



## **Dear Runner**

Welcome to the inaugural **Run 'n' Roll 5k and Stroll 'n' Roll 2.5k** race in aid of the Youth Services in Irish Wheelchair Association and thank you so much for taking part in what promises to be a great day.

Please read the information below which has details of everything you need to know on the day. If you have any queries please don't hesitate to contact us and we will try to answer any questions you have. Dave 0870506946 email: [runroll@iwa.ie](mailto:runroll@iwa.ie)

We endeavour to leave the park as we found it so please do not litter. Please dispose of all litter, water cups and bottles in bins provided.

## **Getting here**

### **Location of start**

**Run 'n' Roll 5k and Stroll 'n' Roll 2.5k** start line and finish line is located on the main avenue at the centre of St. Anne's Park.

### **Getting there by public transport**

#### **Getting there by Dublin Bus:**

Take the 130 bus from Lower Abbey St. towards Castle Avenue: Stop #1750 on Mt. Prospect Ave. opposite Red Stables is a 5 minute walk through the park to the start line

Take the 29a bus from Lower Abbey St. towards Baldoyle: Stop #651 on All Saints Road is on the north side of the park beside the tennis courts and is less than a 10 minute walk to the start line

Take 31/a/b, 32 buses serve Raheny village (c. 15 minute walk from course start in St. Anne's Park).

#### **Getting there by Train:**

Take the DART to Raheny Station. Exit DART station and turn right, walk straight on along Station Road continuing through the main cross roads, down the hill and on through the



village. Turn left at Watermill Road, pass roundabout and park entrance is on right. Follow path through to centre of park (allow 15-20 mins total).

## **Parking**

Parking is available in the Red Stables car park and the car park by the tennis courts on the opposite side of the park. (see map) There is also free, on street parking around the perimeter of the park.

Please use public transport or car pool where possible.

Please park responsibly and please respect the local resident's car parking.

## **Collection of T shirts & Race Numbers**

If you have not opted to have your race number posted to you, you will need to collect it on one of the following days:

**Saturday: Irish Wheelchair Association Headquarters, Blackheath Drive, Clontarf, Dublin 3**

**10am -12pm**

**Sunday: There will be limited availability to collect your number on race day.**

Location: At Finish Line, St Anne's Park, Raheny 10.30am – 11.15am sharp!

## **Toilets**



Toilets will be available in the park over by the Red Stables, approx. 5 mins from start line (see map). There are 2 wheelchair accessible toilets available on site.



## The Start

The race will start at 12pm sharp on the main avenue of the park. Please follow the instructions of the marshals and line up appropriate to your pace.

**We kindly request that walkers, buggies and small children move to the back of the starting area in order to reduce the risk of congestion (and to keep everyone safe!)**

Timing is chip timed from the start so your time only starts as you cross the start line.

## The Race

A fast, flat, tree-lined course through the beautiful St Anne's Park. The course, which follows an anti-clockwise direction, starts approximately half way down the main avenue from the Sybil Hill/Vernon Avenue entrance. The course is run on tarmac pathways that are shared with other park users, please be mindful of others. We ask that runners keep to the left side of the pathway allowing others to pass freely on the right.

Look out for hand painted signs around the route made by students in the Rehabilitative and Youth Service!



## The Finish

The finish line is located on the main avenue. Once across the finish line please keep moving towards the medal and refreshments area where you will be given your medal and goodie bag. Once again please dispose of all litter using the bins provided.



Our race MC Mark will be there to cheer you all over the finish line, be sure to smile for the camera 😊

### Post Race

There will be a refreshment stand at the finish line plus a goodie bag for all participants. 98FM will be present on the day with some family entertainment – face painting, goodies etc.

