

Waggy Races!

The Portstewart Strand 5k

Sun 31 March, 11.45am



National
Trust



www.waggy-races.com

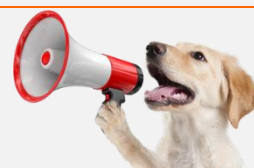


Pre-race registration - Inn on the Coast

If you would like to collect your race number/t-shirt etc in advance, come and see us at the Inn on the Coast on Sat 30 March from 2.00pm – 4.00pm.

Race day schedule

9.30am – 11.30am	Registration – please arrive in good time!
11.30am	Registration closes. 15 mins to go announcement.
11.45am	WALKERS START
12.00, 12.01, 12.02, 12.03, 12.04	RUNNERS START (in waves at 1 min intervals)
1.00pm	Podium ceremony / spot prizes



Arriving at the beach

Parking is on the beach - National Trust volunteers will direct you when you arrive.

Toilets are beside Harry's Shack.

Registration is on the beach near Harry's Shack.

You will get your race number [& pins] and your start wave details. Make sure you read the brief displayed at registration.

DON'T FORGET THE CLOCKS GO FORWARD!

Rules

Please keep your dogs on a lead. Leads must not be longer than 2 metres, with **no expanded leads**.
(Full rules [HERE](#)).

The start

It is very important that you start the race in the correct wave/lane. This info will be written on your race number and also displayed at registration.

Waves are announced over the megaphone - when wave 1 is at the start line, wave 2 should fill in behind etc.



Your race number should be worn visibly on your front to get an official time.

The course is all beach (bare feet, trails shoes or trainers are all good). It's a 'there and back' via a roundabout at the pier, with orange flags, signs, arrows and marshals in place to guide you.

Goody bags - one bag per team will be available when you finish the race.

Safety

- Take care at the **start line** - it is very loud and barky but ultimately highly organised! Make sure you start in your correct wave/lane.
- At the start, your dog will be in close proximity to lots of other dogs – please make sure they are not too stressed and if they are unhappy, please move away and consider starting the race a few metres back.
- **Overtaking** - call out (politely) and pass on the **right hand side** (as if overtaking in a car). If being passed, please leave space for the person & dog to get past - **this is important for walkers to note.**
- **Cars** are allowed on the beach at Portstewart.
- **Headphones** – If you wear headphones, please ensure you are aware of others around you.

Dog poo bins will be available at the start/finish/registration and frequently along the course – please bring poo bags and pick up after your dog!

Water - there will be water stops for your dogs, as well as at the start and finish.
Please carry extra water for your dog if required.

After the race please stay to cheer on your fellow Waggy Racers, visit our stalls, watch the podium ceremony and maybe pick up a spot prize!

Prizes

MALE with 1 dog	1 st - 3 rd
FEMALE with 1 dog	1 st - 3 rd
PACK (2 people & 1 dog)	1 st - 3 rd
2 dogs	1 st - 3 rd
the 'Spirit of Waggy Races' Award	One winner

*We'll also be having **SPOT PRIZES** – make sure you stick around!*





First Aid - after a one race sabbatical, **Dr Lynn** will be attending her 12th Waggy Races!

If you have an issue on the course - speak to a marshal or pass the message to another competitor. Please let us know of any relevant medical conditions and record on the back of your race number.










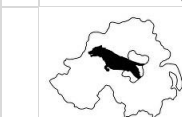

Jude Rankin Photography will be capturing all your beautiful pooches at her debut Waggy Races!

Please support our photographer and get yourself a souvenir photo or two!



Tea/Coffee/Treats are available on the beach from **Harry's Shack**.

Stalls on the Strand

	<p>Murphy's Bark'ery Waggy Races veterans with a huge range of homemade baked dog treats and hampers.</p>	 <p>Oralade Palatable Oral Hydration & Nutritional Support Ready to use Isotonic oral rehydration.</p>	 <p>Natural Raw NI Nicky will be there with quality natural treats for your team mates!</p>
	<p>Robin Bates Dog Training Services Legendary dog trainer. Needs no introduction.</p>	 <p>Go Mushing Products for all sorts of outdoor dog-related activities.</p>	 <p>Dog Trails NI - Selection of canicross equipment and fitness classes.</p>
	<p>DogEase Animal Wound Protection Medical pet suits made from bamboo fibre.</p>	 <p>NI Clinical Canine Massage Leading canine massage provider.</p>	 <p>Jollyes - The Pet Superstore Coleraine Sponsors of the Spirit of Waggy Races Award!</p>

With thanks to our sponsors:

