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## Camperdown Park, Dundee

### Sunday 25 February 2018, 10:30am

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### Event information

This sheet should cover all the details you should need to know for the Resolution Run. If there's anything else you'd like to know, please contact us on 0300 330 0740 or [resolution@stroke.org.uk](mailto:resolution@stroke.org.uk)

The event will begin at **10:30am** at Camperdown Park. The start/finish area will be located on a large grassy area on your left hand side around 800m from the main entrance to the park.

Registration will be open from **9:30am** at the registration desk. You do not need to check in with us but you may visit the registration desk if you have sponsorship/donations to hand in, if you wish to change distance or collect a replacement race number if yours has been lost.

We will accept entries on the day unless we reach capacity prior to the event. Please ensure you enter as early as possible to secure your entry.

There will be a warm up at 10:20am.

There are a number of public toilets within the park - at the wildlife centre, the play-park and Camperdown House. All are around a 10 minute walk away.

### Route & Rules

The 5k is one lap and the 10k is two laps, with a slight difference at the start of the second lap before rejoining the original route.

If you wish to change distances on the day, please ensure you visit the registration desk to swap your running number for a different coloured running number.

#### Things to remember:

- Wear your running number on your front and write your emergency details on the back.
- Advance entries will receive their number in the post by the Wednesday before the run – if it doesn't arrive don't worry, you can get a replacement on the day. There's no need to contact us.
- Please wear your Stroke Association running t-shirt. Keep the weather in mind though – you might want to wear this over a long sleeved top.
- As for your feet wear what you'll be comfortable in. If it's wet, sections may be muddy.
- Marshals will be in position on the route and will assist if needed – please follow their guidance.
- Please show respect to other park and towpath users and watch out for cyclists.
- No alcohol or illegal drugs should be consumed before or during the event.
- Please ensure any children with you are supervised at all times.
- This is a fun run – so please remember to enjoy yourself!

#### Timing / Other info:

There will be a race clock at the finish line. If you wish to record your time please look out for this and note the time as you cross the finish line.

#### Bag Drop:

There will be no official bag drop so please come ready to run or leave a bag with family / friends.

## How to get there

**Camperdown Park, Coupar Angus Road, Dundee, DD2 4TF**

### **By bus / train:**

No buses enter the park itself but they do enter the nearby cinema/leisure park which is around a 10 minute walk away. See [www.dundeetravelinfo.com](http://www.dundeetravelinfo.com) for more information.

### **By car:**

Please share if possible and give way to pedestrians as you enter and exit the venue.

Participants should enter the park at the main entrance near the cinema/leisure park and drive in the direction of Camperdown House. After around 800m, the trees clear and there is a large grassy area on the left hand side where the registration desk will be located.

### **Parking:**

There is limited car parking available within the park. It can become quite congested during peak times so please car share where possible.

## Fundraising

If possible, please bring your sponsorship money with you on the day. A sponsorship/donation envelope will be enclosed in the pack you receive 1-2 weeks before your run. Please ensure cheques are made payable to 'Stroke Association'. (cheques are best for us!)

If you've used Justgiving your sponsorship money is sent to us on your behalf. If you have collected any sponsorship using the paper form there are three ways to send this to us after the event:

**Call us:** make your donation by debit or credit card. Simply call us on 0300 330 0740. Then post any signed sponsorship forms to us to allow us to claim an extra 25% on donations eligible for Gift Aid.

**Send by post:** Send your donations and completed sponsorship forms to Resolution Run, Stroke Association, 1 Sterling Business Park, Salthouse Road, Brackmills, Northampton NN4 7EX

We process donations centrally to reduce costs – this won't affect where or how your donation is spent.

**Pay into the bank:** if you have cash donations, please get in touch for details on how to pay these into our bank account. Remember to post any sponsorship forms back to us so we can claim Gift Aid.

As you know, the registration fee you've paid goes towards the cost of running the event so all of the sponsorship money raised goes towards helping people affected by stroke and supporting their families. If you've decided not to collect sponsorship, we've enclosed a donation envelope in the hope that you might be able to give a donation towards the charity.

**Stroke**  
association

**YOUR NUMBER**

**is not included in your welcome pack.**

**It will arrive by the Wednesday before your run.**

**Help us raise more with  
JustGiving**

It's easy to share with friends and family on email and social media, so you'll reach more people and raise more for the Stroke Association.

**Get started at [www.justgiving.com](http://www.justgiving.com)**