

Dear BAND of Runners,

Please find below a summary of the final instructions for the Band of Runners, 6 hour timed event on Saturday 7th December 2019 when we'll also be helping Rob Cowlin celebrate his 100th Marathon!

(Please note, we absolutely cannot make ANY changes to entries within 1 week, 7 days of the event)

If you're not already in our **Phoenix Running UK Facebook Chat Group**, please consider joining as final info is also posted there as well as any last minute updates and other information - <https://www.facebook.com/groups/500321893480620/> and come and find us on Twitter @PhoenixRunning2

If you have run with us before, please **do still have a read through** and familiarise yourself with the points below as these will cover off any questions you may have and should ensure things go well on the day.

REGISTRATION AREA – Opens at 8.30am

Elmbridge XCEL LEISURE CENTRE – at the FRONT of the centre.

**Waterside Drive
Walton-on-Thames
Surrey
KT12 2JG**

RACE Numbers

All race numbers will be given out at registration on the day from the Leisure Centre. Race numbers must be displayed clearly on the front of your apparel at all times during the event.

START TIME

9.30am – this is a **6 hour** timed event where everyone starts together.

There will be a mandatory pre-run race brief 15 minutes before the start time at the leisure centre and then we all walk to the start together.

Parking

There is ample parking in the new Sports HUB centre car park and on both sides of Waterside Drive, before the mini roundabout. Please park here if you arrive after 8.30am when the barrier will be raised and not in the Xcel Leisure Centre car park. If you do arrive before 8.30am then please park at the far side of the Leisure Centre car park. All parking in the area is **FREE** of charge.

New Parking at the Xcel Sports HUB



Please help us with this as the leisure centre has been awesome in accommodating our runs!

Please, please **DO NOT** park in the small Weir Hotel (pub) car park or anywhere on the access road after the small mini roundabout at the end of Waterside Drive. The Weir Pub car park is reserved for hotel residents only and the access road **MUST** be kept completely clear for emergency vehicles. This is a strict stipulation and the area is checked after the start of each event.

The VENUES

The REGISTRATION VENUE

The Elbridge Xcel Leisure Centre will be opening their doors to us from 8.15am and giving us the use of their facilities. The café will open at 8.30am for teas, coffees and other refreshments.

TOILETS & FACILITIES, BAGGAGE

Registration Area - There are toilets in the Leisure Centre which will be open for our use. There are also hot showers for afterwards, which you can use for just £1 if you show your race number (these are usually £5). There are lockers in the leisure - **you will need to bring your own small padlock** - where you can leave small bags and valuables. There is then a short walk to the start line (approx. 3-4 minutes) which we will all make together after the mandatory briefing.

VERY IMPORTANT – Once we leave the registration area at the Leisure Centre all access to the toilets at the centre can **ONLY** be made through the **FRONT OF THE BUILDING**. Please, please **DO NOT** try and gain access through the rear doors as these are linked to the alarm system. Even if you think these doors are open – please go around to the front – its only a little bit further to walk (or run)!

Start Area - The start / finish area is in front of the Weir Pub on the towpath. The pub opens from 11.30ish and does allow us use of their toilets during our events and they also have an excellent menu and start serving hot food from late morning so you may want to stay on after the event for a spot of lunch.

Baggage - We'll also have a tent at the start, which will be carefully positioned to be in our view at all times, where you can leave baggage or extra clothes at your own risk. I would strongly urge you **not** to leave any valuables.

Turn-around Point – There is a public toilet block about 150 meters away from the turnaround point at Gino's cafe. You will need to cross the road next to the towpath, so please take care here. These toilets are sporadically closed due to some ongoing issues, so if you do need to pre-plan toilet stops into your run, it may be best to plan these around the leisure centre (using the front entrance only) and / or the Weir pub, near the start / finish of the route.

RACE HQ – Start & Finish Area & Aid Station

Race headquarters, also known as 'the tuck shop' will be in front of the pub on the towpath, where there will be a well stocked aid station with lots of water, various squash flavours and chocolate, sweets, crisps and general fun. We have a significant section for Vegan runners, so if in doubt then please ask because we have a lot more vegan options than you might think! If you want you can leave your own drinks and supplies here too (please label and place them on the left side of the tables). You will never be more than 1.65 miles from the race HQ as you run, (as long as you stay on the correct route that is; see route description below).

DRINKS SYSTEM – your very own watering hole!

We're very proud of our drinks system. It's taken a lot of trial and error, but now it couldn't be simpler or more environmentally friendly. At our main start / finish aid station you'll find one or two large drinks holders. These have numbered holes which match your race number. That's basically it - find your watering hole and drink from it all day!

We actively encourage you to bring your own reusable cup if you have one, but if you don't then don't worry because we take our obligation to hydrate you very seriously and have fully biodegradable and compostable Planet X 7oz paper cups for those who don't like the squashy reusable ones or those that leave a metallic taste in your mouth. The choice is yours!

When you head to the start we recommend that you glance across to see roughly where your numbered watering hole is and pop your own cup in there if you have one. That spot is yours all day long. Then just start running and we'll do the rest. Any reusable cups placed in the drinks holder get filled with water for the first lap. If you haven't got your own cup then by the time you get back one of our Planet X cups will have magically appeared in your hole, also with water in it. After each lap you can let us know what you want next (more water or a variety of squash flavours are available) and when you get back after each lap your drink choice will be waiting for you. How's that for service!

We do ask you not to force water bottles or other oversized bottles into your hole as it's specially designed for the cups, but rather pop these on the left side of the tables where you can just as easily access them after each lap and we'll fill those for you too.

If you're using one of our Planet X paper cups and you want to be super-efficient then help us at the end of your run by taking your cup out when you finish and pop it in the bin! We split these out later and they all go into our composters producing zero waste.

Race Timing - LAP RULES and Etiquette

This is a **six-hour** timed event. You can complete as many or as few full 3.28 mile laps in this time as you want. You need to complete one lap to qualify for the finishers' medal. After each lap you will pass through the Race HQ and collect a coloured wrist band. You **MUST** get a wrist band for every lap you complete. When you finish running the wrist bands will be counted and verified to give you a final distance and time and we will give you your medal. Please don't just grab a medal as we need to ensure we have your time recorded before we give you your epic bling. Please do not just leave without ensuring we have captured your finish time and counted your laps or our 'lost runner' process will kick in and we will look for you and we will find you!

We reserve the right to ask you **not** to go out for another lap, towards the end of the **6 hour** time limit. This is only if there is no chance you will complete another full lap in the remaining time – please work with us on this – it's for safety!

Complete 1 lap and you're both a finisher and a winner in our eyes!

Complete 4 laps for a half marathon distance

Complete 8 laps for a full marathon distance, recognised by the 100 Marathon Club

Complete 9+ laps for an ultra marathon distance

When you no longer want to run you must **RING THE BELL** (an old 1920's antique school-bell) which will be located at the race HQ. This is the signal that you have finished. At this point your distance and race time will be manually recorded, to be published in the results section on our website. You will then be presented with your finisher's medal.

The PB GONG – we also have a 'Personal Best' gong (located near the finisher's bell), so if you run a PB time with us, then feel free to dong that gong as loudly as you can!

The ROUTE & WEATHER

Please do have a look at the weather forecast in the days preceding the event and come prepared.

Either trail shoes or road shoes are suitable options – personally I only ever wear road shoes on this route.

Please note that the towpath is a public right of way, so we would ask that you give due consideration to all other users. In particular, take extra care at the start / finish area, where there is a 100 meter section of towpath which is occasionally accessed by vehicles, please be vigilant. As the route is an 'out and back' you will be passing other runners coming in the opposite direction, so please give care and attention to this and have a safe run. Use the opportunity to hurl encouragement, amongst other things, at your fellow runners. ***Personally, I've found that every single time I wish another runner well I run just a tiny bit faster myself!***

All runners begin with the River Thames on their right hand side and run towards and under Walton Bridge. Navigation is about as easy as it can get – just follow the river! If you can't see the river, then somehow you are lost. Retrace your steps until you can see the river and you are found.

At 2.65km, or 1.64 miles you will reach the **turning point**, which is past Walton Bridge at the far end of an area called Cowey Sale.

The turn point is well signed with a large yellow sign on the left of the path telling you to 'turn around' – please go all the way to the turn point before turning back on each lap.

The overall course has no elevation gain or drop making this a flat and fast route. Well, except for the small blue bridge you go over at the Marina, but that is sure to get easier and easier on each lap.

EMERGENCY CONTACT DETAILS for your phone

In the event of a medical emergency call the emergency services on 999 **AND** contact the Race Director, Rik Vercoe, directly on 07949 273732 **AND** always pass a message onto the next available runner (in case you do not have a mobile

phone, this step is particularly important as the message is then relayed back to Race HQ). If you are that next available runner, come directly to race HQ and inform the Race Director or one of the Marshals.

Whilst it is not compulsory to carry a mobile phone during this event we do highly recommend it. Regardless, please program my mobile number into your phone – **not later, do it right now!**

Race Director: **Rik Vercoe**
Mobile: **07949 273732**
Email: PhoenixRunningUK@gmail.com

FIRST AID / DEFIBRILLATOR & Medical

A first aid kit is located at the race HQ.

A fully automatic CPR Cardiac Science **G5 DEFIBRILLATOR** is located to the right side at the rear of the race HQ. Look for the AED signage. In an emergency this can be accessed by anyone. Open the case, open the defibrillator and follow the voice commands.

A Medical, Emergency & Ambulance Evacuation Plan is located at Race HQ in a red waterproof folder. Foil blankets are kept at Race HQ for both emergency purposes and can be requested at any time.

And FINALLY

Our races are generally small and designed to be low key and FUN!

We hope you have a great day out with us and we look forward to welcoming you!!

PHOENIX Running Ltd

For our full terms & conditions, we ask all participants to go to www.phoenixrunning.co.uk and familiarise yourself with our T&C's and general race rules.



