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## Rushcliffe Country Park, Nottingham

### Sunday 6 May 2018, 11:00am

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### Event information

This sheet should cover all the details you should need to know for the Rushcliffe 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 **11:00am** at the Rushcliffe Country Park. The start/finish area will be well signposted and the registration area should be easy to spot.

**There is no need to check in before the race.** Just make your way to the Stroke Association gazebo located in the Memorial Wood field. Please arrive **no later than 10.40am**. There will be a warm up at 10:45am near the start line.

There are toilets and a café in the visitor centre - including disabled and baby changing facilities. There will be no participant changing facilities.

Providing the event has not reached capacity you can enter on the day.

### Route & Rules

The 5K route is 1 lap and the 10K 2 laps. The route is multi-terrain with gravel and uneven surfaces with some sections that may get muddy. The route takes the participant round the Country Park - including fields around play areas and a lake. The route also passes over Mere Way where Road Traffic Management will be in control. All participants should KEEP LEFT and respect other park users.

Please see the route map for more information. There will be signs and marshals posted at regular intervals along the route. . If you wish to change distances on the day, please ensure you let our staff know as we will need to give you a different coloured running number.

Please note that whilst we have tried our best to ensure the circuit is as close to 5k as possible, this is a fun-run and it may not be completely accurate.

#### 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.

## How to get there

Rushcliffe Country Park, Mere Way, Ruddington, Nottingham, NG11 6JS

### By bus / train:

The Country Park can be accessed by bus: NCT Number 10 (Nottingham City Transport 0115 950 60 70). The nearest train station is Nottingham Train Station (6 miles away). National Rail Enquiries 0845 748 4950.

### By car:

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

Rushcliffe Country Park is located on Mere Way about 0.5 mile south of Ruddington on the A60 in the borough of Rushcliffe, Nottinghamshire.

### Parking:

There is parking at the main entrance of the Country Park - Sat Nav postcode is NG11 6JS. There is a compulsory £1 parking charge.

## 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 Just Giving 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% in tax relief on any 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)