



KENT ROADRUNNER MARATHON
2015



SOUTHERN
RUNNING
GUIDE



Saturday 30th May 2015. 09:00am

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

Dear **[[Name]]**,

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

With one week to go until race day we wanted to send you a few notes to help you prepare. This is your third and final email before race day. All the emails may be downloaded from our [website](#).

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.

CAR PARKING

Car parking at Cyclopark is free for 10 minutes, or one pound per car all day. Please bring a pound coin with you on race day where we'll collect the money on entrance to the car park. Note that parking is slightly restricted this year while the venue builds a new car park (for next year!) so please try and car-share, use the train or email us info@kentroadrunner.com if you will finish in over five hours as we may be able to give you preferential parking.

WIN 100 POUNDS!!

Remember, we'll give 100 pounds of cash to one entrant wearing their Roadrunner vest in the pre-race group photo. All you need to do is wear your vest and be at the start line at 8:50am for the photo! 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](#).

CLIF BAR TASTING STATION

Our lovely friends at [CLIF Bar](#) will be bringing along their tasting station for runners and their supporters to sample all their yummy flavours and products. You will also get a free pack of CLIF SHOT BLOKS in your race pack, you'll have more SHOT BLOKS available throughout the race and a free CLIF BAR in your goody bag.



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.

REVERSE RUNNER

We're indebted to the wonderful Matt Lane who has once again volunteered to be our Reverse Runner. He will run the course in the opposite direction to the rest of you! As well as offering encouragement and a (frequent!) friendly face he is also our eyes and ears out on the course - if you're struggling then let him know, or any of the high-vis marshals.

KEEP WARM JACKET

Thanks to the generosity of [Keep Warm Jacket](#) we will have jackets available free of charge upon request - take one for use at the end of the marathon or save it for a colder day!

POST-RACE MASSAGE

The therapists from Cyclopark's in-house sports therapy centre [The Healing Zone](#) are back for a third year. Just 5 pounds for a 10 minute post-race massage and just 50 metres from the finish line! Please bring cash.

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!

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 one pound per car all 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.



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).

FREE RACE PHOTOS!!

Don't forget we have hired professional race photographers **Stuart March Photography** and paid them well... so your race photos are all free for you! Your race photos will be emailed to you - please add racephotos@tzruns.com to your "safe senders" email list so that your photos reach you safely!
http://www.kentroadrunner.com/news/stuart_march.html

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.

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Pre-race info email - no unsubscribe option.

