



Kent Roadrunner Marathon. 31st May 2014

Dear ,

Your entry to the 2014 Kent Roadrunner Marathon is **CONFIRMED**.

Your race number is: .

Today we will ask you to remember TWO things:

PLEASE remember your race number () as knowing it will speed up the collection of your race packet.

Your race number and timing chip must be collected from the venue on race morning, 7:00-8:30am on Saturday 31st May. Venue post code is DA11 7NP.

TRANSPORT

The venue charges a one-pound fee per car per day. To avoid queues at the parking machines we'll collect this as vehicles enter the car park - please have a one pound coin ready to avoid delay. The venue is just 5km from Gravesend Railway Station which has direct high-speed services from London St Pancras - much quicker than driving from London! Check the [National Rail](#) website for train times.

ARE YOU FIT?

A marathon is a strenuous activity and you should not run if you're feeling unwell. We strongly advise all runners, even the most experienced, to visit the [Runners' Medical Resource](#) website. Remember it may be hot - hydrate properly the day before and wear sunscreen if the forecast is sunny.

SHOWBOATING

I'm sure you all know about our famous Showboating competition by now. We'll display signs when the showboating zone is open and the photographers are snapping. Expect this from 10:00-10:45am (approx). The zone is immediately after the drinks station at the beginning of the lap. Dance, jump, conga, anything you like. The most amusing photograph will win a trip to the 2014 Frankfurt Marathon with **209 Events**.

SHIRTS

Due to the runaway success of our shirt sales we now have a second batch of shirts. Those who have ordered in May will be able to collect theirs at race registration. We will also have a small stock of shirts available to purchase at £23ea (cash only).

SPECTATORS

We welcome all spectators and have plenty of room for friends and family to enjoy the race atmosphere. There is an onsite cafe as well as BMX and skate parks and a playground. The latter facilities are operated by Cyclopark and should only be used with their permission (they have an reception desk). Please remind your supporters that there may be cyclists riding to/from the BMX area, and will be an aerial drone operating at the venue. ABSOLUTELY no dogs (except guide dogs) are permitted at any time within the venue. There are plenty of public footpaths outside the perimeter fence.

DRINK STATION

We will have an official drink station (every 2.5km) stocked with water, orange squash, CLIF SHOT Electrolyte, CLIF SHOT BLOKS, bananas, crisps, biscuits and jaffa cakes. The drinks will be supplied in plastic cups. If you prefer something different then we have a dedicated area for personal drinks - bring your own small table and fill it with your own supplies. A great way to have exactly what you want every 2.5km.

UKA Rules

This race is held under UKA Rules (<http://www.britishathletics.org.uk/competitions/rules/>). Please consult the rules before race day. It is a UKA requirement that you do not fold or cut your race number and that you complete the medical details on the reverse of your number. UKA Race Licence 2014-9667. BARR Gold Label Race, certificate 2014-626.

Your race number is: .

Ian J Berry

Race Director, Kent Roadrunner Marathon

<http://www.kentroadrunner.com>

You're receiving this email because you have entered the Kent Roadrunner Marathon.

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Pre-race info email - no unsubscribe option.

