



BEARA

A.C.

AUTUMN
ROAD RACE
SERIES 2021



RACE-DAY INFORMATION

EYERIES 5 MILE ROAD RACE. SATURDAY 6th NOVEMBER 2021. START 2:30pm

We have worked hard to make this event safe and enjoyable for all participants and volunteers. Please take a moment to familiarise yourself with what you can do on the day to help the event run smoothly.

Please note –

No unregistered participants may take part.

Participants are requested to **BE AT THE VENUE BY 1:30PM**

Toilets are available in the Eyeries Hall (Race HQ). Please remain socially distanced when queuing.

There is **NO BAG DROP FACILITY**. Please keep your bags/personal items in your car.

There is ample car parking outside the village. Volunteer stewards will assist you. When arriving please be mindful of social distancing.

When warming up please move away from the race course and **OBSERVE SOCIAL DISTANCING**.

Please **BRING YOUR OWN WATER BOTTLE** with you and carry it on the course if you will need it.

The **START LINE IS 600M FROM EYERIES HALL** (Race H.Q.)

Athletes will be required to be at Start Area prior to the Race Start at 2:30pm. There is **NO REQUIREMENT FOR WAVES** and the race will have a single start. We request that you respect other participants and observe social distancing. **THIS RACE IS A CHIP TIMED EVENT** and your time will start when you cross the start line.

Familiarise yourself with course route. The **PUBLIC ROAD** remains **OPEN** during the event. While we will have the assistance of An Garda Síochána and Irish Coast Guard to curtail traffic the road is not closed and participants should be aware of traffic.

Please **WEAR YOUR BUFF/MASK/FACE COVERING** in the start area before the start of the race and in the finish area afterwards. You may remove your face mask / buff during the race.



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Do not litter the **COURSE** with disposable masks. Anyone doing so risks disqualification and not registering a time.

We have **RED-CROSS AMBULANCE SERVICE** available on the course. Contact a steward if you need assistance.

Please **USE THE HAND SANITISATION** points available to you at the course start and in hall area where toilets are located.

Participants and volunteers should remain socially distanced avoiding all contact, handshakes etc, and use cough/sneeze etiquette.

When on the course, please keep a **SOCIAL DISTANCE WHEN OVERTAKING** and avoid spitting.

Please remain alert and listen to event announcements. **HEADPHONE USE IS NOT PERMITTED.**

When you have completed your run please **RESPECT OTHER PARTICIPANTS, SPECTATORS AND STEWARDS AND MAINTAIN SOCIAL DISTANCING AND WEAR A MASK.**

Prize giving will be held outside adjacent to the Finish Area – Weather permitting.

Please support our sponsors including our main sponsor, Murphy's SuperValu, Castletownbere.



Please cool down and stretch away from the finish of the course, remaining socially distanced and being mindful of other participants still on the course.

NUMBER TRANSFER WITHOUT PERMISSION IS PROHIBITED. This is for the safety of all participants as well as for proper prize allocation. The named person must be registered to bib they are wearing and must have responded to the Covid symptoms declaration.

