



RUNNERS GUIDE

SATURDAY 24th AUGUST 2024
Strandhill, Co. Sligo

NEW START TIME – 2.30PM

Greetings from the Warriors Run Committee

Hello from all of us here in Strandhill.

On behalf of the organisers of the 2024 Warriors Run, which will take place on **SATURDAY 24TH AUGUST 2024 at 2.30PM** (**NOTE NEW EARLIER START TIME**) in Strandhill, Co. Sligo, we are looking forward to welcoming you to the village and hope you will enjoy your visit with us be it your first or thirty eighth.

The time is rapidly approaching when you will be joining 1200 other runners to take on the challenge that is The Warriors Run which is now in its 38th year of being staged. This grueling 15K challenge is a fantastic event and though the route is tough, you will get the chance to see some of Sligo's most spectacular views from Knocknarea.

Be it your first time to partake in this event or if you've done it before, previous participants have stated that the thrill of being a Warrior Runner is part of the whole package that makes the Run like no other race. You are not competing for points but the prestige of crossing that finish line and being able to say you "did the Warriors Run". If you are 1st across the line or 1001st, there is no feeling like being cheered home as you run down the Shore Road to the beachfront as the ever-wonderful spectators never fail to cheer every last runner home as they cross the finish line.

Inside this newsletter, we will be giving you some information regarding collecting your race pack, traffic and parking, events on the day and other services available to Warrior Runners which we hope will make your day go as smoothly as possible and help you get the most out of your visit to Strandhill.

We are delighted to have Core Timing on board again this year as the official registration partner and event timing team. Their expertise and experience will enhance the race and you will have instant results as you cross the finish line.

We would also like to thank our main sponsor **The Strand Bar** and all our local sponsors; without their support and the support of the Strandhill Community, the race would not be possible. And of course, a huge thanks to all our volunteers who are giving up their time to ensure you get where you need to go and are hydrated along the course.

We can't wait to see you on Saturday the 24th, bring your family, bring your friends as we are going to have a great day.

Collecting Your Race Pack

Your Warriors Run race pack will contain your bib number, your timing chip, a participant's wristband for access to the Runners Village, safety pins and of course your Warriors Run T-Shirt.

Registration is in the National Surf Centre at the beachfront in Strandhill. It is here you can collect your race pack on **FRIDAY 23RD AUGUST from 6.00pm to 8.00pm** or on the race morning **SATURDAY 24TH AUGUST from 11.00am to 1.45pm.**

Please bring a copy of your registration confirmation email (with Bib number) which you would have received shortly after you registered or when a place was transferred to you. A copy on your mobile phone will suffice.

Under no circumstances should you let another runner run under your name (especially if a different gender).

Impersonators will be disqualified, and names removed from time sheets.

Baggage Hold Area

This year there will be a limited space, in the smaller marquee beside the National Surf Centre, for you to securely store any gear or valuables for the duration of the run FREE of charge. You will be given a numbered wristband to match your stored gear, please do not lose this wristband or you may be delayed collecting your stuff. As space is limited it will be first come first served and you know yourself, no suitcases or inflatables and you must collect your bag before 6pm at the latest otherwise it may be left unattended.

Parking

On the day of the run there are 4 main parking zones in Strandhill.

Zone 1 – The Main Car Park. This fills up quickly so you would need to be parked before 11.00am. Note there is strictly no exit from this car park between 1.30pm and 5.30pm

Zone 2 – Airport Road. If the main car park is full, you will be directed over the airport road to park along the road. Do not park inside any estate or block any residents' driveways.

Zone 3 – St Patrick's Church.

Zone 4 – Strandhill National School.

Remember bus services to and from Strandhill run regularly from 6.15 am to 11.30pm so why not avoid the fuss, take the bus.



The 2024 WARRIORS RUN

Strandhill, Co. Sligo

BUS TIMETABLE – SATURDAY 24TH AUGUST 2024

SLIGO TO STRANDHILL

FROM CENTRA (OPPOSITE BUS STATION)

06.15	07.35	08.06	08.47	09.17	10.17	10.50	11.20	11.51	12.21
12.51	13.21	13.55	14.25	14.55	15.25	15.55	16.25	16.55	17.25
17.55	18.25	18.54	19.50	20.50	21.41	22.41	23.41		



STRANDHILL TO SLIGO

FROM SHORE ROAD CAR PARK / GALA SHOP

06.05	07.15	07.45	08.15	08.45	09.15	09.45	10.15	10.45	11.15
11.45	12.15	12.45	13.15	13.45	14.15	14.45	15.15	15.45	16.15
16.45	17.15	17.45	18.20	19.20	20.20	21.20	22.30	23.30	

**AVOID THE FUSS
TAKE THE BUS**

SINGLE FARE COST

Adult €2.00
Adult (Leap Card) €1.50
Child €0.90
Child (Leap Card) €0.65
Student €0.75
Subject To Change

**DROP OFF / PICK UP AT GALA OPP ST PATRICKS CHURCH
BUS DOES NOT GO TO CAR PARK**

Runners Village

The National Surf Centre at the beachfront will again host the Runners Village this year for participants to gather after the race and avail of complimentary post-race refreshments. You can look out over the Atlantic Ocean and the seafront from the beautiful new upstairs venue. It will be open from 3.30pm to 5.30pm and you must wear your wristband to gain access.

NOTE : Post race shower facilities will remain at Strand Celtic FC grounds (aka Strandhill Community Park) There will only be an outdoor shower available at the Surf Centre.

Please note that the Runners Village at The National Surf Centre is for participants of the Warriors Run and the Warriors Fun Walk only; to wind down and chat after the events. No one without a wristband will be allowed upstairs so please don't bring Granny or any non-participants for a cup of tea as they may be refused access and everyone will be morto! This also applies to Strand Celtic grounds where you will need your wristband again to gain access

T-Shirts Notice

Please note that if you have received your place by way of transfer, as T-Shirts are ordered in early June, the sizes on the original registrations cannot be changed. However, if the size does not fit, come back to the National Surf Centre after the race and an alternative size may be available.

The Warriors 10K Walk

Online registration for the Warriors 10K Walk is now closed. You can still register in person on Friday evening between 6pm and 8pm and on the day of the Warriors, from 11am in the National Surf Centre. T-shirts and bib numbers can also be collected at these times if you have already registered. The Warriors Walk will start from the seafront at approx. 2.40pm after the main run and the Young Warriors Run have started. The Warriors Walk follows the road route of the main Run but does not traverse the mountain. Entry fee is €20.

The Young Warriors Run

For 2024, we are delighted to continue with the Young Warriors Run, a 5K race for younger Warriors that will encompass the village of Strandhill. This race will take off directly after the main run has started and will be chip timed to give younger runners that real race experience!

Online registration for the Young Warriors Run is now closed but you can still register your young ones in person on Friday evening between 6pm and 8pm and on the day of the Warriors, from 11am up to 1.45pm in the National Surf Centre.

Entrants must be 12 years or over and under 18 years. There are 3 age categories within the race: 12-13 years old, 14-15 years old and 16-17 years old. Prizes for the 1st Male and Female home in each age category. Entry fee is €15.

PARENTAL CONSENT MUST BE GIVEN TO TAKE PART – Parental consent slip can be signed on collection of race number.

REMEMBER – All entrants in each Young Warriors Run category event will receive a T-Shirt and, on crossing the finish line, a commemorative medal to celebrate your success!

The Route

From the beachfront at Strandhill the race starts up along the Shore Road to the junction at St Patrick's RC Church and Spar Shop. It takes the uphill road to the right, which will bring it up Buenos Aires Drive to the top junction to the Top Road in Strandhill.

A 90-degree right will bring the race along the Top Road through Strandhill Village and then downhill into Culleenamore. It continues along the main road through Culleenduff before reaching the Glen Road junction.

The uphill climb now begins as the race goes up the steep Glen Road. At the small car park beyond the entrance to the Glen, the race takes a left onto private land and continues up the mountain along its ridge and onto the top approaching the Cairn from the South.

Once on top of Knocknarea, it turns left and runs around the base of the cairn in a clockwise direction and starts back down the mountain path onto the Tourist trail. Back through the mountain car park onto the Glen Road it turns left through Grange North and continues along this road until reaching the crossroads.

Taking a 90-degree left it continues along this road through Rathcarrick and starts back down to the main road via the High Brea and past St Anne's COI Church.

Back onto the main Sligo road it turns left for Strandhill and continues past the Petrol Station leading back into Strandhill Village.

At the roundabout, it keeps left up to the first junction and back down Buenos Aires Drive. Its final leg is back along the Shore Road to the finish line at the Beachfront.

WARNING!

The Warriors Run is a physically challenging event and only those who have sufficiently trained for this event or who are experienced runners should take part. Persons with medical conditions should consult their Doctor/GP before taking part.

Event time limit is set at 2.5 hours.
Broom wagon will pick up stragglers after this time

Go to www.warriorsrun.ie for more information.

Tackling Knocknarea – What You Need to Know

You are about to tackle a 15k race that is classed as multi-terrain. It is the special 3 to 4 kilometers in the middle of the race that makes the Warriors Run unique. You will be running on tarmac, grass, heather, chippings, turf and rocks. Whilst the uphill section will be a challenge, equally the downhill stretch can be just as tough. In order to get 1200 runners up and down the mountain safely, please be sure to heed the advice of any Stewards, Marshalls, Rescue Personnel, Gardai or Officials not only up and down the mountain but along the entire route.

Once you go off road onto the mountain route, there is a section of about 300 metres that traverses the lip of the mountain. Usually this is single file only and usually the majority of participants are at a walk. This is the most dangerous section of the route if impatience is allowed take over. Please take your time along this section and watch your footing. Whilst the majority of people want to make their best time possible, don't do it at the expense of others. The rest of the route has space to overtake slower runners so be patient and RESPECT your fellow athletes. Don't be a barger or a pusher or a tripper, lets ensure everyone gets up and down safely.

Along the top of the mountain to the wall, **keep to the right** of the markers at all times to prevent you, well falling off a cliff.

On your descent, use extreme caution as this is where most of the injuries occur each year. Remember even in the best of weather, underground streams and rainwater run off keeps sections of the mountain paths wet and slippery all year round. If you do take a tumble, alert a Steward, Mountain Rescue team member or ask another runner to fetch help. If you are injured, stay put until help arrives and please follow the advice of rescue/medical teams.

August weather is unpredictable but we have got hot sunny days before and whilst this is great for spectators, as a runner you'll need to drink plenty of liquids to avoid dehydration. There are 5 water stations along the route so please avail of these as often as you need.

We have Sligo Mountain Rescue, the Civil Defence, Advanced Paramedics and Doctors on our support team this year along with over 150 volunteers to help out along the way. Follow their directions, follow the signage and we'll see you back at the beachfront after the race.



Prizegiving

Prizegiving will take place at around 5.30pm in front of The National Surf Centre. If you are a category winner or runner up in the main prize category or if you are a winner in the veteran or local categories, we would ask that you make yourself available before 5.30pm to receive your prize and take your deserved recognition in front of your fellow runners and spectators. We would also like to get a photo of all prize winners for our files.

We hope to get all winners names up onto the big screen around 5.15pm to give you a heads up and should you not be able to attend at 5.30pm, please contact a member of the organising committee or if you like, nominate a person to collect your prize on your behalf.

Prizes awarded for:

- 1st Male and Female
- 2nd Male and Female
- 3rd Male and Female
- 1st Male and Female Veteran 45 – 54
- 1st Male and Female Veteran 55 +
- 1st Male and Female Local (Strandhill Area Only)
- 1st Local Veteran (Strandhill Area Only) Male and Female
- 1st Male and Female Young Warrior Runner
- 1st Walker Male and Female

End Line Etiquette

You've finished the Warriors Run and you're proudly wearing your medal around your neck enjoying a cool delicious water chatting to other runners. But please remember there are runners coming in behind you and they want to equally enjoy their Warriors Run finish. Therefore:

- Stay well behind the finish line and remain in the middle or towards the back of the corral to allow other runners to walk, run or sprint in.
- So you see your bestie coming down the road and are as excited to see them as they are to see you. DO NOT approach the finish line to cheer them on. Shout at them from behind the tables but do not obstruct the finish line for other runners or marshals trying to distribute medals.
- Please do not jump the barriers to exit the corral as you may injure yourself or a spectator. The main exit is between Mammy Johnsons and the National Surf Centre which will be signposted and will bring you into the main Plaza.

AROUND THE MOUNTAIN, UP THE GLEN, RACED TO THE TOP & BACK AGAIN !

And when you have finished the Run, regardless of your place or time, why not get a photograph of yourself in front of our Warriors Run Finisher backdrop on the gable wall of The Strand Bar to use on your Social Media page or send on to friends and family to tell them of your accomplishment. Go on, boast away, you've just done **THE WARRIORS RUN.**



Post Race Afterglow & Party

There's nothing like winding down in the evening after the race with friends, family and other competitors and having a chat about the race. To help you along. besides the plethora of fine dining and drinking establishments listed below, we are delighted to have teamed up with The White Hag Brewery who will be operating out of the Warriors Marquee during and after the race. The Brewery have some top-notch bands and a well known DJ lined up to keep you dancing until late if you feel you've any energy left. Keep an eye on our Facebook page nearer to the day for more details



Entertainment and Dining Around Strandhill

Strandhill boasts a range of excellent bars, restaurants, cafés, shops and takeaways at the beachfront and around the village.

For drinking and dining in the village, you will be spoiled for choice so you won't be stuck on the day for a bite to eat or drink. Starting from the shorefront upwards you will find the following places to dine in style. Below is a short description of each but why not look them up online before you visit as most have their full menus advertised.



Shells Café and Bakery don't serve fast food but aim to serve great quality food as fast as they can. Specialising in fresh organic food from local suppliers, you can get everything from breakfast, lunch and dinner as well as some fantastic baked goods and top notch coffee. Don't forget to visit their Little Shop right beside the café.



The Strand Bar opens early for teas and coffees and a delicious range of pizzas are served throughout the day. If you're in the mood for a tipple, they have a fine selection of domestic and craft beers.



Stoked is a restaurant specializing in delicious tapas style dishes. Perched above The Strand Bar, it opens at 5pm. Deliciousness personified, well worth a visit at any time of the year. Booking would be advised



Jade Garden Chinese Restaurant opens at 6pm. Also located above The Strand, you will be spoiled for choice with their large range of gorgeous Cantonese and Thai dishes both for starters and mains. Takeaway only.



Beach Buns have a top notch burger, fish and specialty fries menu. Located at the beachfront (where Burger Shack used to be), if you need a takeaway, this is the place to go.



Honestly Farm Kitchen is another welcome addition to the village. Located at the beachfront (formerly The Draft House) they serve delicious soups, salads, open sandwiches, savoury pastries and breads and teas & coffees. The Honestly Farm shop also has a fantastic selection of goods that will delight every palate.



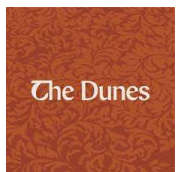
The Airport Café at Strandhill Airport open for breakfasts and lunches. A lovely array of food in a fantastic setting with a selection of beers on tap and in bottles.



Montees restaurant at Strandhill Golf Club serves delicious burgers, noodle dishes and flatbreads all looking out over gorgeous views of the golf course and Ballisodare Bay.



The Venue Bar & Restaurant is on the Top Road in Strandhill Village. This steak and seafood restaurant serves up a huge range of delectable dishes from their award-winning menu. Be it lunch or dinner, you'll thoroughly enjoy your dining experience here as you look out at the panoramic view over the Atlantic. Try the Chicken Wings, spicily delish.



The Dunes Bar also on the Top Road serves up fantastic burgers, seafood baskets, chicken burgers, wings, nachos and much much more. Sit out in the beautiful beer garden and have a drink whilst you wait for your food.



Brees Bar and No Reservations Pizza is located just behind Keanes Centra and Petrol Station. Not only are there delicious beers, craft beers and cocktails expertly served but their handmade brick oven pizzas are greatly sought after. Best to get there early or book one in advance on their website.

Also



Want an ice cream or a gelato to cool you down during the day. Head for the award winning **Mammy Johnstons** at the beachfront for yumminess in a cone.

The Gala Store and **Keanes Centra** are the main supermarkets in the village and have a deli for freshly made sandwiches and takeaway hot foods. All your grocery needs catered for right here in Strandhill.

Food Trucks are another addition to the delicious food trail within the village. In the car park at the back of the amusements you will find the **Fire Dough Pizza Co** serving up delicious handmade pizzas.

Good Luck To All Runners In

The
WARRIORS RUN
Strandhill, Co. Sligo

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

