



Kent Roadrunner Marathon. 28th May 2016

Dear **[[Name]]**,

Your entry to the 2016 Kent Roadrunner Marathon is **CONFIRMED**.

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

With less than 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, then remember this:

Your race number and timing chip must be collected from the venue, either:

Friday 27th May, 6:00pm - 7:30pm, or

Saturday 28th May, 7:00am - 8:30am.

Venue post code is DA11 7NP.

RACE NUMBERS

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

PACE BANDS

Our lapped course lends itself nicely to an even-paced effort. We have now re-designed our pace bands for this year's revised course. Full instructions for these print-at-home bands are available here:

http://www.kentroadrunner.com/news/pace_bands.html

(you may need to press "Refresh" if you have visited this page recently)

KEEPING COUNT

The race consists of one small loop followed by full 20 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

FREE MONEY!!

Yes, we're giving money away! All runners wearing their 2016 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!

SHOWBOATING!!



Our original and famous Showboating contest is back.. and with a new twist... This year's theme is **Horsing Around**. Some may think this is a bit lame, but hay it's a good way to harness creativity. We have a stable full of unique prizes for the best

equine-themed tomfoolery, including bespoke exclusive Horsing Around running vests/shirts, Horsing Around arm warmers and anything else we can rein in. Use your imagination - dress as a panto horse, a cowboy/girl, a jockey, or whatever you think will win!



Of course, our annual Showboating contest also continues with more great prizes - so many ways to win!! Full details of all the prizes will be revealed next week.

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! As our event is held entirely on a traffic-free track we can allow runners to wear headphones, but if you do make sure you keep the volume down so you can hear marshals' instructions. All entrants and spectators are reminded that Cyclopark enforces its strict No Dogs rule throughout the venue (except guide dogs).

OFFICIAL DRINKS STATION

We'll have our own drinks station where we'll offer all runners CLIF BLOKS, High5 orange electrolyte drink, squash, water, sweets and crisps.



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 1.3mi. We will have some tables, but encourage you to bring a small (eg camping) table so that you can guarantee table space.

TRAVEL

Cyclopark is very easy to access. It is right next to the A2 "Gravesend (C)" exit, just 6 miles from M25 J2. We have more car parking than ever, but always aim to arrive with plenty of time. Parking is an optional £1 per car per day (100% of donations will go to London's Air Ambulance).

The nearest railway station is Gravesend, just 5km away. Gravesend is served by 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.



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. We have professional medical cover with **SE Medical** and we hope they'll have nothing to do all day!

UKA Race Licence: **2016-20221**

AUKCM Course Measurement Certificate: **16/141**

FINALLY

Our good friends at RunRite Events have been a tremendous help with our races. Now they have launched their very own race.

How about ... Running at a 2012 Olympic Venue... on the same day as the 2016 Olympic Marathon... and finishing inside the world famous Velodrome... THEN have a well earned rest while watching the final stages of the Olympic Marathon while having a drink and something to eat? Bespoke medal and long-sleeve t-shirt. Read more and enter here: [Not The Rio Marathon](#)

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

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Pre-race info email - no unsubscribe option.

