

Dear PHOENIX T-Bird or Pink Lady,

Please find below a summary of the final instructions for the Greased Lightning Run, 6 hour timed event, on Friday 16th February 2018.

(Please note, we absolutely cannot make ANY changes to entries at this late stage)

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 and you will need to register each day. Race numbers must be displayed clearly on the front of your apparel at all times during the events.

START TIME

9.30am – this is a 6 hour timed event and we do not do early starts. The clock starts at 9.30am and stops at 3.30pm.

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 – for your sat navigation, use KT12 2JG

There is ample parking at the Xcel Leisure Centre and on both sides of Waterside Drive, before the mini roundabout. All parking in the area is **FREE** of charge.

Please, please **DO NOT** park in the small Weir Hotel (pub) car park as it is reserved for hotel residents only. This is a strict stipulation from the landlords and I'm keen that we can come back.

The VENUES

The REGISTRATION VENUE

The Elmbridge 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's 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 (both in 7oz cups and 500ml bottles) and chocolate, sweets, crisps and general fun. 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).

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 in front of the pub, 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. Please do not just leave without ensuring we have captured your finish time and counted your laps.

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 ROUTE & WEATHER

At present, the week leading up to the event looks mixed with some rain forecasted on the two days prior to race day. At this point in time race day is looking dry with cloud cover and maybe even some sun peeking out. It's going to be chilly though with temperature highs of only 5 or 6 degrees and a morning low that could drop to minus (-) 3 degrees, so please do prepare for a very cold start and bring some warm clothes for throughout and afterwards.

Either trail shoes or road shoes are perfectly 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 access 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.

A marshal will be marshalling here for the first few laps of the race and will make sure you turn back and are familiar with this turning point. Please go all the way to the turn-point. The marshal **will not** be there for the duration of the race, but will head back along the route. There will also be 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 & Medical

A first aid kit is located at the race HQ.

A Medical, Emergency and 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.

