
Black Country Park, Wexham (near Slough) Sunday 25 March 2018, 11:00am

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

The event will begin at **11:00am** at Black Country Park. The start/finish area will be well-signposted and the registration area should be easy to spot.

Registration will be open from **10:00am** at our Stroke Association Gazebo. From the main car park follow the path passing the Kiosk and continue on the path to the open grass area where our gazebo is located. Please arrive **no later than 10 minutes prior to the start time**.

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

There will be a warm up at 10:40am.

There are 2 sets of toilets onsite. Locations are by the Kiosk and by the onsite Café San Remo.

Route & Rules

Circular route - 5km is 1 loop and 10km is 2 loops of the course. 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 / Other info:

Unfortunately there is no timing facility at the Resolution Run. If you wish to know your time we suggest using a stopwatch and starting your stopwatch as you cross the start line and stopping it as you cross the finish line.

How to get there

Black Country Park, Black Country Road, Wexham, SL3 6DS

By bus / train:

No public transport except buses to Iver Heath, A412 Uxbridge Road turn into Black Park Road car park on right hand side

By car:

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

Black Park Country Park is signposted from the A412 between Slough and Iver Heath.

Parking:

Car parking is available but charges do apply: 0-2 hours = £3.70 / 2-4 hours = £4.50 / 4+ hours = £5.50

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 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