
Cramond Foreshore, Edinburgh Sunday 4 March 2018, 10:30am

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 e-mail resolution@stroke.org.uk

The event will begin at **10:30am** on the promenade nearest Cramond Village/Harbour. The start/finish area will be well-signposted and the registration area should be easy to spot, just look for the purple flags! Walk in the direction away from Cramond Island/Cramond Harbour and towards Silverknowes and you will find us.

Registration will be open from **9:30am** under a gazebo close to the start line. You **do not need to check in with us** before starting the run but can visit the registration desk to hand in sponsorship / donations, change your distance or collect a replacement race number if yours has been lost.

Please arrive **no later than 10 minutes prior to the start time**. There will be a warm up at 10:20am.

This event sold out in 2017 so we are unlikely to accept entries on the day. Please ensure you enter as early as possible to secure your place.

Public toilets are available at Cramond Village, approximately a 10 minute walk from the start area.

Route & Rules

The 5k is one lap of the Cramond/Silverknowes promenade. Starting between Cramond Village and Silverknowes, runners will run out towards Gypsie Brae, before turning and running back to the finish, which is in the same area as the start. The 10k is two laps of this. Please KEEP LEFT and respect other park users.

If you wish to change distances on the day, please ensure you let our staff know when you register as we will need to give you 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:

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

Bag Drop:

There is no official bag drop facility so please come ready to run or leave your bag with family/friends.

How to get there: Cramond Foreshore, Cramond Glebe Road, Edinburgh, EH4 6NU**By bus / train:**

Lothian Buses Service 41 will take you to the corner of Whitehouse Road and Cramond Glebe Road. Please refer to Lothian Buses website for timetable information or call them on 0131 555 4494. The nearest train stations are South Gyle (approx. 4 miles away), Edinburgh Park (4.5 miles), Haymarket (5 miles) and Edinburgh Waverley (6 miles)

By car:

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

Parking:

There is car parking available in the council car park on Cramond Glebe Road (please do not leave any valuables in your car.) Please note this car park may be busy so please car share if possible. A limited amount of disabled parking is available. The Sat Nav postcode for the car park is EH4 6NS. It is approximately a 5-10 minute walk from the car park for the event area. There is additional parking available on Marine Drive at Silverknowes.

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