

RUN INSTRUCTIONS

9PM, 14th November, 2018

Cork, Patrick Street

www.runinthedark.org



Dear Entrant,

Thank you for taking part in Run in the Dark for what promises to be a great event, in aid of a worthwhile cause to cure paralysis in our lifetime.

RUN NUMBER AND CHIP

Enclosed within this pack is your run number with the chip timing device attached to the back. This chip must remain on the run number. You must wear your run number clearly visible on your front at chest height or you will not be chip timed.

ARMBAND

Enclosed also is your Run in the Dark LED armband. Please wear it on the night.

TECH TOP

If you signed up by the early bird deadline of 31st August, or bought a tech top, it's enclosed in this pack! Please wear it on the night.

BAG DROP AND INFORMATION DESK

A bag drop facility will be available at the **Clayton Hotel, Lapps Quay**. Please bear in mind that if you deposit any baggage in this area it is entirely at your own risk. Do not leave any valuables in this area. No bags will be accepted after 8.45pm. Please put your **detachable baggage label** (from the bottom of your run number) in your bag before leaving it. The Bag Drop facility is only for storage of bags. Unfortunately it is **not a changing facility**. An Information Desk will be located at the Bag Drop if you have any queries.

START TIME

Please note that the start time is 9.00pm. **Please ensure you are at the start line for 8.45pm.**

START AREA

The start line is located on Patrick Street. All runners should coral between Academy Street and Bowling Green Street. **If you are a walker please wait for the start in the walkers starting area and make sure to use the walker lanes on Maylor Street.**

RUN ROUTE

Please find our **route map** overleaf. Please bear in mind that you are running on city roads and there may be trip hazards on the route.

TOILETS AND FIRST AID

There will be toilets available for use in the Clayton Hotel and a limited number close to the Start Area.

GOODY BAG

You will receive a goody bag on completion of the run.

WATER

No water will be provided on the route due to safety concerns of low visibility. Please bring water with you if you require it on route. Water will be provided at the finish.

USE OF EARPHONES

The organisers strongly advise against the use of earphones or headphones while participating in Run in the Dark, as it may restrict your hearing of important instructions and communication with other participants.

RUN DISTANCE

If you need to change distance on the day, don't worry. Simply run your chosen distance on the night and the chip timing system will recognise your distance.

For all further questions, please see our FAQs at www.runinthedark.org.

We hope you are looking forward to the event as much as we are!

Run in the Dark

RUN IN THE **DARK**

CORK 10K&5K

