



## ARC 2009 Participants' Information Sheet – 11<sup>th</sup> July 2009

### 1 Introduction

Thank you for entering one of our events. We thought that you would like to know that currently, thanks to sponsorship, we have covered some 60%+ of our costs. We are hoping that **all** entry fees received will be split between local charities and a local community project.

**The event that you have entered for will take place whether it rains or the sun shines.**

**Registration starts at 8.00am and will close 10 minutes before the start of the run. The ARC Half Walk sets off at 8.30am and the Kids Runs start promptly at 9.00am. The ARC Half and ARC Ten start at 9.30am.**

### 2 Arrival & Registration

For those coming from outside the village, you need to get to Lucy Placketts Playing Field which can be accessed from Dog Close or at the bend of Round Close Road – see <http://www.multimap.com/maps/?hloc=GB|adderbury> and zoom in. Please do not try to park at the Playing Field. Suggest that you park in one of the roads on entry and walk. Be careful not to block driveways or vehicular access. Bear in mind that Party in the Park starts at midday and will also bring many visitors. So if you want to get away soon after completion, the further you park away from the Field the better will be your escape.

Your entrant number will be posted no later than 4<sup>th</sup> July 2009. On the reverse of your entrant number you will need to write any required medical or other information in case of emergency. You will then need to pin the number to your vest or T-Shirt.

On arrival at Lucy Placketts' Playing Field please look for the Registration Gazebo. You will not be deemed to be present until you register at the Registration Desk no later than 10 minutes prior to the start of a run/walk. Posted nearby will be the routes for the various runs and walks. The routes are also posted on our website [www.AdderburyRunningClub.co.uk](http://www.AdderburyRunningClub.co.uk).

On completion, all finishers will receive a medal and an ARC commemorative T-Shirt. The winners will be announced at midday just as Party-in-the-Park commences.

Adderbury Football Club has kindly agreed to allow us to use their change and shower rooms located by the Playing Field. The doors will be marked ARC Male and ARC Female for non local entrants. If possible we hope to get a key to lock the rooms so that your personal possessions may be kept safely but we cannot accept liability if anything goes missing. As there are over 350 entrants can we ask all locals to shower and change at home.

### **3 Runs & a Walk**

The point of differentiation for the Adderbury Running Club is that most of our runs & walks are cross-country with as little road running as possible. Consequently, some of the runs and walks will require you to pass through kissing-gates and stiles and parts may be slippery if it will have rained recently. The Adderbury Half will traverse farm tracks, tow paths, foot paths and Bridleways and some roads. The Adderbury 10 will cover similar ground but not tow paths. The Kids Run will be on local footpaths and perhaps Mill Lane.

**Adult Half Walkers must be at the start line at 8.25am. All Kids runners need to start assembling at the start line by 8.55am for a 9.00am start. Runners in the Ten and Half need to assemble by 9.25am for a 9.30am start. You must register your presence at the Registration Desk prior to the run for you to be deemed to be running/ walking in your event.**

There are three water stations for the Adderbury Half. There is one water station for the Adderbury 10. And for all runners and walkers there is a water station at the end.

We have been assured by British Waterways that the vegetation along the tow paths will be cut by 11<sup>th</sup> July.

The finishing line is the same as the start line. Runners will need to get into their respective funnels as they approach the end when their position and time will be noted.

There will be markers along the route: miles covered for the Half plus a **RED** marker every few hundred yards confirming you are on the correct route; and kilometres covered for the 10 plus a **BLUE** marker every few hundred yards confirming you are on the correct route.

### **4 Health & Safety**

All routes are cross-country. So expect to see rabbit and even badger holes. We have tried to avoid the worst of the paths where holes may be a problem. Please be alert to uneven ground and the possibility of rabbit or other holes whilst running and walking.

Please do not bring dogs along for any of the walks or runs.

Some parts of the route will be passable one at a time. The tow path along the Oxford Canal is narrow so passing a runner or walker requires mutual consideration. Please give way if someone faster than you coming from behind request this. Courtesy on the part of all will make this an enjoyable event.

If you note that someone is in difficulty please alert a marshal at the next marshal point or watering station. If you feel that you are experiencing difficulty, ask a fellow runner or walker to report this to closest marshal. A nurse will be on duty and marshals will make the necessary contact.

### **5 Photographs**

The Adderbury, Deddington and District Photographic Society will have their members snapping away along the route. Their results will be available to purchase after the event.

### **6 Most Important**

Enjoy the day! We welcome all constructive feedback. Thank you for your support.