

**Loch Katrine Running Festival**  
**Race Information**  
**Sunday 19<sup>th</sup> March 2017**

**Race Director Contact**

Audrey McIntosh  
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**Location & Parking**

The start and finish of the races will be at the **Trossachs Pier, Loch Katrine, Nr Callander, FK17 8HZ.**

The loch is sign-posted on the A821 (Aberfoyle to Callander road) and the pier is about 1 mile after the turn off.

In 2014 there was severe black ice over the Dukes Pass from Aberfoyle, and two cars went off the road. Please check the weather forecast and be prepared to come to the race via Callander-Kilmahog-Brig O'Turk. The Dukes Pass does not get gritted.

There is a large car park; however, if this is full you will need to park in the Ben Venue or Ben A'an car parks on the A821 and walk to the pier (15 – 20 mins), so please ensure that you have plenty of time. There is a short cut path over from the Ben Venue car park that joins the road to loch.

THE EVENT IS FULL, and parking will be busy, so please CAR SHARE if at all possible. Car shares can be organised on the [Race Lifts](#) website.

**Parking Voucher**

This year the cost of the parking has been included in your entry fee. You do not need to 'pay and display', but you must display your parking voucher which you will find at the bottom of this document.

**Registration**

Registration will be located in the Brenachoile Café, and will open at 8am for the marathon. All runners should be registered 30 minutes before their race start time.

<b>Race</b>	<b>Latest Registration</b>	<b>Muster</b>	<b>Race Start</b>
Marathon	8.30 am	8.50 am	9.00 am
Half Marathon & 10k	9.30 am	9.50 am	10 am Half Marathon
			10.03 am 10k

If for any reason you are going to be late, please contact the race director and we will make appropriate arrangements.

**Half Marathon & 10k runners:** it will be a pulse start, with the half marathon going off first and the 10k 3 minutes later. Please ensure that you assemble in the right group and follow the marshals' directions.

## **Water**

Water will be available at the finish and along the route as follows:

**10k only**, at the 5k turning point

**Half marathon** at 4 and 9 miles

**Marathon** 4, 8, 13, 18, 22

## **Presentations:**

There will be prizes presented to the first three male and female finishers in each race.

The presentations will be made as follows:

**10k at 11.30 am approx.**

**Half Marathon at 12.30 pm approx.**

**Marathon at 2pm approx.**

## **Massage:**

Massage and taping will be available at the finish area in return for a donation to Alzheimer Scotland.

## **Photography:**

There will be someone at the event taking photos. As in previous years we cannot guarantee that we will catch everyone.

A full set of photos (on a disc) will be available to purchase for £10 with the profits being donated to Alzheimer Scotland. You will be able to place an order and pay at registration, and we will endeavour to have someone available to take orders and payment during the event. If you decide you want one after the event contact Audrey.

## **Route & Safety**

The route for all races undulates along the loch side road with no deviation. There will be mile markers, and K markers for the 10k. The turn points for each race will be clearly marked and runners should loop behind marshal. The route is challenging for each event.

This is a private road and will in the main be traffic free, however please be aware that there will be recreational cyclists and walkers, and there may be an occasional vehicle.

The road is narrow and so please be sensible and if required stop on the verge to allow a vehicle to pass.

There are also a number of cattle grids, please look out for them and take care when crossing them or use the gates at either side.

In 2016 a section of the road, about a mile from the start/finish, fell into the loch. This has still not been repaired. As a result the route narrows at that point and runners should keep clear of the edge. There will be marshals there.

As this is an out and back route with 3 events being run, please run on the left hand side of the road to enable runners to pass freely in both directions.

Weather can be changeable at this time of year so please ensure that you come adequately equipped. Marathon runners are advised to carry a foil blanket or suitable clothing for if they have to retire or walk.

### **Marathon runners**

In order to get the distance your route will take you just beyond Stronachlachar towards the junction with the B829 (0.1m) for the turn. Be aware that there may be some traffic on this section of road. You also should note that there is no or limited mobile signal between miles 6 and 20. If you require assistance please try to reach a water station or flag down a cycle marshal.

### **Environment & Litter**

This is a beautiful and clean environment, and we aim to keep it that way.

Please DO NOT DROP any LITTER along the route. If you have empty drinks bottles or gel wrappers to dispose of please drop them in the water station areas or place them next to mile markers so that they can be picked up when the markers are collected.

### **Charity**

As you know this event has been organised to raise money for Alzheimer Scotland, and I would like to thank everyone for their support through this event. I have kept event costs down to ensure that the majority of the entry fee goes the charity.

My family, my husband's family and the families of friends have been directly affected by Alzheimer's/dementia and its devastating effects.

There are currently over 84,000 people suffering from dementia in Scotland with over 7,000 in the Glasgow area. Approximately 2,500 dementia sufferers in Scotland are under 65. There are 7,000 new cases diagnosed every year.

The funds that are raised from all of these events will be allocated to projects in Glasgow and the surrounding area. Since 2013 I have raised £21k between this event and my own personal running challenges.

### **Parking Voucher**

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**Sunday 19<sup>th</sup> MARCH, 2017**

**RUNNER**

**PARKING PREPAID**

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