

THEGRID INFORMATION PACK

Make sure to Read THIS!



THEGRID EXPERIENCE

The Grid experience starts with the race pack collection and registration, being held Saturday 18th May 2019 - 13:30 - 15:00 **WAVE 1 ONLY**
All other waves Friday 24th May from 5:30pm - 7pm, Saturday 25th at 9pm - 7pm and Wednesday 29th May from 5:30pm - 7pm at Teamsport in Iklin. Make sure to collect your race pack including your Diadora running top along with your timing chip.

(RACE TIMING CHIPS NEED TO BE RETURNED AND A LOST CHIP IS CHARGEABLE AT €15.00)

RACE ARRIVAL

Try and come at least one hour prior to your wave, this will give you time for parking, bag drop, getting information and warm up. Each wave will open 20 minutes before the start of the wave and a group warm up will be done before take-off count down.

EQUIPMENT & GEAR

You are allowed to wear any gear you like, however TheGrid is not responsible for loss or breakage. We suggest your running kit is not loose so as to prevent getting caught up in any obstacles, you may wish to use gloves and or any equipment necessary to help yourself over the obstacles.

MEETING POINT

Meet your wave at the Wave entrance near the Red Bull Truck. Wave opens 20 minutes before wave departure with a warm up conducted by Reflex Gym and Teamsport Iklin.

MAKE SURE TO BE WEARING YOUR WAVE BRACELET OR ENTRANCE MAY BE DENIED

BAG DROP* - €2.00 Charge

Group all your important belongings into one bag and leave at our drop off, you are going to get wet so we do not suggest running with phones or any other electronic items.

(*EVEN TOUGH WE WILL HAVE THE BAG DROP MANNED AND MONITORED WE CANNOT GUARANTEE THE SECURITY OF YOUR ITEMS.)

PHOTOS

Photos of the event will be available on our FB page and website after the event, you may download these free of charge, make sure to write your race number anywhere visible to make yourself easier to recognise in the pictures, markers will be available on our marker boards before race. Photos taken on the day may be used for advertising purposes.

THE EVENT

Find your start time. Your selected Wave on registration is your start time, make sure to be at warm up 20 minutes before in the Wave warm up area. Your start time may change depending on the quantity of people registering in the wave, if there is a change in your wave you will be advised by email and text message beforehand. **PLEASE ENSURE THAT YOUR CHIP IS REMOVED AT THE FINISH LINE.**

COURSE MAP

Take a look at the course Map on our Fb page & at race start site so you get a good idea of the route. There are a few areas that you need to cross oncoming racers, so make sure to keep on the right track.

OBSTACLES

You are encouraged to try all obstacles, however main obstacles have a penalty zone. If you feel you cannot make it, our volunteers will direct you accordingly.

VIP

We advise all participants to be well hydrated before and during the event!!!

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WATER OBSTACLES

Several obstacles include water so we advise you to remove all electrical equipment.

LOCATION

Pembroke Park and Ride

PARKING

Make sure to get there early so as to find parking. Parking will be available in the surrounding area.

MUST BRING

Valid Id Card

Race Wave Bracelet (This is also your entry to after party so don't lose it)

Medical Form - Please fill in and present the form on registration day. WITHOUT THIS FORM YOU CANNOT CAN PARTICIPATE!

RACE START:

Wave 1 starts at 7:30 – every wave after that is every 15 minutes.

AFTER PARTY:

Don't miss the award ceremony and a chance to get to meet and mingle with the other participants. Friends welcome to join.

FOOD & DRINK

We have food and drinks available for before and after. Relax with a beer, a Red Bull and a bite to eat...

...whatever helps you the most.