

# Aware Christmas Run: Information Sheet

**Saturday 8<sup>th</sup> December 2018**

**Furze Road/Chesterfield Avenue, Phoenix Park**

**10K starts @ 10.00am**

**5K starts @ 10.30am**

Thank you for registering for the Aware Christmas Run 2018. If you have your race number, you can proceed directly to the start line on the day, no further registration is required.

## **Start Times**

The **10K run will start at 10am** and the **5K run starts at 10.30am**. We recommend that participants are at the Phoenix Park at least 30 minutes prior to the run to ensure adequate time for warming up.

## **Race Numbers**

We are using chip timing once again this year. The race numbers all have timing chips, so please wear your race number on the front of your t-shirt/jumper. There is a different colour race number for the 10K and 5K.

## **Baggage**

There will be a baggage area set up at the registration area. If you wish to avail of this, please remember all baggage is left at owner's risk, please do not bring anything valuable.

## **Parking**

There is very limited parking available in the Phoenix Park at the Papal Cross. We advise all participants to use public transport to access the Park on the morning of the run, please bear in mind that there will be road closures in place in the park starting from 7.30am.

## **Catering**

Thanks to our generous sponsors, there will be complimentary hot chocolate and snacks from Cadbury, sandwiches, bananas, water and coffee from Maxol! The Last Lap Café will also be on site again this year.

## **Health and Safety**

- Please allow sufficient time for warm up exercises before this event
- Drink plenty of water before and after the run
- Wear proper running shoes
- Leave two hours between eating and running
- Do not run if you have a temperature, feel ill or are on antibiotics
- Walkers should be aware that when the main roads re-open to traffic they should move to the inside footpath
- Two first aid ambulances and a doctor will be in attendance on the day

### **Road Closures**

The following roads will be closed on the morning of the run

- Chesterfield Avenue from Phoenix Monument to Mountjoy Cross [7.30am-12.30pm]
- Ordnance Survey Road from [9.15am-12.30pm]
- Upper Glen Rd from [9.15am-12.30pm]

### **Gate Closures**

- Knockmaroon Gate [9.00am – 12.30pm)

***We hope you enjoy the Aware Christmas Run 2018***

***Thank you for your support***