

RUN THE LINE 2022

# RACE PACK

DWMRT  
**RUN  
THE  
LINE**

Fundraising event for  
Dublin Wicklow Mountain Rescue Team

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**1500 RUNNERS  
NOV. 19TH**  
IRELANDS LARGEST TRAIL RACE.

**WELCOME TO RTL 2022!**

By now you should be well underway with your training, upping the km's and letting the excitement build for November 19th!

This year marks our 10th year of RTL and we are committed to making it the best to-date! With that said, you will find all the info you need in this Race-Pack.

Please be sure to have made yourself familiar with each section before race day.

**RACE SPONSORS**

We'd like to take this opportunity to thank our sponsors. It's no easy feat planning Irelands largest Trail race, simply put, without our sponsors it would be an impossible task.



# Pre-Race Info.

## IN CASE OF AN EMERGENCY?

For safety of all entrants, please save the number below to your mobile phone under **RTL - Help**. Should you find yourself in trouble on the course please call this number. Our Rescue Team members are placed strategically around the courses - should anyone need assistance, please do not hesitate to call.



**EMERGENCY NUMBER**  
**(087) 343 1906**

## WHAT TO WEAR?

Participants are required to carry ( or wear ) a wind-proof jacket at all times during the race. Failure to do so will result in not being allowed to run or disqualification.

Participants must ensure they have appropriate footwear, clothing (hat or buff plus windproof jacket), water and food whilst competing, especially in case of bad weather.

Please pack with the forecast in mind. We would also suggest you bring a dry change of clothes for after the race so that you don't catch a chill.

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## Pre-Race Info.

### WHERE TO PARK?

Limited parking is available at the start/finish in the Glencullen Adventure Park so please plan in advance how you will get to and from the event.

Please follow the instructions of the parking attendants and note **on-street parking in the Glencullen area is NOT allowed** as the roads are very narrow and pose a safety risk.



### WHERE TO REGISTER?

Registration opens at 9am and closes at 10.30am on the day of the event.

Here you will pick up your racing bib which contains your timing chip. Make sure to attach this securely as failure to do so may prevent your time being recorded should you lose it. **Anyone that opted to purchase the Helly Hansen technical t-shirt will be issued it at this point also.**

If you would like to switch from the **LONG** course to the **SHORT** course on the morning, please speak to the registration team on the day and they will accommodate you.

**PURCHASE T-SHIRT**



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# Pre-Race Info.

## PRE-RACE NUTRITION?

We all love pre-race coffee / refreshment to get the energy up for the start-line.

The Gap Kitchen will be open for runners to purchase hot beverages & snacks (to pack for the trail!). So feel free to avail of their services.

While we have strategic Marshall & Aid Stations plotted around the course; we highly advise all runners bring enough water & fuel to sustain themselves for their chosen route.

## RACE BRIEFING?

There will be briefings for all participants that will cover safety, the latest weather forecast, logistical considerations, and other important information.

Please be sure to attend the race briefing prior to your run-wave. This is an important aspect to safety for anyone taking on the route(s)

Our race announcer will inform of brief times on the day.

# Route & Cut Off Info.

## THE COURSE & ROUTE?

The map of the course is available on Hiiker App and via button below. Please familiarise yourself with it, and if possible, recce the course before the event. Note that the course is a mix of private land and Coillte forestry which includes a road crossing for the long course.

Please adhere to all signage and marshal instructions. The trails will still be open and runners should yield and respect the other users of the trails.

There are a couple of points where the course crosses mountain bike (MTB) trails. These points will be marshalled but please note Mountain Bikers have right of way.

We operate a **'Leave no Trace'** policy and any littering will result in disqualification.

GPX LONG ROUTE

GPX SHORT ROUTE

## CHECKPOINTS & CUT-OFF TIMES?

Checkpoint Whiskey (aid and water station, long course only) will be after 7km on the outbound journey. The cutoff time to reach here for runners will be 12:45.

Runners will meet Checkpoint Whiskey again; this time after 14km on the return journey. The cutoff time to reach here will be 14:00.

Checkpoint Delta (aid and water station, both courses) will be after 18km on the return journey. The cutoff time to reach here will be 15:00.

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# Race-Wave Info.

## START TIMES & WAVES?

We will have waves for fast, medium and slow runners, these waves will run as follows:

### LONG course

- 10:30 - Fast Wave
- 10:40 - Medium Wave
- 10:50 - Slower Wave



### SHORT course

- 11:00 - Fast Wave
- 11:10 - Medium Wave
- 11:20 - Slower Wave



Please note the fastest time wins, regardless of which of the above six groups you set off with.

We will allow for plenty of warm-up time prior to waves beginning ... Keep an ear out for our Race DJ to help with the warm-up tunes!

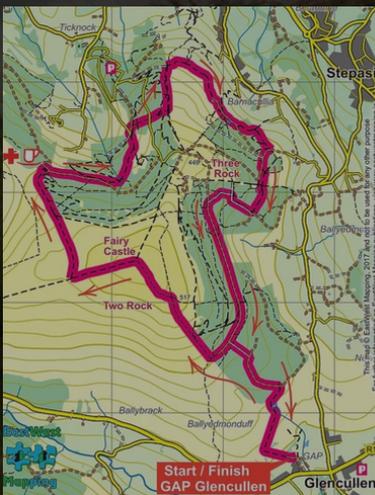
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## Post Race Info.

### POST RACE CRAIC?

There's always a great buzz around the marquee & finish line afterwards. We strongly encourage finishers to hang about, take selfies & just enjoy the buzz! We'll have soup & snacks for all finishers. The GAP Kitchen will also be open for those looking for something bigger!

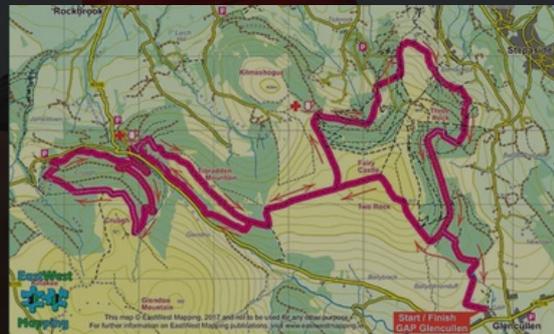
With so many running groups & runners involved this year, the post race craic is always a highlight to the experience. Where else will you find 1500 trail runners on a winters morning!?



### FINISHERS MERCH?

This year all finishers will receive a unique Run The Line 2022 branded Buff & thermos Bottle. (Perfect for those winter runs!)

Official prize-giving times for the short course will be 1.15pm & 2pm for the long course. We have some great prizes from our sponsors this year! (Worth the extra push out on those trails!)



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# Supporting DWMRT

We will have the following DWMRT branded items available for purchase (cash and card accepted) on the day;

- 2023 Calendars €15
- Baseball hats €15
- Beanies €15
- Buffs €10
- Travel mugs €20
- Water bottles €15

Finally, on behalf of all at Dublin Wicklow Mountain Rescue Team, thank you for all your support; RTL is one of our biggest fundraising events and it helps us to provide our search and rescue operations to those that find themselves in need of our help in the uplands.

We're super excited to be back and really hope you enjoy your run! Tag us in your photos and use **#RTL22** for any of your social media posts.

**MAKE A DONATION**



**ROUNDWOOD  
CO. WICKLOW**

*Good  
Luck!*

