

Huge thanks for joining us this Saturday for the Glendalough Trail run in aid of Fighting Blindness

On-line entry is due to close at midnight Wednesday Nov 15 so please get anyone you know that wishes to enter to do so today at [This Entry Link](#) thanks

On the Day:

Please wear clothing suitable for the expected cool (10 degC) weather plus sufficient food and drink for the duration of event. It is a more challenging route than many events of similar distance.

We recommend all entrants should wear a long sleeved top and carry a light jacket and buff / hat.

There is a wet & mucky 800m section in the 15.5km race that trail shoes are advised for.

Your shoes will get wet and mucky for sure in this section

Course Maps are available at [THIS LINK](#)

Race Sign On / Number Collection:

Sign On is at The Brockagh Centre, Laragh - Saturday 9am → 10.30 sharp

All participants must go to the Brockagh Centre in Laragh to sign-on, collect their number and t-shirt.

Laragh is located on the R755 approx 20 mins from the Kilmacanogue junction off the N11.

Location map for the Brockagh centre in Laragh is at [This Link](#).

As you enter Laragh from Dublin continue 100m past Mc Coys Shop / Petrol Pumps and take Right Turn at pedestrian crossing and park as directed

If coming down from Wicklow Gap turn Left towards Laragh and then Left just at pedestrian crossing and park as directed

Parking:

Parking is very limited at race sign on at Brockagh Centre. Please car pool where possible and park at nearby forest entrance or as directed by parking marshals.

Participants may use the OPW or upper Glendalough lake car park for which there is a local operator charge. We recommend you arrive at the Brockagh centre no later than 9.15am if you plan on parking at the race centre or in the vicinity.

Do Not Park at Glendalough Hotel unless you are a hotel resident.

Public toilets are available at the rear of the OPW Visitors Centre.

You need to be parked & registered well before we close at 10.30am so please arrive early - Registration opens at 9am.

Tea & coffee will be available at race sign on and a key drop facility will be provided.

Briefing & Start:

15.5 Km - Race briefing for walkers/slow joggers only on the 15.5km route is at 10.10 at the Brockagh Centre. Walkers & slow joggers will start the 15.5km route at 10.30 after being transported to start by mini bus.

As an indication you may only start with this group if you anticipate you will take 2 ½ hours or more to complete the course – Typically this would be for those taking over 1 hour and 10 mins to do a 10km road run.

The Race Director reserves the right to refuse participants from availing of the walkers / slow joggers 10.30am start option as if faster joggers / runners were to start at 10.30am then the course marshals may not all be in place and it also causes confusion at the finish line with our results service.

Main Race Briefing for 15.5km and 8.6km events is at 10.45 & 11.15 respectively in the car park to the rear of the Glendalough Hotel

We ask participants to walk or jog (approx. 1km) to the race assembly point at the rear of the Glendalough Hotel Car Park. If you really need it, you may avail of our limited capacity courtesy minibus service from the Brockagh Centre to the Glendalough Hotel car park but it is your responsibility to make the briefing and race start in good time.

15.5km Race: After race briefing all remaining participants will walk the 400m to the Race Start at 11.00 for the 15.5km event.

8.6 Km Walk -Race Briefing for 8.6km events is at 11.15 in the Car Park to the rear of the Glendalough Hotel

The 8.6km non-competitive walk / jog event will start from the same location as the long course event at 11.30

Both courses will be chip timed - All entrants will get a race number with timing chip on it at sign-on.

Please ensure this race number is clearly visible on your front and uncovered passing the start/finish.

Refreshments & Prizes:

- There will be some water available at approximately 7 & 11.5km points in the 15.5km event and 4.8km point in the short course event. Please avail of the water but leave cups or any food wrappers in plastic rubbish bag available at this water station. If you bring your own water bottle you may refill it yourself at this water station.
- Please do not litter on the race route as permission to hold the event within the Wicklow Mountain National Park is secured on this condition.
- Water and fruit will be available at the finish line.
- The courtesy bus service will operate continuously from the finish after the race back to the car parks in the Brockagh Centre and the Laragh GAA grounds but if able to please just jog back as queues are likely at peak times.
- There will be tea / coffee/ cake etc for all participants at the Brockagh Resource Centre after the race and prize giving will take place there at 13.30 hrs
- Prizes will extend to the top 3 and next best placed O-40 (m/f) in the 15.5km event only. Race winners (M & F/M) will each receive a handcrafted pottery bowl donated by [Cranmor Pottery](#)

The short course event is a non-competitive one and no prizes will be awarded

Race Photos and Video:

By taking part, all participants confirm that video footage or photographs taken of them during their participation may be used to publicise the Glendalough Trail event or other Fighting Blindness events.

Keep an eye on the [Fighting Blindness Facebook page](#) or [Twitter](#) for event photos & updates.

Fundraising/Sponsorship:

If you have already collected your €50 minimum sponsorship please process payment today directly through the [Fighting Blindness website](#) - Please reference all payments with your name and Glendalough Trail 2018.

Alternatively you can bring cash, a cheque or postal order (payable to Fighting Blindness) with you to the race registration to be given in at the sponsorship table. If you have yet to collect sponsorship please set up your own personal fundraising page at [MyCharity](#) or [JustGiving](#)

Many thanks again for your kindness & support. Together we are fighting blindness. See you on Saturday morning early in Laragh for a great Glendalough Trail experience!

Best wishes,

The Glendalough Trail Team

Trail Team