



Kent Roadrunner Marathon. 28th May 2016 9:00am

Dear **[[Name]]**,

Your race number is: **[[Bib]]**. Please print this, or save it to your phone, as knowing your race number will greatly speed up registration.

OPTIONAL ONE POUND DONATION FOR PARKING

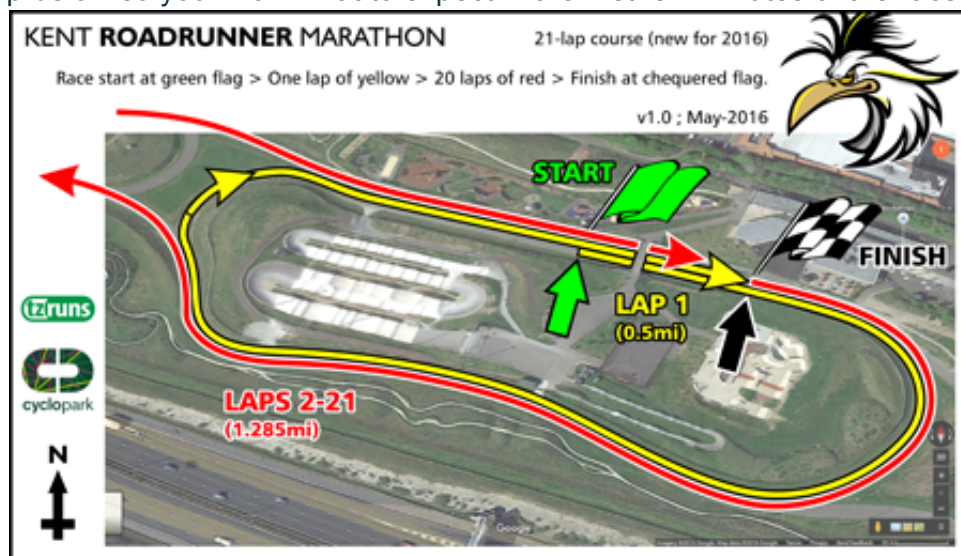
Remember we're trying to raise lots of money for London's Air Ambulance. Please drop a pound (optional car parking fee) into the collection buckets at race registration.

VEST SALES

We'll have KRR16 vests for sale at race registration. They will be 20 pounds each, cash only. Once these last ones have gone there will be no more made - this is your last chance!

KNOW THE COURSE!

Please remember the race starts with a small half-mile lap ("lap one"), followed by 20 identical laps, each of 1.285 miles. The turn will be fully marshalled, but please study the map below so you know what to expect in the first few minutes of the race:



FREE BEER

Your race number will contain a tear-off strip, which is your Upham beer token. Please keep this attached to your race number throughout the race as Upham are kindly supporting the event, so please be kind to them! After you have finished you

can tear off your beer token and exchange it for a lovely bottle of Upham Punter beer. Your token number must match your race number (i.e. one beer each). Please drink responsibly.

YAZOO!

We're delighted to welcome the YAZOO sampling van. The team will be giving out complimentary bottles of YAZOO to finishers and supporters. YAZOO is such an amazing recovery drink as it has no artificial sweeteners or flavours and is stocked full of calcium and protein to help maintain healthy bones. It is also school approved!



POST-RACE MASSAGE

The Healing Zone, Cyclopark's in-house sports massage specialists can provide a post-race treatment. Just 5 pounds for a 10 minute post-race massage - Please bring cash.

RACE REGISTRATION

You **MUST** collect your race number and timing chip before the race. This must be done at the venue, Cyclopark ([DA11 7NP](#)):

- Friday evening (27th May): 6:00pm-7:30pm, or
- Saturday morning (28th May): 7:00am-8:30am.

Please know your race number (**[[Bib]]**) to speed up registration.

Please bring photo ID with you to collect your race number. Do NOT attempt to run under someone else's name - you will NOT be able to collect their number.

TIMETABLE (Race Day, 28th May):

- 07:00 - Registration opens in main Cyclopark pavilion
- 08:30 - Registration closes promptly
- 08:45 - Gather at start line
- 08:50 - Pre-race group photo shoot wearing KRR16 vests
- 08:55 - Announcements
- 09:00 - Race Start**
- 12:20 - Runners must have completed their 11th lap by this time
- 12:45 - Prize-Giving (for winners thus far)
- 13:30 - Second Prize-Giving
- 15:00 - Finish line closes (6h race cut-off)

YOUR HEALTH

Nothing in the world is more important than your health. Even for those who run a lot of marathons the demands of the distance are great. Please don't start the event if you're unwell - there will always be more races. We heartily recommend you visit [Runners' Medical Resource](#) for great advice on preparation and especially on race hydration and avoiding the potentially very serious hyponatraemia. S.E. Medical will be present and we hope they'll have nothing to do all day!



RULES

The event is held under [UKA Rules](#). We will have a UKA Adjudicator and Race

Referee present, so please keep your shirt on, don't fold your race number, etc! As our event is held entirely on a traffic-free track we can allow runners to wear headphones, but if you do make sure you keep the volume down so you can hear marshals' instructions. All entrants and spectators are reminded that Cyclopark enforces its strict No Dogs rule throughout the venue (except guide dogs).

UKA Race Licence: **2016-20221**

AUKCM Course Measurement Certificate: **16/141**

British Association of Road Races: **Gold Standard**

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

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Pre-race info email - no unsubscribe option.

