

Welcome and thank you for registering for the Lucan Harriers AC 5 Mile Road race. Here are some useful details.

Race start time is at **11am sharp**, Sunday September 8th. Please arrive early.

#### DIRECTIONS

Head west on the Galway/Sligo Road N4. Leave the N4 at Exit 4 (Lucan). Turn left at the exit onto Newcastle. Go straight through the roundabout. (Supervalu will be on your right.) Continue for a few hundred metres, the clubhouse is on the left.

**Please note Lucan Village will be closed to traffic from 10:30am on Sunday morning to facilitate the Lucan Festival. There are also temporary road closures along the race route. Please refer to our race facebook page for more information on local road closures.**

Lucan Harriers Clubhouse is opposite the Supervalu Lucan Shopping Centre on the Newcastle Road. Car parking is limited in the area.

Please use public transport, walk or cycle where possible. It is served by the 25a and 25b buses which both stop close to the Clubhouse. Please check Dublin Bus website for bus timetable and any diversions due to local road closures.

#### NUMBER & T-SHIRT COLLECTION

We are offering participants the opportunity to collect your race number and t-shirt at Liffey Valley Shopping Centre on Friday evening 6th September between 7-9pm and Saturday 7th September between 12 noon-2pm. Further details on exact location in Liffey Valley will be posted on our facebook race page next week. We will also be taking new registrations at those times on both days.

Also participants can collect your race number and t-shirt at the Lucan Harriers clubhouse, between 9am - 10.40am (strictly) pre race on Sunday morning 8th September, again with the option of registering on the day for €23 entry fee rate.

#### BAG DROP /TOILETS

There will be a bag drop area at the Clubhouse. Adequate toilet facilities will be provided in the vicinity of the Clubhouse.

#### RACE INFO

The race is chip timed (start & finish) where afterwards you will receive a text with your official time and all race results will be posted on myrunresults after the race.

#### IMPORTANT SAFETY NOTICE

On the morning of the race please obey all instructions from the stewards and Gardaí.

#### POST RACE REFRESHMENTS

Celebrate with lots of post race refreshments and some pasta at our marquee after the race.

#### PRIZES AND PRESENTATION CEREMONY

There are prizes for the top 3 Senior male and female, first place in over 40; 50; 60 and 70 in male and female. There will also be team prizes for the top 3 in male/female with first 3 from each club to score. The prizes presentation will be held near the race finish area.

We hope you enjoy the race and we look forward to welcoming you across the finish line to a possible PB!