



# KENT ROADRUNNER MARATHON 2015



SOUTHERN  
RUNNING  
GUIDE



Saturday 30th May 2015. 09:00am

## Kent Roadrunner Marathon. 30th May 2015

Dear **[[Name]]**,

Your entry to the 2015 Kent Roadrunner Marathon is **CONFIRMED**.

Your race number is: **[[Bib]]**.

With three weeks to go until race day we wanted to send you a few notes to help you prepare. We will send two further email updates before race day.

If you remember nothing else, then remember this:

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

### RACE NUMBERS

Our lovely graphic designer has created some fabulous race numbers, and because we love you too we have attached a preview of your own race number to this email. Feel free to post on Facebook, Twitter or email it to your Mum.

### PACE BANDS

Our lapped course lends itself nicely to an even-paced effort. We have designed pace bands for a range of popular finishing times. Full instructions for these print-at-home bands are available here:

[http://www.kentroadrunner.com/news/pace\\_bands.html](http://www.kentroadrunner.com/news/pace_bands.html)

### KEEPING COUNT

The race is 17 laps. We have offered all sorts of assistance to help you keep count of your laps here:

[http://www.kentroadrunner.com/news/keeping\\_count.html](http://www.kentroadrunner.com/news/keeping_count.html)

### FREE RACE PHOTOS!!

Yes, you read that right. We have hired one of the best race photography teams in the business - **Stuart March Photography** and we have paid them so you don't have to. All your official race photos will be free.

Your race photos will be emailed to you - please add [racephotos@tzruns.com](mailto:racephotos@tzruns.com) to your "safe senders" email list so that your photos reach you safely!

[http://www.kentroadrunner.com/news/stuart\\_march.html](http://www.kentroadrunner.com/news/stuart_march.html)



## ROADRUNNER VESTS

Have you ordered your stunning Roadrunner vest yet? These are dye-sublimation printed, breathable, technical running vests, with a vivid all-over print.

We have stocks of most sizes, but once they're gone they're gone! Order now for same-day dispatch:

[www.kentroadrunner.com/shirt.html](http://www.kentroadrunner.com/shirt.html)

We'll give **100 GBP** in cash to a randomly-selected runner wearing their **Roadrunner vest** at our race... buy one and wear it to be in with a chance!

## FINALLY...

Your next email will contain details of more competitions, more prizes and we'll try and squeeze in some information about the race too! Meanwhile please keep an eye on our [Facebook page](#) for the latest news.

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

© tzruns 2015. Cyclopark, Gravesend, Kent. DA11 7NP  
Pre-race info email - no unsubscribe option.



## FREE BEER!

That's right. Free beer!! Thanks to the generous support of local Kent brewery Old Dairy Brewery you will each receive a complimentary pint of **Gold Top** beer after finishing this year's Kent Roadrunner Marathon.

**Old Dairy Brewery** are based in the station yard at Tenterden, with rolling fields on one side and steam engines on the other - an idyllic location to pop in and stock up next time you're nearby.

Remember, please drink responsibly.

