



Saturday 28th May 2016. 09:00am

## Kent Roadrunner Marathon. 28th May 2016 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 must be done at the venue, Cyclopark (DA11 7NP):

- Friday evening (27th May): 6:00pm-7:30pm, or
- Saturday morning (28th May): 7:00am-8:30am.

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

**Please bring photo ID with you to collect your race number. Do NOT attempt to run under someone else's name - you will NOT be able to collect their number.**

### CAR PARKING

This year we have over a hundred additional parking spaces and we have paid the parking fees for you. Please bring a pound coin with you on race day - an optional donation to benefit [London's Air](#)

[Ambulance](#). 100% of all donations from these contributions will go direct to the charity - absolutely no "costs" will be deducted.



### TIMETABLE (Race Day, 28th May):

- 07:00 - Registration opens in main Cyclopark pavilion
- 08:30 - Registration closes promptly
- 08:45 - Gather at start line
- 08:50 - Pre-race group photo shoot wearing KRR16 vests
- 08:55 - Announcements
- 09:00 - **Race Start**
- 12:20 - Runners must have completed their 11th lap by this time
- 12:45 - Prize-Giving (for winners thus far)
- 13:30 - Second Prize-Giving

15:00 - Finish line closes (6h race cut-off)

### REVISED COURSE FOR 2016

We're really pleased that we have taken out one of the hills on the course this year, now making the race 21 laps. Please familiarise yourself with the [2016 course](#) before you arrive so you can relax on the day!

### WIN 100 POUNDS!!

Remember, we'll give 100 pounds of cash to one entrant wearing their 2016 (black) 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: [KRR2016 Prize Structure](#).

### SHOWBOATING!!



Our original and famous Showboating contest is back.. and with a new twist... This year's theme is **Horsing Around**.

*Hay?* What's all this about? Simply we want you to *harness* your creativity and come up with some horse-related tomfoolery on the *hoof*. Is this just for fun? *Neigh*, the best equine silliness will win some great prizes, including these bespoke **Horsing**

**Around** vests/shirts - exclusive to ONLY the winners and noone else in the world! We have other great runner-up prizes too.

Of course, our annual Showboating contest continues with more great prizes - which basically means any kind of silliness which isn't horse-related! Huge thanks to [2:09 Events](#), [RunABC South](#) and [Upham Brewery](#) for their kind support. Full details of all the prizes may be found here: [KRR2016 Showboating Contest Prizes](#).

(All of this Showboating silliness is entirely optional - if you just want to ignore it and run past, we think that's cool too!)

### 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 have CLIF BLOKS available throughout the race and a CLIF Bar in your finishers' goody bag.

### OFFICIAL DRINKS STATION

We'll have our own drinks station where we'll offer all runners CLIF BLOKS, 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 **optional** 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. Please note that no supporters are allowed inside the personal drinks station this year (to

avoid congestion there).

## 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.

## POST-RACE MASSAGE

The therapists from Cyclopark's in-house sports therapy centre [The Healing Zone](#) are back for a fourth 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. S.E. Medical 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. Car parking is one pound per car all day (optional).

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! 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).

## FREE RACE PHOTOS!!

Don't forget we have hired professional race photographers [Stuart March Photography](#) as well as [Mick Hall Photos](#) 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](mailto:racephotos@tzruns.com) to your "safe senders" email list so that your photos reach you safely!

<http://www.kentroadrunner.com/news/racephotos.html>

UKA Race Licence: **[2016-20221](#)**

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

