

EcoTrail Wicklow - Race Day Checklist!

With just over a week to go, please find key information about our event on Saturday 25th September which you should read thoroughly.

We are delighted to be able to hold this year's event and our aim is to give everyone a safe and enjoyable experience with the restrictions and guidelines that we must operate under.

These have necessitated some changes to our start/ finish area facilities and water stations primarily to avoid congregations forming but we hope you understand these changes are for this event only and we certainly plan on returning to our usual format for 2022 when we sincerely hope no similar restrictions will be in place.

Please note to facilitate a safer crossing of the R761 (In a 50kph zone compared to an 80kph zone) all routes have increased slightly in distance.

General information about Start/Finish area

We ask all participants to follow current government guidelines and recommendations for social distancing and wearing of face coverings when in queues for number collection or other areas of the start/finish area where social distancing is not possible.

As soon as you have completed your event, we ask that you do not linger as restrictions in place until 22nd October strictly limit the number of "spectators" permitted and you become a spectator once your participation is completed.

This is not something that we want to do and hopefully our usual celebratory atmosphere will return to the EcoTrail Finish line in 2022.

General information about Race Bib Pickup at Bray Promenade Bandstand area

Race	Bib collection opens	Bib collection closes	Race Start
80 km	6:30	7:10	7:30
46 km	7:30	8:40	9:00
30 km	9:00	9:40	10:00
19 km	10:00	10:40	11:00

Please ensure you arrive in time to park and reach bib pickup area or if you are using Public Transport that you have enough time to walk from the station to the registration area.

NOTE:- The DART is not operating to Bray between Dun Laoghaire on Sat 25th September 2021 due to essential maintenance works.

Alternative travel arrangements due to DART closure

Please make other arrangements or allow extra time to take alternatives such as the bus service from Dun Laoghaire Dart Station to Bray.

Alternatively, you can take our EcoTrail shuttle bus from [Carrickmines Luas Park & Ride](#) –

[This bus is provided is free but Must be Pre Booked HERE](#)

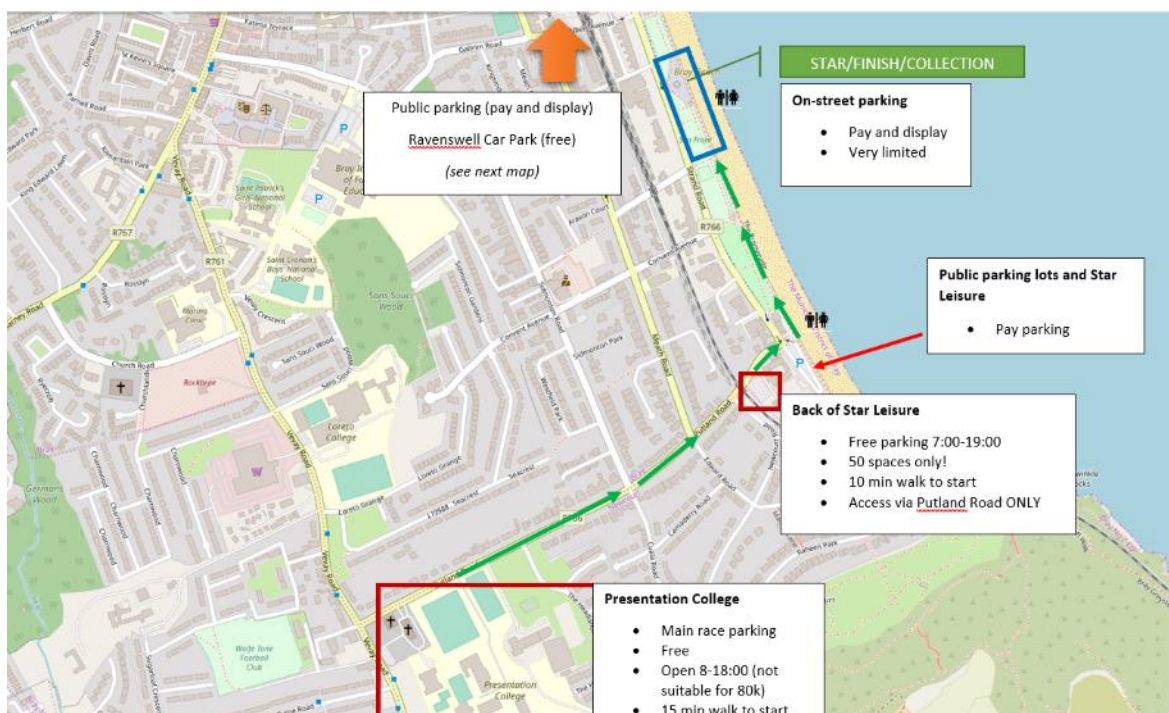
Buses leave Carrickmines LUAS at:-

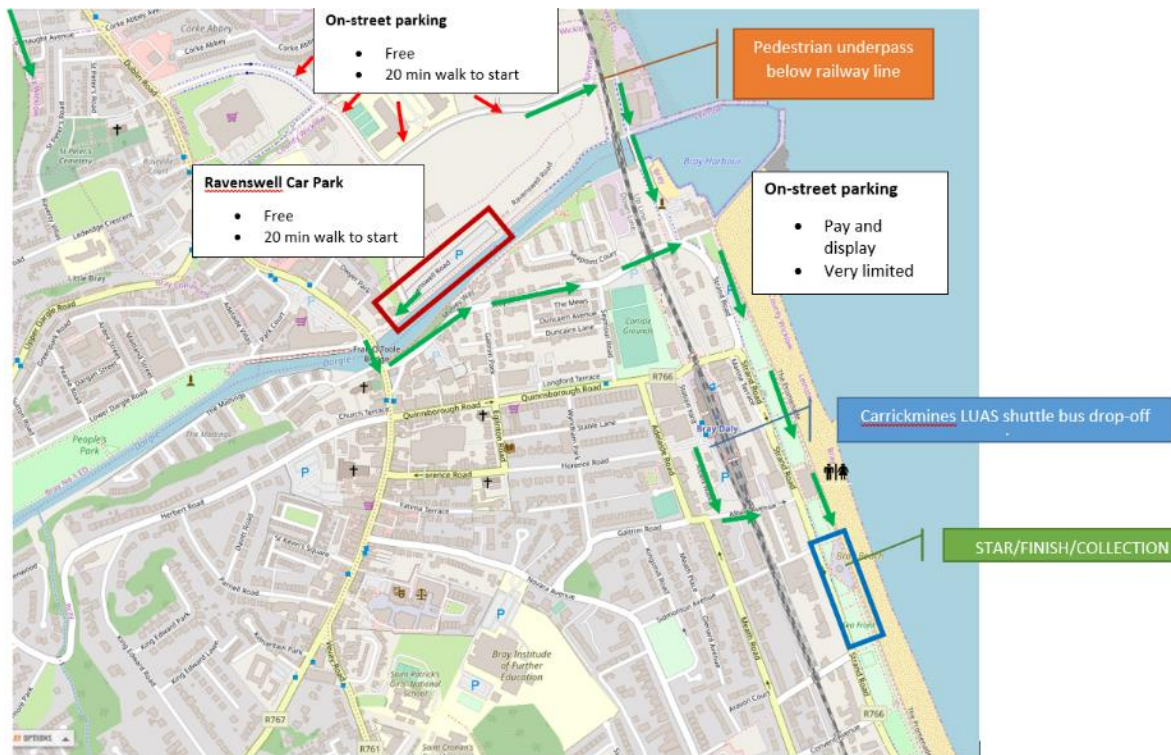
06:15 (80km), 07:45 (45km), 08.45 (29km) & 09.45 (18km)

Return bus from Bray Dart Station to Carrickmines Luas will generally depart on the hour between 14:00 and 15:00 or more often if full

Parking Information

Numerous parking options are available in Bray as shown in the two graphics below:





What you must bring for Race Bib / Number collection at Bray Promenade Bandstand

You must bring:

- **Race Number Pickup Ticket** ([link in latest "Race Briefing"](#))
- A **photo ID** (passport, driver's license, social insurance card etc.)
- Picture on phone ok for these
- Please mark your right hand with your allocated Race No as this will aid number pickup without need to "re-open Phone Screen"

No one will be allowed use a number not assigned to them as runners not running under their own name would not be covered by our insurance for damage caused to 3rd parties.

You must collect **your own** number.

Teeshirt or Tree?

Your race number will be marked with the Tee size you have ordered or "Tree" if you have elected to have us plant a native Irish woodland sapling next month on your behalf.

Please take the tee size assigned to you which was selected by the original entrant.

If you want a different sized tee to that shown on your race number OR do not want to carry/ wear your tee during the race then we will mark your number accordingly and you can get your tee when you have finished your race.

Mandatory kit

We ask you to note the details of the mandatory kit and recommended other kit for your race distance which includes a waterproof jacket for all distances, etc

Equipment	Mandatory in:	Recommended in:
Food supply sufficient for the entire event	All races	
Water container	All races (1 litre in the 45k and 80k, 500ml in the 18k and 29k)	
Wind / Rainproof Jacket	All races	
Fully charged Mobile phone (enter the Emergency numbers of the organisation (Provided on back of your race bib) into its directory, do not hide its no	All races	
Proof of identity.	All races	
Pen OR Marker to Mark your hand with your race no & Provide your medical details on back of your race bib	All races	
Cap / Buff	All races	
Wind / Rainproof Jacket	All races (shower proof jacket sufficient for 19k,29k)	
Foil blanket	45 km, 80 km	18 km, 29 km
A personal cup or bottle.	45 km, 80 km	18 km, 29 km
Working Head torch*	80 km	

* only for runners who expect to pass the Great Sugarloaf checkpoint just before 17:30 (you must have a working head torch to continue at this stage)

These Mandatory Kit items need to be carried for all races – No Exceptions.

If you have these items than it is likely that will have everything you need in your bag being carried on the event.

Drop bag at finish line?

Whilst we will have a small bag drop area available (Uncovered) it is primarily intended for the 80 km competitors. We recommend you utilise the clothing in your mandatory kit immediately after the finish area.

If you use the bag drop then you must ensure no valuables are left in your bag, relevant contents are contained in a waterproof bag and it is clearly marked with your **RACE NUMBER** prior to approaching the drop bag area

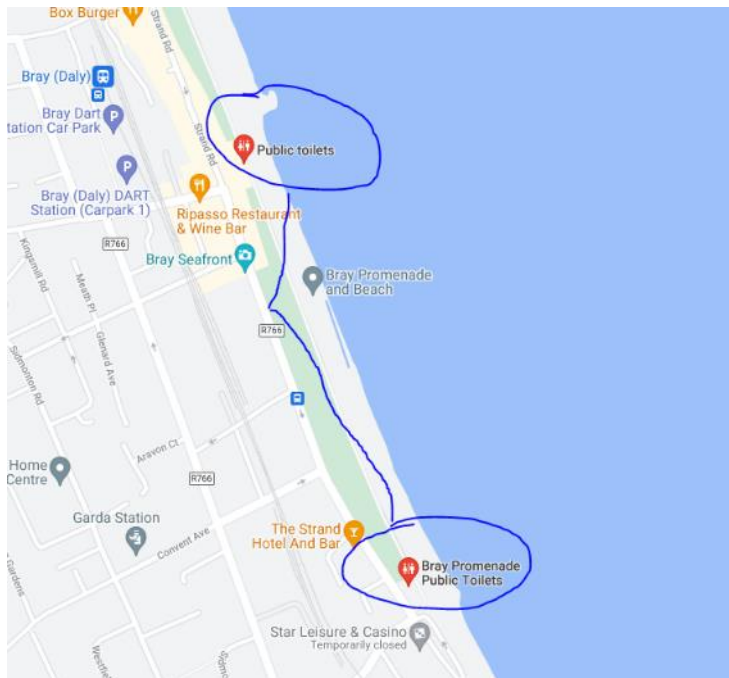
Drop bags on the course and outside support

Please note that no outside support including placing drop-bags along the course is permitted and could result in disqualification. The spirit of the event is to provide a level playing field for all competitors and for each runner to be 'semi-self-sufficient' (carry all you need between water

stations). Please do not place drop bags anywhere on the course as this would be considered littering.

Facilities

Public Toilets are available on promenade close to the Start line. There are public toilets at either end – just to the left of the start line behind Bray Seaworld and towards the end of the promenade (on your right).



Toilets on race route are available at:

- Portable toilets at Sugarloaf Aid Station (30, 46 & 80km).
- Powerscourt Waterfall (46 & 80k only)
- Pier Gates Car Park (80k only)
- Coach House, Roundwood (80k only)
- Belmont / Bak'd Café (All Routes)

Food and sustenance

You must be self-sufficient for food for the entire event and for water between aid stations.

Aid stations provide only water refill points in 2021 to avoid congregations forming and possible cross contamination. **You must carry what you need from the start apart from water refills.**

Please note access to shops are possible at the following points should you run short or elect to take a more leisurely approach to the event:

AREA	Races	Options:
Kilmacanogue	30k, 46k, 80k	Pluck's Pub Romayo's Roadster Circle K Northbound & Southbound
Powerscourt Waterfall	46k, 80k	The Bug Buffet Kiosk and Cafe
Roundwood	80k	The Coach House Pub
Belmont	All races	Bak'd Café
Pier Gates	80k	Brú Coffee

Please ensure you are familiar with the current rules and regulations for indoor dining and entry to shops if you plan to use the indoor facilities of these places.

Event signage and marking

All event signage and marking will be black and yellow. Look out for black and yellow arrow signs, flags and marker tape as shown below.



All participants are responsible for following the marked race route.

Please do not assume the person ahead of you is following the correct route.

Please check at every junction & if no marking evident then retrace your steps to last markings

Water

To reduce the use of single-use plastic there are no cups at our water stations. Remember to carry the mandatory reusable cup and / or water container which you can refill with water

Water Stations

The following water stations are found on the route:

Water station	19 km	30 km	46 km	80km
Great Sugarloaf		14.5 km	14.5 km / 31 km	14.5 km / 66 km
Lough Tay				31 km / 53 km
Coach House, Roundwood				39 km / 44 km
Belmont / Bak'd Café	11.5 km	22 km	39 km	73 km

Please refill your own bottle.

At the finish line

In 2021 all finishers will be awarded our unique EcoTrail Wicklow finisher's mug as shown below. We hope this will be a more useful memento of the event compared to a medal.

This mug will be useful to avail of the [Wicklow Wolf](#) non-alcoholic beer nearby.

Those doing the 80km event and those who purchased these at race registration time will have a "Hot Dish" available at Last Lap Café near the race finish.

Vouchers for these are on your race number.



Trail etiquette

You are requested to show consideration to fellow athletes by starting at your typical pace to avoid any need to force your way past others.

Please give way to members of the public on trails.

If overtaking or meeting a fellow competitor please show mutual respect and consideration.

The event is held on generally accessible public walking trails, forest roads, with some sections on public roads

Rules of the road apply and traffic must be given priority at all time

Recess and running over the course

Many runners are checking out the course as part of their final preparation. Just a kind reminder to avoid the areas that go through private land which are only open to the public during the race. This includes:

- The section through Kilruddery Estate (only open for [members of Kilruddery House](#))
- The section through Powerscourt Waterfall (only open [for members](#) or people paying for entry at the gate lodge)

Cut-off information

The following cut-offs apply for the four races. If you reach any one of these points after the cut-off you must retire from the race. A shuttle will bring you back to the start when available.

Checkpoint	19 km	30 km	46 km	81 km
Sugarloaf Aid station (out)			12:00 (3 hours)*	10:30 (3 hours)*
Wicklow Way / Djouce				11:15 (3.75 hours)*
Roundwood Aid station (in)				13:30 (6 hours)
Roundwood Aid station (out)				14:15 (6.75 hours)
Sugarloaf Aid station (in)			16:00 (7 hours)	17:30 (10 hours)
Belmont Aid Station				18:45 (11.25 hours)
Finish	17:00 (6 hours)	17:00 (7 hours)	18:30 (9.5 hours)	20:00 (12.5 hours)

* Runners can transfer onto the shorter course instead of retiring

No littering / Leave no trace

EcoTrail is an international organisation that prides itself on lack of litter so please adhere to the "Leave no trace" policy and use the segregated waste bins provided at water stations and Finish line to dispose of litter.

First aid

Medical Cover will be kindly provided by local [Bray Order of Malta](#) & [Glen Of Imaal Mountain Rescue](#) for the duration of the race to deal with any emergencies that may occur

Please complete the Medical Information Section on the back of your race number before the event and ensure you bring your own pen to fill it out.

This is important information that may be needed in an emergency for your benefit so Please Complete!



If you do not complete race, please alert the timing marshal at the finish line so that we can ensure all runners are accounted for.

PLEASE do not take part if you are unwell in the lead up to the race as this may cause serious health issues

Prizes

Our prizes will be pieces of Wicklow sourced granite crafted by local runner [Richard Healy](#):

- 1st, 2nd & 3rd Overall Male and Female
- Non-Cash Prizes will also be awarded in the following categories based on race day age:
 - 1st placed male and female in the 40-49 age category
 - 1st placed male and female in the 50-59 age category
 - 1st placed male and female in the 60+ age category

Prizes in all categories will be based on Gun Time as per athletic event standard practice

Only one prize per person so first 3 overall will not be eligible to also receive an age category prize
There must be minimum 2 people in a category for it to be eligible for a prize
We will endeavour to do prize presentations as leading runners cross the line but age group prizes will need to be posted out

Race results

EcoTrail Wicklow race results will be posted on the official [EcoTrail Wicklow Website](#)
Links to results will also be posted on our [EcoTrail Wicklow Facebook page](#):

Results posted will be considered provisional until any race timing queries have been investigated
Please address any timing queries to info@redtagtiming.com

Race photographs

Race photographs will be posted on the [EcoTrail Wicklow Facebook Page](#) soon after the event
These are provided free of charge so please do tag and share these photos with family and friends

Participant tracking and route tracking

Your supporters and friends can track you by using the RaceONE app. This app can also be used to track your own progress along the route although be aware your phone may not have enough battery to do this for the full 80 km race.

To set yourself up for tracking on RaceONE please follow the instructions in [this article](#).

More information

All the information you require should be contained in this document and on [FAQ section of Website](#).
Please adhere to our No Number Swapping, Refund, Deferral or Entry Request Policy at this stage
thanks

We look forward to welcoming you to Bray on Sat 25th September for our 2021 Eco Trail Wicklow eve



Our sponsors

