

The Garden City 10

10.30am Sunday 5th September 2010

Dear Competitor, Thank you for your entry and welcome to the twenty seventh Garden city 10.
Your race number is 295. You are not a member of a team.

Start Time, Race Number & Timing Chip: Your race number, timing chip, baggage label and sponsor form is enclosed; Race HQ is in the main hall at the Race HQ: Sir Frederic Osborn School, Hems Lane, Welwyn Garden City, AL7 2AF. The race starts and finishes in the School grounds
Your race number and timing chip are allocated to you and are not transferable. The **race number** should be securely fastened to the **FRONT** of your vest and be clearly visible during the race and at the finish.

The **Timing Chip** should be fastened to the laces of one of your running shoes (diagrams available at the race HQ). DO NOT Remove the chip until you have reached the end of the finish funnel to ensure that your time is recorded. You MUST return the chip to the collection bucket, after passing through the finish funnel.

Parking: Competitors may not park at the school and should use the parking location shown on the course map (see over). Do not park in the roads opposite the school e.g. Daniells.

Changing: There are toilet, changing and shower facilities at the school.

Baggage Area: Bags may be left at the Baggage store, to avoid delays please arrive with your race number already written on the baggage label. Please do NOT leave valuables as the organisers cannot be held responsible for any loss or damage, however caused.

10 mile Course: The two lap, 10 mile course has been measured by a qualified course measurer. The Certificate of Accuracy and Race Permit (ARC10/113) will be displayed on the day.

For those runners accompanied by family and friends, the course is very spectator friendly: the race can be viewed at the Start, 1 mile, 5 miles, 9 miles and the Finish all within a 200 metre walk (and there are refreshments for sale during and after the race too).

In accordance with ARC rules there will be 3 water stations.

Runners Conduct: Please run on the pavements on the left where possible and obey the marshals' instructions. Listen to the public address system for any late announcements.

If you retire from the race, please notify the nearest contact point, e.g. marshal, water station, or ask another runner to pass on a message with your location.

For your own safety and that of other runners, please **do not wear headphones when running.**

Medical Aid: St John Ambulance will provide medical cover for the event. However, it must be emphasised that if you are feeling unwell on the day, DO NOT RUN.

If you have a medical problem, write key details on the back of your running number.

Finish: At the finish proceed steadily through the funnel staying in your finishing order. At the end of the funnel there will be a chip removal area and you will be given a finishers medal and goody bag.

Timing & Results: A race clock will be positioned at the finish. The official timing will be provided by the chip timing system. Times will be posted in the school hall. Full race results shall be available at <http://www.gardencityrunners.org.uk/> when the last runner has crossed the finish line.

Rules: The race is run under ARC rules. Any other race specific rules and a list of officials will be posted near the information desk.

Presentation of Prizes & Trophies: This will take place as near as possible to 12:30. NB no prizes will be given out prior to this. All runners are encouraged to stay for the presentation as some random prizes will also be given.

Sports Stall: Fast Feet Sports will have a stall selling a range of sports equipment.

Post Race Massage: The Commons Practice will provide a sports massage on a first come first served basis. A voluntary donation of £5 would be appreciated.

Information: If you have any problems or queries on the day, please use the INFORMATION DESK in the school hall. This will also have information about the Garden City Runners club.

Late Entries: Available on the day (£3 extra). If friends or club mates wish to enter please ensure they arrive in the school hall by 9:45.

Sponsorship: The sponsorship form enclosed is for Keech Hospice Care, which is this year's chosen charity, we hope that you may consider raising funds for this local charity.

If you need any further information before the race day, please call 01438 832651 or 07769 713700

Supporting Events: Please note that there are two Fun Runs at the School on race morning so friends and family can participate in those if they wish. There is an Adults (over 16) 2 Mile Fun Run at 10.40am and a 1K Fun Run for children shortly afterwards. The Children's Fun Run is entry on the day only but people can pre enter the Adults Fun Run by ringing 01707 375633 or emailing peterharvey1@btinternet.com

Information for all events can be found at www.gardencityrunners.org.uk

