

## Some FAQs

***Q: Can I just turn up and use track?***

A: Yes, track can be used during the day at the moment by anyone interested in travelling to Clondrohid.

***Q: Are there any guidelines for using the track?***

A: As the track is open to the public year round, we have a set of guidelines for users to follow; these can be located on our website <http://www.clondrohidastro.com/images/Tracktermsconditions.pdf>

***Q: Do I need to register to use the track?***

A: We would love for all users to send us an email to [info@clondrohidastro.com](mailto:info@clondrohidastro.com) or a text to 086 7918710 after the 1<sup>st</sup> time they use the track. We would like to get an idea of the numbers and profile of people using the facility.

***Q: Is there a charge for individuals?***

A: The track is free for individuals to use during the day; there will be a nominal charge for use when floodlights are in operation.

***Q: Where is the track located?***

A: Track is beside the Astro pitch on the grounds of Clondrohid Community Field. <http://ow.ly/sswpj>

***Q: What size is the track?***

A: It is a 250m tartan track (similar to UCC & CIT). We have 4 lanes around the track and 6 lanes on 100m straight.

***Q: What footwear should I wear?***

A: Normal runners are fine, as are specialist running shoes running shoes with needle spikes of not more than 5mm.

***Q: I'm interested in organising a running group can I use track?***

A: We would love to hear from people with ideas for the track, give us a call to discuss

***Q: Where do I keep up to date on what's happening on track?***

A: Our Facebook page <http://ow.ly/ssuV9> will have up to date info on what's going on.

***Q: Can I book the track and the Astro together?***

A: Yes we anticipate some of the Astro users will book a combo package with 1hr on Astro & up to 30 mins on track. (Subject to availability)

***Q: Is the track open during the evening?***

A: The track is only available for use during day light hours at moment; we are planning to install floodlights in the near future.

***Q: Do I have to book the track if I'm with a club or large group?***

A: Yes groups and clubs need to book track so we can ensure we don't have too many groups/clubs on at the same time

***Q: How do I book for a club /group***

A: Booking form is on our web [http://www.clondrohidastro.com/images/Trackbookingform\(1\).pdf](http://www.clondrohidastro.com/images/Trackbookingform(1).pdf)

***Q: When will outdoor gym equipment be available?***

A: We hope to have 3 outdoor gym units installed by early Feb 2014.

***Q: What is an outdoor Gym?***

A: Examples of the type of equipment we have ordered can be found here <http://ow.ly/ssx4b>

***Q: Can I use track during bad weather?***

A: We trust people will use common sense and not use the track when there is excess water on it or when the ground conditions are dangerous (ice / snow etc)

***Q: Where is the walkway?***

A: We have designed and constructed a walkway which goes around the boundary of Clondrohid Community Field. It is approx 1km in length and has a hardcore surface.

***Q: When can I use walkway?***

A: As the walkway is not lit we would not recommend using it outside of daylight hours.

***Q: Can I walk my dog around the walkway?***

A: Yes you can walk your dog provided it's on a lease and please ensure you clean up after your pet.

***Please send us an email to [info@clondrohidastro.com](mailto:info@clondrohidastro.com) at any stage with ideas or recommendations for improvement.***