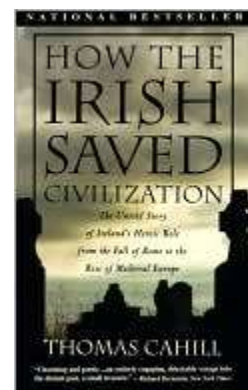




## Dublin Marathon and Ireland Touring Trip Notes October 26- November 5, 2011

Ireland is a very foreign country. Don't kid yourself that we share language; it's definitely different. I tried to get ready for it by reading tour books the likes of *Lonely Planet*, Rick Steves' *Ireland* and *Eyewitness Travel Top 10 Dublin* as well as Map Easy's *Guide to Ireland & Spirits* but it didn't jive. I'd read *How the Irish Saved Civilization: The Untold Story of Ireland's Heroic Role from the Fall of Rome to the Rise of Medieval Europe* by Thomas Cahill <sup>(1)</sup> which wasn't all that long as the title suggests. I found the intelligent-Ireland and the fun-loving and super friendly Pub-Ireland didn't match up. This is a land of extreme. Smart Trinity College based Dublin as compared to "Stab City" Limerick.



Ireland being incredibly foreign reminds me how I couldn't understand the Brits and had always thought that a difficult language to translate. One expects to share the language in the UK and in Ireland but that isn't necessarily so. Having said that, I confess that the Irish are overall hugely easier to understand than the Brits.

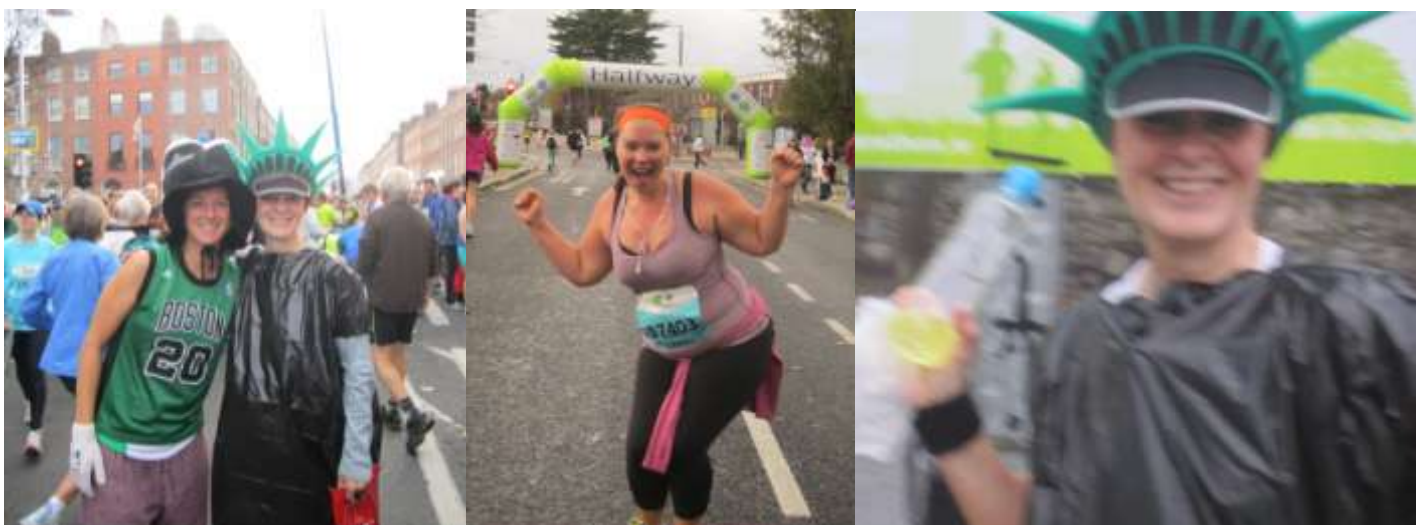
Yet -- I had a comfort level in Ireland as I'm sure that I lived in Ireland long ago in another life. I've felt this for a long time and especially every time I hear Celtic music. When I saw the Connemara landscape I was all the more sure that this was once my home -- whether in my dreams, imagination or another life very long ago. But I was only in Ireland as a child; I have no "memories" as an adult.

### ***Why do the Dublin marathon?***

- Distance isn't as far as most other 'foreign' marathons; it's a quick hop over to Ireland and a direct flight from Newark.
- Ireland has plenty of tourism to offer and it's easy to get around. There are top rated museums that are free.
- Irish are noted to be friendly.
- Marathon Tours makes it easy and leader Kelly Allen is one of the best. (Coincidentally she was seated next to me on the flight to Dublin.)
- Expo is large enough to be interesting and larger than any of us expected. It was easy to get in and out.
- A full color magazine/program came in the goody bag.
- International breakfast run on Saturday with t-shirt exchange is well received.
- Course is reasonably easy and varied. Some years it falls on Halloween and the costumes are more plentiful.
- Chip is attached to the back of the bib.
- Timing seems to continue through 8 and even 9 hours last year but the finish line was mostly closed down.
- Food at the end was non-existent except for chips and a candy bar in the finisher's bag.



- They offer a post-race celebratory party which comes with a cost.
- Good newspaper coverage – of course I'd say that: see my picture! In a soaking wet Houston t-shirt.



With Kelly at the start; Congratulations to Julia the Virgin Marathoner No-More; In the Pouring Rain

### ***What's not to like?***

- Rain seems inevitable. We had all sorts of weather with strong winds and rain from about mile 13 to 23. Yet most days were mixed with clearing usually occurring during part of each day.
- T-shirts to purchase were non-existent in size small by the end of the first expo day. Since t-shirts are given at the finish many of us wanted to hedge our bet. Yes, I agree, I hardly need another t-shirt!
- Fluid stations aren't but every 2 or 3 miles and at least 2 stations totally ran out of water. I begged course marshal's to alert the next station and encouraged volunteers to get it fixed and finally we got what I believe were dirty bottles that had been refilled but I think that was better than having nothing. Me? Ever since Chicago '07 I carry my own.
- Course is said to be open for 7 hours but they were closing down early and allowing some traffic onto the course for more like 6 ½ hours. Some of the fluid stations had already closed down with tables being picked up.
- Finisher t-shirts were huge so maybe it was okay that only size XS and S were left at the finish line.

### ***Costumes on the course***







**Official photography** – there wasn't much and by the time my plastic bag came out for the pouring rain, the photographers went home anyway. Then by the time we got to the finish line they had long gone home.



**Signs on the course**

Despite the rain, I took pictures of many signs as they were quite well done. Some running related and some not. We were in their huge (larger than Central Park) park for a long while and guess they have deer.





### ***Touring the Dublin and Galway areas***

*Feeling No Pain* - Email to Tom on October 28

My main endeavors today were a tour of Guinness factory which included tastings plus a pint on their rooftop observation bar. Next stop was the Gaol (jail) which tour was so depressing I felt a need to then make my way to the Jameson Whiskey factory. While waiting for my tour and included tastings I had the following - hot whiskey with lemon and cloves. See picture. I think I like Ireland more and more and just hope I can make it to the 6pm cocktail reception.



Decided to do these out of way distant tours while I had the hop-on-hop-off bus ticket then do the close by museums tomorrow afternoon after the tour (different sites) as organized by Marathon Tours.

*Tour of Old Castle and Coast* - Email to Tom on October 29

Really good tour of the city then the oldest castle in Ireland; plus the harbors and bays of Dublin all this morning until 1:30 -- I guess enough to satisfy though it reminded me of a high school tour. The castle is owned by the French Talbot wine family. Or it was until recently when the last of the clan died and left the castle to the government. Why and how the Talbots? Vikings settled in Normandy. Really good tour guide on the bus.

I sure had trouble waking up this morning. But stayed awake on bus whereas I saw others slumping over with sleep including my seatmate.

The walk back from expo where the tour ended took an hour instead of expected 25 minutes. Means I was back at hotel at 3:30. Had to return to hotel with packages plus it went from cold and wet and windy to far too warm for a coat with sunshine. All of which meant it wasn't working to then walk another 30 minutes farther yet to the Dublin Castle and The Chester Beatty Museum that closes at



5pm despite really wanting to see it. At most I would have had one hour but likely less then hurry back for the 6pm dinner. Thus I'm looking to give up the International breakfast run and t- shirt exchange in lieu of a leisurely morning until the museum opens at noon. (Kelly took my shirt and cinch pack and found a good home for it.) That's all on Sunday and allows for resting my tired feet before Monday's marathon. It also makes me less concerned about our dinner tonight with midnight return. Though we do have clocks falling back an hour.

Rain and wind expected for the marathon and yet weather changes so quickly and dramatically that anything could happen. I might need my shirt plus jacket plus garbage bag. It's been dry since arrival until a few spells of rain this morning.

No idea what a Merry Ploughboy dinner is and likely as touristy as the last night of the tour in Bunratty with a medieval dinner but I prepaid for both and curious so just hope to stay awake tonight.

*Free Day* - Email to Tom of October 30<sup>th</sup>:

Great day with 4 1/2 hours spent in the Beatty library. If the *Book of Kells* was a big deal then this library had a *Book of Kells* for many countries and religions. Some were 250 AD with old Biblical documents that when found gave Beatty world class fame. There's a large collection of Japanese items. Best was a scroll unrolled about 20 feet that had scenes of Kyoto in the Edo period but recently painstakingly restored and as brilliant and finely detailed that I've seen. A large number of old illuminated manuscripts and many from pre art work time. The script is like calligraphy and art in itself. I was on my feet a lot and it was long walk over there then beyond to Christ Church and then onto St Patrick's.

A bunch of Kenyan runners showed up at our hotel which suggests there must be marathon prize money and gratis invites.

I'm sorry not to have another day or two here. There probably won't be any time after the marathon. Weather has been really good today but rain just started.

*How was the marathon?* Email to Annette of November 1 in answer to her question "how was the marathon?" I ran with a newbie named Julia and I had a very long time out on the course. We had really strong winds (25mph) and rain after about mile 13 until around mile 23 and I'd have quit but a newbie needs to finish and we did at 6:48; she'd probably have been fine without me but I wanted to be sure she finished and besides – it's a good excuse to go slower. Some joked that I did three marathons (returning to retrieve her) but frankly I wonder if I can still do under 6 hours and would like to try at Richmond or Tulsa. Stockholm pulls us out at the half way mark if not there by 2:45. There were not as many costumes as expected but enough for fun. See my newspaper photograph – in a Houston t-shirt that looked like a wet t-shirt contest.

*Onto Cliffs of Moher* - Email to Tom on November 3

Started early today; I've been getting up early in order to give myself a less stressful and easy morning with extra time for a leisurely and big breakfast.

Couple hour drive from Galway to Cliffs of Moher. Went via a castle that is one of most photographed in Ireland – and there are many. Through quaint villages and inland enough to cross some big hills in the Burren area and one was eerily marked on the map as Corkscrew Hill. I was holding a plastic bag half way through. Fortunately we stopped at the top for photos where I stood with my face to the wind all the time I could. After arriving at Cliffs of Moher I didn't mind the cold and wind but stomach never settled enough to eat much. These cliffs are amazing and were in contention for the "7 World Wonders." I walked all I could and climbed the tower but it was overcast until we were leaving two

hours later; quite cool and windy. Good film and exhibition center too but I spent most of my time outside.

The next two hours onto Limerick area to our Bunratty Castle hotel was somewhat easier. Via another bay and more big surfing areas and lots of mossy golf courses. Once Ireland had the idea that the East Coast Americans would fly into Shannon and for golfing; they sure are beautiful and hilly and mossy. Once we arrived at Bunratty the group had about 15 minutes before departing to the Bunratty folk festival/village area and they'll have to rush it to be back for a 5:15 dinner departure. This is the medieval dinner I mentioned. I'll go to the folk village tomorrow as 3 hours are recommended. It's a series of buildings deconstructed at their location and rebuilt in the village. It's where we have the dinner tonight.

Tomorrow maybe I'll also take a bus to Limerick. (Later note – fortunately I got entertained at the Bunratty Village Castle and Homes and didn't get to Limerick which turned out to be 'Stab Capital of the World.' I'm a bit lazy or maybe I'm really not feeling totally well. I'll be glad to sleep past 6am tomorrow but Saturday will be really early since I have an 8am flight out of Shannon, about 20 minutes away necessitating a 5:30am departure from the hotel.

Met Jane who I mentioned to you. She is real nice, youngish like 30s and very pretty. She's been the Director of Marketing at Walmart in Bentonville Arkansas for about a year and got her master's from Duke. She's decided to go to Tulsa's marathon and coincidentally she's one of the only one's staying on in Bunratty another day too. We might be able to share a cab to Shannon airport.

Look at this great ballet shot: Jane got a sabbatical from her marketing job at Walmart last summer to continue her ballet studies with American Ballet Company in NYC. As we were leaving Shannon airport she shared this picture with me. (Later note – Jane would join me at Tulsa's marathon the next month.)



Just as good is that Jane admitted that going to Limerick was a waste. I'm sorry that it wasn't good for Jane yet . . . I'd intended to take the bus to Limerick but felt puny (left over France health issues) so I spent most of my time at the local Bunratty Village. Jane and our Taxi Driver kindly admitted that Limerick was rough and known as the Stab Capital of the World.

Interesting how Shannon used to be a busy hub for refueling but then got clobbered with the longer range planes skipping them. So they built up tourist stuff like Bunratty Castle and village. Irish are pretty smart. Too bad they've been so ugly to each other with religious persecution. Gads – we call these people religious? Is this really religion? If one isn't already turned OFF on religion, these stories could do it.

I don't like bus trips. Fortunately we haven't had everything pre-paid and can make for some free time. And double fortunate, Kelly really gets them moving on time. She handled our 'latecomers' very well and made good humor about it.

### **The Old Library, Trinity College, and the Book of Kells**

The Old Library and the Book of Kells exhibition was tops on my "must see" list. The college would be my center of touring as it was in city center and I found the student cafeteria. I took a walking tour of the college over the cobblestones and quietness that is surprising for being in the center of a busy city. Constructed in the 18th century many of the original buildings remain. In the Old Library is the Book of Kells – the 9th-century gospel manuscript famous throughout the world. The exhibition



would explain and help me when I'd later visit the Chester Beatty Library. While it's possible to see the Book of Kells, only two volumes are on display and thus only four pages are available to see. Other related manuscripts were as interesting; the huge Long Room upstairs was another highlight as it is original with 200,000 of the oldest books still in original oak bookcases. Pictures were not allowed. These two pages are from Wikipedia and the Old Library being next to impossible to find legal pictures is from a poster.



From Wikipedia: *The Book of Kells (Irish: Leabhar Cheanannais) (Dublin, Trinity College Library, MS A. I. (58), sometimes known as the Book of Columba) is an illuminated manuscript Gospel book in Latin, containing the four Gospels of the New Testament together with various prefatory texts and tables. It was created by Celtic monks ca. 800 or slightly earlier. The text of the Gospels is largely drawn from the Vulgate, although it also includes several passages drawn from the earlier versions of the Bible known as the Vetus Latina. It is a masterwork of Western calligraphy and represents the pinnacle of Insular illumination. It is also widely regarded as Ireland's finest national treasure.*

*The illustrations and ornamentation of the Book of Kells surpass that of other Insular Gospel books in extravagance and complexity. The decoration combines traditional Christian iconography with the ornate swirling motifs typical of Insular art. Figures of humans, animals and mythical beasts, together with Celtic knots and interlacing patterns in vibrant colors, enliven the manuscript's pages. Many of these minor decorative elements are imbued with Christian symbolism and so further emphasize the themes of the major illustrations.*

*The manuscript today comprises 340 folios and, since 1953, has been bound in four volumes. The leaves are on high-quality calf vellum, and the unprecedentedly elaborate ornamentation that covers them includes ten full-page illustrations and text pages that are vibrant with decorated initials and interlinear miniatures and mark the furthest extension of the anti-classical and energetic qualities of Insular art. The Insular majuscule script of the text itself appears to be the work of at least three different scribes. The lettering is in iron gall ink, and the colors used were derived from a wide range of substances, many of which were imports from distant lands.*

*The manuscript takes its name from the Abbey of Kells that was its home for centuries. Today, it is on permanent display at the Trinity College Library, Dublin. The library usually displays two of the current four volumes at a time, one showing a major illustration and the other showing typical text pages.*



### **Guinness Factory and Jameson Factory**

Where one is the mainstay of Dublin and is seen everywhere in the pubs, the other is more refined. That would describe both the tours and the drinks. Guinness had 7 floors of touring with a top floor containing a round panorama view of the city and a full pint of Stout. Guinness was once the main employer in Dublin and huge acreages still remain. Jameson was in a back street and a guide was required to tour the display center. Both gave samples and I indulged in both places – on the same day and before the cocktail party so it was a very alcoholic day. Jameson gave a sampling of scotch to compare it to Jameson. Jameson has three distilling processes and no smoky or peat smell/flavor; Scotch has two distilling and the distinctive edge; U.S. whiskeys have only one distilling.

### **St Patrick's Cathedral and Christ Church**

Do you think there are enough churches to go around? Well, there are more pubs than churches. I toured both these on the same day too so I had one church day and one pub day. St Patrick's highlight for me was the adjoining park.



### **Kilmainham Gaol (Jail)**

This was downright depressing. I went because it seemed the thing to do; it's an important tourist site and its prominence in Irish Independence is enlightening. I took the full tour but only stayed for it all because I felt captive. It is one of the biggest unoccupied gaols in Europe. Now empty of prisoners, it is filled with history. It has been described as the 'Irish Bastille'.

From Wikipedia: **Kilmainham Gaol** (*Irish: Príosún Chill Mhaighneann*) is a former prison, located in Kilmainham in Dublin, which is now a museum. It has been run since the mid-1980s by the Office of Public Works (O.P.W.), an Irish Government agency. Kilmainham Gaol played an important part in Irish history, as many leaders of Irish rebellions were imprisoned and some executed in the prison by the British and latterly in 1923 by the Irish Free State.



*History:* When it was first built in 1796, Kilmainham Gaol was called the 'New Gaol' to distinguish it from the old gaol it was intended to replace - a noisome dungeon, just a few hundred yards from the present site. It was officially called the County of Dublin Gaol, and was originally run by the Grand Jury for County Dublin. When the Gaol was first built public hangings took place at the front of the Gaol. However, from the 1820s onward very few hangings, public or private, took place at Kilmainham. A small hanging cell was built in the gaol in 1891. There was no segregation of prisoners; men, women and children were incarcerated up to 5 in each cell, with only a single candle for light and heat, most of their time was spent in the cold and the dark. The candle had to last the prisoner for two weeks. Its cells were roughly 28 meters squared. Children were sometimes arrested for petty theft, the youngest said to be a five year-old child, while many of the adult prisoners were deported to Australia. At Kilmainham the poor conditions in which women prisoners were kept provided the spur for the next stage of development. Remarkably, for an age that prided itself on a protective attitude for the 'weaker sex', the conditions for women prisoners were persistently worse than for men. As early as his 1809 report the Inspector had observed that male prisoners were supplied with iron bedsteads while females 'lay on straw on the flags in



the cells and common halls.' Half a century later there was little improvement. The women's section, located in the west wing, remained overcrowded.

*Post-Independence Period - Kilmainham Gaol was decommissioned as a prison by the Irish Free State government in 1924.<sup>[1]</sup> Seen principally as a site of colonial oppression and suffering, there was at this time no declared interest in its preservation as a monument to the struggle for national independence. The jail's potential function as a location of national memory was also undercut and complicated by the fact that the first four republican prisoners executed by the Free State government during the Irish Civil War were shot in the prison yard.*

*The Irish Prison Board contemplated reopening it as a prison during the 1920s but all such plans were finally abandoned in 1929. In 1936 the government considering the demolition of the jail but the price of this undertaking was seen as prohibitive. Republican interest in the site began to develop from the late 1930s, most notably with the proposal by the National Graves Association, a republican organization, to preserve the site as both a museum and memorial to the 1916 Easter Rising. This proposal received no objections from the Commissioners of Public Works, who costed it at £600, and negotiations were entered into with the Department of Education about the possibility of relocating artifacts relating to the 1916 rising housed in the National Museum to a new museum at the Kilmainham Gaol site. The Department of Education rejected this proposal seeing the site as unsuitable for this purpose and suggested instead that paintings of nationalists leaders could be installed in appropriate prison cells. However, with the advent of the Emergency the proposal was shelved for the duration of the war. An architectural survey commissioned by the Office of Public Works after World War II revealed that the jail was in a ruinous condition. With the Department of Education still intransigent to the site's conversion to a nationalist museum and with no other apparent function for the building, the Commissioners of Public Works proposed only the prison yard and those cell blocks deemed to be of national importance should be preserved and that the rest of the site should be demolished. This proposal was not acted upon. In 1953 the Department of the Taoiseach, as part of scheme to generate employment, re-considered the proposal of the National Graves Association to restore the prison and establish a museum at the site. However, no advance was made and the material condition of the jail continued to deteriorate.*

*Historical importance - Since its restoration, Kilmainham Gaol has been understood as one of the most important Irish monuments of the modern period. Principally this has been understood in relation to the narrative of the struggle for Irish independence. In the period of time extending from its opening in 1796 until its decommissioning in 1924 it has been, barring the notable exceptions of Daniel O'Connell and Michael Collins, a site of incarceration of every significant Irish nationalist leader of both the constitutional and physical force traditions. Thus, its history as an institution is intimately linked with the story of the Irish nationalism. The majority of the Irish leaders in the rebellions of 1798, 1803, 1848, 1867 and 1916 were imprisoned there. It also housed prisoners during the Irish War of Independence (1919-21) and many of the anti-treaty forces during the civil war period. Charles Stewart Parnell was imprisoned in Kilmainham Gaol, along with most of his parliamentary colleagues, in 1881-82 when he signed the Kilmainham Treaty with William Gladstone.*

## **Chester Beatty Library and Museum**

This is part of the Dublin Castle complex a bit farther out than the Temple Bar area but just short of the medieval blocks. I went for the Asian collection as well as the noted illuminated manuscripts. No photos were allowed which was sad. I bought a book. Here's one of their website pictures from an illuminated manuscript. Note that only 1-2% of the collection is on display. Yet I spent every minute they were open and still didn't get to see it all. I could have stayed another few hours.



From Wikipedia: The **Chester Beatty Library** was established in Dublin in 1950, to house the collections of mining magnate, Sir Alfred Chester Beatty. The present library, on the grounds of Dublin Castle, opened on February 7, 2000, the 125th anniversary of Sir Alfred's birth and was named European Museum of the Year in 2002. The Library's collections are displayed in two collections: "Sacred Traditions" and "Artistic Traditions". Both displays exhibit manuscripts, miniature paintings, prints, drawings, rare books and some decorative arts from the Islamic, East Asian and Western Collections. The Library is one of the premier sources for scholarship in both the Old and New Testaments and is home to one of the most significant collections of Islamic and Far Eastern artifacts. The museum also offers numerous temporary exhibitions, many of which include works of art on loan from foreign institutions and collections. The museum contains a number of priceless objects, including one of the surviving volumes of the first illustrated Life of the Prophet and the Gospel of Mani believed to be the last remaining artifact from Manichaeism.

*Western Collections - A 3rd c. Greek papyrus manuscript of the Gospel of Luke. The Western Collection houses many illuminated manuscripts, rare books and Old Master prints and drawings. The collection of papyri is one of the most extensive in the world and includes almost the entire corpus of Ancient Egyptian Love Songs.*



Islamic Collections - A copy of Dala'il al-Khayrat from the Chester Beatty Library. The Islamic Collection is divided between the Arabic, Persian, Turkish, Qur'an and Mughal-Era Indian Collections. The Arabic text includes treaties on religion, history, jurisprudence, medicine, geography, mathematics, astronomy and linguistics. Some of the finest miniatures from imperial Mughal albums, called Muraqqa', are housed in the Chester Beatty Library; with important paintings from the Late Shah Jahan Album and the Minto Album. The albums were the subject of a recent exhibition and publication by the Islamic curator, Dr. Elaine Wright, Muraqqa': Imperial Albums of the Chester Beatty Library Often on display is the Ibn al-Bawwab Qur'an, copied by one of the greatest medieval Islamic calligraphers.



East Asian Collections - The East Asian Collection has one of the most extensive collections of carved snuff bottles, many of which were included in the catalogue: The Chester Beatty Library, Dublin: Chinese Snuff Bottles.



## Dublin Castle

I went one night and was anxious to go back which I finally did on Sunday.

From Wikipedia: Dublin Castle (Irish: Caisleán Bhaile Átha Cliath) off Dame Street, Dublin, Ireland, was until 1922 the fortified seat of British rule in Ireland, and is now a major Irish government complex. Most of it dates from the 18th century, though a castle has stood on the site since the days of King John, the first Lord of Ireland. The Castle served as the seat of English, then later British government of Ireland under the Lordship of Ireland (1171–1541), the Kingdom of Ireland (1541–1800), and the United Kingdom of Great Britain and Ireland (1800–1922). Upon establishment of the Irish Free State in 1922, the complex was ceremonially handed over to the newly formed Provisional Government led by Michael Collins.

Roles - Dublin Castle fulfilled a number of roles through its history. Originally built as a defensive fortification for the Norman city of Dublin, it later evolved into a royal residence, resided in by the Lord Lieutenant of Ireland or Viceroy of Ireland, the representative of the monarch. The second in command in the Dublin Castle administration, the Chief Secretary for Ireland, also had his offices there. Over the years parliament and law courts met at the castle before moving to new purpose-built venues. It also served as a military garrison. Upon formation of the Free State in 1922, the castle assumed for a decade the role of the Four Courts on the Liffey quays which had been badly damaged during the Civil War. It was decided in 1938 that the inauguration of the first President of Ireland, Douglas Hyde would take place in the castle, and the complex has been host to this ceremony ever since. The castle is also used for hosting official State visits as well as more informal foreign affairs engagements, State banquets, and Government policy launches, as well as acting as the central base for Ireland's hosting of the European Presidency approximately every 10 years.

History – The Record Tower, the sole surviving tower of the medieval castle dating from c.1228. To its left is the Chapel Royal. Dublin Castle was first founded as a major defensive work by Meiler Fitzhenry on the orders of King John of England in 1204, sometime after the Norman invasion of Ireland in 1169, when it was commanded that a castle be built with strong walls and good ditches for the defense of the city, the administration of justice, and the protection of the King's treasure. Largely complete by 1230, the castle was of typical Norman courtyard design, with a central square without a keep, bounded on all sides by tall defensive walls and protected at each corner by a circular tower. Sited to the south-east of Norman Dublin, the castle formed one corner of the outer perimeter of the city, using the River Poddle as a natural means of defense along two of its sides. The city wall directly abutted the castle's north-east Powder Tower, extending north and westwards around the city before rejoining the castle at its south-western Bermingham Tower. The Poddle was diverted into the city through archways where the walls adjoined the castle, artificially flooding the moat of the fortress's city elevations. One of these archways and part of the wall survive buried underneath the 18th century buildings, and are open to public inspection.



Through the Middle Ages the wooden buildings within the castle square evolved and changed, the most significant addition being the Great Hall built of stone and timber, variously used as Parliament house, court of law and banqueting hall. The building survived until 1673, when it was damaged by fire and demolished shortly afterwards. No trace of medieval buildings remains above ground level today, with the exception of the great Record Tower (ca. 1228-1230); it the sole surviving tower of the original fortification, its battlements an early 19th-century addition.

"Castle Catholic" was a pejorative term for Catholics who were considered to be overly friendly with or supportive of the British administration.

United Irishmen General Joseph Holt, a participant in the 1798 Rising, was incarcerated in the Bermingham Tower before being transported to New South Wales in 1799.

Famously, the Irish Crown Jewels were stolen from the Castle in 1907.

## State Apartments



Films - Dublin Castle has appeared in numerous films including Barry Lyndon, Michael Collins, Becoming Jane and The Medallion, as well as the television series The Tudors, where it doubles as the Vatican in the pilot.

Music - Dublin Castle hosts the Heineken Green Energy festival each May bank holiday weekend. Part of Dublin Castle appears on the cover of the Jandek album Khartoum Variations.

## Malahide Castle

Prince had just performed on the grounds which makes it legitimate, yes? This was outside of town and a headline from one of our tours provided by Marathon Tours. We drove through the bays of Dublin to get there.

From Wikipedia: *Malahide Castle, parts of which date to the 12th century, lies, with over 260 acres of remaining estate parkland (the Malahide Demesne Regional Park), close to the village of Malahide, nine miles north of Dublin in Ireland.*

*History: The estate began in 1185, when Richard Talbot, a knight who accompanied Henry II to Ireland in 1174, was granted the "lands and harbor of Malahide". The oldest parts of the castle date back to the 12th century and it was home to the Talbot family for 791 years, from 1185 until 1976, the only exception being the period from 1649-1660, when Oliver Cromwell granted it to Miles Corbet after the Cromwellian conquest of Ireland; Corbet was hanged following the demise of Cromwell, and the castle was restored to the Talbots. The building was notably enlarged in the reign of Edward IV, and the towers added in 1765.*

*The estate survived such losses as the Battle of the Boyne, when fourteen members of the owner's family sat down to breakfast in the Great Hall, and all were dead by evening, and the Penal Laws, even though the family remained Roman Catholic until 1774. In the 1920s the private papers of James Boswell were discovered in the castle, and sold to American collector Ralph H. Isham by Boswell's great-great-grandson Lord Talbot of Malahide. Malahide Castle and Demesne was eventually inherited by the seventh Baron Talbot and on his death in 1973, passed to his sister, Rose. In 1975, Rose sold the castle to the Irish State, partly to fund inheritance taxes. Many of the contents, notably furnishings, of the castle, had been sold in advance, leading to considerable public controversy, but private and governmental parties were able to retrieve some. Rose Talbot, the last surviving member of the Talbot family died in 2009.*



The demense is one of few surviving examples of 18th century landscaped parks, and has wide lawns surrounded by a protective belt of trees.

The Park at Malahide Castle- The grounds at Malahide Castle was opened as a new concert venue by Fingal County Council in summer 2007, with concerts by Arctic Monkeys, Pink, Joe Cocker, Al Green and Bell X1 amongst others. In 2008 its guests included Neil Young, Radiohead, and Eric Clapton. Most recently Prince appeared.

### **Horse farm**

I had no idea that Ireland was second only to Kentucky for raising race horses. We went to the National Farm after leaving Dublin and on our way to Galway. While I don't know horses, I did enjoy their 101 year old Japanese Garden on the multi acreage site.



**Corkscrew Hill** – By the time we drove through the area and up a road that was exactly how it sounded, I really needed the windy overlook.

During this tour I learned that the Irish have the highest percentage of home ownership known. Hopefully not with 100% mortgages. Ha. But maybe that's part of the reason the land looks so well tended.

### **Bunratty Castle and Village**

I hadn't expected the medieval dinner to be anything but silly but the music was great, the costumes interesting, and the food eaten with the fingers was plenty enjoyable. Many of our tour group





purchased the CD and I would have too except that I can't imagine what I'd do with another CD. There were a couple of little girls in the audience who entertained me as well.



I would go back the next day for a four hour walking tour through the village of historical homes that had been torn down and reconstructed here.





The church had been deconstructed and reconstructed stone by stone. One of the first houses to enter the 'village' had been in the way of the new Shannon airport's runway so it was moved to the Bunratty Village. Pigs, Shetland ponies, roosters and village shops were in abundance. So was the selling of family crests and history; for the first time I found the family crest of my father's family – Waite. New to me was that they were from Ireland which just reinforced my certainty that I'd been there before. I would have liked to have the printed history of the Waite clan but not enough to pay 20 Euros for it.

### ***Hotels***

Marathon Tours chose well for us. The Conrad Hilton in Dublin was on the edge of St Stephens Park and easy access to most everything we wanted or needed. It's across from the Concert Hall. Amenities were tops and though the room wasn't very large, it was well appointed and with classy things such as robes, slippers, good linens, and most importantly a huge buffet breakfast offering both American and Irish foods. Galway's old and historical Meryck off Eyre Square at first seemed like the rooms were much too small but I quickly appreciated its history and ambiance; fortunately the rooms had been modernized. Our last stop outside of Shannon was Bunratty Castle Hotel and equally well chosen based on location being across from the Castle and the famous pub *Durty Nellies*.

I'm told that the Dumbarton Hotel is right at the start line and is rated at a 4-star. That information came from a seat-mate on the way home. He liked Kilnery and stayed in the Hotel in Kilarney at the Ring of Kerry. That's where Joseph our guide from Italy told me to visit – Kerry. Coming up!

My seatmate told me he used "Authentic Ireland" for a travel itinerary. He plans to send me the itinerary. . . Note – I later received that itinerary and it looks like a good way to tour Ireland.

### ***Weather***

It might rain often but I suspect that the rainy days often have lovely blue sky part of those days. For the marathon it stormed part of the time but was near perfect for the first half. At the Cliffs of Moher it was misty and windy but as we were leaving the skies opened up to some blue which stayed with us for the shore drive and was complete with a rainbow. It does appear that moss grows on both sides of the trees; this is what we experienced living in Belgium. Such weather shows up favorably on the complexions of the locals.

### ***Misc historical or nickel knowledge notes***

- Scientists have found evidence of Irish civilization as long as 9000 years ago and that the Irish have genetic links to the Basque.
- The harp is the Irish logo -- not Guinness and not the clover.
- Gaelic and English are both taught in schools. Everyone speaks English and the Irish government is newly trying to hold onto Gaelic by offering language school to foreigners.
- Most highways have been built in the last few years using EU money.
- Outgoing President is a woman. She would serve for a 7-year term with a maximum of two terms.



- The 1845s potato famine was a farce: Millions immigrated or starved while the landowners were exporting food. Population was halved. Yet now, if all the descendents of those who immigrated returned there would be 70 million!
- Rocks stacked into fences can be traced back to 3000 BC.
- The Burren has Alpine plants that are studied by scientists. The Connemara has peat bogs that allow for an alternate energy source.
- Socialized medicine results in long waits for anything serious. Over 50% of population thus had private health care until the economy turned and now less do. American insurance companies are moving in. Pensioners only get 200 Euros a month but so many freebies that they do fine.
- Sir Oliver Plunkett's head is so well preserved that it has baffled scientists.
- Religious persecution has been the historical headline seemingly forever and probably still rampant. Muslims are the fastest growing community. Gee, will this be more bad history?
- Was the Star Spangled Banner really written by an Irishman?
- There are 18 U.S. presidents with Irish background. JFK agreed to help Ireland; Galway's Eyre Square was named after him for his visit there. The Clintons helped paste together the recent IRA peace agreement.
- Lisdoonvarna has a yearly matchmaking festival that goes on for a month. The Matchmaker movie was filmed there.
- Surfers love their famous and amazing 60' waves. We saw about that much surf at the Cliffs of Moher.
- Dublin has 800 churches and 900 pubs – it's easy to see their priority! So why so much religious persecution? Prior to the 60s Catholics couldn't even attend college.
- U2 and Bono grew up in Dublin.
- Dublin was 2<sup>nd</sup> city to London until the 1800s. It still has most of the population of Ireland.
- First maternity hospital in world founded in Dublin.
- Big time literary persons came from Ireland plus a large number of Nobel-prize winners. Oscar Wilde said: I know I'm wrong when everybody agrees with me.

### ***Important! Smile. How Irish dancing got started***

So cute. This shows the saga of runners waiting in a porta potty line and performed by Lord of the Dance. <http://videos2view.net/irish-dance.htm>. On our way out Jane and I visited the airport lounge and the caretaker is an Irish Dancer but hedging his bet by finishing college to be a teacher. He confirmed that this is Michael Flaherty in the smaller photos. I need to see this on a larger screen and see if there's any truth to Michael being called Michael Flattery.

### ***The Day after a Marathon***

[www.youtube.com/watch?v=m-hCuYjvw2l&feature=youtube\\_gdata\\_player](http://www.youtube.com/watch?v=m-hCuYjvw2l&feature=youtube_gdata_player)

### ***And what's my Day After or Month After?***

I'm shortly off to marathons in Richmond and Tulsa, then to Memphis for my last marathon of the year. I would have had 20 marathons this year but I gave up two pre-paid marathons (Munich and Atlantic City) to tour Veneto and Venice with Tom.

Immediately after Memphis Tom and I leave to Budapest and are home a couple days until Marie joins us for Christmas through New Years.

Next year is taking shape with Disney's Goofy marathon(s), Winter Park tourist, and Baton Rouge marathon followed by a stay in New Orleans at the French Quarter. Towards the end of January sister Beverly arrives for a week at Kripalu Yoga Retreat in the Berkshires – land of Norman Rockwell and Edith Wharton so we'll have some touring too. February might start out with marathons in Tallahassee and Jacksonville and hopefully end with some long hikes in Kauai and Big Island. March

is Calico Racing's Red Rock Canyon marathon outside of Las Vegas followed by a few days at the Bellagio with Tom. Then Marie returns to NJ again for ten days of the Spring Break.

Big deal planning is taking shape for the Paris Marathon where Tom's found an apartment close to the start line. April in Paris! July is eleven days in Stockholm and Copenhagen for the 100<sup>th</sup> anniversary marathon run. October might take us to Buenos Aires for a marathon and touring.

I will feel even more blessed if the legs continue to cooperate. If they don't, I'm sure I'll always be able to find something to do.



### **From Foothill Flyers race report on Dublin:**

*On a day sent from marathon heaven 8,000 plus runners took off from Nassau Street next to Trinity College, Dublin, Ireland. The course is beautiful, and so was the crisp fall weather. The runners start in cold (low 40s, but no wind) weather. The race turns up O'Connell Street and into the lovely Phoenix Park, one of the largest city parks in the world, where fall is turning the tree bright orange and gold in a country that contains every shade of green. Water is provided every three miles by friendly volunteers who hand out cute little water bottles. The course itself starts on the narrow Nassau Street, right next to Trinity College. It's mostly flat but there are hills at mile 10, and then a series of rolling hills at mile 18. There are lots of twists and turns and narrow streets while you're in the city too.*

*Here are my complaints. First there weren't enough porta-potties. Now this is no problem for the men, but I had to stop wait 5 minutes at mile 8, where there were only two porta-potties, with line of females waiting to use them. Second, there wasn't any chip. This year the race organizers decided to use a new scanning system, and your bib has marks like at the supermarket. A race organizer told me to be sure the scan mark showed as I crossed the start and the finish, so that they could calculate the net time. It didn't work, so the posted times were gun times. If you started at the back of the pack as I did, this added a good ten to fifteen minutes to your time.*

*The medal is new this year. In previously years, Dublin gave out plaques. The medal has with three little castles on one side, with a teal ribbon. The free post-race massages a great. Given by physical therapists (not massage therapists).*

*Dublin is held on a Monday, which is a bank holiday. So, make your reservations early, particularly if you want to stay at the Jury's Inn Christchurch. Dublin is preceded by a 3k International Breakfast Run, held on Sunday, the day prior to the race. Runners can bring t-shirts for the t-shirt exchange. I found that my California shirts (like Baldwin Park, Palos Verdes) with anything California, like palm trees, were hot items. You get a t-shirt for running the breakfast run.*



*Dublin is also the home of Guinness, which tastes better in an Irish pub than one in the U.S. I was informed my cab driver that Guinness doesn't travel well. I highly recommend staying at the Jury's Inn Christchurch as it has an excellent location, right across from historic Christchurch, and easy walking distance to everything. Most important, Jury's Christchurch is next to the pubs in the Temple Bar area, shopping on Grafton Street, and Trinity College. I highly recommend that you take the musical pub crawl tour. This tour is highly entertaining, and leaves at 7:30 p.m. from Gogarty's bar in the Temple Bar area. You get to listen to, and learn about traditional Irish music, while you quench your thirst at three different pubs. My friends and I liked it so much we went on the similar literary pub crawl tour, where we listened to a couple of actors talk about Yeats and James Joyce while taking us to 4 different pubs. And if your Guinness isn't to your taste try a Shanty - which is a lemonade and beer mixed and is actually quite good. These pub tours a good because the music in the pubs doesn't start until 9:30 or 10 p.m. So, you can have an early dinner (catch the early bird specials and save money), take a pub tour, and be right where the action is at 10 when the music is just starting up, or call it a day. Finally, for a post-marathon celebration, Trocadero's is the place to go. Make reservations, because this place fills up early.*

### **From [www.dublin.info/marathon](http://www.dublin.info/marathon)**

The National Lottery Dublin Marathon is known among athletes as 'the friendly Marathon'. The 42.2km (26.2 miles) race attracts more than 11,000 runners and thousands of spectators line the route to cheer on the athletes from the side of the road or their front gardens. Before and after the race there is plenty of opportunity for overseas visitors to sample The Craic, Irish for having a good time. The organizers put on an Irish breakfast the day before the event and there is an after-party at the end of the race day for those who can still move a muscle.

**Dublin Marathon History:** Dublin Marathon is held annually on the last Monday in October, the October Bank Holiday. Instigated by Noel Carroll, the first Dublin Marathon was run in 1980 and won by a two locals: Dick Hooper in 2:16:14 for the men and Carey May for the women with 2:42:11. The marathon is becoming increasingly popular with Irish and International athletes and the field of runners has grown from 2,100 in 1980 to 11,700 in 2008.

**Overseas Athletes:** Approximately half of the participants in the Dublin Marathon come from abroad. To welcome the international contingent, Dublin Marathon organizes a special breakfast run on the

Sunday preceding the marathon. Following the run, overseas athletes are treated to an Irish Breakfast and some traditional Irish Music.

**The Dublin Marathon Course:** The Dublin Marathon starts at Georgian Fitzwilliam Square to the East of St. Stephens Green and finishes in Merion Square. Both start and finish line are near the city centre. The route passes through Dublin's picturesque Georgian streets dating back to the 17th century. It takes in sights such as Trinity College, Herbert Park, St. Stephens Green and Phoenix Park in a single-lap course. It might be a fairly flat course, but it's not a walk in the park either. The exact route of the Dublin Marathon changes every year, but runners can expect a few climbs of less than 100m in altitude.

**Finishing The Race:** Out of the total field, 76% or 9,000 runners crossed the finish line in 2008. This is a notable increase over the first Dublin Marathon in which 67% of athletes reached the finish line. Standards are high, but the Dublin Marathon is still a fun race with many charity teams in the field. Every runner to complete the full Adidas Dublin Marathon will receive a medal, a certificate and a commemorative T-shirt. The overall winner receives the Noel Carroll Memorial Trophy and €15,000 prize money. There is a separate €5,000 prize for the runner who breaks the current track record.

**Dublin Marathon Track Record:** The current track record for the Dublin Marathon was set by Moses Kangogo Kibet (Kenya) for the men with 2:08:58 and by Tatyana Aryasova (Russia) for the women with 2:26:13.

### ***Others reports***

Elaine Green finished her 50-states at Wineglass Corning NY.

Carol Goslin finished her 50-states the second time around at Wineglass. They respectively got bib numbers 50 and 100.

Here's Judy Altman finishing her 50<sup>th</sup> in NH. She got her #50 bib too.

### ***Misc fun stuff or for the record***

I sent this NY Times article around: *Just reaching the summit is not enough for some climbers, who are scaling massive peaks in stunning times.*

<http://nyti.ms/rpFVT6>

Some of my efforts seemed crazy too, so this really is! There's always someone a bit crazier -- like Annette!

Marv says: Probably the same guys planning the "Double Rim-to-Rim-to-Rim" across the Grand Canyon. That's going across and back twice. Lunacy personified from where I sit. Probably just jealous. (-:

Judy comes back with: Not doing it, not doing it, not not not, not doing it. Hey, I didn't mean for this to sound like a rap song...oh well, just stayin, just stayin, just just just, just staying and eat eat eating, just staying and eatin my can can candy...so wait a minute, I guess doing almost anything is better than going into the other room and trying to squish all my black-tie wedding stuff into my marathon suitcase. Hey u guys are the ones I'm torturing.

***A Runner and His...Entourage?*** From WSJ - By Ditching Pacemakers, the New York Marathon Puts Tactical Running Above Pure Speed





At the Berlin Marathon Sept. 25, up at the front of the pack, six paid mercenaries set a blistering tempo for much of the race. At about the 20-mile mark, the last of them peeled away, ceding the stage to the actual competitors. Kenya's Patrick Makau proceeded to smash the men's world record by completing the course in 2 hours, 3 minutes and 38 seconds.

Berlin got what it wanted: For the fourth time since 2003, the race produced a men's world record to drum up coverage. The only problem: The race itself was a snooze-fest. Makau won by more than four minutes.

For years, top-tier marathons, which are increasingly focused on times, have relied on paid pacemakers—up-and-comers or veteran distance runners—who can earn between \$5,000 and \$10,000 per race to run at the front to help competitors establish a world-record tempo. As the sport wrestles with a dearth of enduring stars and great rivalries, some experts say there should be more emphasis placed on running a tactical race against other people—not just the clock. "There's nothing wrong with going for world records," said Viktor Röthlin, a Swiss marathoner who will compete this weekend in the ING New York City Marathon. "But if I had the choice of watching a marathon that's designed to chase a world record or one where maybe 10 athletes are challenging each other and the stories are being written on the road, I'd choose the second option."

Sunday, when more than 45,000 runners gather on the Verrazano-Narrows Bridge for the race, they'll be blissfully "rabbit"-free. New York has done without pacemakers since 2007, when race officials made the unconventional move to banish them. The hilly course isn't exactly conducive to record-breaking runs, but officials said the decision was a nod to the event's past—the halcyon days when the marathon was all about heated rivalries and head-to-head competition and pacemakers were viewed as a crutch. "The more you move away from time as the steward of the sport, the better," said Mary Wittenberg, the president and chief executive of New York Road Runners, which organizes the race. "If it becomes a time chase, there's no personality. You're taking a personality and matching him or her against a clock. How exciting can that really be?"

Of the world's five major annual marathons, two—Boston and New York—don't use pacemakers. Their absence can, at times, produce races that turn on tactics as much as speed. Last year in New York, Kenya's Edna Kiplagat unleashed a furious kick with two miles remaining to pull away from two women's competitors en route to a thrilling win. While her time was the third-slowest for a winner in 20 years, the crowds in Central Park didn't seem to care. "Everyone was just racing," said Kim Smith, who finished fourth.

It's no surprise Berlin is a haven for speedy times. In addition to the adept pacemakers—some of whom make a living performing this service—the course is flat, and large bonuses are dangled as incentives. Nonetheless, critics say Berlin has created an all-or-nothing dynamic: If someone wins but doesn't break a record, it feels like a disappointment.

The running world wasn't always so obsessed with records, said Ken Young, the co-founder of the Association of Road Running Statisticians. "Back when racing started, they didn't even time it," he said. "You hold a race, you run it from here to there, and whoever came in first, that's the winner." Young, 69, set American records for the 40-mile distance and the indoor marathon in the early 1970s. He's careful to point out that he ran without pacemakers. "We learned how to pace ourselves," he said. "A lot of these runners today are too lazy to do that."

Meb Keflezighi, 36, has held his own in pacemaker marathons, but is more fond of championship-style racing, where he's shown an aptitude for outmaneuvering athletes with far superior personal-best times. In 2009, he was the first American in 27 years to win the New York City Marathon. He finished in 2:09:15, which is still his personal best—but some five-and-a-half minutes slower than the current world record. At the 2004 Olympics, he won the silver medal even though he was ranked 39th in the world. He said he would never trade his medal for a world record. "Nobody's going to remember if you won a time trial," he said. "Records are meant to be broken. Winning a title is forever."

A pacemaker's primary job is to keep a flat, even tempo. That's the key to running efficiently, according to Terrence Mahon, who helps coach Keflezighi. Keeping a consistent pace helps runners be economical. Pacemakers also eliminate mental fatigue. Said Keflezighi: "You can just relax for about half the race because you know nobody's going to make a move."

New York is a different experience. Runners are constantly jockeying for position and varying tempo. Mahon likened the race to a boxing match: Competitors take turns throwing punches, speeding up and slowing down—Kryptonite for anyone who hopes to break a record. Then there are the hills, like the steep climb at the Queensboro Bridge. Both these factors cause heart-rate and blood-lactate fluctuations that can lead to fatigue. To be successful in a championship-style race, a runner needs to be able to tolerate those changes.

Keflezighi acclimates his body through what's known as "fartlek" training, which involves a series of accelerations over the course of a run. A typical workout for him includes four two-mile loops over rolling mountain terrain with some shifts in pace.

*It's rare to find marathoners who are outstanding at both types of racing. One of the most obvious examples is England's Paula Radcliffe, who, with the help of pacemakers, broke her own world record at the 2003 London Marathon. She's also a three-time champion at New York, winning both with pacemakers (2004) and without them (2007 and 2008). "The best of the best know how to get it done," Mahon said.*

*For R othlin, who has done well at championship races, time is largely irrelevant. He knows he doesn't have the flat-out speed to compete at a race like Berlin. But like Keflezighi, he has an advantage when it comes to adjusting to different conditions and changes of speed. "If they go for a world record, there's no way I can keep up," he said.*

### **Who Quits Before Race Day?** From WSJ - Injury From Overtraining, Fear of Undertraining Can Lead to 15,000 No-Shows:

*About 45,000 people are expected to participate in the New York City Marathon on Sunday. A month ago, Gary Scheiner felt ready to finish under four hours in the ING New York City Marathon on Sunday. Today, he couldn't run a single mile. During the high-mileage final weeks of training, a sudden tightness in his back escalated into a debilitating injury, relegating Mr. Scheiner to the field of broken hearts, those who won't make the start of the race. "The decision to pull out of the race was devastating," says Mr. Scheiner, a 44-year-old New York advertising executive who finished last year's race at 4:11.*

*For many people, signing up for a marathon is designed to jump start a serious running habit. But of those who sign up for one - paying as much as \$250 -- as few as 80% ever reach the start line. Kevin Helliker has details on Lunch Break. In marathon running, defeat is broadly defined as failure to reach the finish line. But more often it is a failure to reach the start. Of the 60,000 runners who registered for the New York marathon several months ago, about 45,000 will show up for its Staten Island start. Fewer than 2,000 who start the race won't finish. Those 15,000 no-shows reflect a variety of unforeseen circumstances. The most common reason, race organizers say, is injury. In the weeks before a marathon, long-distance runs reach a peak, increasing the risk of injury, research shows. "I always tell my runners that getting to the starting line in one piece is their biggest challenge," says Jonathan Cane, a New York City running coach.*

*An obsession with fulfilling training regimens may prompt some runners to drop out of races they could easily finish. About a month ago, New York fitness trainer Althea White realized she had fallen far behind her training schedule. Instead of its recommended 30 to 40 miles a week, "I'd been running only 13 to 18 miles for a couple of months," recalls Ms. White. She considered dropping out. Instead, at Mr. Cane's suggestion, she attempted a 20-mile run two weeks ago and completed it without difficulty, giving her the confidence to race on Sunday.*

*Most urgent for those running any marathon is the need to taper. Coaches generally recommend leaving three weeks to recover from the longest training run of 20 or more miles. No runs should exceed 12 miles two weeks out from the race. The week before should include only two or three runs of two to four miles. As easy as that may sound—resting ahead of a race—many runners find that advice hard to follow. Bodies trained to run want to run, especially as nervous energy mounts ahead of race day. Some coaches recommend light yoga as a way of burning off energy while stretching.*

*Sports medicine specialists say that predicting and preventing running injuries is an inexact science. But a long and slow increase in long runs is generally safer than a quick escalation, says Stephen Pribut, a Washington, D.C., podiatrist, marathoner and past president of the American Academy of Podiatric Sports Medicine. "Six months to build up mileage is better than two," he says. Ideally, long runs ought to at some point include a 20-miler—if not longer—and two 18-milers, each long run spaced two weeks apart, Dr. Pribut says. What is the shortest long run acceptable for a would-be marathoner? "It depends on age," says Dr. Pribut. "A 22-year-old can get away with a shorter training run than a 50-year-old," he says. If a less than fully healthy runner believes he can finish, he probably can, coaches say, noting that 98% of starters finish the race. The inspirational value of cheering bystanders is sufficient to get many runners across the finish, they note.*

*Ahead of the Oct. 9 Chicago marathon, Scott Covington completed only 13 miles of a 20-mile training run before being stopped by plantar fasciitis, a heel injury common to runners. Told of the setback, his coach told Mr. Covington not to run another mile before the marathon. Given that the race was fully three weeks off, that advice sounded crazy to Mr. Covington, a 45-year-old Chicago flight attendant. Despite his skepticism, Mr.*



*Covington ran no more, scaled back his planned speed and finished his first-ever marathon in 5:45 essentially pain free, he says. "I'm elated that I took my coach's advice," he adds.*

*That wasn't how it worked out for John Crowe, who as the New York marathon approached hoped that his knee pain would fade, as it did last year when he managed to complete three marathons. But this weekend there was no letup, so he went online Sunday and canceled his entry in the New York race, requesting that it be deferred to next year. "Sensing my despondence, my kids asked, 'What's up?' " Mr. Crowe says in an email. "I said, 'I've been training for this since July, how do you think I feel?' " "Sweaty?" one son answered. "I couldn't not laugh," says Mr. Crowe, a 42-year-old Wall Street executive.*

*More than 80% of those who sign up for marathons both start and finish them, suggesting that running injuries are less common than some of the medical literature has suggested. Mr. Scheiner had planned to run for charity and collected pledges totaling thousands of dollars. Dropping out required writing to everyone who had "paid money for me to cross the finish line," says Mr. Scheiner. In early October, Mr. Scheiner finished a half marathon fast enough to feel confident about completing the New York marathon in under four hours this year. Soon after that half marathon, he felt a tightness in his back that at first didn't seem to be running related. But it developed into a debilitating inflammation that he and an orthopedic physician believe to be running induced. Sensing that high-mileage running in the absence of other exercises left him vulnerable, Mr. Scheiner says that in the future he will spend more time in the gym strengthening the muscles in his shoulders, back and buttocks. For now, though, he feels a sense of loss. For 12 months he has been dreaming about reliving the New York marathon, an experience, he says, that was "almost religious."*

## Itinerary

Time difference: 5 hrs except when they back off DST a week before EST

### Wed Oct 26

7:10pm Depart Newark EWR via CO#22 to Dublin

### Thu Oct 27

6:55am Arrive Dublin – one day earlier than tour arrives – free day

Transport Public transport available via bus for 8 Euros to within 2 blocks of hotel  
Air Coaches (blue) outside arrivals hall. Ask ticket seller for bus to Leopardstown. About 30 minutes.  
Get off at Lower Leeson Street just as the coach leaves St Stephens Green. The hotel is 100m from there on Earlsfort Terrace. Walk back a few yards from the bus stop to the Green and go left.

If room not ready, Kelly suggests breakfast at Bewleys on Grafton Street (walking distance) and best stained glass in Ireland. Open from 8am or 9am on Sunday.

Hotel Hotel Hilton Conrad – five star in central Dublin (1)  
Earlsfort Terrace, Dublin, 2 Ireland Tele: 011-353 1 602 8900 Fax: 353-1-676-5424  
Coffee service and mini-bar in room; internet free in lobby

### Fri Oct 28

7-10am Breakfast provided. Tour group arrives. Kelly Allen in lobby from 9am to noon. Opt:  
3:45pm meet in lobby for short run.

6:00pm Welcome cocktail reception at hotel to meet the MT staff and other travelers.

### Sat Oct 29 - clocks turn back one hour (gain one hour!)

7-11am Irish breakfast is served each morning at your hotel (note later hours on Sat/Sun only)

9:15am Tour of the city will visit the 18<sup>th</sup> century Georgian Squares, city centre, and Malahide Village and Castle. Returning to city center via the scenic coastal route to Portmarnock, on to Baldoyle and Howth. Stop at Howth Summit for photos. Some journey along part of the marathon course. Concluding at Expo around 1:30pm – **take registration card**. Public transportation is available for return to hotel or enjoy a quick walk around town or back to the hotel.

Expo takes place in the RDS Main Hall, Merrion Road, Ballsbridge, Dublin 4 on Saturday and Sunday from 11am – 6pm each day. Take race registration confirm card.

6:30pm Traditional Irish dinner show to the Merry Ploughboy dinner show with traditional songs and dance and many laughs. Optional - signed up. Walk to Shelbourne Hotel for bus ride of 35 minutes and return by midnight.

### Sun Oct 30

8:50am For 9am departure -- optional - signed up – 3.6k International breakfast run, shirt exchange and Irish dance show. (1) Start and finish at The Convention Centre, Spencer Dock, North Wall Quay, Dublin 1, starting at 9:30am. This provides runners with an opportunity to meet other athletes, exchange t-shirts and enjoy a complimentary (bagged) breakfast to a background of Irish traditional music. You may wish to have a fuller breakfast earlier at the hotel.

Dress in “fancy dress” running gear to head to the new Convention Center Spencer Dock, North Wall Quay, Dublin 1 for the international breakfast run. The run is 3.6K and concludes with a small bag

breakfast and an Irish dance performance. I enjoyed this event last year and will be attending again this year! Runners usually wear the colours/costumes representing their country.

This afternoon there will be plenty of time for sightseeing at your own pace or to re-visit the race expo.

6:15pm Evening pasta dinner provided at the hotel.

### **Mon Oct 31**

10:00am Marathon start at Fitzwilliam Street Upper, close to the Conrad Hotel - Our hotel is walking distance from the start and finish area. Post-race celebrating ends only when the pubs close. <http://dublinmarathon.ie/> with 14,000 entries.

9:00am Meet in lobby for short walk from hotel to start (and finish) line.

### **Tue Nov 1**

8:30am Depart via coach from hotel for a chauffeured ride through the Irish countryside to Galway. At 9:15am stop along the way for a tour of the National Stud Farm where champion race horses from around the world are bred. Visit the Japanese Gardens. En route to the ruins at Clomacnoise, stop for lunch before arriving in Galway around 4:30pm.

Optional short run to "kick the wall of luck" before dinner.

7:30pm Welcome dinner is at the hotel following check in

Hotel Meyrick Hotel – 2 nights  
Eyre Square, Galway, Ireland Tele: 011-35391564041  
Breakfast included 7-10am; free internet

### **Wed Nov 2**

8:30am Coach departs for full day trip to the beautiful Connamara region. Entry to Kylemore Abbey is not included. In past years weather on the coast has been cooler so bring warm attire. Optional if no coach tour is to walk along the coast to Claddagh, famous for the Claddagh Ring, or shop in the streets of Galway.

The evening is free to dine at any one of a number of local restaurants only a walk from your hotel. This night is always a popular one in the local pubs.

### **Thu Nov 3**

9:00am Travel south for a two hour trip to Limerick and a visit of the Cliffs of Moher. Check into Bunratty Castle Hotel about 3pm. A local woolen shop is there for last minute sweater purchases or visit the local folk park. Lunch at the Cliffs of Moher.

Later we check-in at the hotel where there may be time for a run through the Cratloe Forest.

Hotel Bunratty Castle Hotel – 2 nights  
Bunratty, County Clare, Ireland Tele: 011-35361478700  
Breakfast included 7-10am; free internet; free shuttle to airport but starts 7:30am

5:30pm Meet in lobby for walk to grand finale of a medieval dinner at Bunratty Castle to be followed by a the traditional few pints and some songs next door at "Durdy Nellies," one of Ireland's most famous pubs. Festive evening wear is suggested though dressy casual is okay.



#### **Fri Nov 4**

Tour group transfer to Shannon Airport for return flights – Diana stay on one additional day to continue exploring Ireland

#### **Sat Nov 5**

Transport Free shuttle to airport but only begins at 7am – 20Euros taxi

8:00am Depart Shannon SNN via CO#25

11:20am Arrive Newark

#### **Notes**

- Nothing on calendar until Thurs Nov 10 to Richmond VA with Tom
- Tipping: Restaurant includes tip. Coach/guide 3-5 Euros a day. Galway dinner 1-2 Euros. Local guides for city tour 2 Euros.
- Plugs: Ireland uses 3 pronged UK plug.

**From:** Kelly Allen [mailto:kelly@marathontours.com]  
**Sent:** Thursday, October 06, 2011 4:15 PM  
**To:** Kelly Allen  
**Subject:** Dublin Marathon 2011 Informational Email

Dear Dublin Marathon Travelers,

Your final documents have been sent in the mail this week. You will receive them shortly. If you have any questions, please do not hesitate to contact me at the office. I have attached a few recommendations for day tours and pubs in the areas we will be visiting. There is plenty of free time to do some of these activities that I mention. St. Patrick's Cathedral will be closed on Saturday during our city tour, so I recommend if you want to visit the church you do so on Sunday. In addition, the Kilmainham Gaol was not available, so I recommend if you want to tour that you ask the concierge for assistance with the reservation.

I have attached a few maps to this email and included prevalent information below. I will send out a final email about a week prior to departure. One very important piece of information is: PLEASE NOTE: The clock goes back one hour on Saturday night. You gain an hour!

THE EXPO takes place in the RDS, Main Hall, Merrion Road, Ballsbridge, Dublin 4. Any problems, call to the Help Desk or the Sports Travel stand.

**Directions to the Expo:** Walk from Earlsfort Terrace, up Lower Leeson Street, continue up Upr Leeson Street and on to Morehampton Road. Turn left at Herbert Park. At the end of Herbert Park, turn right onto the Merrion Road and the RDS is just 150m away, beyond the bridge. It is a very pleasant 25 minute walk from the hotel. If you prefer to take the bus, the number 7 bus which stops on Mount Street (beside Holles Street Hospital close to Merrion Square North) will take you the few stops to the RDS. This is an opportunity to see the start/finish area at Merrion Square.

When picking up your race number you will receive a timing chip attached to your race number (which you must leave on the race number) and a baggage bag which you must use for your baggage on race day. You will receive a small sticker with your race number which you should stick on to this bag. You will also receive final race instructions, a route map and pins for your race number.

**SUNDAY: THE INTERNATIONAL BREAKFAST RUN** will start / finish at The Convention Centre, Spencer Dock, Dublin 1, starting at 9:30am. This provides runners with an opportunity to meet other athletes, exchange t-shirts and enjoy a complimentary breakfast to a background of Irish traditional music. You may wish to have a fuller breakfast earlier at the hotel.

**MARATHON DAY – MONDAY** Start 10.00am at Fitzwilliam Street Upper, close to the Conrad Hotel.  
**RACE NUMBER** - The official Race Number must be worn on the FRONT and visible to race officials at all times. Failure to do so could result in you being stopped on the route.

For your own safety, please complete the personal and medical details on the reverse of the Race Number.

The race numbers are coloured depending on your time zone,

- Orange for the Sub 3.30 (Baggage Entry via Merrion Square West)
  - Green for the time Zone 3.30 to 4.15 (Baggage entry via Merrion Square West)
  - Blue for the Time Zone 4.15 plus (Baggage entry via Merrion Square East)
- You must line up in the assigned Time zone. See Start/Finish Map for more details.

**BAGGAGE AREAS** - There is a walk of 15 to 20 minutes from the Orange and Green Baggage Areas to the start zones. (see bag zones on start/finish map)

Only baggage in the official National Lottery Baggage Bag, with the official baggage label firmly attached, will be accepted up to 30 minutes before race start.

**TOILETS** - Toilets are provided in Start/Finish area adjacent to the Baggage Area. (See Start / Finish Map) On the course, toilets are provided at approximately 3, 6, 9, 12, 15, 17, 18.5, 20.5, 22.5 & 24 miles.

**WATER STATIONS** - Tipperary Water will be provided in 300 ml bottles at the following points: 3, 6, 9, 12, 15, 17, 18.5, 20.5, 22.5 & 24 miles, and also in your goody bag at the finish.

SPAR Isotonic Drink will be provided at 9, 12, & 18.5 miles and also in your goody bag at the finish. High 5 Gels will be available at 15 and 20.5 miles.

**Use of iPods / Ear Phones** - The organisers strongly advise against the use of an iPod / Ear Phone or a similar device whilst participating in the event. You may not be able to hear instructions or safety warnings from the stewards. Be aware that even closed roads will have course vehicles and emergency vehicles passing competitors.

**St. John Ambulance First Aid Stations** - St John Ambulance will provide First Aid facilities at the Finish Area and at 3, 6, 9, 12, 15, 17, 18.5, 20.5, 22.5 & 24 miles.

**IF YOU WITHDRAW FROM THE RACE, PLEASE DO SO AT ONE OF THESE STATIONS, INFORM THE MEDICAL PERSONNEL & ENSURE THAT YOUR RACE NUMBER IS RECORDED.** Ensuring that your withdrawal is recorded is vitally important to avoid unnecessary distress to friends or relatives enquiring about you at the finish, should you be delayed in meeting up with them.

**Chips and Timing** - The course is marked in MILES and every 5K. Timing clocks will be provided periodically. Chip Timing mats will be located at the Start, at Half Way and at the Finish, and other locations on the route. Competitors must pass over these mats at all locations to ensure their times are recorded.

**Finish Area** - Merrion Square North. Please ensure your race number is visible to Photographers when crossing the line. Photos will be available from [www.marathon-photo.com](http://www.marathon-photo.com). When you cross the finish line please proceed to the Medal and Goody Bag areas. Each competitor will receive a finisher's Commemorative Medallion, T-Shirt and a SPAR Goody Bag.

The course will close after 7 hours and from then on ALL must obey the Highway Code.

**Getting Back to the Conrad Hotel from the Finish (10 minute walk)** - From the baggage pickup area at Merrion Square South, head back towards St. Stephen's Green and Earlsfort Terrace.

The Post Race Party & Awards Presentation will be held in the Charlemont Suite at the Hilton Hotel, Charlemont Place, Dublin 2 (a short walk from the Hotel) from 7.30pm on Monday evening. Tickets are available at the EXPO.

**Departures** - Check out of your room at the hotel by 12 noon at the latest and pay any personal room bills. Bags can be stored with the porter if you have time for sightseeing before your flight departs.

**Electricity** - Uniformly 230 volts, 50Hz. Sockets are generally of the type that accept British 13A, 3 pin (flat) plugtops (BS1363).



Emergency Services - Telephone 999 or 112 from any public telephone.

From [www.marathontours.com](http://www.marathontours.com)

Marathon Tours is pleased to invite you and your friends to the 2011 Dublin Marathon on Monday, October 31. This is the 29th year that we will be enjoying Ireland's most famous race. Last year we were joined by 60 guests for a week of running, sight-seeing and celebrating one of Europe's best events. All race entries booked directly through Marathon tours will be offered a special 10 euro discount.

A running vacation to Ireland is surely an unique opportunity. The camaraderie and warm hospitality of the Irish will remain with you long after the blisters and pain have diminished. Everyone who finishes receives a medal, shirt and certificate. Of course, the enthusiastic crowds will carry you through those last long miles with a ready smile and a touch of humor in their cheers.

The pubs in Galway and Limerick are ideal spots to rest your weary legs as the trip will head into the Irish countryside for sight-seeing and pure relaxation. The final celebration is a farewell banquet at Bunratty Castle.

**Date:** Monday, October 31, 2011 at 9:00 AM

**Course:** The course is mostly flat and is a single lap, starting and finishing close to the City Centre. The start will be in Fitzwilliam Square East and the finish will be in Merrion Square West. The hotel is located at the start and finish. There are 9 water stops along the course and Club Energise Orange will be the energy drink provided. Walkers are welcome in the race as the route is open for 8 hours.

**Weather:** Conditions are typically ideal for marathoning. The average temperature ranges between 50F-60F and a slight south to southwesterly breeze that is usually present makes the environment ideal for running.

**Entry Fee:** Runners will receive a 10 Euro discount (about \$14 US) on Dublin Marathon entry if booked directly through Marathon Tours. Entry is guaranteed and closes October 4, 2011. Entry does not require a qualifying time.

**Time Limit:** Timing is provided by J-Chip and is limited to 8 hours.

**Awards:** Every finisher receives a beautifully-engraved medal and a special commemorative T-shirt.

### **2011 DUBLIN MARATHON 7 NIGHT PACKAGE**

*Explore Dublin, Galway, and Bunratty*

- Seven nights first class hotel accommodations
- Full breakfast each day
- Dublin City Tour and Pasta Dinner
- Welcome cocktail reception
- International run, breakfast, shirt exchange and Irish dance show
- All hotel taxes.
- Sight seeings per itinerary and visit to the Cliffs of Moher
- Walking distance to the start and from the finish
- Motorcoach travel in Ireland
- "Runner's Banquet" at Bunratty Castle including dinner and drinks
- One four course dinner in Galway
- Hosted by Marathon Tours staff
- Guaranteed entry is additional - Marathon Tours clients receive a 10 Euro discount

**From:** Kelly Allen [mailto:kelly@marathontours.com]

**Sent:** Wednesday, September 14, 2011 12:58 PM

Dear Dublin Travelers,

We are just about a month shy from the Dublin Marathon and I hope that your training has gone well. Final documents for the trip this year will be mailed at the end of September. This will include an itinerary, information about the hotel and travel to Ireland, hotel vouchers, luggage tags, and recommendations for restaurants and tours outside of the group itinerary. We have a wonderful group going this year and I am hoping for another lovely running day!

About a week prior I will send an idea of weather for the week we are travelling, but keep in mind it is typically 50-60 and raining. At the present time, I wanted to confirm how many of you are interested in attending the international breakfast run on Sunday morning? Please reply to this email if you plan on attending or not Sunday morning. I have included a description below.

We will have a bus departing to the docklands area and I will need to confirm how many seats we will need. Transportation on return from the docklands area is on your own. I walked last year and it took about 35 minutes.

I look forward to meeting you shortly and wish the best in this final month of training!

Best regards,

**Kelly Allen**

**Dublin Marathon Breakfast Run:** *Meet in the lobby at 8:30am to depart the hotel at 8:45am dressed in "fancy dress" running gear to head to the new Convention Center Spencer Dock, North Wall Quay, Dublin 1 for the international breakfast run. The run is 3.6K and concludes with a small bag breakfast and an Irish dance performance. I enjoyed this event last year and will be attending again this year! Runners usually wear the colours/costumes representing their country and friends/family are welcome! If you are not participating in the breakfast run, enjoy a day of leisure to relax or do some more sightseeing at your own pace!*



## Dublin Pubs and Restaurants

**The area most visited is Temple Bar.** Located in the heart of Dublin has some of the best night spots, restaurants and unusual shops line these narrow, cobbled streets running between the Bank of Ireland and Christ Church Cathedral.

**Roly's Bistro:** 7 Ballsbridge Terrace, Dublin (near the expo). Web: [www.rolysbistro.ie](http://www.rolysbistro.ie). Excellent food – great spot for lunch after expo visit! It is pretty much across the street!

**Fitzsimons Wellington Hotel, 21-22 Wellington Quay, Dublin 2**

4 floors of fun, late bar & nightclub 7 nights a week. Live bands nightly, all major sporting events shown on big screen and plasma TVs.

**Cassidy's Bar Westmoreland St, Dublin 2** Cassidy's is a real Irish bar with a bohemian atmosphere serving wholesome traditional and international food all day. There are three floors with Jazz in the basement, a piano bar and mezzanine area. There is a host of entertainment to be had with traditional Irish Music.

**Brazen Head 20 Lr Bridge St, Christchurch, Dublin 8** The Oldest Bar in Dublin dating from 1668!

**Farrington's 27-29 East Essex Street, Temple Bar, Dublin** Reasonable fare, comparatively cheap drinks, and two live music sessions a day makes Farringtons a hub of the jovial. Tourists pour in and out, with even the locals thinking to wet their lips. Mixed crowd.

**Ha'penny Bridge Inn 42 Wellington Quay, Dublin 2** A music venue that plays folk and traditional music.

**Karma Handels Hotel, Fishamble Street, Temple Bar, Dublin 2** Sit back and enjoy the delights of a traditional Irish pub with contemporary music over a drink with some lively chat late into the night.

**Oliver St. John Gogarty 57/58 Fleet Street, Temple Bar, Dublin 2** If it's Irish Traditional music and dancing you're after, experience some of the best right here! Oliver St. John Gogarty himself spent many a merry night exuding his customary wit and charm in this very haunt... so why don't you hurry down!

**The Auld Dubliner 17 Anglesea Street, Temple Bar, Dublin 2** Old Pub. Afternoon Traditional Music.

**The Lincoln's Inn:** Old style pub beside Trinity College, 5 Lincoln Place.

**The Long Stone Pub** by the Gardi Station, Trinity College.

**Davy Byrne's:** 1930's décor and a favorite of business people.

**Doheny & Nesbitts:** Favorite of the business world!

## Shopping

**Grafton Street:** Dublin's smartest shopping area with fashionable stores such as Brown Thomas, the department store. Other principal shopping streets in the area include Wicklow Street, Dawson Street, and South Great Georges Street

**Henry Street:** Department stores such as the popular Arnotts', and an assortment of popular clothing and footwear stores are here on Dublin's Henry Street. The ILAC shopping centre, and the newer Jervis Street Shopping Centre are both here

## Day Trip/Tour Recommendations

**The Old Library, Trinity College, and the Book of Kells:** The Old Library and the Book of Kells Exhibition is a "must see" on the itinerary of all visitors to Dublin. Located in the heart of Dublin City, a walk through the cobbled stones of Trinity College Dublin will bring visitors back to the 18th century, when the magnificent Old Library building was constructed. Inside is housed the Book of Kells - a 9th-century gospel manuscript famous throughout the world. Visitors enter through the Library Shop and proceed to the Book of Kells "Turning Darkness into Light" exhibition; then to the Treasury where the Book of Kells and other related manuscripts are on view; then proceed upstairs to the magnificent Long Room which houses 200,000 of the Library's oldest books in its oak bookcases. Tour is open: Monday - Saturday 09:30 - 17:00. Adult is 8.50 euro for entrance. Location: Long Library, Trinity College, 2, Ireland

**Tour of the Guinness Factory:** Located in the heart of the St James's Gate Brewery, Guinness Storehouse is Ireland's top tourist attraction. The cost for entrance if you pre-book online is 12.96 Euros or 15 Euros at the entrance. At the Gravity Bar at the end of the self-guided tour you are graced with a free Guinness draft and wonderful views of the city of Dublin. The storehouse is open 7 days a week from **9.30am-5pm** (last admission is at 5pm). A cab is about 18 Euros or from Dame Street (outside Trinity College), keep straight ahead. Follow the road around, passing Christchurch on the right and leading onto Thomas Street. At Crane Street turn left, and at the end of the road turn right onto Market Street.

**Tour of Jameson Distillery:** A visit to the Old Jameson Distillery is a must for anybody visiting Dublin. This visit back in time will capture your imagination and give you an insight into what life was like in John Jameson's time. John Jameson one of Ireland's greatest entrepreneurs gave us this wonderful whiskey which is our legacy today.

The tour will provide information on Irish history and of course good whiskey. Admission fee: Adult 11 Euros.

Location: 7 Bow Street, Dublin 7

**Kilmainham Gaol:** The Gaol is a wonderful place to visit and tour. Entrance is 6 Euro for adults and the average visit time is 1.5 hours. It is open M-Sat 9:30-4:00pm and Sunday 10:00am-5:00pm. Location: Kilmainham Gaol Museum, 8 Inchicore Road, Dublin 8, Ireland

**St. Patrick's Cathedral:** Visit St. Patrick's Cathedral named for the patron saint of Ireland. Within the walls lies the burial place of Jonathan Swift. The cathedral has a beautiful garden and fountain outside. Entrance fee is 5.50 Euros. Hours are M-F 9am-5pm. Sundays 9am-10:30am, 12:30pm-2:30pm and 4:30pm-6:00pm. Location: Saint Patrick's Close, Dublin 8, Ireland

**Wicklow Tour:** Enjoy this land of mysterious mountains and spectacular valleys. Experience breathtaking views with complimentary coffee! Wicklow is widely known as the "Garden of Ireland." See the famous film locations for Braveheart and Ballykissangel. Visit hidden lakes and luscious waterfalls. Travel the by-roads to beautiful Glendalough and after a healthy walk, time for lunch\* and a drop of the famous brew. Returning home via the depths of the Wicklow mountains passing the scenic lakes of Blessington.

**Other recommendations:** Hop On/Off tour, stroll through Phoenix Park – 4 miles of the marathon are run through here on Monday, visit to the Dublin Zoo, stroll through St. Stephen's Green, afternoon tea at one of the hotels!

## From [www.marathonguide.com](http://www.marathonguide.com)

Average Ratings: Course - ★★★★★ Organization - ★★★★★ Fans - ★★★★★

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★★★★★ **Hard but I enjoyed it** (about: 2010)

**Course: 5 Organization: 5 Fans: 5**

t. r. from Ireland (1/8/11)

4-5 previous marathons

This was my fifth marathon. The last was 13 years ago, so my course rating was for the way it was laid out, the organization, and just for the overall enjoyment of the run. I will be doing it again this year - 2011.

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★★★★★ **A wonderful event** (about: 2010)

**Course: 5 Organization: 5 Fans: 5**

P. T. from Saskatoon, SK, Canada (11/11/10)

6-10 previous marathons | 3 Dublin Marathons

I ran Dublin again this year, and I was delighted to do so. The race is very well organized, and the support from the spectators along the way is incredible, with people of all ages out there cheering you on. The weather on the day was ideal. I would recommend this marathon, both for the event itself, and for the opportunity to visit Dublin, a wonderful city, with a rich cultural heritage and lively social life.

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★★★★★ **Well done, Dublin** (about: 2010)

**Course: 5 Organization: 5 Fans: 5**

s. h. from Canada (11/4/10)

6-10 previous marathons | 1 Dublin Marathon

This was my first European race and I thought it terrific. I stayed within walking distance of the start/finish and the expo, which allowed me to leave my hotel 10 minutes before the start.

The course itself was ever-changing and virtually flat with some lovely downhill sections. The run through Phoenix Park was a highlight. It must have taken a great deal of work to make the day so seamless for the runners. Thank you for that. Loved it. And I had a PB! My spouse had signed up as a water station volunteer and was presented with an Adidas jacket and ball cap for the effort. Classy.

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★★★★★ **Well organized; great support along the course.** (about: 2010)

**Course: 5 Organization: 5 Fans: 5**

J. C. from Kinsale, Co. Cork (11/4/10)

2 previous marathons | 2 Dublin Marathons

Really well organized, with a phenomenal number of volunteers. Plenty of everything needed along the way. As a novice runner, the Dublin Marathon has really inspired me to keep up running. Great fun along the route with music, drums and, of course, the faithful supporters. Great day all around; here is to next year. I can't wait!!

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★★★★★ **Well done, Dublin!** (about: 2010)

**Course: 4 Organization: 5 Fans: 5**

M. J. from Calgary, Canada (11/1/10)

4-5 previous marathons | 1 Dublin Marathon

My biggest marathon to date in terms of number of participants (13,000). Central start/finish made it easy to get to and from. Decent size expo with good vendors and helpful race volunteers. Well organized bag drop and start/finish area. Not sure if we enjoyed what was typical October Dublin weather, but for a 9 a.m. race start, the temperature was a cool 5 degrees C and sunny conditions, warming up to 12 degrees C (nearly perfect for me). Race route traverses a variety of inner-city areas, parks and suburban neighborhoods and, except for a few KM, the entire course was lined with spectators who continued to increase in numbers as the finish area approached. This, for me, is what made the marathon so great. The race is well embraced by the city and the encouragement and enthusiastic support received along the course and especially in the last 10 KM, when most people are digging deepest to continue on, was incredible.

A few minor criticisms:

-a few bottlenecks along the route, which slowed racers to a walk.

-a lot of half-full water bottles littered the aid station areas; maybe smaller cups could be used instead? Seemed a bit of a waste and a safety hazard.

-Runners wearing iPods/MP3 players unable to hear wheelchair participants trying to move through.

Really being nitpicky here. The race was everything I could have asked for and more. I found Dublin and Ireland a top vacation destination with warm, friendly people and lots of terrific, interesting sights with the race being a great book-end to our holiday. A truly enjoyable time. Thank you, Dublin and Ireland, for all of the memories!

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★★★★★ **Lovely day, beautiful course, amazing spectators** (about: 2010)

**Course: 5 Organization: 3 Fans: 4**

M. G. from Kansas City, Missouri (11/1/10)

11-50 previous marathons | 1 Dublin Marathon



Daughter and I traveled to Dublin from US to run this. Both agree that Phoenix Park was the high point - absolutely idyllic with mist rising off of the lawns and quiet, steady pace of runners moving forward. Both of us love Boston and found this one compared quite favorably - maybe the Irish just really enjoy cheering on runners! One negative note: petite women beware that you will not get a finisher's shirt in the correct size if you finish over 4:15 or so. I'm tired of getting race tees that I can use as a "nightshirt." I think they should take a cue from NFL and give women a shirt they want to wear. Also, later water stations were running low on fluids for the back half of the pack. Couldn't keep up with the runners who had to break water bottles out of shrink-wrapped packs left abandoned on tables. That adds to your time. This is a great run for the faster runner.

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★★★★☆ **Wonderful, friendly marathon** (about: 2010)

**Course: 3 Organization: 5 Fans: 4**

f. k. from neath, wales (10/31/10)

4-5 previous marathons | 1 Dublin Marathon

The organizers even ordered perfect running weather!

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★★★★☆ **A great time in a friendly city** (about: 2010)

**Course: 4 Organization: 4 Fans: 5**

P. C. from Dublin, Ireland (10/30/10)

4-5 previous marathons | 4-5 Dublin Marathons

I have run the Dublin marathon three times before and this was always going to be tough as far as I was concerned. I did put in a lot of training beforehand and my aim was to get a time of 3:05, as I have always come up short by 10-12 minutes. Putting in those long runs in all weather can and should pay off, and as far as I was concerned this year was going to be different and I was not going to hit the wall like the last couple of years. I believe those runs paid off. The atmosphere in Dublin - my home - is great, and running a marathon is a lot of fun, and I think any person who loves running and wants a friendly and a fantastic welcome should come to my home city. My time was 3:07.46, just two minutes over the time I was aiming for - but a PB, so I can't complain. Next year I will aim for 3 hours.

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★★★★☆ **Again, well organized with good support** (about: 2010)

**Course: 4 Organization: 4 Fans: 5**

D. T. from Widnes, England (10/28/10)

6-10 previous marathons | 4-5 Dublin Marathons

I got a personal best and my first time under four at my fourth attempt in Dublin (3:51). The weather was perfect: sunny, cool and no wind. The course and organization of both the race and the expo were great as always, and support was brilliant - especially as you come back into the city center. Only downside was in the first mile - just as I was getting into stride, there was a bottleneck turning onto Nassau Street, causing everyone to slow down and virtually walk. A couple of the drink stations were a bit chaotic compared to previous years. Finally, why do people insist on using Mp3 players in a race? Soak up the atmosphere of the event; it will probably spur you on more.

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★★★★☆ **The 2010 Dublin Marthon was truly magnificent!** (about: 2010)

**Course: 5 Organization: 5 Fans: 5**

*Karen Samuel* from London, England (10/26/10)

11-50 previous marathons | 1 Dublin Marathon

The Dublin Marathon was extremely organized and also very friendly (take note, London and Edinburgh Marathons). There were plenty of water stations, offering small bottles of drinking water; other stations were offering running gels and energy drinks. The marathon route was not as congested with runners as you might see at the London Marathon. The spectators went wild with excitement shouting and screaming encouragement to all of the runners. The air was filled with wonderful drumming and fantastic music, which kept runners' weary legs moving. Runners, I was extremely ill on the day. Running and completing this marathon was a great triumph for me. The Dublin Marathon is probably one of the proudest runs of my life. The Dublin Marathon medal is a real beauty, and the goody bag was packed to the brim. Well done by Adidas, and by all sponsors involved. I was truly impressed.

## **Love The Irish – funnies**

*Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place. Looking up to heaven he said, 'Lord take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish Whiskey!'*

*Miraculously, a parking place appeared. Paddy looked up again and said, 'Never mind, I found one.'*

*Father Murphy walks into a pub in Donegal, and asks the first man he meets, 'Do you want to go to heaven?'*

*The man said, 'I do, Father.'*

*The priest said, 'Then stand over there against the wall.'*

*Then the priest asked the second man, 'Do you want to go to heaven?'*

*'Certainly, Father,' the man replied.*

*'Then stand over there against the wall,' said the priest.*

*Then Father Murphy walked up to O'Toole and asked, 'Do you want to go to heaven?'*

*O'Toole said, 'No, I don't Father.'*

*The priest said, 'I don't believe this. You mean to tell me that when you die you don't want to go to heaven?'*

*O'Toole said, 'Oh, when I die, yes. I thought you were getting a group together to go right now.'*

*Paddy was in New York .*

*He was patiently waiting and watching the traffic cop on a busy street crossing. The cop stopped the flow of traffic and shouted, 'Okay, pedestrians.' Then he'd allow the traffic to pass.*

*He'd done this several times, and Paddy still stood on the sidewalk.*

*After the cop had shouted, 'Pedestrians!' for the tenth time, Paddy went over to him and said, 'Is it not about time ye let the Catholics across?'*

*Gallagher opened the morning newspaper and was dumbfounded to read in the obituary column that he had died. He quickly phoned his best friend, Finney.*

*'Did you see the paper?' asked Gallagher. 'They say I died!!!'*

*'Yes, I saw it!' replied Finney. 'Where are ye callin' from?'*

*An Irish priest is driving down to New York and gets stopped for speeding in Connecticut . The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car.*

*He says, 'Sir, have you been drinking?'*

*'Just water,' says the priest.*

*The trooper says, 'Then why do I smell wine?'*

*The priest looks at the bottle and says, 'Good Lord! He's done it again!'*

*Walking into the bar, Mike said to Charlie the bartender, 'Pour me a stiff one - just had another fight with the little woman.'*

*'Oh yeah?' said Charlie, 'And how did this one end?'*

*'When it was over,' Mike replied, 'She came to me on her hands and knees.'*

*'Really,' said Charles, 'Now that's a switch! What did she say?'*

*She said, 'Come out from under the bed, you little chicken.'*

*Patton staggered home very late after another evening with his drinking buddy, Paddy. He took off his shoes to avoid waking his wife, Kathleen.*

*He tiptoed as quietly as he could toward the stairs leading to their upstairs bedroom, but misjudged the bottom step. As he caught himself by grabbing the banister, his body swung around and he landed heavily on his rump. A whiskey bottle in each back pocket broke and made the landing especially painful.*

*Managing not to yell, Patton sprung up, pulled down his pants, and looked in the hall mirror to see that his butt cheeks were cut and bleeding. He managed to quietly find a full box of Band-Aids and began putting a Band-Aid as best he could on each place he saw blood.*

*He then hid the now almost empty Band-Aid box and shuffled and stumbled his way to bed..*

*In the morning, Patton woke up with searing pain in both his head and butt and Kathleen staring at him from across the room.*

*She said, 'You were drunk again last night weren't you?'*

*Patton said, 'Why you say such a mean thing?'*

*'Well,' Kathleen said, 'it could be the open front door, it could be the broken glass at the bottom of the stairs, it could be the drops of blood trailing through the house, it could be your bloodshot eyes, but mostly ..... it's all those Band-Aids stuck on the hall mirror.'*

*Life is too short for negative drama & petty things. So laugh insanely, love truly and forgive quickly!  
From one unstable person to another...*

*I hope everyone in your head is happy - we're all doing pretty good in mine!*



(1) **How The Irish Saved Civilization**- The perfect St. Patrick's Day gift, and a book in the best tradition of popular history -- the untold story of Ireland's role in maintaining Western culture while the Dark Ages settled on Europe. Every year millions of Americans celebrate St. Patrick's Day, but they may not be aware of how great an influence St. Patrick was on the subsequent history of civilization. Not only did he bring Christianity to Ireland, he instilled a sense of literacy and learning that would create the conditions that allowed Ireland to become "the isle of saints and scholars" -- and thus preserve Western culture while Europe was being overrun by barbarians. In this entertaining and compelling narrative, Thomas Cahill tells the story of how Europe evolved from the classical age of Rome to the medieval era. Without Ireland, the transition could not have taken place. Not only did Irish monks and scribes maintain the very record of Western civilization -- copying manuscripts of Greek and Latin writers, both pagan and Christian, while libraries and learning on the continent were forever lost -- they brought their uniquely Irish world-view to the task. As Cahill delightfully illustrates, so much of the liveliness we associate with medieval culture has its roots in Ireland. When the seeds of culture were replanted on the European continent, it was from Ireland that they were germinated. In the tradition of Barbara Tuchman's *A Distant Mirror*, *How The Irish Saved Civilization* reconstructs an era that few know about but which is central to understanding our past and our cultural heritage. But it conveys its knowledge with a winking wit that aptly captures the sensibility of the unsung Irish who relaunched civilization.