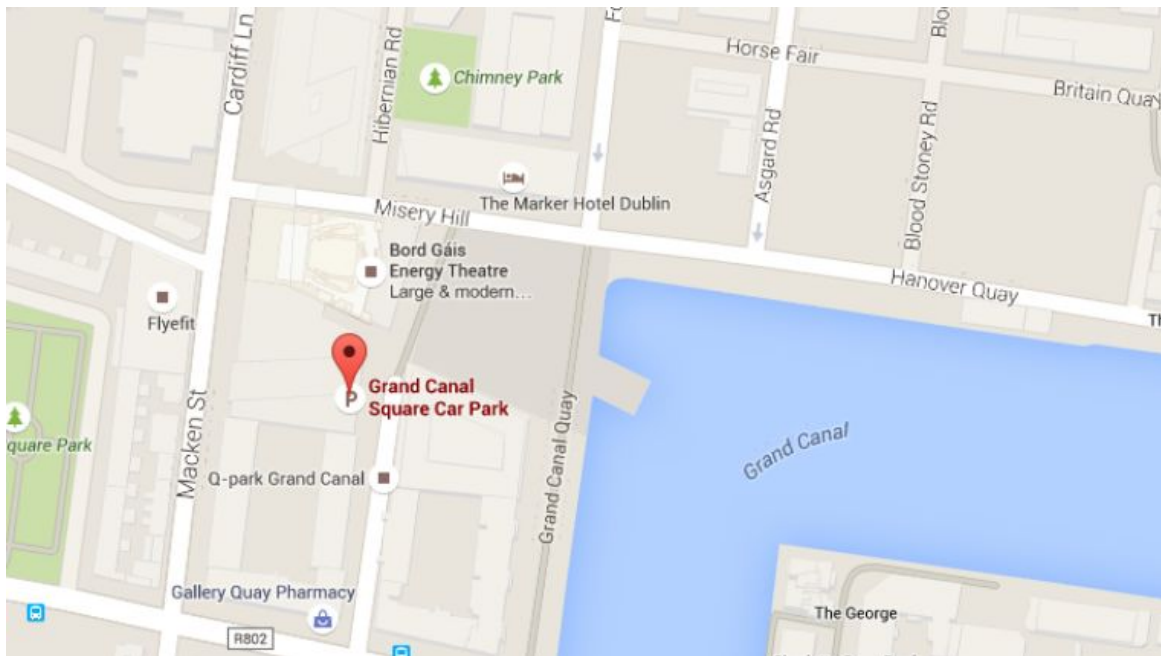


Docklands 5K race-day instructions

Baggage Drop Off

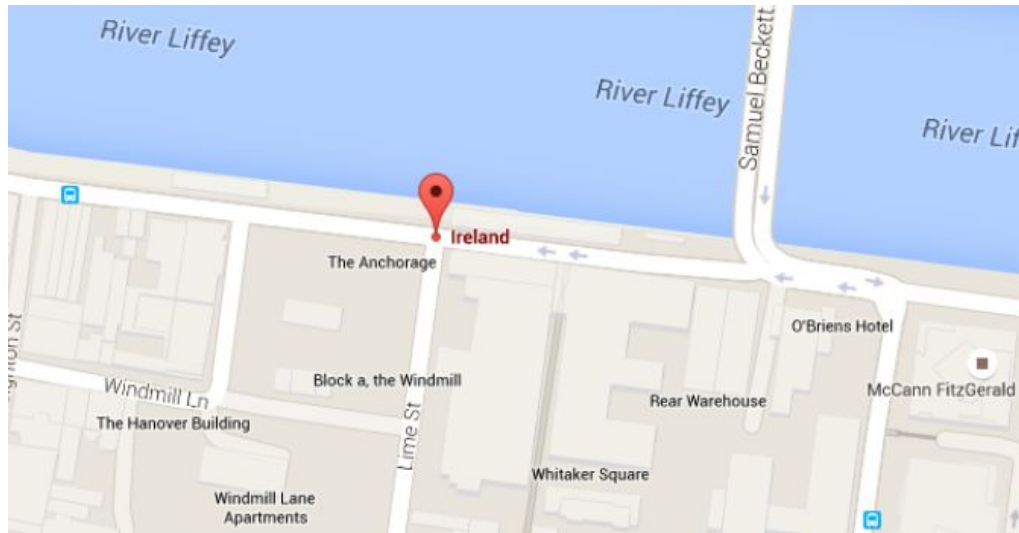
The baggage area will be located on the first level of the QPark underground car park next to the Bord Gais Energy Theatre on the Grand Canal Plaza. The pedestrian entrance to the car park is located immediately in front of the foyer entrance to the theatre. The bag drop location will be in the car park next to the attendant's kiosk at the bottom of the stairs on the first level. You will be provided with a bag tag at drop-off. **Please write on the tag your race number that you will be given at registration and attach it to your bag.** Pens will be provided. Give the bag to the steward and it will be placed in number sequence so that it can be easily recovered after the race.

For security purposes you will be required to show your race number in order to recover your bag. Please do not leave valuables in your bag. Whilst the race organisers will make every effort to ensure the safekeeping of your bag, no responsibility can be accepted for loss of personal effects.



Access to the Start line

The assembly area for the event will be on the City Quay between the Start line (located at the junction of Lime Street and City Quay) and the southern end of the Samuel Beckett Bridge (at the junction with Cardiff Lane and City Quay). **Please ensure that you enter the start section corresponding to your expected finishing time.** Your time zone location will be facilitated by the presence of pacing groups (20 mins, 25 mins and 30 mins) and, in order to avoid impeding faster runners, please do not assemble in a zone that would be ahead of your likely finishing time. You are expected to assemble in this area at the latest 20 minutes before the start of the race (i.e. 19:10). **Please follow the instructions of stewards and pacers at all times.**



Please pin your race number bib with the safety pins provided on the front of your singlet/shirt and do not interfere with the timing chip which is contained in the bib. It is up to you to provide emergency contact information and we suggest you provide this by writing the details on the back of your race number bib.

Because this is a chip-timed event, your individual time will be recorded only from when you cross the start line to when you cross the finishing line.

At the Finish

After you cross the finish line please keep moving and follow the instructions of the stewards who will direct you towards the water and refreshment pick-up on your way back to the baggage area. Water will be available at the finish line and on Forbes Street near to the Marker Hotel and there will be signs directing you to the water location and thereafter to the baggage area. Please do not discard empty water bottles or any other litter in the street. There will be bins provided for the purpose. Please use them.

Prize-giving

This will follow as soon as possible after the lead competitors have crossed the finish line and will be held in the Clayton Hotel on Cardiff Lane near the bag drop. Any prizes not collected on the evening will be mailed out to competitors.

Enjoy your Race!!