

Dear PHOENIX Runner,

Please find below a summary of the final instructions for the Running Man marathon & half marathon events, on Saturday 19th October 2019.

(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 8.00am

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

09.00am – this is a marathon and half marathon distance event(s) where everyone starts together.

There will be a mandatory race brief 15 minutes before the start time.

There is a **7 hour** cut off time for our marathon distance events and a **5 hour** cut off for our half marathon events.

PARKING – for your sat navigation, use KT12 2JG

There is ample parking in the leisure centre car park and on both sides of Waterside Drive, before the mini roundabout. All parking in the area is **FREE** of charge.

Please help us with parking in the leisure centre by parking on the far side of the car park away from the front of the centre – Thanks.

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

Please come to the registration area first. The Elmbridge Xcel Leisure Centre will be opening their doors to us from 8.00am 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 centre which **require you to bring a small padlock** where you can leave small bags and valuables. There is then a short walk to the start line (approx. 2-3 minutes) which we will all make together after the mandatory briefing.

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)!

The START AREA

The start / finish area is in front of the Weir Pub on the towpath. The pub will be open throughout and allows us use of their toilets during our events and they also have an excellent food menu including breakfast. You may want to stay on after the event for a bit of food and a drink or two as well.

Turnaround Point – There are good public toilets (signed) about 50 meters before the turnaround point water station at the far end of the towpath (so 5.3km from the start) by the Molesey Lock. This is right next to the run route.

There are further toilets 1 km before the turnaround point (so 4.3km from the start) located at the 'Thyme on the River' Café at Molesey cricket club, also right near the run route. These are in the cricket club behind the café.

BAGGAGE

There are lockers at the registration venue in the Xcel Leisure Centre where you can leave any valuables – **you need to bring your own padlock to secure these**. We'll have a tent at the start area on the towpath, 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 here.

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. 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 3.3 miles from the race HQ as you run, (as long as you stay on the correct route that is; see route description below). There is a second aid station, equally well stocked, at the turnaround point 3.3 miles from race HQ, so you will never be more than 1.65 miles from an aid station and chocolate Freddos.

The PB GONG – we also have a 'Personal Best' gong, so if you run a PB time with us, then feel free to dong that gong as loudly as you can!

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 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 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.

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 I 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 left hand side and run through Sunbury Lock. Navigation is about as easy as it can get – just follow the river! There is a short, 200m section near the start, which is the only time the river is not completely visible. 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 5.3km or 3.3 miles runners will reach the turning point at the Molesey Lock Cafe, postcode **KT8 9AF** where a water station and good public toilet facilities are located. There will be a yellow sign and bollard – please go all the way to the bollard before turning back on each lap. The aid station will be manned, as always, by some familiar faces. At the start area we'll have other familiar faces too and you'll be in safe hands with our marshals. Don't forget they have volunteered and have given up their time to support you, so please give them a jaunty smile as you blast past.

Its 4 laps for the marathon distance and 2 laps for the half marathon distance.

The overall course has no elevation gain / drop making this a flat and fast route.

Race Timing - LAP RULES and Etiquette

The route involves completing 2 or 4 laps of a 6.6 mile route. It's 2 laps for the half marathon or 4 laps for the marathon and each time you complete a lap we will give you a coloured wrist band. When you are coming into finish you **MUST RING the BELL** and we'll record your distance and finish time.

The overall course has no elevation gain / drop making this a flat and fast route.

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 this 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.

