



### Runway 5K FUN RUN

23.59pm – Saturday 21<sup>st</sup> November 2015

Cork Airport

### PARTICIPANT INFORMATION



# Irish Independent



**Friday Nov 13<sup>th</sup> and Saturday Nov 14<sup>th</sup>**

**Number Collection JD Sports Store Mahon Point Shopping Centre**

Friday Nov 13<sup>th</sup> – 5pm-9pm

Saturday Nov 14<sup>th</sup> – Midday to 5pm

**Saturday Nov 21<sup>st</sup> RUNWAY 5K FUN RUN TIMETABLE**

- 21.30 Number and Tee-shirt Collection and Baggage Area open in Departures Section Cork Airport Terminal
- 23.00 Check in Area opens to leave Terminal Building
- 23.40 Participants leave Terminal Building to Assemble at Gate 18 Airside
- 00.00 Assemble into three Corrals at Gate 18 by Expected Finish Time

Corral	Expected Finish Time
1	Under 20 minutes
2	Between 20 and 25 minutes
3	Over 25 minutes

- 00.10 Mass warm Up at Gate 18 Assembly Area
- 00.20 Move to Start Area in Corral Number Order
- 00.30 Race Start

**BAGGAGE**

Because of the number of participants in the run, it is not possible to provide changing rooms. There will be limited baggage storage area in the terminal building. Please complete the baggage tags and attach to your baggage. Please place your bag in the area allocated to your number where it will be in safekeeping until you recover it after the run. For security purposes you will be required to show your run number in order to recover your bag.

Under no circumstances should you leave valuables in your bag. While the organisers will make every effort to ensure a safe event, no responsibility can be accepted for loss or damage to personal items.

## **ASSEMBLY /START**

All Participants must pass through the Check in Area before accessing the Assembly area at Gate 18 Airside. The Assembly Area will be divided into sections as follows:

**1 RUNNERS ( Under 20 min)**

**2: RUNNERS/JOGGERS( Under 25 mins) 3. JOGGERS (Over 25 mins)**

**PLEASE ENSURE THAT YOU ENTER ASSEMBLY ZONE WHICH CORRESPONDS BEST TO YOUR FITNESS LEVEL.**

**Each corral will be escorted to the Start Area on the Runway. Please remain with group at the start line area.**

### **BEFORE YOUR RUN:**

#### **WARM-UP**

It is recommended that you commence your individual warm up approx. 45 mins before the start time. This is to allow time for access to the toilets and to get to your assembly zone in a timely manner. Your warm up should include some light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool. A mass warm up will be organised at 00.10am by an experienced trainer.

#### **RUN NUMBERS/BIBS**

Please print the following information clearly on the reverse of your run number/bib:

- Name and contact number In Case of Emergency
- Medical Conditions

#### **MEDICAL**

St John Ambulance will be providing medical cover for this run. If you have an on-going medical condition please make yourself known to a member of the St John Ambulance on site on the morning before the run commences. The medical centre will be located adjacent to the finish line.

#### **WATER**

There will NOT be a water station on the course. If you require water before or during the run please bring it with you. Water will be provided to each participant after you finish the run.

### **AFTER YOUR RUN**

#### **AT THE FINISH**

After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you back into the Terminal Building. All participants must go through the Check In Area on their return . You will receive your finishers pack after exiting the Check In Area.

Due to international airport security requirements all participants must return to the airport terminal and go through the Check In Area again. Failure for all participants to return will require a security search to take place so your cooperation is requested.

## **BAGGAGE RECOVERY**

As soon as you have exited the finish system please recover your left baggage from the designated area. Remember you will need to produce your run number in order to recover your baggage.

## **GOODIE BAGS**

There will be a goodie bag to collect after you're finished. A big thank you to Deep RiverRock, JD Sports, Glenisk, Keelings, Red FM and Nature Valley who are contributing to it. Please note that not all the items will be in the physical bag as there will be fresh produce. So keep an eye out for samplers on the evening.

## **T-SHIRT**

Be sure to pick up your A Lust For Life t-shirt before or after the run. Sizes range from small to extra large (sizes will be given on a first come, first served basis). It is a long sleeve technical t-shirt and produced by our good partners JD Sports. If you can, try grab it beforehand as we'd love to see you all running in the name of A Lust For Life.

## **SPECTATORS**

Only participants can access the runway via the Checkin Area. There is no provision for Spectators to access the Runway nor is there a suitable viewing area in the terminal building at night time. We therefore request that friends stay in the terminal building to await your return.

## **PARKING**

Free Car Parking is available in the Holiday Blue Car Park. We recommend that you allow fifteen minutes to walk from the Holiday Blue Car Park to the Terminal Building Departures area .

## **LITTER – Water Bottles and Spare Clothing**

Due to potential damage to aeroplane engines from any debris left on the runway we cannot allow any bottles, spare clothing or litter to be brought past Gate 18. Please do not attempt to bring any water bottles past this point.

## **THANKS**

Ciaran Carton and his team at Cork Airport.

Our partners JD Sports, River Rock, Glenisk, Red FM, Keeling and Nature Valley.

Bill Allen and Pat Walsh from Cork Athletics, PJ Walshe and all at St Finbarrs AC,

St John Ambulance and the Gardai Traffic Corp.