



Kent Roadrunner Marathon. 30th May 2015 9:00am

Dear **[[Name]]**,

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

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

If you remember nothing else, remember this:

Your race number and timing chip must be collected from the venue. You will not receive anything in the mail. Venue post code is DA11 7NP.

RACE REGISTRATION

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

- Friday evening (29th May): 6:00pm-7:30pm, or
- Saturday morning (30th May): 7:00am-8:30am.

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

TRAVEL

Cyclopark is very easy to access. It is right next to the A2 "Gravesend (C)" exit, just 6 miles from M25 J2. Due to works on site this year parking will be slightly more limited than in 2014. We urge runners to car share, be dropped off, or use the train where possible. Car parking is £1 per car per day.

The nearest railway station is Gravesend, just 5km away. Gravesend is served by new High Speed Javelin trains, taking just 22 minutes from London St Pancras station, or 57 minutes from Charing Cross. Check with Southeastern for full details.



PRIZES

Our little race has a BIG medal, a BIG reputation and a BIG prize structure!! First and foremost it's a race and therefore we have prizes for the top three finishers, category prizes (for every category in which we have entrants), and a new cash bonus for new course records. Full details may be found here: KRR2015 Prize Structure.

FREE MONEY!!

Yes, we're giving money away! All runners wearing their Roadrunner vests in the pre-race group photo will be entered into a random draw and one will win £100 cash. It's

not too late to [buy a vest](#) and be in with a chance of that free money! More details here: [KRR2015 Prize Structure](#).

SHOWBOATING!!



Our original and famous Showboating contest is back.. and with a new twist... This year's theme is **Udder Madness**. We do like milking a good idea, and want the cream of our showboaters to win more great prizes. We have a barn full of unique prizes for the best cow-related tomfoolery, including bespoke exclusive Udder Madness vests/shirts, Old Dairy Brewery gift set, Bad Cow Marathon entries. Use your imagination - dress as a cow, a milk-maid, a farmer, or whatever you think will win!

Of course, our annual Showboating contest continues with more great prizes - so many ways to win!! Huge thanks to [2:09 Events](#), [RunABC South](#) and [Old Dairy Brewery](#) for their kind support. Full details of all the prizes may be found here: [KRR2015 Showboating Contest Prizes](#).

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! All entrants and spectators are reminded that Cyclopark enforces its strict No Dogs rule throughout the venue (except guide dogs).

PERSONAL DRINKS STATION

As usual we have an area dedicated for runners to set up their very own personal drinks station. You will pass the zone on every lap, so you can have precisely what you need every 2.5km. We will have some tables, but encourage you to bring a small (eg camping) table so that you can guarantee table space.

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. The British Red Cross will be present and we hope they'll have nothing to do all day!



UKA Race Licence: **[2015-12745](#)**

AUKCM Course Measurement Certificate: **[12/178](#)**

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

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



