



RUNNERS NEWSLETTER

Greetings From The Warriors Run Committee

Hello from Strandhill. We're back!!!

On behalf of the organisers of the 2022 Warriors Run, which will take place on **SATURDAY 27TH AUGUST 2022** at **3.15PM** in Strandhill, Co. Sligo, we are looking forward to welcoming you to the village after our 2 year hiatus and hope you will enjoy your visit with us.

In just a few days' time, you will be joining 1200 other runners to take on the challenge that is The Warriors Run which is now in its 36th Year of being staged. This gruelling 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. Be you 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 management 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 27th, 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.

You can collect your race pack from The Warriors Run Marquee in Strandhill on FRIDAY 26TH AUGUST from 6.00pm to 8.00pm or on the race morning (SATURDAY 27TH AUGUST) from 11.00am to 2.00pm.

Please note that due to the construction of the Strandhill Surf Centre the large Marquee is not in operation this year. Instead, a smaller Marquee will be in situ behind the Strand Bar on the left-hand side before you enter the rear car park. This will be signposted on the Friday and Saturday. The smaller capacity may mean queues so give yourself plenty of time for collection

Please bring a printout of your registration confirmation email (with Bib number) or have it on your phone, which you would have received from Core Timing shortly after you registered or when a place was transferred to you. Please note that you may also be asked for PHOTO ID so have one ready just in case.

Under no circumstances should you let another runner run under your name (especially if a different gender). Use the online transfer facility or talk to Core Timing in the marquee.

Baggage Hold Area

This year there will be limited space in The Warriors Marquee 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.

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 11.30pm. Note there is strictly no exit from this car park between 2pm and 6.30pm

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

Zone 3 – St Patrick Church.

Zone 4 – Strandhill National School.

Remember bus services to and from Strandhill run regularly, avoid the fuss, take the bus!



The 2022 WARRIORS RUN

Strandhill, Co. Sligo

BUS TIMETABLE – SATURDAY 27TH AUGUST 2022

SLIGO TO STRANDHILL

FROM CENTRA (OPPOSITE BUS STATION)

| | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|
| 07.45 | 08.31 | 09.31 | 10.31 | 11.32 | 12.33 | 13.33 |
| 14.33 | 15.33 | 16.33 | 17.32 | 18.32 | 19.28 | 20.28 |



STRANDHILL TO SLIGO

FROM SHORE ROAD CAR PARK / ST PATRICKS CHURCH

| | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|
| 08.05 | 09.05 | 10.05 | 11.05 | 12.05 | 13.05 | 14.05 |
| 15.05 | 16.05 | 17.05 | 18.05 | 19.05 | 20.05 | 20.55 |

**AVOID THE FUSS
TAKE THE BUS**

Single Adult €1.90
Single Adult (Leap Card) €1.35
Subject To Change

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

Runners Village

Strand Celtic FC grounds (aka Strandhill Community Park) is the venue again this year for the Runners Village. It will be open from 4pm to 6.30pm for post-race showers and complimentary refreshments. You must wear your wristband to gain access.

The 2022 Warriors Run will have a small team of Chartered Physiotherapists on hand in the athletes area to provide an injury management service. This service will be more limited than in previous years due to public health requirements. The latest Covid-19 guidance from the HSE on preventing cross-infection states that both the therapist and patient will require a mask, and there needs to be a gap between patients to allow for surface cleaning and handwashing. This will reduce the overall capacity and speed of the service, which will need to prioritise sports injuries, and this year cannot provide post-race massage. Derek and his team look forward to providing care to the competitors and hope you understand the need to prioritise the service for this year's event. Masks will be provided.

Please note that the Runners Village is for participants of The Warriors Run and The Warriors Walk only to wind down and chat after the events. 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!

T-Shirts Notice

Please note that if you have received your place by way of transfer, the sizes on the original registrations cannot be changed. However, if the size does not fit, come back to the event marquee after the race and an alternative size may be available.

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 junction at Kellys Bar 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-terrained. 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 1100+ 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 and Doctors on our support team this year along with over 160 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 6pm on the truck at the beachfront.

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 6pm 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 5.30pm to give you a heads up and should you not be able to attend at 6pm, 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)
- 1st Male and Female Young Warrior
- 1st Walker

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 at the finish line so you can 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.**



Entertainment and Dining Around Strandhill

As stated previously, the Strandhill Surf Centre will not be fully completed in time for this year's race so there will be no Warriors Marquee, Marquee Bar or Live Music. However, our main sponsors in The Strand Bar will be open as always for post-race refreshments and entertainment.

Also, within 10 minutes of the Beachfront on the Top Road is The Venue Bar and further along The Dunes Bar both with music on the night of the Run. Further over beside the petrol station is the refurbished Bree's Bar with great outdoor patio area.

For dining in the village, you will be spoiled for choice as are very lucky here in Strandhill to have some of Sligo's finest eateries, restaurants and cafés 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.

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 tippie, 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.

Beach Buns have a top-notch burger 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.

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, Mac n Cheese, Chilli Fries and other daily specials. Try their Durty Fries, you'll want to move to the village.

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 also 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 **Tósta** for excellent toasted sandwiches, **Fire Dough Pizza Co** serve up delicious handmade pizzas, **Thai Pots** serve delicious Thai Curries and Rice in handy grab and go pots. Further up the road beside Strandhill Surf and Stay the **Bombo Food Truck** is open with excellent burgers and empenadas.

The Warriors 10K Walk

Online registration for the Warriors 10K Walk is still open via our website **warriorsrun.ie**. You can also register in person on Friday evening between 6pm and 8pm and on the day of the Warriors, from 12pm in the event marquee. 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. 3.30pm 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 2022, 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 still open via our website **warriorsrun.ie** and you can still register your young ones in person on Friday evening between 6pm and 8pm and on the day of the Warriors, from 12pm up to 2pm in the event marquee. 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 in the event marquee.

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

Good Luck To All Runners In

The
WA  **IORS RUN**
Strandhill, Co. Sligo

Heartfelt 
THANKS
TO OUR VOLUNTEERS!