



## Participant information Booklet

Spar Fitlive Run Series Cork Airport 5k Runway Run

Friday 17<sup>th</sup> November 2017 23:59hrs approx Start Time

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## Friday 17<sup>th</sup> November into Saturday 18th November

### RUNWAY 5K FUN RUN

#### *Timetable*

21:00-23:00	Check in opens for Number and Tee-shirt Collection. Baggage Area drop off opens in Departures Section Cork Airport Terminal
23:00**	Check in Area closed. Participants will leave the Terminal Building and assemble at forecourt area for a brief warm up.  Check in for participants will close at this time and no runners will be accepted for the runway run after this time.
23:15**	Participants leave Terminal Building to Assemble at Gate 18 Airside
23:30**	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

23:40**	Mass warm Up at Gate 18 Assembly Area
23:50**	Move to Start Area in Corral Number Order
23:59**	Race Start

**\*\* Please note that above times for leaving the terminal and assembly at Gate 18 and start point are approximate times due to flight operations at Cork Airport.**

### **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 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 mins)**

**2: Runners/Joggers (Under 25 mins)**

**3: Joggers (Over 25 mins)**

**PLEASE ENSURE THAT YOU ENTER THE 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 23:40 by an experienced trainer. Please note that the route to the assembly point will allow runners to complete a light jog/fast walk to this area.

## 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 the night before the run commences. The medical centre will be located adjacent to the finish line.

## **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.

### **Goodie Bags & T-Shirts**

Participants receive goodie bags from the runway run sponsors. These Goodie Bags can be collected at the Check-in area where you registered for the race once you have completed the Cork Airport Runway Run. Items from Red FM, Glenisk, Deep RiverRock and the Fruit People must be collected separately so keep an eye out for them to place in your goodie bag. Please note that the unique Spar Fitlive Run Series t-shirts can be collected before/after the event dependent on the participant's preference.

### **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 to recover your baggage.

### **Spectators**

Only participants can access the runway via the Check-in 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**

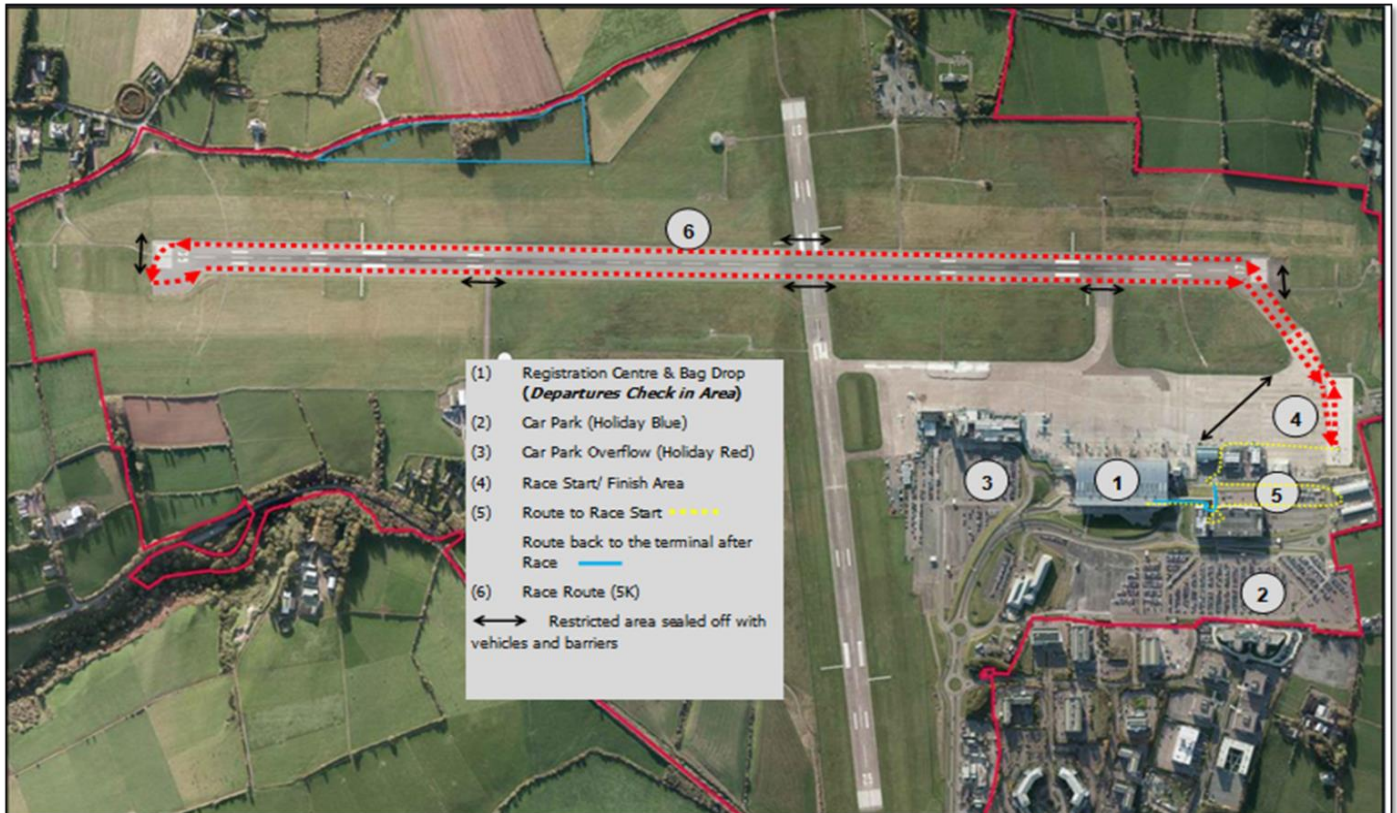
Free Car Parking is available in the Holiday Blue Car Park. We recommend that you allow fifteen minutes to walk from the Holiday Blue Car Park to the Terminal Building Departures area. Pedestrian access from the Holiday Blue Car Park is along the footpaths, across the traffic light controlled pedestrian crossing and steps to and from the Terminal, under no circumstances are participants to walk across the dual carriageways except at the designated crossings or walk over the grass banks in front of the Terminal.

**Please respect the speed limits in the Car Parks and surrounding roads.**

## Litter– Water Bottles and Spare Clothing

Due to potential damage to aeroplane engines/tyres from any debris left on the runway we cannot allow any bottles, spare clothing, litter, mobiles phones, etc, to be brought past Gate 18 Airside. Please do not attempt to bring any water bottles past this point. Please note other items not on the above list may not be allowed airside on the night. Water will be provided in the terminal building prior to the race and after the race.

## Map of Course



## Thanks

- Jim Johnson and his team at Cork Airport
- Our partners, Spar, Aussie Shampoo, Jacob Biscuits, Deep River Rock, The Fruit People, Fulfil Nutrition, Derval O' Rourke, Red FM & Irish Independent
- Bill Allen, Pat Walsh, and PJ Walshe from Cork Athletics, Sliabh Wells Athletics Ireland and all Athletics Club members who supported the event, St John Ambulance and the Gardai Traffic Corp