



**Sunday
Dec 10th
11 AM**



It's that time of year again – **Run Run Rudolph** is upon us.

With ~ one week to go to Sunday Dec 10th at 11 AM entries are flying in, it looks like RRR 2023 is going to be bigger than last year.

Building on last year's success, we've added a 10K event, but this is limited to > 16 Y/Olds based on Athletics Ireland advice. The 10K will cover 2 laps of our 5 K course with a nice add on loop out Yellow Bog direction to make up the 10K. The route is available on our Facebook Page, see link below.

Our 5 & 2.5K events will follow last year's routes which worked very well on the day. Walkers & dogs on lead are very welcome on all courses.

Santa is joining us again & we have a soon to be very famous "Christmas FM" DJ Simon Campbell coming to spin some Christmas tunes before race departure (from 10 AM).

Whether walking, running or supporting - the GAA clubhouse is the place to be on the morning of Sunday December 10th for a great Christmas atmosphere.

Thank you for your support

<https://www.popupraces.ie/race/run-run-rudolph-2023/>

<https://www.facebook.com/profile.php?id=100086962616462>



...is looking for Sponsors

If you can support us for Prizes, Spot Prizes or help covering event costs, it is much appreciated. Please contact Maurice @ 087 6392137