



## St Coca's AC Kilcock 10 mile road race - "The 10 from 10"

### Dear Runner

Welcome to the 2nd annual Kilcock 10 mile road race and thank you so much for taking part in what promises to be a great day. Please read the information below which has details of everything you need to know on the day. If you have any queries please don't hesitate to contact us and we will try to answer any questions you have.

### Getting here

**By Car:** Kilcock is located just off the M4 motorway. GPS coordinates for Race HQ are 53.3992344, -6.6775675. See map below for directions.

From Dublin take the M4 West (Sligo/Galway) and take exit 8 signposted Kilcock. At the top of the exit ramp take the first exit off the roundabout (signposted Clane) and at next roundabout take the first exit. Take the next left and you're there!

From the West on M4 take exit 8 and take the 4th exit off roundabout (signposted Clane) and follow directions above.

From South follow directions to Clane and take the R407 to Kilcock. At the roundabout take the second exit and then take the next left.

From Summerhill follow signposts for Kilcock and take a left at the t-junction, in the square in the village go straight on until the t-junction at the harbour where you take a right. At the lights turn left and continue to the next roundabout and take second exit - follow instruction of marshals from here.

Public Transport: The 9:05 train from Dublin Connolly is scheduled to arrive in Kilcock at 09:43. If you have selected postal option for your number we will have a car at the station and can take your bags back to the hall for when you finish. The start line is 900m away giving you plenty of time to warm up and arrive at the start line.

### Parking

Parking will be available close to race HQ at the Kilcock Primary Care centre and on the St. Coca's AC track. There will be parking stewards on hand so please follow their instructions.

### Registration

**Saturday:** Supervalu Kilcock 6-8pm

**Sunday:** Race HQ - Scoil Ui Riada 8-9:45am

For those travelling by train there is an option to collect your number at the station and we will bring your bag to bag drop - you need to let us know before Saturday if you wish to avail of this via email ([kilcock10mile@gmail.com](mailto:kilcock10mile@gmail.com)) or via Facebook, we will reply to confirm pick-up.

## **Warm-up**

As the rack will be used for parking there will be no running allowed on the track. We have, however, a pathway which loops around behind the track and is approx. 1.3km in length which is perfect for a warm-up. The loop starts at the playground and heads west coming back at the far side of the Health Centre.

## **Toilets**

Toilets will be available in the cabin on the track (x2), portaloos on the track (x4) and toilets located in the school (x2).

## **The Start**

The race will start at 10:10am sharp on the main road outside the track. Please follow the instructions of the marshals and line up appropriate to your pace. There will be pacers visible to help you find the correct starting position.

Timing is chip timed from the start so your time only starts as you cross the start line. Senior and age category winners will be based on gun time so please ensure you are at the front if (and only if) you are competing for one of these prizes

## **The Race**

The race will be held on partially closed roads so please be aware of your surroundings and be aware that you will be sharing the road with vehicles. Please keep to the left hand side of the road at all times. The last 2 miles of this race will be along the canal greenway which means there will be open water along this section of the route, please stay out of the water as we don't fancy getting wet to pull you out. Race map is shown below.

## **Water Stations:**

Water stations will be provided at mile 3 and mile 6 and will be signposted 200m before the station. To be kinder to the environment water will be supplied in cups. Bins will be located close to the water stations

We endeavor to leave the roads as we found them so please do not litter. Dispose of water cups and gel wrapper in or near the bins or at a marshal point where they can be easily collected - **do not throw rubbish over the hedges or walls or into the canal, anyone seen doing this will be immediately disqualified.**

## **The Finish**

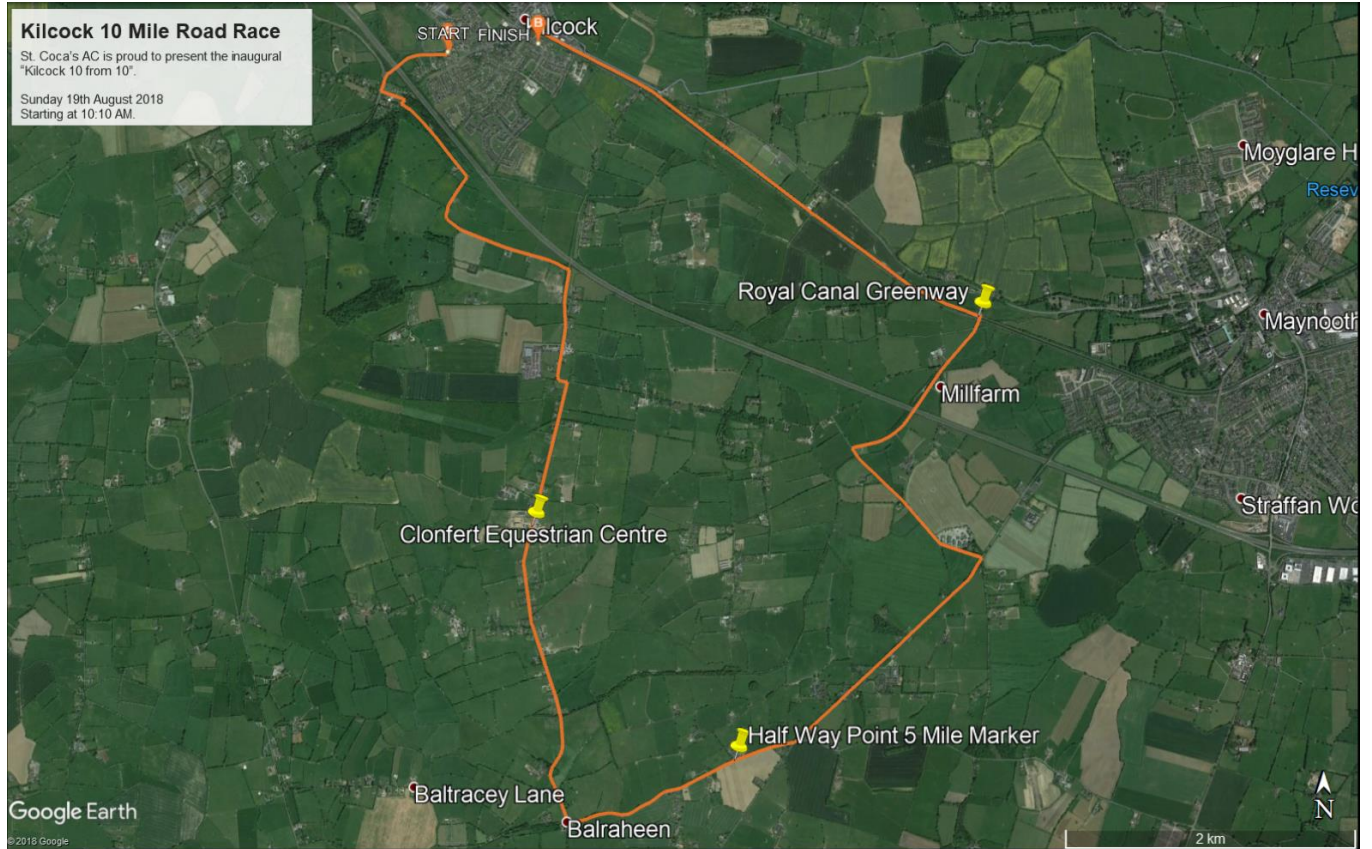
The finish line is located on the harbour in Kilcock. Once across the finish line please keep moving towards the medal and refreshments area where you will be given your medal and a bag containing a bottle of water, banana and treat along with your well-deserved medal. Avonmore will also be present distributing protein milk. Once again please do not litter and use bins provided.

## Post Race

Tea, coffee and cake will be available after the race in Scoil Ui Riada for you to enjoy and undo all the fitness gained during the race ☺. Please stop by and join us in well-deserved refreshments.

Prizes will be presented to the various winners in the school hall.

## The Course



Race HQ/parking





Finish Line:

