

Dear PHOENIX Middle Earth Runner,

Please find below a summary of the final instructions for the 'One Run to Find Them', 6 hour timed event and the second event in our 'One Run' trilogy, on Saturday 10th August 2019.

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

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 9.30am

Denbies Wine Estate – at the FRONT of the main building under the blue canopy's.

**London Road
Dorking
Surrey
RH5 6AA**

RACE Numbers

All race numbers will be given out at registration on the day from the front of the building in front of 'the Hatch' under the blue umbrella canopy's. Race numbers must be displayed clearly on the front of your apparel at all times during the event.

START TIME

10.30am – 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 registration area and then we all walk to the start together.

Parking

There is good parking in the wine estate car parks. All parking is **FREE** of charge.

Most of the parking spaces are well marked, but there are a few that aren't, so please try and park sensibly and don't leave huge spaces in between vehicles.

parkrun – come and join the fun early!

We love parkrun and on the day of our event Mole Valley have their weekly parkrun happening at 9.00am. parkrun starts in the same area that we will be using and they use a very similar (although not exactly the same) route to us so why not come along early and squeeze in a cheeky parkrun first whilst having a look at the route.

The VENUE

The REGISTRATION VENUE

Denbies Wine Estate will be opening their doors to us from 9.00am and giving us the use of their facilities. The café will open at 9.00am for teas, coffees and other refreshments. There is also an excellent shop – it sells wine!

TOILETS & FACILITIES, BAGGAGE

Registration Area - There are toilets in the main building, through the main entrance, which will be open for our use and these can also be accessed through the shop and cafe. These will be open and easily accessible throughout the event.

Start Area - The start / finish area is off to one side at the front of the main building, and located in a small field where the main aid station gazebos will be located. This is approx. 50 meters from the registration area.

Baggage - We'll also have a tent or baggage area 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.

RACE HQ – Start & Finish Area & Aid Station

Race headquarters, also known as 'the tuck shop' will be located in a small field near the main building and only 50 meters from the registration area, 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 and map 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 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 have fully biodegradable and compostable Planet X 7oz paper cups for those who don't like the squishy 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 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.

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! 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 loops in this time as you want. You need to complete one lap to qualify for the finishers' medal. After each loop 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 ding 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.

Please note that although Denbies is a private estate, there may be other members of the general public in the estate, so we would ask that you give due consideration to all other users. As the route is a 'loop', which is repeated, you may be passing other runners by overtaking them, or they may be passing you, so please give due 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 at the start flags at the main aid station and run along the top edge of the small field before turning left and heading up the 'HILL'. Then simply follow the yellow signs with black arrows along the route which takes you around some of the outskirts of the estate before dropping back down towards the main entrance and then looping back to rejoin the top of the small field and back to the aid station (see the attached route map)

The overall course has a fairly significant amount of elevation gain and drop making this a somewhat hilly route, depending on your perspective. But remember – what goes up must come down and there isn't even 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 / 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 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.

