



- RUN NUMBER**  
Make sure you have filled in the back of your number with your details
- SAFETY PINS**  
Bring some spares just in case but our customer services team will have some available for emergencies on the day of the event
- SPARE WARM/WATERPROOF CLOTHING**  
All clothing left at the start will be collected and donated to charity
- A SPARE BOTTLE OF WATER TO SIP AT THE START**  
There will also be bottled water available at the start in case you need more and several drinks stations on the course
- TRAVEL PLANS FOR THE DAY**  
Allow plenty of time to get to the start...it will be busy
- DOWNLOAD THE GREAT RUN APP**  
On iTunes or Google's Play Store
- PACK YOUR BAG THE NIGHT BEFORE**  
With spare clothes, attach your baggage label (attached to your run number) and any other essential items you need. Make sure you don't leave any valuables in your bags
- MAKE ARRANGEMENTS TO MEET YOUR FAMILY AND FRIENDS**  
The finish is a busy place so keep an eye out for the flying banners with letters of the alphabet on them to help you meet up with your friends and family
- READ THROUGH YOUR DOWNLOADABLE RUNNER'S GUIDE**  
This contains maps, travel advice, baggage information and more
- JOIN THE ONLINE CONVERSATION**  
And share your event day photos on social media and tag them with [#GreatIrelandRun](#)
- BRING SOME SPARE CHANGE AND A PACK OF TISSUES**  
You never know when you might need them..

**GOOD LUCK!**  
WE'LL SEE YOU ON  
THE START LINE