

Dear Herculean Runner,

Please find below a summary of the final instructions for the Hercules One Run, 6 hour timed event, on Sunday 26th January 2020.

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

If you are not 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

Whoosh CANOE CLUB

Redricks Lane
Sawbridgeworth
Essex
CM21 ORL

RACE Numbers

All race numbers will be given out at registration on the day from the Canoe Club Cafe. 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 10 minutes before the start time.

PARKING – for your sat navigation, use CM21 ORL, off Redricks Lane

There is parking onsite at the Whoosh Canoe Club, accessed off Redricks Lane. Please drive down the track to the canoe club and park in the grassy area to the left. All parking is **FREE** of charge.

The VENUE

The REGISTRATION VENUE

The Canoe Club cafe will be opening their doors to us from 8.30am and giving us the use of their facilities. The café will be open for teas, coffees, bacon butties, breakfast and other refreshments.

TOILETS & FACILITIES, BAGGAGE

Registration Area - There are toilets at the canoe club which will be open for our use both during registration and throughout the event. These are located next to the cafe. We then walk, literally around the corner to the start area.

Start Area - The start / finish area is adjacent to the cafe on the Canoe Club site.

Baggage - We'll have a tent or baggage area at the start area, 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.

RACE HQ – Start & Finish Area & Aid Station

Race headquarters, also known as 'the tuck shop' will be in the start area, adjacent to the cafe and easily accessible from the towpath. Here there will be a well stocked aid station with lots of water, squash, 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).

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. At our main start / finish aid station you'll find 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 have fully biodegradable and compostable Planet X paper cups for those who don't like the squashy reusable ones. 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 its 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.

If you're using one of our Planet X paper cups and you want to be super-efficient then help us out by taking your cup out when you finish and pop it in the bin! These all go into our composters later.

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 looped laps in this time as you want. You need to complete one lap to qualify for the finishers' medal. After each lap you will come off the towpath, through a large gate and 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. 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

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

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 usually suitable options, but with the recent wet weather there are some slippery and muddy areas so we recommend trail shoes if you have them.

Please note that the trails & towpaths are 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 0.8 mile mark where there is a busy road – you **DO NOT** cross this road; however please be mindful of other road users here and take care at the road entrance to the Beefeater, Harlow Mill. Also, take extra care on the 'bridge' at the 2.4 mile point as it can be slippery.

All runners begin in the grounds of the Whoosh Canoe Club and head out through two metal gates onto the towpath with the waterways on their right hand side. Follow the towpath towards the A1184, then at the A1184 turn right, taking care at the entrance to the Beefeater and then turn right again (there are two large white signs with red lettering that say 'Run Trail'). Follow the signs back onto the trails that lead west, broadly following the River Stort. **Note:** you will not be able to see the river at all times so we have marked the route with black arrows on a yellow background and red & white barrier tape at key turn points. Follow the pathways to a junction at 1.8 miles and turn right and then at a grassy section at 2.2 miles stay right until you reach the bridge at 2.4 miles – cross the bridge and turn immediate right following the towpath with the waterway on your right back to the Whoosh Canoe Club and you have completed a loop.

The overall course has very little elevation gain or drop, well, except for our customary small bridge – we do love a bridge!

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 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.

