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## Moors Valley Country Park, Ringwood Sunday 25 March 2018, 9:00am

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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 **09:00am** at the Moors Valley Country Park. The start/finish area will be well-signposted and the registration area should be easy to spot.

Registration will be open from **8:00am** by the totem pole and segway information centre. Please arrive **no later than 10 minutes prior to the start time.**

**There will be a warm up at 08:40am** at the start area.

Providing the event has not reached capacity you can enter on the day if you haven't done so already.

### Route & Rules

There is a 5km circular route that can be repeated up to three times depending on the distance you've signed up for. The route is on a forest trail that is relatively flat with no large hills, and wide paths. Be aware that some patches may get a little muddy. Please KEEP LEFT and respect other park users and Segway 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 / 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

The Resolution Run will be held at **Moors Valley Country Park, Horton Road, Ashley Heath, Ringwood, BH24 2ET**

### By bus / train:

The number 38 bus service that covers the Ferndown and Ringwood area stops at Lions Lane, at the Castleman Trailway entrance to Moors Valley (just over a mile walk to the Visitor Centre). Please visit the [Traveline website](#) or phone 0845 0727 093 for more details.

### By car:

Please share if possible, and give way to pedestrians as you enter and exit the venue. Moors Valley is 10 miles North of Bournemouth, and signposted from the Ashley Heath roundabout at the junction of the A31 and A338. The entrance is just off of Ringwood Road and Horton Road.

### Parking:

We are offering a special parking deal to all participants. By providing us with your car registration details in advance, you can park on site until 12pm for only **£1 per car**. **Please email your car registration to [Hayley.ali@stroke.org.uk](mailto:Hayley.ali@stroke.org.uk) before race day to get this deal**, and bring your £1 on the day.

If you stay later than 12pm, you'll have to pay the normal charges for your entire stay, which may be £7.50 - £10 for over 4 hours.

We will need your car registration details in advance because Moors Valley operate a ticketless barrier. By sending us your registration number, it will be added to their system and you will automatically be allowed entry on the day. We will then ask for the £1 at the registration desk.

## 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% 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)**