



HOME RUN

RUN & WELLNESS DAY OUT 2024

Information Pack

Register Here:



JOIN US AT
OCTOBER 5TH
PHOENIX PARK
9:30AM



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Schedules for the day

Race

- **08.00** Information Desk and Toilets Open
- **08:30** Baggage Area available.
- **09.00** Assemble in allocated Assembly Zones
- **09.15** Mass Warm-Up
- **09.30** First Wave – Runners
- **09.32** Second Wave Start – Runners/Joggers
- **09.34** Third Wave Start – Joggers/Walkers
- **09.36** Fourth Wave – Walkers / Buggies

Main Stage Schedule

- **09:30-10:30** Warm up music
- **Finish Line** Alex Hughs Bagpipers
- **10:35-11:30** Walkeleles
- **11:35-13:20** Special Guest
- **12:35-14.00** Eddie Winston and Grace (Trad)
- **14:00-15:00** Playlist

Wellness Tent Schedule

- **10:35-11:30** Yoga parties
- **11:35-12:30** Gym Plus dance class
- **12:35-14:50** Kate McQuillian Yoga
- **All day** Acupuncture - Carmen Murphy

Kids Zone Schedule (All Day)

- **11:35-13:20** Kids Race
- **13:00-14:00** Lollipop Tie Dye Workshop

- **All Day** Sweetcheeks Facepainting & Clowns&Colours

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. 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 in order 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

The assembly area is adjacent to the start line, which will be clearly marked by the start gantry. The assembly area will be divided into sections as follows:

- 1: RUNNERS
- 2: JOGGERS
- 3: JOGGERS/WALKERS
- 4: WALKERS/BUGGIES

PLEASE ENSURE THAT YOU ENTER THE START AREA IN THE ASSEMBLY ZONE WHICH CORRESPONDS BEST TO YOUR FITNESS LEVEL.

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, access to the baggage area, 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 09.15am by an experienced trainer.

Medical

Code Blue will be providing medical cover for this run, and there will be a medical doctor on site. If you have an ongoing medical condition, please make yourself known to a member of

Code Blue on site on the morning before the run commences. The medical centre will be located adjacent to the finish line.

Run numbers

Please print the following information clearly on the reverse of your run number/bib:

- Name and contact number In Case of Emergency
- Medical Conditions

Water

There will NOT be a water station on the course. If you require water before or during the run, please bring it with you. Water will be provided to each participant after you finish the run.

At the finish

After you cross the finish line, please keep moving and follow the instructions of the marshals.

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 in order to recover your baggage.

Spectators

The entire Phoenix Park will be open for everyone to enjoy. You can watch participants running alongside the Dublin Simon Home Run leaders. As you move around the course, please be aware that only those roads used for the run will be closed, and traffic will be moving throughout the rest of the park.

In addition to the 5K Home Run, there will be **food trucks, wellness practices, music, entertainment, a Kids Zone, and a charity pop-up shop** for both spectators and participants to enjoy. The Phoenix Park is a wonderful amenity in our capital city and is there to be enjoyed by all. Please be mindful of other users as you access the park on run day.

Parking

There is limited car parking available in the Phoenix Park. We recommend that you park in some of the multi-story car parks in the city centre as listed below and use the public transport system servicing the Phoenix Park. Please check the following websites: www.dublinbus.ie or www.luas.ie

- Parkgate Street
- Thomas Street
- Ushers Quay
- Wood Quay
- Christchurch Place
- College Green
- Clarendon Street
- Drury Street
- St Stephen's Green Shopping Centre
- Royal College of Surgeons
- ILAC Centre
- Jervis Street
- Parnell Street
- Arnotts, Princes Street
- Dawson Street
- Temple Bar
- Fleet Street

Buses/ Luas to Phoenix Park

Dublin Bus provides a wide choice of bus routes to and from the outskirts of the Phoenix Park. Please check the Dublin Bus website for up-to-date information; routes are displayed in full there by number. Bus stops are located at the following points outside the Park's walls:

- To stop near Parkgate Street (Main Gate Entrance), Islandbridge Turnstile, and Chapelizod Gate, use bus route numbers 25 and 26.
- To stop next to the North Circular Road Gate, use bus route number 46A.
- To stop on the Castleknock Road and enter the Phoenix Park through the Castleknock Gate, use bus route number 37.
- To stop on the Navan Road and enter the Phoenix Park through the Ashtown Gate, use bus route numbers 37, 38, 39, and 70.

Dublin Bus also operates a No. 99 Bus route, seven days a week, that travels from/to Parkgate Street and the Phoenix Park Visitor Centre, stopping along Chesterfield Avenue.

To view the No. 99 Dublin Bus Route Map, which shows all Bus Stop Locations and Numbers, please click on the link below:

- 99 Bus Stops & Locations - [Route 99 Timetable](#)

The RED LUAS line also serves Heuston Station.

Further information on directions to the Phoenix Park may be found here - [Directions | Phoenix Park](#)

Cyclists

A bike park will be provided for those wishing to cycle their own bicycles to Phoenix Park on the morning of the run. The location for this will be well signposted and directly beside the start line. Alternatively, there is **Phoenix Park Bike Hire** available for those who do not bring their own bikes. To book a bike in advance, visit [Phoenix Park Bike Hire - Book Now](#). Use **Discount Code: RUN2024** for a special offer on rentals.

Additionally, there are Dublin Bikes cycle parks in the vicinity of Heuston Station. Visit www.dublinbikes.ie for locations.

Litter

The Phoenix Park is being made available to the **Dublin Simon Home Run 5k Fun Run** with the permission of the Office of Public Works. We encourage all participants and spectators to exercise the highest respect for this public amenity and to dispose of any litter by using the appropriate bins provided on the day or by bringing your litter home with you. Please adopt a “leave no trace” policy when exiting the park.

Dublin Simon Home Run Filming

By participating in the Dublin Simon Home Run 5K Event in the Phoenix Park, you acknowledge that you may be featured on the Dublin Simon Home Run programme, website, and social media channels.

On-the-Day Registration: €20 (if available)

Register before midnight Thursday September 26th to be able to get your race pack and other additional purchases posted.

Your registration fee includes a race number, timing chip and access to post-race activities.

4. What time does the race start?

The race will begin at 9:30 am. Please arrive at least 45 minutes prior to the start time for check-in and warm-up.

5. Is there parking available at the event?

There is parking available in Phoenix Park. No parking is reserved for this event.

We recommend carpooling or using public transportation where possible to reduce traffic congestion.

6. What public transport can I get to the event?

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7. Can I cycle to the event?

Yes, a bike park will be provided for those wishing to cycle their own bicycles to Phoenix Park on the morning of the run. The location for this will be well signposted and directly beside the start line. Alternatively, there is Phoenix Park Bike Hire available for those who do not bring their own bikes. To book a bike in advance, visit [Phoenix Park Bike Hire - Book Now](#). Use Discount Code: RUN2024 for a special offer on rentals.

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8. Are there water stations along the route?

There will be a water station positioned at the finish line

9. Can I run with a stroller or my dog?

Strollers: Strollers are welcome, but we ask that you start towards the back to ensure the safety of all participants.

Dogs: Friendly dogs are permitted on a short lead.

10. Is the race timed, and will I receive a medal?

Yes, the race will be chip-timed. All participants will receive a finisher's medal upon completing the race.

The top three male and female finishers will be invited to the podium for photos.

11. What should I wear for the race?

Comfortable running gear and proper running shoes are recommended. Check the weather forecast, and dress accordingly. Layering is a good idea if temperatures are chilly in the morning.

12. Where can I pick up my race packet?

Race packets, including your bib number and timing chip, can be picked up at Chesterfield Avenue and Furze road junction, Phoenix Park at the number pick-up tent on 5 October at 8.30am.

13. Will there be food and refreshments available?

Yes, post-race refreshments including water and fruit will be provided at the finish line. Additionally, food stalls will be available for purchase at the event.

14. What happens if it rains?

The event will proceed rain or shine. In the event of severe weather conditions, updates will be communicated via email, social media, and the race website.

15. Can I volunteer for the event?

Absolutely! We welcome volunteers to assist with various aspects of the race. If you're interested in volunteering, please contact us at events@dubsimon.ie

16. Is there a fundraising component to the race?

Yes, participants are encouraged to raise funds for Dublin Simon Community. Every euro helps support. Fundraising details can be found on our website <https://www.dubsimon.ie/get-involved/fundraise-for-us>.

17. Are there any prizes for fundraisers?

Yes! There are raffle tickets for those who reach fundraising milestones and gain a chance to win amazing prizes

18. Who can I contact if I have additional questions?

For any additional inquiries, please email us at events@dubsimon.ie. We're happy to help!

