



Race Information - Nally's SuperValu Trim 10 Mile Road Race 2020

Number & Shirt Pickup

Due to the large number of registrations, we will have race number and shirt pickup available on the day before the race as well as on the morning of the race. To avoid queues, please pick up on the Saturday if possible. One person can pick up multiple numbers/shirts but please bring a copy of the email confirmation for each person along. Note that shirts will be given out as per the size ordered online - we cannot swap shirts. Name changes to entries are not possible.

Saturday collection: Spun Cycles & Spun Run, Trim Retail Park, Navan Rd., Trim - from 12pm to 4pm.

Race-day collection: Race HQ - Ultimate Conditioning, Oaktree Business Park, Trim - from 9.30am to 11.30am.

Note that if you selected the postage option when you registered, your number and shirt will be posted out to you the week before the race.

Refer to maps below for locations of Spun Cycles & Spun Run and Race HQ - Ultimate Conditioning.

Please note that we will not have race entry available on the day or on the Saturday as the race is already full.

Our thanks to **Spun Cycles & Spun Run** for the use of their facilities for our Saturday collections, and to **Ultimate Conditioning** for use of their facilities for Race HQ on Sunday.

Race HQ

Race HQ will be in Ultimate Conditioning, Oaktree Business Park (see maps below), Trim. This is located only a few hundred metres from the start line. Number/shirt collection will be available from 9.30am to 11.30am. There will be toilets available in this area, and there is space to warm up here also. Race HQ and the start area will be clearly signposted and marshals will be available to help direct you.

Parking

We have organised race parking in three different areas - please refer to the parking map below.

- Traffic coming from Dublin, Summerhill/Longwood and Mullingar - follow the green route shown on the map to the OPW car park.
- Traffic coming from Navan, Athboy or Kildalkey directions - follow the blue route shown on the map to the car parks on the Athboy Road.

Cars will not be allowed in to the Business Park area from either Athboy Road or Dunderry Road.

Once the car parks are full, please use suitable on-street parking in the town or any of the public car parks in the town. All on-street parking and public car parks are free of charge on Sundays. Note that parking is NOT available at the Diocesan Hall on Loman Street - cars will not be able to access this car park.

Please follow the instructions of our marshals with regard to parking - they are there to ensure that the traffic flows smoothly and that delays are avoided. Remember that they are volunteers who are aiming to help both race entrants and local residents. **Please DO NOT park in residential estates or in shopping car parks such as Lidl or Aldi.** It is your responsibility to ensure you park legally and safely.

Ensure that you allow enough time to get to the Race HQ (if you need to collect your number) or the race start – the Race HQ is around 2km from the centre of Trim town.

OPW car park will close at 3.30pm, so ensure you have removed your car by then.

Pre-Race

Bag drop will be available at Race HQ if required. Please note that Trim AC will not accept any responsibility for items that go missing. Belongings are left entirely at the risk of the owner - do not leave any valuable items in the bag drop.

The Race

The race is chip timed and will have a chipped start mat also - so please do not crowd the start, you will get an accurate recorded time for your race regardless of how far back from the start line you are when the gun goes. Your time begins when you cross the start mat.

There will be pacers for 70, 80, 90 and 100 minutes - they will be clearly visible. We will have a corralled start area to try and keep runners of similar ability together - so please group with the pacers closest to your expected finish time, even if you are not intending to run with them. For example, if you are expecting approx. 75 minutes, please locate yourself between the 70 and 80 minute pacers when we start gathering the crowds just before the race start time. We will have these groups clearly signposted.

There will be water stations at approx. 4.5 miles and 7 miles with small bottles. Water and bananas will be available at the finish line and you can collect your SuperValu goodie bag at the finish line also. This year we will have Refill Ireland providing water at the finish line – water is provided in reusable tumblers. Please discard the tumblers in the Refill bins provided for this purpose – do not discard them in general waste bins, or take them away from the finish area. These cups are washed and reused with the aim of reducing plastic waste at events like ours, so please do your bit and return the cups.

We will have race marshals at various points along the route - **please listen to any instructions they might give you**. They are there to help ensure the safety of all participants. We would strongly discourage the wearing of headphones as, while we will endeavour to limit/divert traffic as best we can, we cannot guarantee a completely traffic free route, so there may be traffic from time to time. Please be cautious especially around bends in the road.

Post-Race

Once you have collected your goodie bag, you can make your way to St. Patrick's Diocesan Hall, Loman Street, Trim for refreshments. We hope to have a tea/coffee vendor at the finish line for those who do not wish to go to the hall after the race. Please remember to collect any belongings you may have left in the bag drop and dispose of any rubbish you might have (or bring it home).

Toilets

Toilets will be available:

- beside Race HQ
- beside the start area
- at St. Patrick's Diocesan Hall (where the post race refreshments and awards will be).

Please use the facilities provided and DO NOT use surrounding buildings as a toilet - respect our neighbours and our neighbourhood businesses.

Bins

There will be bins close to Race HQ/finish area and also at St. Patrick's Diocesan Hall. Please be considerate and use the bins for all litter or take your litter home with you.

We look forward to welcoming you to Trim for our race - best of luck and enjoy the day!

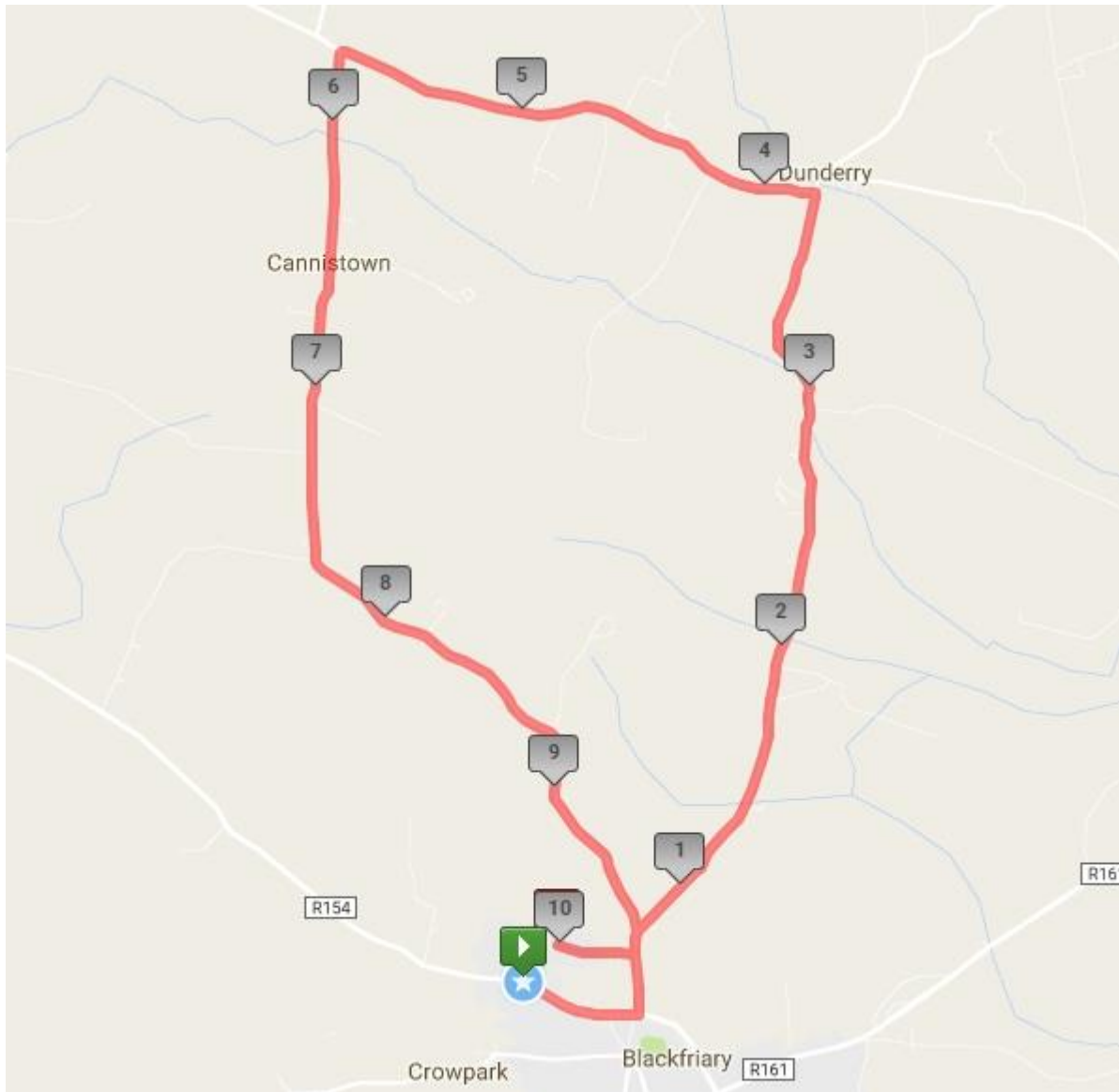
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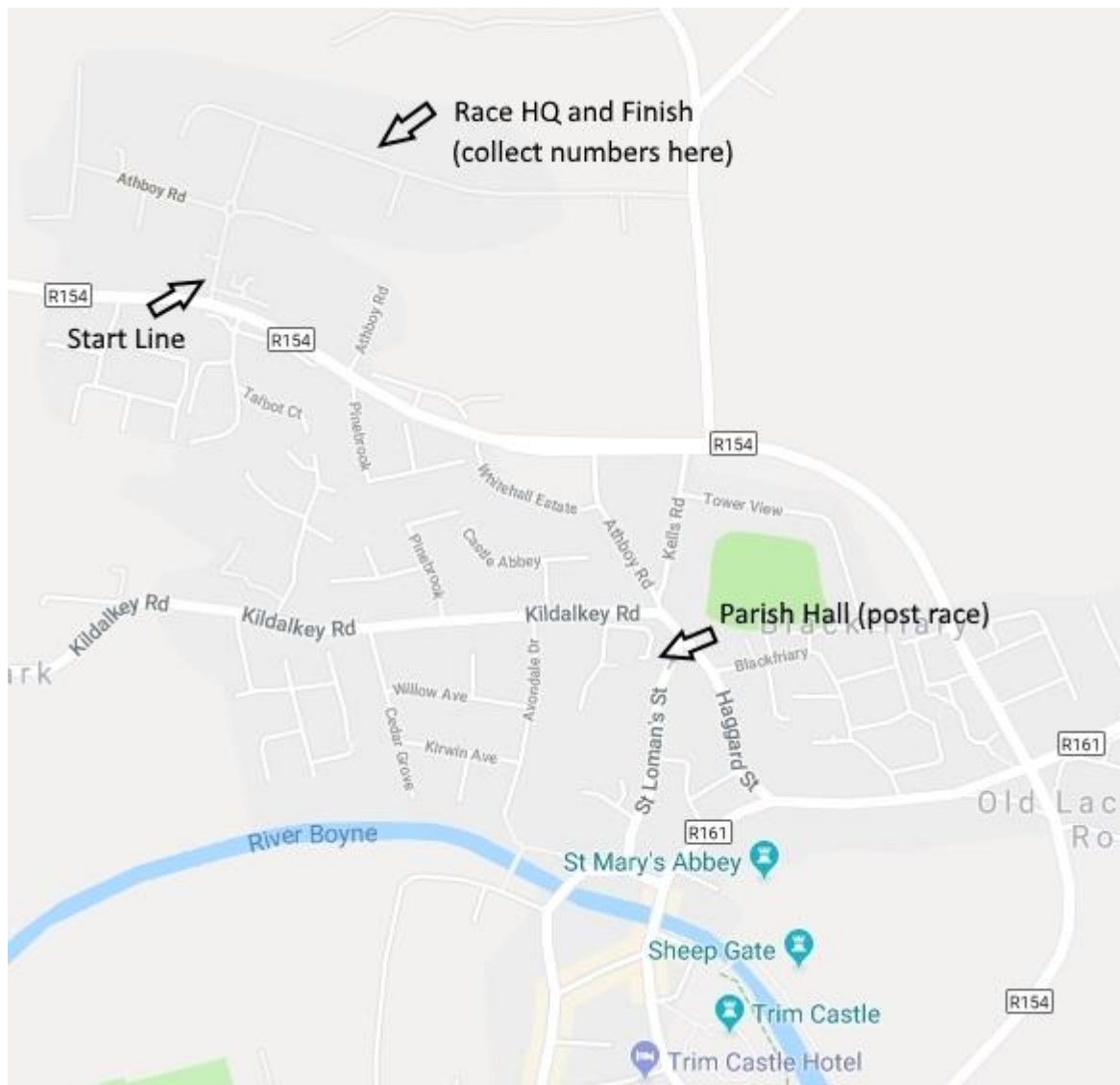
trim10mile@gmail.com

Maps

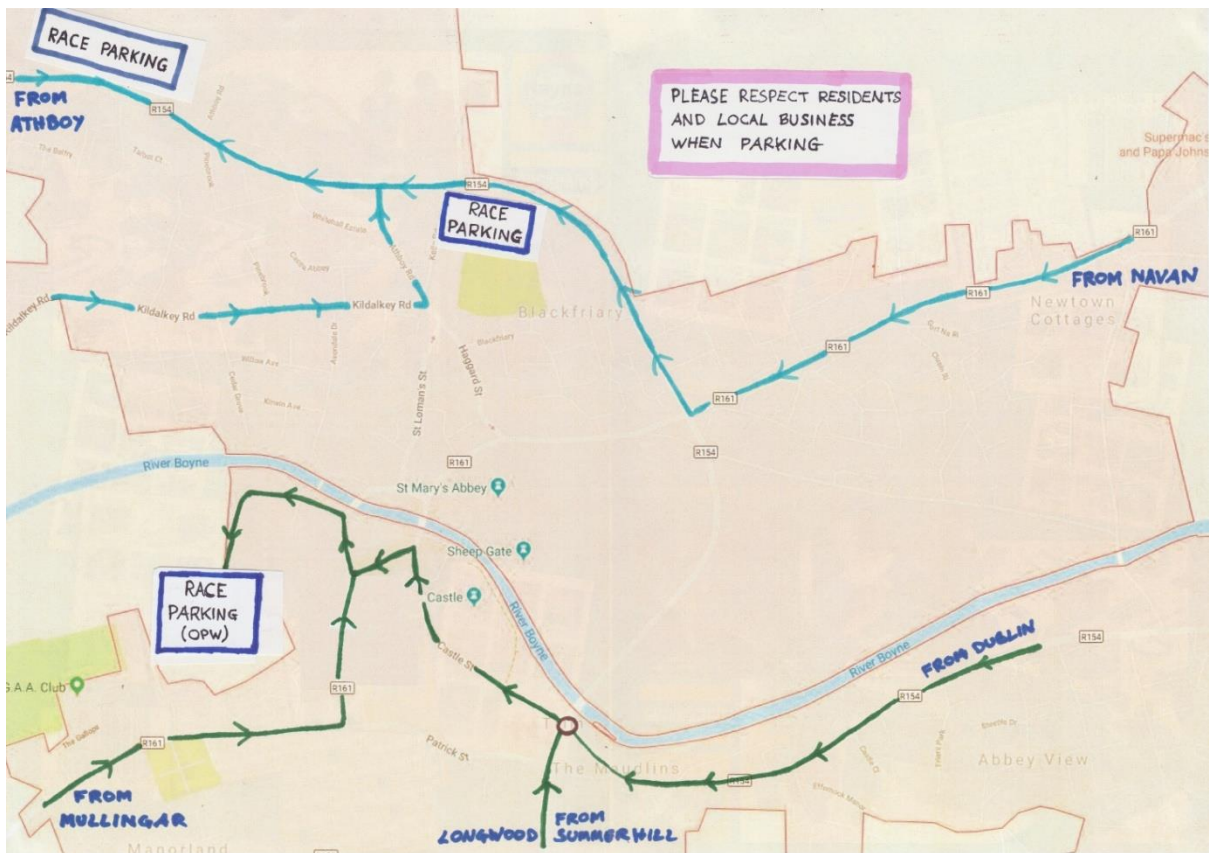
Route Map



Start/Finish/Race HQ map



Parking Map



Green Route - traffic from Dublin, Longwood/Summerhill, Mullingar should follow the green route through to the OPW car park.

Blue Route - traffic from Navan, Athboy and Kildalkey directions should follow the blue route to parking off the Athboy Road.

Spun Cycles & Spun Run Map (for Saturday collections)

