



SALOMON FOREST TRAIL DELAMERE FOREST

THURSDAY 15TH JULY 2010, 7PM START

Thank you for your race entry for the Salomon Forest Trail 10KM and 3KM Fun Run.

Please read these instructions to ensure you have a hassle free time... and enjoy the race!

Salomon Forest Trail 10KM start time: 7.00 pm

Salomon 3KM Fun Run start time: 7.05 pm

NUMBER & CHIP

10KM Your number and your chip have been sent to you in advance so there is no need to come and register. The chip is secured around your laces and your number is attached to the front of your running vest. Please complete the details on the back of your race number if you have a known medical condition or allergy that will help the medical staff in the event of an emergency.

3KM - You will have received your number in the post, but you will not have a timing chip so no need to register on the day. Please note that the Fun Run is not a race and we will not be timing it.

We will be accepting entries on the day for both events. Please come to the Late Entries Desk in the Information tent to enter.

BAGGAGE AND TOILETS

Baggage can be left in the Information tent but **AT YOUR OWN RISK**. As the parking is close by we suggest you leave your kit and belongings in your car. Please use the toilets in the car park by the start or the toilets by the Visitor Centre.

CATERING

The cafe in the Visitor centre will provide you with an after race snack and drink, so you can enjoy the rest of your evening at leisure in the forest.

THE ROUTE / DRINKS STATION / FIRST AID

The route will be marked with yellow signs with black arrows and Salomon tape. It is a mildly hilly route with one big hill taking in some lovely tracks and trails through the forest. Please watch out for other people walking/ running in the area.

There will be a drinks station at approximately half way through the 10KM and at the finish. The British Red Cross will be in attendance at the start / finish area and at the drinks station.

It is very important that we DO NOT LITTER Delamere Forest Park. Please carry any drinks bottles, gel wrappers or any other litter and deposit in the waste bags / bins we provide on route and at the finish.

TIMING AND RESULTS

10km - Results for the 10km will be posted as soon as possible after the event on:

www.racetimingsystems.com

www.209events.com

3km - There is no computerised timing for the 3km or results published.

RACE PHOTOGRAPHY

Race photography will be supplied by www.perfect-timingphotography.com

Please log on to purchase pictures of you running in the event.

MEDALS / PRIZES / GOODY BAGS

Presentation time will be announced on the day. Runners only win one prize. All finishers in the 10KM will receive a medal and various goodies in the goody bags at the finish. Prizes will be awarded to the following:

- Men and Women: First 3 finishers
- V40, V50 Men and Women: Winners

3km Fun run: Medals for all finishers and goody bag

DIRECTIONS

THE START

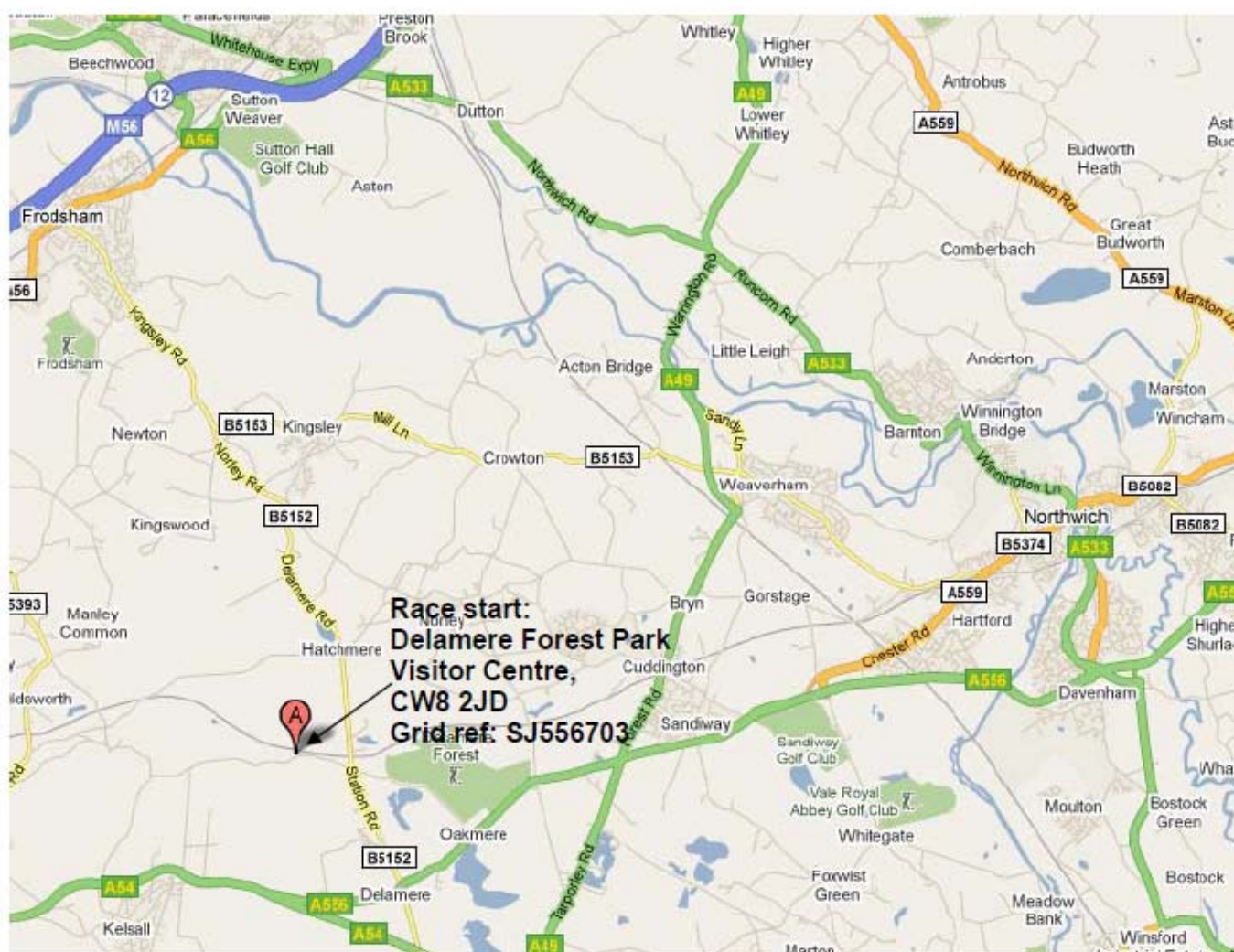
The event starts in the Old Pale Car Park near the Visitor Centre, Delamere Forest Park, Linnere, Northwich CW8 2JD. (GR: SJ556703)

BY CAR: The event is situated approximately 10 miles from the outskirts of Chester and close to the M56. The Forest Park is well signed from the A54, A556 and B5152.

BY RAIL: Delamere station is situated on the outskirts of the forest and is a 5 minute walk from the Visitor centre.

PARKING

Parking is in the Delamere Forest car parks. Please follow the signs to the event car parks. Your entry fee to the race includes your car park fee. You need to display the enclosed car park voucher to avoid being fined!



ANY QUESTIONS? Contact info@209events.com or call 01252 373797

