

30TH ANNIVERSARY

Lifestyle Sports - adidas Dublin Marathon

WELCOME TO DUBLIN

This is the 30th year of the *Lifestyle Sports – adidas Dublin Marathon*, which is run through the historic Georgian streets of Dublin, Ireland's capital and largest city, and home to a quarter of the country's almost four million people. Founded by the Vikings in the 9th Century, the city has a long rich history and is now a vibrant, dynamic metropolis where half of the population is under 25. Dublin is only an hour by air from most U.K. and European cities, and more than half of the expected entry of 12,000 will be made up of overseas runners, many of whom will be returning to sample Irish hospitality once more.

THE COURSE AND WEATHER

The course is largely flat and is a single lap, starting and finishing close to the City Centre. Conditions for marathon running are ideal. The Irish climate is influenced by the prevailing light southwesterly winds of the Gulf Stream. The average temperatures for October are around 12 - 14° C (53 - 57° F).

AWARDS

Every finisher will receive a beautifully engraved marathon medal and a special commemorative t-shirt. Race certificate detailing chip and finish times will be available from our web site.

ENTRIES

Isle Inn Tours Marathon Package includes your race entry. Race entry fee is non-refundable & non-transferable after Aug 20, 2009.

Entries must be received by 17:00 hrs on Monday October 5th. There will be no late entries at registration or on race day. US citizen entry fee (up to Oct 5) €90.

EXPO (RACE NUMBER COLLECTION)

Race number and chip collection is at **The Main Hall, R.D.S. Ballsbridge, Dublin 4**, and runs from 12:00 to 18:00 hrs on Saturday 24th and Sunday 25th of October. There will be no race number collection facility on race day.

TIMING

Timing is by J-Chip giving an accurate half distance, finish time and race position. A charge of €25 will be made for non-returned chips.

PHOTOGRAPHS

A link to photographs will be available on our home page

soon after the race. Photographs will also be available from www.marathonfoto.com

INTERNATIONAL BREAKFAST RUN

All overseas entrants are invited to participate, free of charge, in the Sunday morning *International Breakfast Run*. This provides visitors with an opportunity to meet other overseas athletes, exchange t-shirts and enjoy a complementary breakfast to a background of Irish traditional music. Participants also receive a special commemorative t-shirt.

POST RACE PARTY

The Hilton Hotel, Charlemont Place, is the venue for the Post Race Party on the Monday evening of the Marathon. It starts at 7.30 pm with the prize presentations at 9pm. **TICKETS COMPLIMENTARY WITH YOUR ISLE INN TOURS MARATHON PACKAGE.**

TOURS AND ACCOMMODATION

Isle Inn Tours
1023 Queen Street
Alexandria, VA 22314 USA
800 237 9376
fax 703 683 4812
www.isleinntours.com/ActivityVacations.cfm

Isle Inn Tours Marathon Package Includes:

- 4 nights 4* Dublin City-center hotel (an excellent location for pre-post race activities)
- Breakfast daily (including early breakfast service on race day)
- Pre-race 3-course dinner on 25 Oct (including a pasta option)
- Marathon entry ~ **Race Day: Oct 26, 2009 @ 9am (we handle your registration for you!)**
- Post-race party
- The coveted beautifully engraved medal and special commemorative T-shirt, which is awarded to all finishers.

\$799 per person sharing
\$395 single supplement
\$685 non-running companion



ISLE INN TOURS

www.isleinntours.com
www.dublinmarathon.ie



MONDAY, OCTOBER 26 – START 9am
 ORGANISED BY **THE BUSINESS HOUSES ATHLETIC ASSOCIATION**
 INCORPORATING THE NATIONAL MARATHON OF IRELAND
 (A.A.I. PERMIT UNDER I.A.A.F. RULES)

Surname Male Female

First Name Wheelchair Participant Visually Impaired

Nationality Predicted Time (HR:MN) :

Address Telephone

E-mail

Date of Birth (DAY/MONTH/YEAR) Running Club

First Marathon (Yes/No) Marathon PR :

Running for charity (Yes/No) Name of charity

US Entries: €90 & must be received before 5:00pm EST on October 5, 2009 **(INCLUDED IN YOUR PACKAGE)**
 On-line entries incur an 8% transaction fee **(NOT WITH ISLE INN TOURS!)**
 Post-race party is €15 **(COMPLIMENTARTY WITH OUR MARATHON & COMPANION PACKAGES)**

COURSE CLOSSES AFTER 8 HOURS

Competitors must thereafter respect the Highway Code



N.B. It is recommended that any potential participant not currently involved in physical sporting activity, should undertake a medical examination before taking part in the marathon.
Entrants must be over 18 years of age on race day

Declaration: *I understand that I enter the Lifestyle Sports - adidas Dublin Marathon at my own risk and that neither the Business Houses Athletic Association, Marathon Events Management Ltd., Lifestyle Sports, adidas (Ireland) Ltd, Dublin City Council, fm104, Duchas or any of our sponsors will be held responsible for any accident suffered or injury sustained by myself from any cause whatsoever or for any property lost, mislaid or stolen on the course or at the changing areas. Furthermore, I hereby grant full permission to any of the foregoing to use photographs, films or recordings of the event for any legitimate purpose.*



TITLE SPONSORS

SIGNED: _____ DATE: _____