



## Wicklow Hospice Half Marathon & 10km Saturday 24<sup>th</sup> February 2024 - Avondale Forest Park

### About Wicklow Hospice:

**Thank you for signing up for the 10<sup>th</sup> edition of the Wicklow Hospice Half marathon and 10km! By taking part, you're doing something truly life-changing for Wicklow Hospice!**

This annual fundraiser has never been so important – it raises crucial funds to benefit our patients and their families and it helps pay for specialist care, pain management, therapies and other critical supports.

It provides specialist loving care and improvements in quality of life during the most precious time with family and loved ones - feelings of comfort, dignity and peace of mind.

### Participant Information:

#### How do I Register:

Registration in advance. Registration on the day will cannot be facilitated if the race has sold out in advance.

#### Can I run or walk?

The Half Marathon is 21km and is open to runners only.

The 10km is open to runners and walkers.

#### What is the Route?

**Final Route may be subject to slight change, but will be notified if changes are made.**

For past participants, the route is largely the same as previous years. Full route details below:

Half Marathon - Updated - <https://www.plotaroute.com/route/2513871>

Half Marathon 10k - Updated - <https://www.plotaroute.com/route/2513989>

#### How do I receive my Race Number?

Your race numbers will be sent out by our partners My Run Results. Please contact [support@myrunresults.com](mailto:support@myrunresults.com) or call 01 969 5299 for any queries relating to race entries or numbers.

#### Do I need to Check in on the day?

You do not need to sign in on the day. If you do not have your race number with you, please come to Race Reception and we will provide you with a replacement.

#### Where is the Starting Point?

The Race Reception & Meet Point is in front of The Courtyard at Avondale Forest Park – directly in front of the **Beyond the Trees Avondale Visitor Centre, Rathdrum, Co. Wicklow, A67 P303**. Race Coordinators will direct you to the start line after the race briefing.

### **Where can I Park?**

Free parking is available for all race participants. While there is a large car park, spaces are limited, so please carpool if you can. Aim to arrive no later than 30 minutes before your race start time and have your race number to hand to show on entry at the barrier. (**Half Marathon arrivals before 8.15am - 10km arrivals before 8.30am**)

Due to the high volume of traffic arriving at the venue prior to the race please allow more time than usual to enter, park your car, and prepare for the race.

Please park responsibly using one space only and in a safe manner so as not to block any other vehicles. Keep entry and exit points clear for emergency vehicles.

Please follow directions of Event Stewards who will point you to the next available space.

### **Are there Toilets at the Venue?**

There is a toilet block in the main carpark. Additional porta-loos will be located at Race Reception. There are more toilets inside Beyond the Trees Avondale Visitor Centre. Please allow plenty of time to use bathrooms prior to your race and expect some queuing. Our volunteers will be on hand to manage queues.

### **What time does the Races Start?**

Half marathon: Start time is 8.45am sharp – all participants must be in the Courtyard for the race briefing at 8.30am.

10km: Start time is 9am sharp – all participants must be in the Courtyard for the race briefing at 8.50am.

### **Are Water Stations provided?**

Refill.ie will be providing two water stations at the half way point with cups of water. Please discard your used cups within 100 metres of the water station taking care not to throw them into the path of other participants. This will ensure we can adhere to the 'Leave no Trace' policy.

There will be an additional water station at the finish line.

### **Will there be a Race Pacer?**

Yes, our Race Pacer is JJ and he will be pacing the Half Marathon at 1 hour 30 minutes.

### **How is the Route Marshalled?**

For your safety the route will be marshalled by Civil Defense, An Garda Siochana and our volunteer Event Stewards. Please follow their direction and advice. No roads or forest trails are closed to the public for this event, however due to the early start time roads and trails are relatively quiet.

Directional signage will be provided along the road section. **Runners should stay on the LEFT when on the public road.** The only exception to this is on the last section of the road as you approach Avondale. Signage and our stewards will direct you to move **RIGHT WHEN SAFE TO DO SO**, so you can re-enter the park without crossing traffic.

Walkers taking part in the 10km may use the footpaths but should be careful to cross public roads at designated junctions, or with the assistance of Event Stewards.

Inside the Park, look out for the orange flag markers to guide you on the route.

### **What if I need First Aid?**

Civil Defense will be providing first aid where necessary. If you witness an accident or incident, or if you spot a fellow participant in difficulty, please notify the next Event Steward or Event Controller. Defibrillator is located at the Toilet Block in the main carpark.

### **Are there Medals?**

All finishers will receive a medal at the finish line. Our volunteers will be passing these out.

### **Will there be Video and Photography?**

We will have an official event photographer and photos may be shared on our website and social media channels. If you do not wish to have your photo shared, please contact Allison Ryder is writing at [aryder@olh.ie](mailto:aryder@olh.ie)

We do not have control of photos shared by members of the public on the day.

### **Are there Onsite Refreshments?**

A Coffee Cart operated by Beyond the Trees Avondale will be available from 8am at the Courtyard. The Seed Café opens at 10am for breakfast, coffee and more for your après race treats and refreshments.

### **Can I visit the Tree Top Walk & Avondale Forest Park?**

If you are staying on in Avondale Forest Park, there are several trails that you can walk free of charge. Information is available in the Visitor Centre. The Tree Top Walk and Viewing Tower can be booked in advance here - <https://www.beyondthetreesavondale.com/>

### **Can I Fundraise for Wicklow Hospice?**

We would be grateful if you choose to fundraise for Wicklow Hospice by asking friends, family and co-workers for sponsorship. This can be done quickly and easily in the following ways:

1. Enthuse – when you register you will be automatically set up with an online fundraising page. You can add your own pictures and story to personalise this page. The easiest way to raise funds is to share your page on social media, by email and via WhatsApp with your friends and family.
2. Facebook: if you have an account and would like to use Facebook to host your fundraiser, you can find more information here - <https://www.facebook.com/fundraisers/>
3. Instagram: if you have an account and would like to use Instagram to host your fundraiser, you can find more information here <https://help.instagram.com/758461854832783>
4. Offline: contact us at [aryder@olh.ie](mailto:aryder@olh.ie) and we will send you out a sponsorship card.

If you are returning cash donations on Race Day please make your way to the dedicated desk where staff will be able to receipt your donation.

**ENJOY THE DAY and THANK YOU FOR YOUR SUPPORT!**

**Event Contact: Allison Ryder – 087 414 6363  
Our Lady's Hospice & Care Services, Wicklow Hospice**