

ST JOSEPHS AC

PINK ROCK 2 MILER SERIES

Starting Wednesday 20th May 2009

**Walkers start at 6.45 pm(Walkers) and first runner will be off at 7.00 pm sharp
Will continue for 15 weeks until Finale night on the 29th August 2009**

Warm up lap leaves at 6.15 from the hump back bridge. It is important that all athletes arrive early and do a warm up before they start the 2 miles.

Free to Club members. Entry Fee for non club members €2 , Juvenile athletes must be over 12

Open to all Club members and Local GAA teams and Invited Guests

(Guests can only participate if invited by a Club member This is for safety reasons.)

Aim of this Training Session

- This is an official club training session **not an open race.**
- Each week your time will be measured across a 2 mile route. The aim of each athlete is to try and improve your 2 mile time.
- The race will be ran on a handicap basis with the race walkers/ joggers starting first.

The club would encourage all club members to come out and give it a go.

Rules

- Each athlete is responsible for their own warm up.
- The timed run will start sharply at 7 pm from the hump back bridge.
- Each week an official time keeper will be nominated. This will be done on a rota basis. Results will be updated each week so athletes can track progress.
- Each athletes handicap/ start time will be based on their best race performance or previous weeks time.

Prizes

There will be prizes for those who improve the most but you must attend at least 12 sessions to be eligible.

Route

This year the run will start from the hump back bridge and run out towards the pink rock. The turning point will be on the bend at the quarry.

Caution

All runners are advised that this is a public road with traffic so all athletes are expected to obey the rules of the road. Your participation in this club training session is voluntary and the club will not be liable for any injuries or accidents occurred to any athlete . **Extreme caution must be demonstrated by each athlete when turning.**

How to Participate

Contact Mary Doolan on 086-8518647 and let her know the result from your last race or how fast you think you can run 2 miles and your handicap will be worked out from this.

Volunteer Timekeepers and Marshall's welcome