



## Aware Christmas Run: Information Sheet

**Saturday 14th December 2019**

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

**10K starts @ 10.25am**

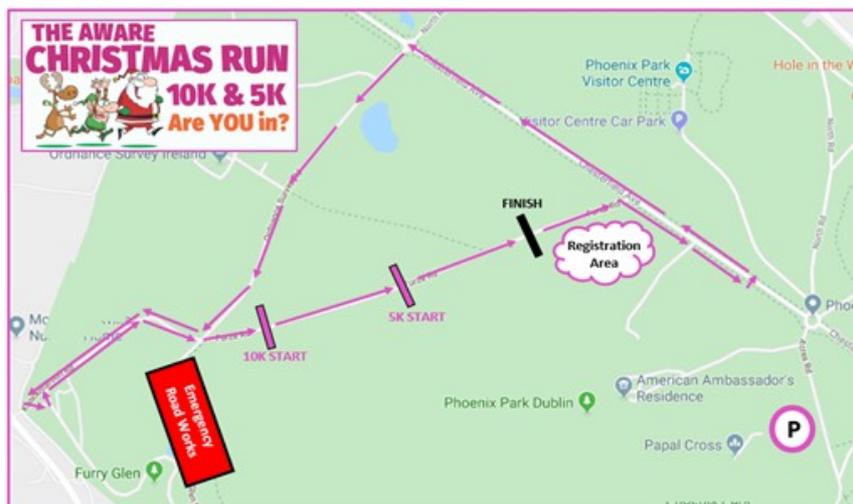
**5K starts @ 10.30am**

Thank you for registering to do the Aware Christmas Run in Phoenix Park this Saturday, 14th December.

If you selected postage as an option when you registered, you will receive your race number by post in advance of the run and can go directly to start line.

If you opted to collect your race number on the morning, please go to the “*Race Number Collection*” point between **8.30am and 10.00am**. There will be queues, so come early to avoid disappointment.

Please see below information on the run, road closures, health and safety etc.



Please note some emergency road works are taking place in the Phoenix Park at the moment, which affect a small section of the usual route. To overcome this and ensure everyone's safety, the route has been altered slightly, [map visible here](#). To facilitate this route, the 10k wave of runners will start at 10.25am and the 5k wave will begin directly afterwards at 10.30am.

Finally, don't forget to get into the Christmas spirit with festive outfits and accessories and feel free to share your excitement and pre/post Aware Christmas Run pictures with us on Twitter, Facebook or Instagram **#AwareChristmasRun**.

### **Start Times**

The **10K run will start at 10.25am** 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 (*and Knockmaroon Gate will be closed from 6am*).

### **Catering**

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

We are working to reduce single-use plastic, the 2019 run will have compostable cups for water. Please recycle these in the signposted bins on the day.

### **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 [9.00am-12.30pm]
  - Upper Glen Rd from [9.00am-12.30pm]

#### **Gate Closures**

- Knockmaroon Gate [6.00am – 12.30pm)

***We hope you enjoy the Aware Christmas Run 2019***

***Thank you for your support***