

THEGRID INFORMATION PACK

Make sure to Read THIS!



THEGRID EXPERIENCE

The Grid experience starts with the race pack collection and registration, being held at Teamsports in Iklin where you are to collect your race pack including race chip, t-shirt and all necessary information - (Please be updated for actual event dates)

(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 countdown.

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 belongings into one bag and leave it at our drop off, you are going to get wet so we do not suggest running with your 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

Various Photos of the event will be available on our FB page and website after the event, we try our best to capture all participants, however due to the high volume of participants this may not always be guaranteed. 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. Look out for marshall for directions but finding your way back to the finish is part of the race and fun.

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!!!

WATER OBSTACLES

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

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LOCATION

GRIDLOCK	GOLDEN SANDS
GRIDKIDS	GOLDEN SANDS
GRID MAIN EVENT	PEMBROKE
GRID SPRINT	GOLDEN SANDS

PARKING

Make sure to get there early so as to find parking. We highly suggest to car pool or come with planned transport to avoid any complications from parking availability.

MUST BRING

Valid Id Card Race Wave Bracelet,
Medical Form - Please fill in and present the form on registration day.
WITHOUT THIS FORM YOU CANNOT PARTICIPATE!

RACE START:

The first wave of the events usually starts at 07:00am – every wave after that is every 15 minutes but please keep updated, times do change from time to time.

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.