

Your Race Starts Here...



Evening Echo



CLOSING DATE FOR ENTRIES IS FRIDAY 11th MAY 2007

rithim na cathrach

The Montenotte Hotel
Cork City Marathon, 4th June 2007
Marathon, Wheelchair, Team Relay Event

Send entries to: Gina Johnson, Event Manager, Cork City Marathon, City Hall, Cork Tel: +353 (0)21 4924170
Email: info@corkcitymarathon.ie Web: www.corkcitymarathon.ie

The Montenotte Hotel Cork City Marathon

Monday 4th June 2007

On Bank Holiday Monday 4th June 2007, Cork City will host its first marathon in 21 years. The Montenotte Hotel Cork City Marathon is being organised through a partnership of Cork City Council, LeisureWorld Cork, the Cork branches of the Athletic Association of Ireland, the Business Houses Athletics Association and the Irish Hotels Federation, the Garda Síochána, the Health Service Executive, the Cork Chamber, City of Cork Vocational Education Committee, Bus Éireann and Cork City Partnership.

Cork City Marathon Committee has designed an exciting route that will ensure a unique experience for all. The course will start and finish on St Patrick's Street and will cover a clockwise circuit of the suburbs, stepping into the county to the east and west. All details will be posted on our website (www.corkcitymarathon.ie). The Marathon will start in the city centre at 9.00am, with the Wheelchair athletes setting out immediately before the individual race and the Team Relay starting afterwards. Cost of entry for the individual marathon is €50.

Team Relay Event

The Team Relay Event is for teams of between 2 and 5 members, who will share the marathon course over 5 stages, each between 4 and 8 miles long. Exact distances and the changeover points will be issued at a later date. The team must appoint a Team Captain, who will complete this form and who will be the point of contact for the organisers. Cost of entry is €80 for a team.

Course Accreditation and Safety

The Cork City Marathon course, of 42.195km, is accredited by the Athletics Association of Ireland (AAI), under the international standards determined by the IAAF. Officials from the AAI will oversee compliance with these regulations. The race is open to all licensed or non-licensed athletes and runners who will be 18 years of age or over on 4th June 2007. Road safety is under the control of the Garda Síochána. Race officials or the medical or emergency services may stop any competitor from continuing the race for medical or safety reasons.

Bicycles and motorised vehicles are strictly forbidden on the marathon course, except those belonging to the organisers, the emergency services and others authorised by the race officials.

Course Time Limit & Race Timing

Participants will be permitted up to 7 hours for official completion of the course, after which time all roads along the route will be open to normal traffic.

Timing chips will be used for all individual marathon participants.

By completing this form, the participant agrees on their honour not to anticipate their race start and to cover the full distance, or their stage of the race, before crossing the finish line.

Travel and Accommodation

The Marathon start line is on St Patrick's Street, allowing easy walking access from the Bus Station on Parnell Place and from Kent Train Station. Notification of parking facilities and road closures on race day will be posted on our website and widely advertised through the local media at a later date.

Cork city centre and suburbs have an extensive range of accommodation, from 4* and 5* hotels (check out the three-night Cork Marathon special offer from The Montenotte Hotel at www.themontenottehotel.com), to mid-range and economy rooms. The IHF's website at www.hotel-in-cork.com provides plenty of options. See the marathon website (www.corkcitymarathon.ie) for further information on travel and accommodation.

2007 Marathon Prize List

Cork City Marathon will operate a 'one person, one prize' policy. Participants in the Marathon who are placed in more than one category will be awarded the prize of greater value. Equal prizes will be offered for male and female races. A full list of prizes will be posted on our website at a later date.

Running for Charity

Guide Dogs for the Blind (IGDB) is the Associated Charity for the 2007 Montenotte Hotel Cork City Marathon.

Irish Guide Dogs for the Blind is a unique organisation in Ireland, providing services to blind and vision impaired people through guide dog partnerships, long cane training, independent living skills courses, child mobility training and assistance dogs for families of children with autism. The services, which are provided free of charge, bring mobility and independence to people from all over Ireland.

Residential courses are offered at the organisation's Training Centre & Headquarters in Cork and Guide Dog Mobility Instructors and Rehabilitation Workers also visit clients in their own environment for follow-up aftercare and training.

Irish Guide Dogs for the Blind receives 80% of its funding from voluntary contributions with the remainder from Government. The cost to the organisation for the breeding, training and lifetime aftercare and support of one guide dog partnership is €35,000. IGDB is supported by a network of 100 voluntary fundraising branches and support groups nationwide.

The organisation is thrilled to have been chosen as the associated charity for the 2007 Montenotte Hotel Cork City Marathon. Marathon runners and marathon walkers who would like to raise money for Irish Guide Dogs for the Blind can contact the organisation on **lo-call 1850 506 300** or email fundraising@guidedogs.ie for their free marathon pack including a t-shirt, sponsorship cards and fundraising tips.

Please read the following before completing the form:

- Entrants for the Cork City Marathon and Team Relay Event must be 18 years of age or over on 4th June 2007.
- The closing date for entries is Friday 11th May 2007.
- Entries cannot be accepted by email or by fax.
- Each entry form must be accompanied by the appropriate fee.
- Once entry has been confirmed, no refund will be made.
- Your signature must be on the entry form.
- For the Team Relay Event, the entry form should be completed only by the Team Captain. The Captain must also complete the 'Additional Details' section.
- When completing the form, please print clearly in block letters.

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Important Notice for All Participants – please read the following before signing the form:

I declare that I will be 18 years of age or over on 4th June 2007 and that I will abide by the laws and rules of the Athletics Association of Ireland (AAI). I declare that I will not complete in the race unless I am medically fit to do so on the day of the race and that I will be participating entirely at my own risk. I accept that Cork City Council, its Servants or Agents, the Cork City Marathon Committee, its Members, Associates, Partners and Sponsors will not be liable for any loss, damage, illness or injury whatsoever directly or indirectly occasioned by or resulting from the negligence, wrongful act or default of Cork City Council, its Servants or Agents, the Cork City Marathon committee, its Members, Associates, Partners or Sponsors, or from any other cause including an act of God or my own physical condition. I accept that the Organisers, their Sponsors and Partners will not be liable for any action, claim, costs or expenses that may arise in consequence of my participation of the event.

By signing this form, I give my permission to Cork City Marathon to use my name, quotes and photographic likeness for promotional and marketing purposes. (Your address, phone number(s) and any medical condition you may have **will not** be released to any third parties.

Individual Marathon Entrants:

Signature: _____ Date: _____

As Team Captain, I accept the above statements on my own behalf and on the behalf of my team members. I declare that I will make my team members aware of the conditions of participation in the event.

Team Captain:

Signature: _____ Date: _____

Cork City Marathon may wish to pass on some of the details on this form to other organisations running similar events. As a result of this you may receive literature relating to these events. If you **DO NOT** wish your details to be passed on, please tick this box, but please note that if you tick this box finishing photographs taken by the Organisers or their Associates may not be available to you.

Marathon Team Relay – Additional Details

Team name: _____

Number of runners in team: 2 3 4 5

Team members (Captain to complete details on previous page):

Surname	First name	Age	Sex	T-Shirt
		on 4-6-07 M/F (S,M,L,XL)		
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reserve Member (optional, no T-Shirt supplied)

Surname	First name	Age	Sex
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>

Competitive Categories

Please tick the appropriate category:

1. All Female 2. All Male 3. Mixed Team

Special Categories (optional)

- A. Most original team name
- B. Organisation entering the most teams
- Organisation name: _____
- C. Special Merit Briefly outline why your team deserves special merit:
- _____
- _____
- _____
- _____

- Please ensure that both sides of this entry form are completed and signed by the Team Captain.
- Any change in team details **must** be notified to the Cork City Marathon office well in advance of race day . No changes in team details can be made on race day.
- Team Relay prizes will be announced at a later date.

All Participants (optional):

Are you participating in the Marathon/Team Relay Event for a special reason? _____

Would you be willing to speak to the Organisers and/or local media about your reasons for participating in this event? Yes: No:

What experience do you have of similar events?

Would you be willing to speak to the Organisers and/or local media about your previous experiences? Yes: No:

How did you hear about the marathon?

Which paper(s) do you regularly buy or read?

Which radio station(s) do you regularly listen to?

Official Use Only

Cheque Draft PO CC Marathon

Team Relay Event No. of runners

Pasta party (no.) Race Number

Initials Date

Send completed forms to:
Event Manager, Gina Johnson, Cork City Marathon, City Hall, Cork,

Further information is available from:
Tel: +353 (0)21 4924170
Email: info@corkcitymarathon.ie
Web: www.corkcitymarathon.ie

