

# Final Runamuck Event Information

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## Event Date: Saturday 10th March 2018

We hope you are all set for Runamuck this Saturday as event is going ahead as planned :-)

**Entries are now Closed and No More Entries will be taken**

Final Entry Lists in Surname Order & Team Name Order will be available from Tuesday 6<sup>th</sup> March on [Event Website](#)

Here you should be able to find your name, race number and wave time there – Searching by your surname or Team name is best

This list will be available on site on the day but **you need to know your own race number if a Solo/ Pair entry OR your Team Name and Team Number that we have assigned before coming to Registration area on Saturday**

No further name changes are now possible as entry list is finalised on the day so please do not contact us with requests for changes or for new entries for friends who have missed out

**Travel and Directions – NOTE OUR VENUE LOCATION**

Race venue is: Coolcarrigan Estate, Coill dubh (Near Timahoe), Co Kildare

**Driving Directions to the RACE are [HERE](#) & [Access & Course Outline Map is HERE](#)**

**Sat Nav Map Coordinates are:** N 53.3186418, W-6.8683249

Car parking will be open from 9.15am

Race sign on will open at 9.30am and you must register/ collect your race number (Which includes timing tag attached to the back) & your complimentary Runamuck Buff on the day – Best aim to get there 1 hour before your allocated start time.

**If you are travelling by bus you will need to park as directed by marshals – Please try to arrive by Bus before 11.00 to avoid congestion**

**NO CARS ARE TO BE PARKED ON THE PUBLIC ROAD OR GATEWAYS**

**IMPORTANT:** Please try to Car Pool as much as possible and use front wheel drive or 4X4 vehicles as rear wheel drive vehicles are likely to struggle to travel in parking field after recent snow melt and rainfall.

In all cases follow marshals' instructions and keep moving forward in 2<sup>nd</sup> gear at low revs unless instructed otherwise

If you get stuck please get anyone travelling with you to be dressed to get out and push as this should get you moving again.

You should allow at least 15 mins from Enfield, 20min from (M7) and 30min from the M50 / N4 Junction in case of unforeseen delays

No Cars are to be parked on any roadways or areas close to the venue – All parking is within Coolcarrigan Estate Only

If you are getting dropped off your driver will need to park temporarily with all other cars in the main car park, unload from your vehicle and the vehicle will then exit from the opposite gate (Look for the OUTFRONT FLAGS & Exit signs at the Exit Gate) to that entered.

It is approx 5 mins walk to Registration area from the Parking Field – It will be muddy ☹!

**Race Sign On and Number / Timing Chip Collection**

There will be nothing posted to you in advance of race day.

Final Entry lists are now available on the [Runamuck Website](#) - You can search by Surname Order Or By Team Name

**Please check this list and remember your race number if a Solo entry or Team Name & Team Number before approaching the registrations desks as it will save time at race sign - on**

Race sign-on will be open from 9.30am until 12.30pm so please allow sufficient time to get to sign-on area

You will be parking about 5 mins walk from the registration/ start area so we recommend you get signed on immediately after you arrive and then return to your vehicle to get changed.

You will collect your Race Number with timing chip already attached, Pins & Runamuck Race Buff at Race Sign-on in the Registration Building.

**Only one member of each team entry (Ideall the Team Captain) needs go to registration to collect numbers and buffs for their team**

**Please then distribute the race numbers strictly in accordance with the printed sheet information given on your team's envelope**

**Please complete the MEDICAL INFORMATION on Reverse of Race Number**

**This is particularly important for anyone with any medical conditions so that our Medical Team will know in case of Medical Treatment**

**Please fix your number to your front and ensure it is uncovered by clothing crossing the start, 2<sup>nd</sup> lap (If doing one!) and finish lines**

## **Starting Waves**

First Wave is at 11.00 and thereafter all waves will start at 5 minute intervals – Your wave start time will be printed on your race number.

As in recent events we will try to accommodate anyone looking to change wave on the day when space in waves permits - You do not need to e-mail us with requests – We will sort this on the day at the start area.

In practice this has worked well when small groups or individuals are looking to change to earlier or later waves to go with friends.

Timing chips will detect folk starting in a different wave to allocated wave for Final Results

Anyone planning on completing 2 laps for the 11km course should start before 12.30 if possible but in any case must have started their 2<sup>nd</sup> lap by 13.30 at very latest as our Course sweep will start at that time and Race Marshals will leave their stations progressively, etc

**Please do not attempt any obstacle that you are not comfortable with and/or unsure of your ability to complete safely!**

If you want to stop after 1 lap and are entered for 2 this is ok and similarly if you originally entered for 1 lap and you want to complete a second one you may do so (Once you commence this 2<sup>nd</sup> lap by 13.00) and **the timing chips will account for this change in the final results**

In general you can wait for a later wave to be with friends no problem.

On the day moving into earlier waves should be possible as space frees up due to others who decide to wait for friends in later waves – Spaces made available on a “First come, first served basis” at Starting Area.

In order to clear the course we ask that no one intending to complete 2 laps of the course starts the race after 12.30 hours and that everyone looking to do 2 laps has started their 2<sup>nd</sup> lap by 13.30

We will remove stewards progressively off course after last participants start at 13.30

All waves will be eligible for prizes - prizes will be based on chip times in Final Results

**Team and individual (First 3 M & F/M) prize winners will be assigned on the overall results and will take into account all waves**

**The Winning Team for both 1 and 2 lap races is the team with the first 3 people finished**

**i.e. Position of team's 3rd placed runner determines the winner - There is no maximum number on a team**

**We will post out prizes** - Prizes will be commissioned tankards from [Cranmor Pottery](#) and Free Entry vouchers for our next Runamuck Event

## **TeeShirts & Hoodies:**

We will have a limited number of RUNAMUCK tech tee shirts (€10 each or 6 for €50) & Hoodies (€20 each or 6 for €100) for sale on the day on a first come first served basis.

All clothing has our famous Runamuck splotch<sup>CTM</sup> logo and "Go Runamuck Yerself" slogan on the back

## **Key Drop:**

We have a key drop desk in a shed close to Registration

You will need to label (we provide labels) your Keys with your race number before handing in and must present your race number to reclaim your keys!

Valuables such as wallets, jewellery, phones, watches etc will not be accepted and no responsibility is taken for any loss or damage of any items handed in.

We suggest you register and soak up the unique pre race atmosphere before the event as our DJ will be rocking the place from 9.30am

An area is available for changing if needed in the farmyard but in general participants prefer to change at their vehicles

## **Refreshments:**

Vendors will be in attendance from 9.15am with hot and cold drinks, sambos, hot dogs, snacks, etc for purchase at reasonable cost before and after the event both in the registration area and in the car parking areas.

After finish we provide a selection of fresh fruit, fruit cake and cold drinks plus a small cup of delicious [Fusion and Street](#) soup.

Please do not try to re enter the refreshments area for a second time as we must keep area this area clear for those finishing thanks

## **General:**

**Our DJ will be rocking the farm with his tunes from about 9.30 so please come early to enjoy the atmosphere.**

**Our DJ will give out some free Tees and Hoodies for Best Team Dancers / Workout Leader and other on stage performances!**

**Please do let our DJ know about your group's reason to attend the event for stags/ hen's/ football club/ bootcamps/ work day out/ charity fundraising, etc and volunteer to go on stage if you want to lead your Wave's / Team's workout & warmup ☺**

**All on stage performances are always welcome and for sure do come in Fancy Dress to maximise the FUN you will have.**

## **On Course:**

Please obey the marshals at all points and do not push and shove other competitors especially at obstacles, when passing out, etc.

Active encouragement whether verbal or physical if folk are struggling to complete an obstacle is part and parcel of the event so please do encourage others especially if you happen to be passing them out.

In the unlikely event that queues do develop please use the alternative route provided as advised by the marshals.

We ask that large groups keep to one side of obstacles to allow the more serious runners to overtake without being delayed.

**In the interest of fairness we do not expect anyone in the running for prizes to miss out on any of the harder versions of the obstacles**

## **Post Race:**

When finished your race please be patient and pass through the power washer and the refreshment area in turn with everyone else.

We will have some basic changing facilities and basic wash-down using power hoses.

We recommend you bring a full change of clothes and old towel/ baby wipes, & some water for your personal post race wipe-down at your vehicle and a bin bag to bring home your dirty clothes and runners or leave this at one of bins in field for disposal. Please do not just dispose of rubbish alongside your vehicle – **PLEASE Use Bins Provided.**

**You will get very wet and mucky we are sure so please be prepared to get changed into warm and dry clothes soon after you finish ☺**

**Recommended clothes are full body cover leggings, long sleeved top and light running gloves** and hat or RUNAMUCK BUFF that you will get at Registration as it is likely to be cool this Saturday.

Lycra type clothing is better than loose fitting heavy track suit type clothes as they will be very heavy when wet and mucky for sure.

Regular trainers, astro turf runners or best of all trail runners with good grips are recommended

**It is vital to tighten laces and tie properly unless you want to risk losing them!**

**Running Spikes/ Studded Football Boots are Not Permitted**

Trail or mountain running shoes are recommended for good traction.

**Please help us by putting any items of discarded clothing in a plastic bag and place in one of the many bins provided in the car-parks or leave bags close to the exit gates from the car parks for collection.**

If you do have any supporters along with you then please advise them to keep off the race route at all times - No Dogs or other pets are permitted at venue.

Please do not litter the farm by putting flyers on cars or by handing out flyers.

If you are involved in a sports event and want to hand out flyers in yard area then please get permission from the organisers (Info@outfront.ie) in advance.

**General commercial activity of any other kind is not permitted and placing flyers on vehicles is Strictly Forbidden!**

**Please use the bins / plastic bags provided to dispose of litter, discarded shoes, clothes, etc.**

We will have several professional photographers at the event so please dress up or down to impress.

We hope to have Provisional Results in [Red Tag Timing Website](#) & [Event Website](#) later on Saturday evening.

Timing queries should be addressed to [runamuck@redtagtiming.com](mailto:runamuck@redtagtiming.com)

Photos will be posted on our [RUNAMUCK CHALLENGE FB Page](#) and are FREE for your use, to share with friends, etc

**Permission to Tag Photos:**

Racehub will be assisting in matching your picture with your race number so it is vital that you keep your race number visible on your front throughout the race thanks

RACEHUB will send you a mail early this week seeking permission to tag you in photos

If you do agree to give this permission then it will help you “find” your photos and save a lot of looking through the usual 8 to 10,000 pictures that are typically taken at our event

Please revert to [info@outfront.ie](mailto:info@outfront.ie) for permission if you wish to use any photos for any commercially related purpose.

Thanks again for your support of this unique event and we look forward to seeing you this Saturday for a great fun day in the muck,

Paul & The [Runamuck Challenge](#) Team

[Outfront Events](#)

