



### Race Day Schedule

Time	Whats happening	Where
09.00am - 10.30am	Registration ( <i>closes at 10.30am</i> )	Monument field
10.30am -10.40am	Pre race brief	Monument
11.00am	Race starts!	Monument field
12.15pm (approx)	Prizes	Monument

### Race Rules

Please take 2 minutes to familiarise yourself with the Waggy Races rules: [www.waggy-races.com/rules.html](http://www.waggy-races.com/rules.html)

Dogs must be on leads at all times before, during and after the race.

**During the race, leads must be no longer than 2m** (ie. no long expanding leads).

### Registration 9.00-10.30am (Closes promptly at 10.30am)

Registration will take place opposite the rangers hut in the monument field - you will receive your race pack, including your race number (& pins), wrist band and goody bags (sponsored again by **Jollyes Petfood Superstore**).

### Parking

Use the normal visitor car park - there are toilets here (open from 8.00am) and it is only 2 minutes dander from registration, the start line and the pre- race brief. The start and finish line are only around 200m apart.

### Pre race brief

**Will take place at the monument at 10.30am.** If possible, try not to bring your dog to the brief – 100+ dogs can make communication tricky!

### The start

It is **VERY important** that we get the start correct - you **MUST** be in position at your allotted time! Your wave and lane numbers will be on your wrist band along with your start time. **Waves will be released every one minute starting at 11.00am - please do not miss your start time.**

**Waves will be announced over the megaphone!**

We have an area for the 'next wave' of runners behind the start line - so when group 1 are at the start line, group 2 will wait in this area and so on.

### The course / safety

The route is available at this link: <http://www.waggy-races.com/tollymore-5k-route.html>. We will have marshals, bright orange signs, km markers, orange flags and barrier tape to guide you.

The course is **mixed terrain** (mainly grass and trail paths and a little bit of tarmac). **It may be wet and slippery in parts** – be careful. If you have the option, wear trail running shoes rather than road running shoes. Take extra care especially if running downhill (the first km and final km have downhill sections).

**Overtaking** - please call out (politely) to the person in front and **pass on the right hand side (as if overtaking a car)**. If you are being passed, please leave room for the person & dog to get past - trails are narrow in a couple of places.

**Other Trail users** - we won't have exclusive use of the trails at Tollymore, so please be polite and courteous to other users!

There will be two **water stops** for your dogs (look out for the signs), as well as at the start and finish lines. We also encourage you to carry water for your dog. We will have paddling pools at the finish line for your dogs to cool down!

### First Aid

Dr Lynn Cromie will again be present at the race. If you are in trouble on the course - speak to a marshal or pass the message to another participant to speak to a marshal.

**Please record any relevant medical conditions on the back of your race number.**

### Veterinary care

Linda Brown from Balloo vets in Killinchy will be attending the race to look after your 3 and 4-legged team mates.

### Poo (dogs)

There will be bins at the start and finish lines and buckets regularly along the course - please use them! Poo bags will be included in your race pack. Future events will depend on us leaving the course as we find it – as Ruth said in the pre race brief at Castle Ward “*Poo is very important to us*”.

### Timing

We will be timing you! You must wear your race number to get your official time.

### After the race

**Tea and Coffee will be available.** Please stay around to enjoy the forest, chat to other competitors, meet the Guide Dogs NI team and cheer on/bark at the other Waggy Racers as they finish!

### Prizes (12.15pm approx)

Prize categories are:

- Male / 1 dog (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)
- Female / 1 dog (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)
- Team (2 people / 1 dog) (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)
- 2 dogs (1<sup>st</sup> only)
- ...and of course the spot prize – the *Spirit of Waggy Races* award!

Prizes will be awarded immediately after the race at the monument – please bring your dogs! If you cannot stay - we will make sure you get your prize at a later date. *Prizes have been donated by Murphy's Bark'ery, Tidy Tails and Jollyes Pet Food Superstore.*

### Guide Dogs NI

We are delighted to be working with Guide Dogs NI for this event – they will be present at the race.

### Photography

Two photographers will be present – **Paul Curran Photography** and **Kalos photography** will be taking action shots along the route and at the start and finish lines. Photos will be available from each photographer's website/Facebook - we will post details later.

### Stalls

**Tidy Tails** will be present at the race with a selection of all things doggy (including dog beer). They will be offering post race vouchers for a clean and blast in their salon nearby in Newcastle (think of your car upholstery!).

### Admission to Tollymore

**For all entrants, admission is included in the entry fee.**

Spectators are also very welcome to come and cheer on their favourite Waggy Racers – admission to the park is £4.50 per car.