

# ***YOUR ULTIMATE GUIDE TO INNERCITY 5K***

***CONTAINS  
IMPORTANT RACE  
INFORMATION***



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council

***INNER CITY  
5K***  
POWERED BY  
**DUBLIN CITY COUNCIL**



# FREQUENTLY ASKED QUESTIONS



## IS THERE PARKING?

The nearest parking for the event would be Jervis, Ilac and Cineworld (Parnell Centre).



## WHAT TIME DOES THE EVENT START?

9am sharp . Pre warm up starts at 7:45am with bag drop open from 7:00am



## WHAT IS THE LOCATION?

The Bank Holiday event is held at Henrietta House, Henrietta Place, Dublin 1.



## WHAT TIME IS THE BAG DROP?

Bag drop is open at 7am on race day, please refer to the race village map for bag drop location and also look out for signage on the day.



## WILL I GET THE NUMBER POSTED TO ME?

All postage was sent out on 23rd of July , any order made on or after 20th of July will have to collect either 1st of August or at 7am before the race start - no race number will lead to having no time track race nor access to medal.



## WHERE IS THE EXPO?

Expo has passed this weekend, you will be able to collect on Saturday 1st of August from 2pm to 4pm and there will be a short window to collect on the day of the race at 7:00am. Both of these collections are in Henrietta street flats.



## WHAT IF I FORGET MY RACE NUMBER?

It is important you have your race number as you won't be able to receive your medal nor the run will be tracked



## CAN I COLLECT MY FRIENDS RACE NUMBER?

You can collect with proof of ticket.



## ARE THERE WATER STATIONS AND FIRST AID AT THE EVENT?

Yes there are water provided at the end of the event course. First aid and ambulance will be on scene.



## WILL THERE BE TOILETS?

Yes, Portable toilets will be located at the start / finish point of the race course.



## FIRST AID.

First Aid is provided throughout the race course. Please refer to the race course map.



## TRANSPORTATION.

There are multiple public transportation available to the location. Including Luas (red or green line), Dublin Bus and Bus Eireann.



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**check them out!**



# ***YOUR RACE NUMBER***

## **IMPORTANT!**

**Please note that it is necessary that you have your race number before the start of the race.**

**YOU WILL NOT RECEIVE YOUR MEDAL WITHOUT RACE NUMBER NOR THE RACE WILL BE TRACKED.**





# RACE PACK COLLECTION **MISSED IT?**



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## *Saturday 1<sup>st</sup> of August*

**2PM - 4PM**

## *Sunday 2<sup>nd</sup> of August*

**7AM - 7:30AM**

**SHARP CUT OFF FOR SUNDAY MORNING  
COLLECTION BEFORE THE RACE.  
NO RACE NUMBER = NO MEDAL.**



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## RACE ROUTE

- MARSHALS
- WATER STATION
- FIRST AID
- DJ AND ENTERTAINMENT





# INNER CITY 5K

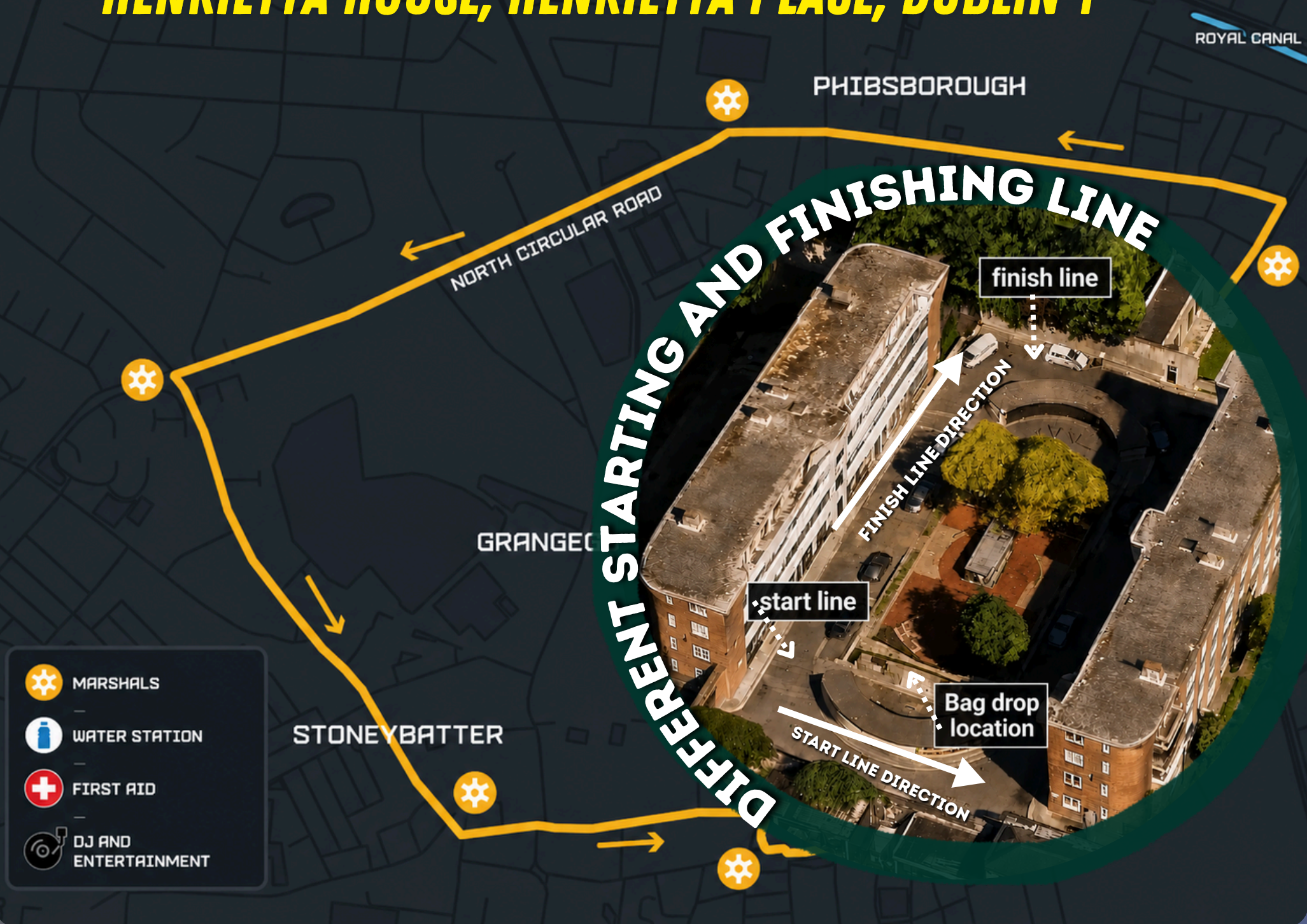
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## VILLAGE MAP

**HENRIETTA HOUSE, HENRIETTA PLACE, DUBLIN 1**







# START/FINISH

## ROUTE DETAILS





# RACE WAVES

WAVE

1



***SUB 20***

EXPECTED FINISH TIME  
**UNDER 20 MINUTES**

WAVE

2



***SUB 25***

EXPECTED FINISH TIME  
**UNDER 25 MINUTES**

WAVE

3



***SUB 30***

EXPECTED FINISH TIME  
**UNDER 30 MINUTES**

race  
starts  
09:00

**pacers** will be provided for the above waves. waves are released in 350+ participants. we recommend you get in line early for your wave.

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# PUSH CHAIRS INFORMATION

**PUSH CHAIR TEAMS WILL BE  
RELEASED AFTER EACH  
WAVE.**

**DURING EACH WAVE THERE  
WILL BE 3-5 PUSH CHAIRS  
TEAMS ALLOWED TO GO.**

**PUSH CHAIR TEAMS ARE  
ALLOWED A TEAM OF 4 MAX.**

**ONLY 1 TRACE MEDAL PER  
PUSH CHAIR TEAM.**



**PUSH CHAIR RUNNERS - JOIN  
WHATSAPP GROUP FOR  
SCHEDULING!**

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# INNER CITY

## August Bank Holiday

### WEEKEND PLANNER

#### SATURDAY

RACE PACK  
COLLECTION  
2PM-4PM

KIDS RACE  
WARM UP  
5:15PM

KIDS RACE START  
6PM



#### SUNDAY

LAST MIN RACE PACK  
COLLECTION  
7:00AM - 7:30AM

BAG DROP  
7AM

WARM UP  
7:45AM

RACE START  
9AM





# Warm Up show

@NIALREGAN

@ITSEDDYDRUMS

@DADDYSAXMUSIC



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**WARMUP PERFORMANCE  
STARTS AT 7:45am**  
[innercityrunningclub.com/pages/bankholiday](http://innercityrunningclub.com/pages/bankholiday)





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**POP UP MASSAGE STATION FOR ALL PARTICIPATING  
RUNNERS FOR SUNDAY MAIN EVENT. BROUGHT TO YOU  
BY *GRIFFIN SPORTS PERFORMANCE*.**



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# SMILE FOR THE CAMERA!

*We will have professional pictures taken on the day of the event, you will be able to download the images, we will be posting the links on our social media in the coming weeks after the race weekend.*

**BROUGHT TO YOU BY  
@KEITH.KENNEDY.7543**





**And most  
Importantly**

**ENJOY IT!**

***THANK YOU ALL FOR COMING!***  
***WE ARE SUPER GRATEFUL FOR ALL THE  
SUPPORT AND WE CANNOT WAIT TO  
HOST YOU THIS COMING WEEKEND!***  
***SEE YOU ALL SOON!***

***—INNER CITY RUNNING CLUB***

