

Run With Archie

Sunday October 6th 2019

Remember wear **ORANGE to support Archie**



IMPORTANT SAFETY POINTS

Please be aware that there is no road closure.

Be aware at all times.

Run or walk facing traffic.

If you need help at any stage or feel unwell at all please advise our marshals. We will have bike marshals cycling between everyone ensuring that everybody is ok.

- ***20 mile Walker start time***

Unofficial start time at 6.15am for anybody that wants an early walking start. This unofficial start time relates to non chip timing until 8.15am. Any walkers will be most welcome to start at 8.15am too and we will all be there for you at the finish line.

You will walk start about 300 metres Athlone side from Collins filling station. You will walk straight down to Ganleys roundabout and turn back on your heels keeping on the side of the road of Collins filling station. You will walk facing traffic. A high vis top is mandatory. A head torch would also be handy for the first 40 minutes. At this time in morning we will not have many marshals out but John will be out with water and leading way for you all. I will also be keeping an eye on you all for first hour or so.

- ***20 mile Runners start time***

Official chip timed run will start at 8.15am. Meeting point will be Collins filling station/ Spar Express on Athlone Rd to Roscommon. We will walk 300 metres to the start line past the garden centre.(If people do not want to be chip timed it's no bother just don't wear your bib)

If some runners want an earlier start time you must text me on 087 9215490 prior to race but please remember we will not have all marshals in place until official start time of 8.15am plus you will miss out on some of the unique spirit of this run.

Other Distances on the day

As like other years we welcome walkers and joggers to join in on course at various points. **Please wear orange on the day.** You can register online for these other distances. These are the following points you can join at. There will be markers out for join in points. Just look for something orange and your distance. Please note that these other distances are not timed. You will need to self time if you want. In addition we ask that nobody start at these points before the first runner goes by. Team Archie would love to see you join in with them if you want company. Team Archie intended pace is 9.40 min miles.

We will not be providing lifts from these start points. You will need to get to your start point yourself but we will get lifts for you after the run back to where you parked your car.

Team Archie estimated time of arrival at join in spots

20 mile start: 8.15am. 300 metres from Collins Filling station.

13.1 miles : 9.25am just pass Kiltoom graveyard

10 mile: 9.55am Coffeys in Lecarrow

10km: 10.35am opposite Claypipe pub in Knockcroghery

5km: 11.05am just past Ballymurray railway gates

The final stretch :from outside Lidl on Lanesboro road. We ask as many people to join us here. 11.25am

Estimated finish 11.35am

- ***Number pick up/ Registration for 20 Mile***

Number pick up will be at Collins filling station from 7.45am. Number pick up will close at 8.05am to get to the start line. So get there early! A limited amount of on the day registrations but you need to be there at 7.45am to get a spot.

- ***Route***

The start point is 300 metres Athlone side of Collins filling station. We will run to Ganleys roundabout on Collins side of road and then our marshals will turn us back on our heels staying on this side of the road that is running facing traffic the entire way to Roscommon. Marshals will be on route the entire way with additional motorcycle marshals and bike marshals. The road is straight the entire way to Roscommon with a couple of hills. Please see last year's elevation. When we get to Circle K Casey's filling station in Roscommon we will be this year taking a right heading past Roscommon Fire station, Lidl, out the Lanesboro road for 400 metres and then take the right into Ros Bowl. You will see the finish line from here!



- ***Water and refreshments on route***

There will be water stops every 3 miles with jellies and other treats. Coke and Lucozade from mile 10 onwards too. If there is anything else you would like on course just let me know. Please drop your rubbish and water bottles at these stops.

- ***Getting to Athlone***

A fleet of cars will be leaving from Roscommon Leisure Zone Roscommon at 7.20am sharp to get people to Athlone. Ample parking available here to leave your car until you finish the race.

In addition if your coming from Athlone side parking available at Collins. We will arrange a fleet of cars to bring you back here after race and refreshments. Please note these lifts going back will only start after presentations and refreshments have been had.

- ***Baggage drop***

There will be a dedicated car to take your bags to finish point from the start line. Make sure to pack warm, dry clothes for after the run.

- ***Lead car***

There will be a lead car for front runners

- ***Sweeper***

There will be a bike marshal sweeping the course ensuring everybody is ok.

- ***Online registration***

Online registration will close Friday 4th October if 20 mile run has not sold out beforehand.

Refreshments will take place in Roscommon Leisure Zone after the event. Tea, coffee, sandwiches, buns and loads of cake! Plus loads of water and fruit

- ***Medals and Hats***

Medals will be presented to all 20 mile finishers by Archie in the hall in Roscommon Leisure Zone after the event.

This year participants will receive hats instead of shirts. These will be given with your number pick up at 8.15am and for the walkers earlier start. For anybody that registers for shorter distance you will be given your hat when you finish in the refreshment area.

Please note there is a limited amount of hats. Therefore only people who register online will be guaranteed a hat. But everybody will receive a medal.

Archie and his team plan to run 9.40 minute miles which would have us landing at Roscommon Leisure Zone at 11.35am. We would love for any runners, walkers that are finished to come join us for the last 500 metres if you can.

Remember this is one big long walk or run. We will support you all the way. Team Archie hopes you enjoy the day and if I can assist you in anyway please let me know.

Sinead