

Car Parking: The nearest car park is the Haven Banks Car Park on Michael Browning Way, EX2 8DP.

Toilets: Toilets for runners will be available on the Piazza and within Haven Banks Activity Centre.

Photos and Social Media : We will be taking photos throughout the event. These will be used to promote future events and share the story with our supporters and the wider public. Official race photography will be provided by www.photo-fit.net . Register for photo updates on their website before race day.



@AgeUKExeter

Please tag us in your photos and stories on Facebook, Twitter and Instagram, we will be RTing / sharing on the day.

Please use the hashtag **#Exe10k**

Thank you to our Sponsors and supporters for making this event possible:



RACE INFORMATION PACK

Important information about Age UK Exeter

10K Retro Run 17th June 2018 at 9am

Please Read

It's not long now until race day! Hopefully your training is going well and you're looking forward to the run. Whether this is your first 10k or you are a regular competitor we aim to put on a great event. Here is your race day information.

We will put any important 'latest information' (weather, issues etc) up on our website so please check it regularly

www.ageukexeter.org.uk

Race Day Information

ROUTE : Due to the unprecedented amount of issues along the route this year please be aware that we may have to change the route slightly depending on the state of the flood defence works in the lead up to the event. The issues include scheduled and unscheduled flood defence works and bridge maintenance – all of which are beyond our control and change frequently. We are monitoring works closely and hope the route will not be affected however these works are out of our control and we will respond as required to ensure a safe run. There is a link to the route on our website.

While the event takes place mainly on footpaths and road, this is a multi-terrain run and there may be parts where extra care and attention is required. Please listen carefully to Marshal instructions along the route. Please do not wear headphones.

PLEASE LISTEN VERY CAREFULLY TO THE SAFETY BRIEFING ON THE DAY WHICH WILL BE DELIVERED BY OUR RACE DIRECTOR.

Start/finish: The race will start at 9.00am . Runners are required to gather on Piazza Terracina – you will be directed to the start line shortly before the race. There is no registration required on arrival, however Race HQ will be located on the Piazza should you have any problems on the morning. We advise you arrive at least 30 minutes before the start of the race to allow time to hear race announcements, place your bag in the bag store, and take part in the warm up. The race will finish near Piazza Terracina, Haven Banks, Exeter.

Running Number: Your running number is enclosed with the timing chip already fixed in place — please do not tamper with these. Please attach the number to the front of your running top with pins. **YOU WILL NOT BE ABLE TO PARTICIPATE WITHOUT IT!** Please ensure you complete the emergency contact details on the reverse of your running number.

Race Day Information

Number Swaps: If you have already entered but are no longer able to run you may transfer your entry to a friend before the event. If you entered online this must be done online. Please see details on our website.

NO NUMBER SWAPS OR ENTRIES ON THE DAY.

At the Start: Please position yourself as best you can in relation to how fast you expect to complete the course. i.e. please allow elite runners at the front. If you expect to take 1+ hours please position yourself from the middle to back. Please listen carefully to Marshal announcements on the day.

Walkers: If you plan to walk the race rather than run it please contact Jacqui Cornish on 01392 202092 by Wednesday 13 June. By walkers we mean people who intend to walk the complete route, rather than runners who are likely to walk for some of the way.

Pulling out of the race once it has started

Should you pull out of the race once it has begun, please ensure you report to a Marshall and tell them your runner number. It is important that we can account for every runner at the end of the race.

Baggage Storage: You will be able to leave bags, coats etc. in a bag store within Haven Banks Activity centre. You will find a pink bag label in this pack. Please attach to your bag (we suggest stapling the label before you leave home) and make sure you are still wearing your number when you come to collect your item at the end. Bags and other items are left at the owners risk. Please do not bring anything valuable.

Fundraising: Thanks to all of you already fundraising, don't forget you can still set up a Virgin Money Giving or Just Giving page. Details of how to do this are on our website. There will be collections at the start and finish area if you would like to donate. It would make a huge difference if everyone raised £50 .

Each runner will receive a snack, bottle of water and a medal. Additional medals will be provided to First, Second and Third Male/Female along with First Senior Male/Female.