



Portumna 100km 50km and Marathon 26th June 2010



AIMS Association of International
Marathons and Distance Races

INFORMATION PACK

Details subject to change (under AAI rules)

Race Details

Date:	26 th June 2010
Organized by:	Sebfitness
Fundraiser event for:	“Sign Out” Portumna Youth Cafe
Distances:	100km 50km 42.195km
Location:	Portumna, Co. Galway
Race Director:	Sebastien Locteau (0857350850)
<u>Registration:</u>	
Registration:	Shannon Oaks Hotel, Portumna
Registration Time:	6.00pm - 8.00pm 100km & 50km 8.00am - 9:00am Marathon Participants
Event Start Times:	6:00am 100km 6:00am 50km 10:00am Marathon
Cut off Times:	100km 16 hours 50km 8 hours Marathon 7 hours

No. of Competitors:	500 max over 3 events
Pre Entry:	www.runireland.com
Gardai:	Portumna Gardai 09097 41004
First Aid:	2 Ambulance, 2 Medic/First Aid providers on Mountain bikes Race doctor
Marshals:	30 Marshals
Course Measurement:	Course has been certified by accredited measurers

Disclaimer:

Participants by their entry to the event 100km, 50km or Marathon distance agree to the following waiver:

I agree and acknowledge that participation in or observation of sport could constitute a risk of serious injury to myself, including permanent paralysis or death. I voluntarily and knowingly recognize, accept and assume this risk and warrants to Seb Fitness and its Associates that I am physically fit and able to compete in this event without risking serious injury, including permanent paralysis or death. Furthermore, I hereby release the Event Organizers, Seb Fitness and, their Associates, their Sponsors, Event Sponsors, Officials and Agents from any liability arising from my participation in this event. I agree that neither Seb Fitness nor its Associates shall be, nor be deemed to be, responsible or liable (whether in contract or in tort or under any statute whatsoever), for any injury, illness or other mishap to myself or my property, sustained in, or arising from or out of, or in any way directly or indirectly connected with this event. I will obey the rules of the event as laid down by Seb Fitness.

Safety Considerations

Personal music systems are NOT permitted during any stage of the event.

- Participants must also wear a florescent vest in the hours of poor visibility.
- Head/hand torches must be carried the run phase during hours of poor visibility (also to be kept with your support crew).
- We will tell you when you complete a circuit when the course is considered to be dark
- Pacing on the course by supporters will not be tolerated and will lead to disqualification

Course/Route

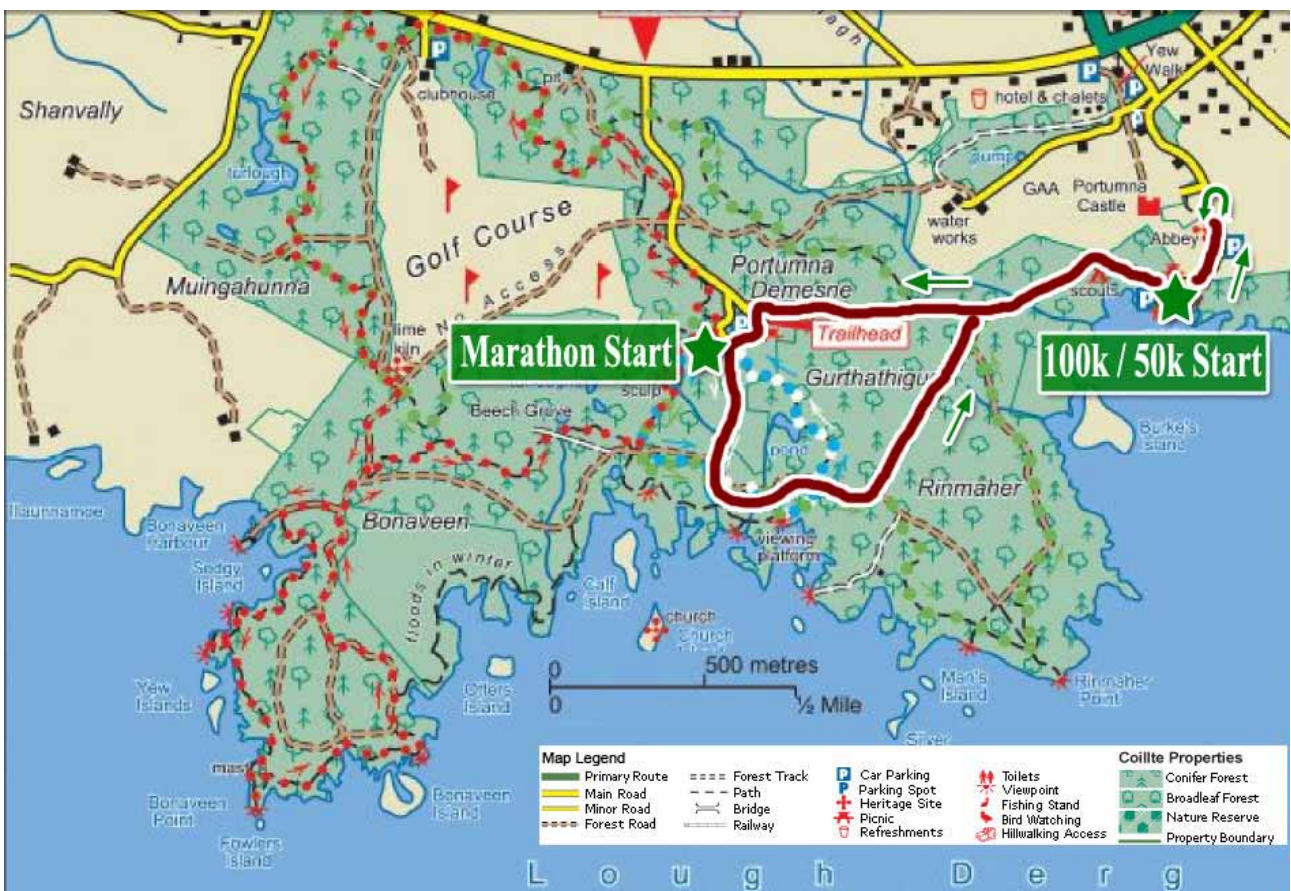
The course is clearly marked. Athletes will stick to the marked course at all times, unless directed to do so by a Marshal. Deviation from the marked area will result in DQ

100km & 50km Route

The 100km and 50km event begin together at the marina. Each event consists of laps of 5km in length.

The start line is at the marina behind the castle.

The course begins by turning right out of the marina, proceeding on to just past the Abbey where participants will turn and continue keeping to their right.



The route continues down towards the carpark at the forest park entrance, where the marathon start is located. There will be a single line path exclusively for Ultra runners at the time of the start of the marathon (10am) and this will be kept clear for ultra participants.

The course brings the course back up to the marina, where participants will complete a loop and cross over the timing mats on lap times. The finish line should be easy to find!





Gradient of route shown above

Marathon Route

Marathon participants will assemble at the car park for the Forest park and will be brought to the start line just before the order to start is given.

- Marathon participants are not allowed on the course before the event begins.
- At the starting line marathon participants must pay special attention so as not to impede the ultra runners already on the course.
- A separate path will be marked for ultra runners around the marathon start line and this must be kept clear at all times.

The marathon route joins the Ultra route as described above and consists of 8 laps from where participants cross the finish line at the marina.



Timing Chips/numbers

Timing will be done by RedTag Timing who will supply each participant with a timing chip.

Race Numbers

- All registered participants will receive bib numbers that must be worn on race day.
- Please fill in the necessary medical and emergency contact information on the back of the bib number with a pen or waterproof marker.
- Please do not alter the bib in any way.
- The bib must be visible and worn on the front outside of all clothing during the entire race.
- Bib numbers are non-transferable and must be worn by the registrant to whom it has been assigned. **The event does not allow for Transfers or Refunds, entries may be postponed until the following year.**

Race numbers will be colour coded according to each event.

- Green 100km participants
- Blue 50km Participants
- Yellow Marathon Participants

Official Refreshment Stations

There are two official refreshment stations on course, one at 2.5km mark (next to the forest car park) and the other at the 5km mark (start/finish area).

The official Refreshment/Handling Zones shall be marked clearly by signs “beginning” and “end” will be approximately 400 m long.



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Official refreshment tables will be provided with Water/mineral waters without gas, electrolyte beverages, bananas and other fruits, Cola, glucose/sugar, salt, biscuits etc...

At the end of every refreshment zone sponges will be available.

Tables will also be provided for ultra participants only for personal food and beverages, not for marathon participants.

Competitors can use their own personal drinks and food at **all** official Refreshments Stations provided.

- All personal food and beverages must be placed in bags clearly marked with the competitor's name and race number, and handed to designated race official at the refreshment table at the start line before the race begins.

Allowed support in the Official Refreshment/Handling Zones

- In the official Refreshment/Handling Zones the handlers and coaches may put the refreshments into the hands of the athletes.
- During the handover of drinks and food the handlers may accompany the athletes within the Refreshment/Handling Zone, but other competitors in no case may be obstructed.
- Team management can support athletes for any shoe and dress change.
- Any medical support is permitted e.g. treatment of smaller injuries, blisters, by massages etc.
- Transmission of information of any kind is also permitted.

Note: All this support is allowed only within the Official Refreshment/Handling Zones - not in the Drinking/Sponging Stations.

Stoppage/Safety

- Participants may only stop at designated official team support zones to receive fluids, food or change footwear or clothing. Assistance outside of designated zones will result in disqualification.
- If we feel you are a danger to yourself we reserve the right to pull you from the course.
- The doctor/paramedic will have the final decision in relation to medical issue.
- If we believe you to be medically unfit to continue, your race will be over and you will be asked to leave the course. We will advise you of any concerns in advance. so you may rest to rectify them (within the cut off times)
- We will advise you of any cut off the preceding lap.

Medical Rules

- Intravenous Fluids will signify the end of your race
- If you will be consuming any pharmaceutical products during the event or prior to the event then please submit the names and dosage to the race organiser before the start of the event. Discretion is guaranteed and the information will only be made available to the Doctor or paramedics upon you not being able to provide it yourself.

Toilet Facilities

Toilets and shower facilities are available in the marina area at the start/finish line.

Pacing

Pacing, i.e. the ‘step making’ and the accompaniment of participants by any athlete not in the same event is strictly forbidden e.g. no man can run with any woman as they are taking part in separate events, 100km, 50km and marathon athletes are also in separate events and cannot pace each other and any runner who has retired during the event must take no further part at all. Also all kind of technical pacing devices are forbidden, especially by vehicles of all kinds.

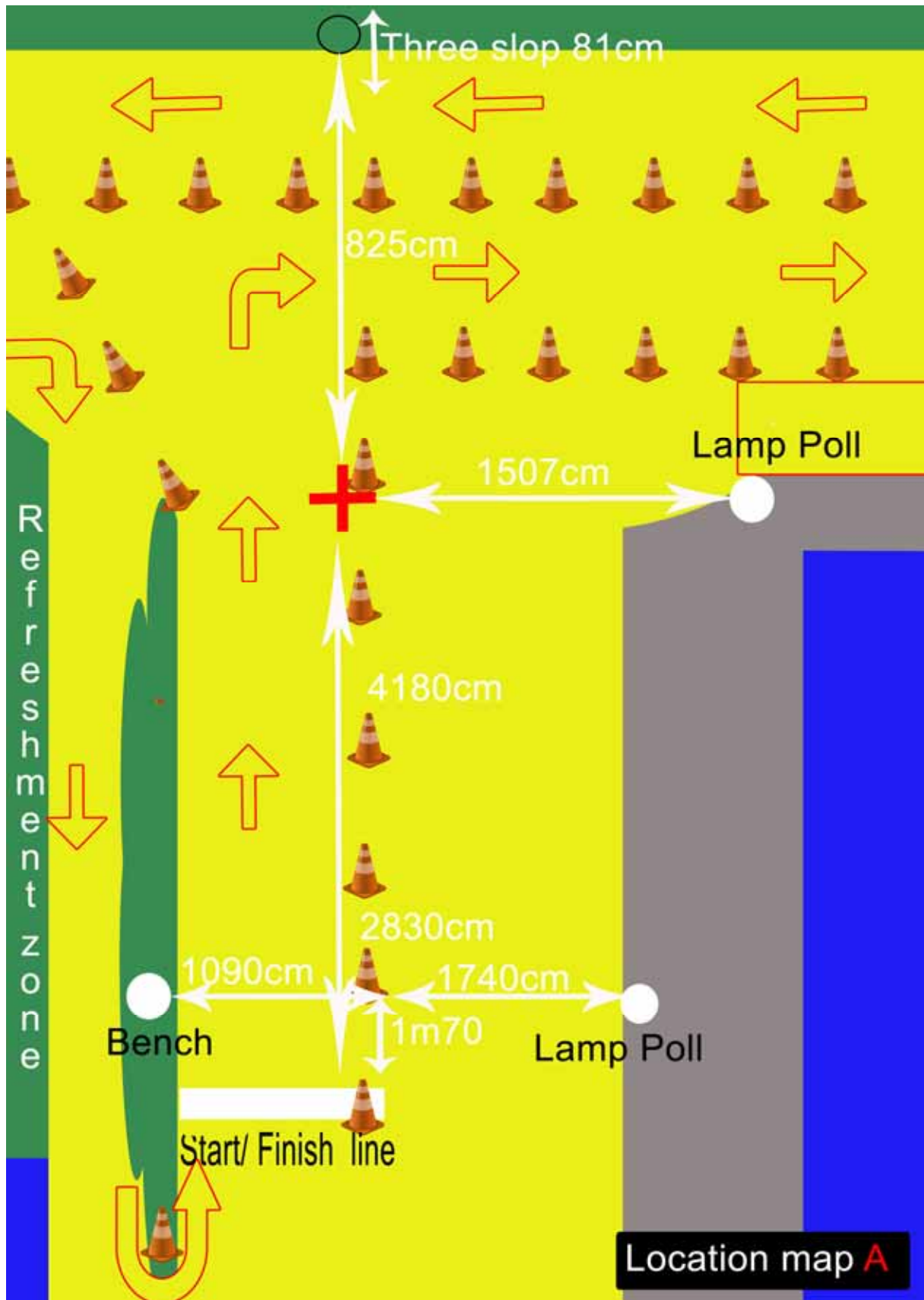
Car parking

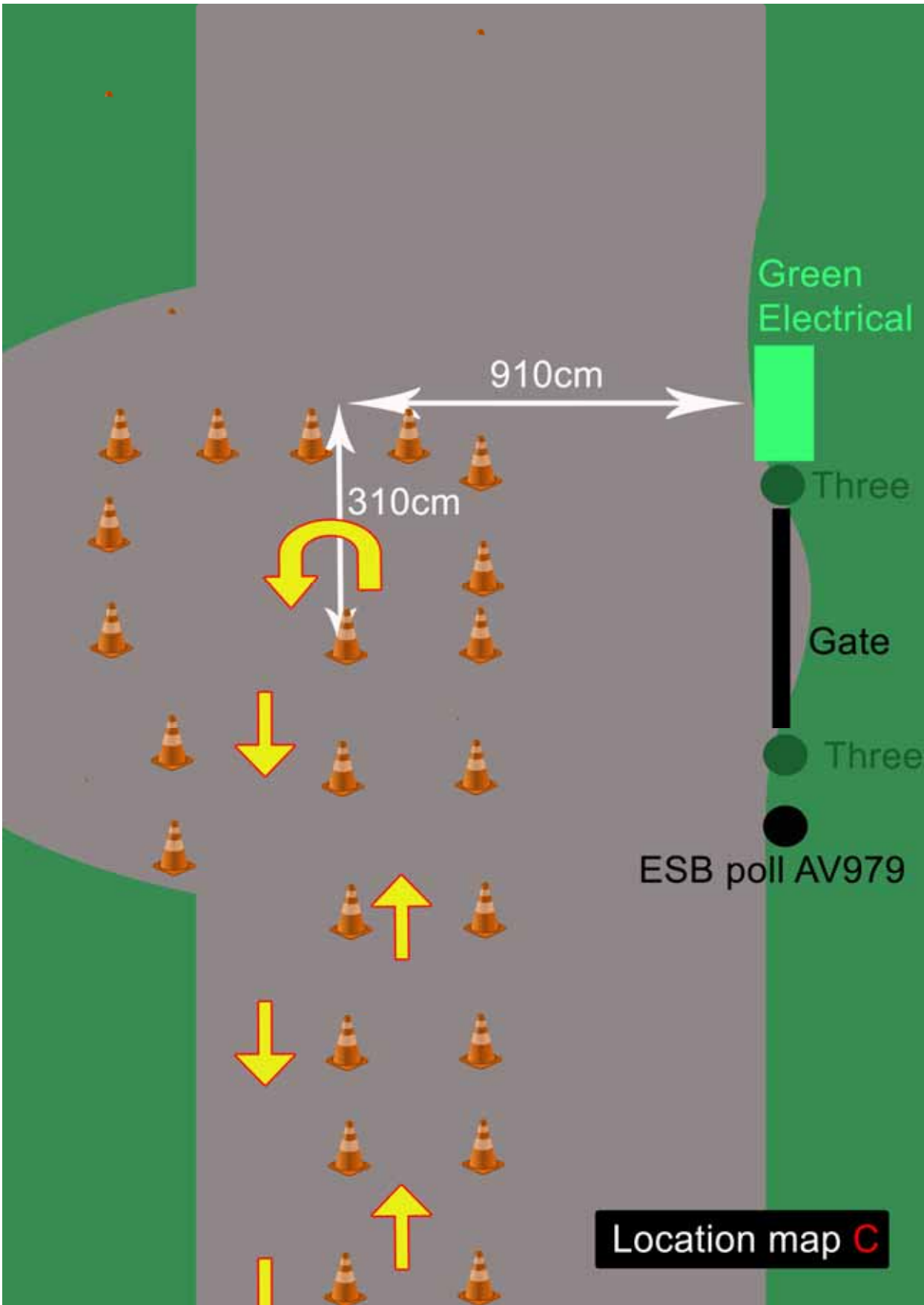
Car parking is available for Ultra competitors at the Shannon Oaks Hotel, from where they can walk to the start line.

Car parking for marathon participants is available at the Forest Park car park, where the start line for the marathon will be held.

The following maps and design are only for information purpose and do not reflect the actual scale. Measurement is accurate.







RACE NUMBERS:

runireland.com

runireland.com

148

148

Portumna 100km

Portumna Marathon

runireland.com

148

Portumna 50km

How to access the starting line:

