



5KM Walk While You Can

In aid of the Irish Motor Neurone Disease Association

Saturday 14th September 2019

11.00am Start

Phoenix Park, Dublin

EVENT TIMETABLE

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|-------|--|
| 09:30 | Registration and T-Shirt Collection Area Opens (see maps on last page) |
| 10:45 | Walkers Assemble for 5KM in the start zone |
| 10:50 | Welcome from Walk Ambassador Claire Byrne and IMNDA CEO Roisin Duffy |
| 11:00 | Walk starts |

BIB NUMBER COLLECTION

To take part in the event you will need to collect your walk entry number. This can be collected from the registration tent located at the start zone which is located on the sports pitches on Acres Road on the morning of the event. Registration opens from 09:30, and please ensure to leave plenty of time before the walk as there are likely to be queues.

At the desk you just need to give the name of the person who the registration was made under. Please arrive as a group if one person registered multiple people as you will all be under that one name.

T-SHIRT COLLECTION

All paid participants (from age 12 upwards) receive a free t-shirt as part of their registration fee. T-Shirts are available in sizes Small, Medium Large, X-Large and XX-Large. We hope to accommodate requested sizes but this is on a first come first served basis. There will be child sizes available for the under 12's at a cost of €3 each. Cash only.

BAGGAGE

There will be limited baggage storage area. Please place your bag in the area allocated to your number where it will be in safekeeping until you recover it after the walk. For security purposes you will be required to show your 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

The assembly area is adjacent to the start line which will be clearly marked by the start gantry. The assembly area will be divided into sections as follows:

1. JOGGERS/RUNNERS

2. WALKERS

3. WALKERS/BUGGIES/WHEELCHAIR USERS

THIS IS A FAMILY WALK BUT WE ARE HAPPY TO ACCOMMODATE ANYBODY WHO WISHES TO RUN THE ROUTE. ALL RUNNERS WILL START AHEAD OF THE WALKERS SO PLEASE MAKE YOURSELF KNOWN TO MARSHALS AT THE START GANTRY.

As the route is a **2 lap loop of 2.5km** there is the option for people to do just one lap if that is more suited to your mobility / age / health.

BEFORE THE WALK:

WALK NUMBERS/BIBS

Please write the following information clearly on the reverse of your walk number/bib when you receive it on the day:

- 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 Bottles of water will not be provided along the 5K route. If you require water before or during the walk please bring it with you. Water will be provided to each participant after you finish the walk.

OTHER FACILITIES There will be a coffee truck (cash only), portable toilets (including wheelchair accessible ones) and a face painter at the start zone.

AFTER THE WALK

AT THE FINISH After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you to where you will receive your water and fruit.

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 number in order to recover your baggage.

FINDING US (SEE MAPS ON LAST PAGE) The Walk While You Can start zone is at the sports pitches on Acres Road, near the Papal Cross.

PARKING Our walkers are NOT guaranteed parking. There is a limited spaces available in the Phoenix Park and there are other large events taking place. The closest car park to the start zone is at the Papal Cross, which is just across Acres Road but this is likely to fill up fast.

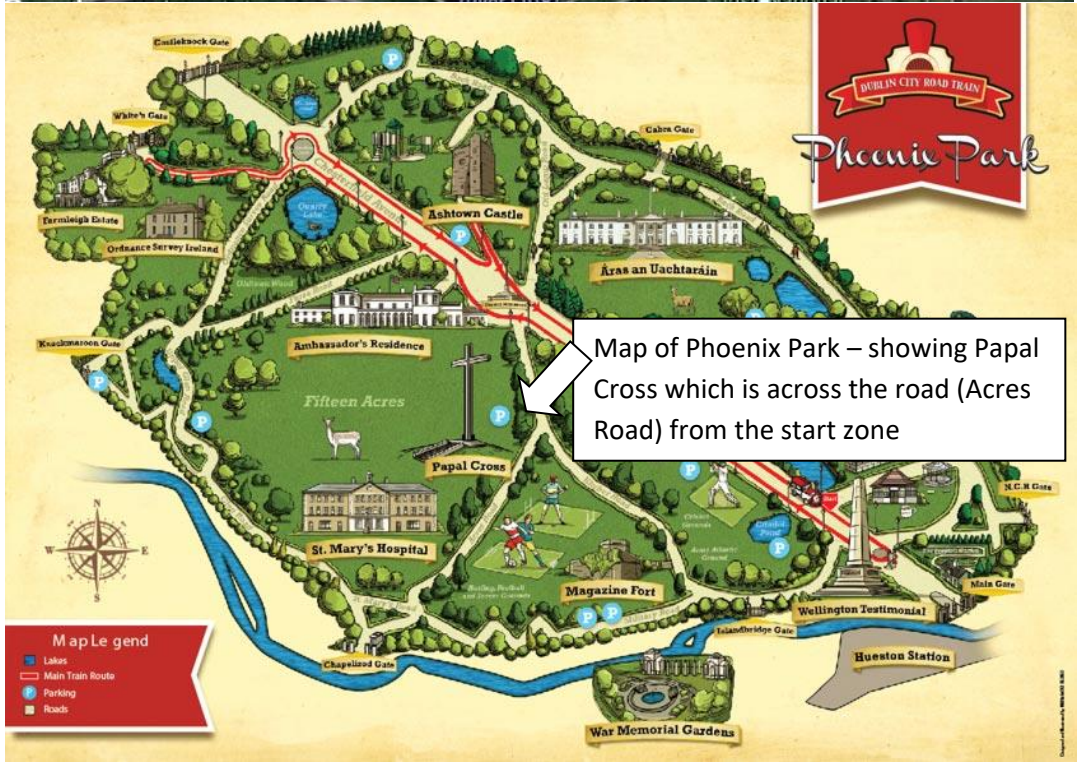
We recommend that you park in some of the multi-story car parks in the city centre (e.g. Q-Park Four Courts – Usher Quay, Christchurch Place, College Green, Parnell Street, Fleet Street) and use the public transport system servicing the Phoenix Park.

BUSES/LUAS TO PHOENIX PARK For those wishing to access Phoenix by Public Transport on September 14th there are several BUS options. Dublin bus routes (www.dublinbus.ie) 25/26/66 and 67 serve Heuston Station as does the RED LUAS line (www.luas.ie). Please be aware that the start zone is approximately a **35 minute walk** from Heuston Station, we would recommend a short taxi journey from the station.

If you do wish to come to the start zone on foot, the best option is to enter through the **Chapelizod Gate on Chapelizod Road**. Buses 25/26/66 and 67 all also stop near this gate. The start zone is **approximately a 20 minute walk from the closest bus stop**.

LITTER The Phoenix Park is being made available to the Irish Motor Neurone Disease Association under permission of the Office of Public Works. We encourage all participants and spectators to exercise the highest respect for this fantastic city amenity, and to dispose of any litter by using the facilities provided on the day or by bringing your litter home with you. Please adopt a “leave no trace” policy when exiting the park.

MAPS



Thank you for your support and enjoy!