



SALOMON TURBO X BORDON, HANTS

**SUNDAY NOV 21ST 2010
10AM START**

Thank you for your entry to the last of the 2010 Salomon Turbo X Trail races. We would like you to enjoy this event, so please read the instructions below to make your day go smoothly!!

START TIME - The main race begins at 10 am sharp. We recommend that you get there at least an hour before the start time to get yourself prepared. So don't be late and miss your chance to be the TURBO X winner- be geared up and ready to take on the trail and the X Zone!

RACE HQ - Will be in the marquees situated in the Salomon Race Village. It will have the information desk and last minute number collection point

LATE ENTRIES - To enable us to predict and keep reasonable control of traffic volumes and organize the admin for the race and the timing chips. There will be **STRICTLY NO ENTRIES ON THE DAY**.

JUNIOR 3 MILE FUN RUN (NB: 7-15 years only. Adults may enter to accompany their children only) - No timing chip required. The fun run is not a race and has no recorded times. Entries are available on the day from the Information desk. Race starts at 1010 after the main race.

YOUR RACE TIMING CHIP AND NUMBER - Your number and your chip are enclosed with these instructions so you do not have to register on the day. Your number must be secured to the **FRONT** of your top by 4 safety pins and the chip must be secured through your shoelaces. Your timing starts when you cross the mat at the start line please make sure you run over the mats to record both your start and finish times. There are separate mats for the timing over the **X ZONE**, so please ensure you cross the mats there too or your time will not be recorded. Please ensure your chip is securely fastened - Remember **NO CHIP = NO TIME!**

THE ROUTE / COURSE - The route will be wet and muddy in places so appropriate off road footwear is advisable. There will be spectator areas to view the **X ZONE** near to the start. The land we are using is used for military exercises, so please expect the unexpected! The course will be 10 miles and marked with tape and arrows but will have no mile markers. The terrain is hilly, stony, muddy and sandy - so you will get wet and muddy ... Its serious off-road stuff here!

TOILETS / CHANGING - There will be toilets at the start / finish area. But don't forget the extra toilet paper in your kit bag - just in case! Please be respectful of the local environment! **IMPORTANT** - there are no changing or showering facilities. So please come dressed to run and wear the appropriate footwear - and think about some warm dry clothes for the journey home.

BAG STORAGE - We recommend you leave all your belongings and valuables in your locked cars as parking is right beside the Salomon Race Village at the start/finish area. Alternatively, you can leave bags at the Information tent but this is **AT YOUR OWN RISK** as the area is not supervised at all times during the race.

FIRST AID - There will be Level 2 First Aid supplied by Thames Valley Ambulance Services at the finish and out on the course. You should be relatively fit and well and be free of colds or flu. 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.

DRINKS STATIONS - There is one drink station which you pass twice (water only) and at the finish. Please make sure you bring your own drink for before the race start.

TURBO X ZONE - There will be spectator areas to view the Turbo X Zone but this might not be close to the start area.

CATERING/ REFRESHMENTS - Don't forget your money as you'll be fed and watered by our mobile catering company pre and post trail run from 0830 for hot and cold food. They will be on hand to feed you up and get you back to full strength!

RETAILERS - We always have a great selection of retailers ready with a good selection of stock to meet your every running need! Bordon will be the host to Alexandra Sports, so pay a visit to www.alexandrasports.com to find your nearest store.

PRIZES - Presentation time will be announced on the day. All finishers will receive a Salomon technical t-shirt and various other goodies in the goody bags at the finish. Runners can only win one prize except for the Turbo X zone prize. Prizes will be awarded to the following:

- Men and women - 1st, 2nd & 3rd Finishers
- Over 40 men and women - 1st, 2nd finishers
- Over 50 & 60 men and women - 1st
- Turbo X Zone - 1st, 2nd, 3rd place regardless of age and gender

JUNIOR FUN RUN - race memento and goody bag. No prizes awarded.

RESULTS - Full results will be available as soon as possible on www.209events.com and www.racetimingsystems.com

RACE PHOTOGRAPHY - Race photography will be supplied by Phil O'Connor. From Monday, please log on to <http://www.philoconnor.com/events.htm> to purchase pictures of you running in the event.

GETTING THERE...

The nearest postcode is GU35 ONE which is the Louisberg Barracks. But the entrance to the track (Grid Ref: SU788361) to the car park is off Oakhanger Road just along from the Barracks in Station Road on the B3002 in Bordon, Hampshire. The B3002 crosses the A325 Farnham Road and the race will be signed from the traffic lights by the Fire Station. Follow the signs and the track to the parking area next to the Salomon Race Village.

BUS - Bus routes - No 18 from Farnham, Rail link bus from Liphook station to Bordon (get off at Fire Station, then a 15 minute walk). **TRAINS** - www.southwesttrains.co.uk/SWTrains/Timetablesearch/

TURBO X, BORDON

