

FAST FRIDAY 10k , FRIDAY 30th MARCH 2018, 9.30am

RACE INSTRUCTIONS

Race HQ	The race HQ will be the changing rooms at Exwick Playing Fields (Post Code EX4 1EG) - click here for directions. See website to view site plan
Race Number	YOU WILL NEED TO COLLECT YOUR RACE NUMBER ON THE DAY FROM THE RACE HQ, THIS WILL BE OPEN FROM 8.00AM. WE WILL <u>NOT</u> POST ANYTHING OUT. YOUR NUMBER MUST BE PINNED TO THE FRONT OF YOUR RUNNING TOP WITH 4 SAFETY PINS. PLEASE WRITE YOUR EMERGENCY CONTACT DETAILS ON THE BACK OF YOUR RACE NUMBER.
Start Time	RACE START AT 9.30am
Route Map	<p style="text-align: center;"><u>2018 AMENDED ROUTE DUE TO FLOOD DEFENCE WORKS</u></p>  <p>**The route – 4 full laps of the route marked. See race website for more detailed maps</p>

Route Info	<p>The race is on shared footpaths, so please be courteous to other users - this is a condition of us using this venue.</p> <p>The route will be marked with signs and temporary spray paint, there will also be marshal in place to direct and cheer you on :-) The course has been officially measured at 10,000m and each 1km will be signed on the day (these have been measured with a GPS).</p>
Water Station	There will be a water station on the course, which runner will pass each lap - Please use bins provided. There will also be water at the finish.
Toilets & Changing	These will be available at Race HQ, there are also public toilets on the course.
Baggage	Runners can leave baggage in the Race HQ. This is entirely at your own risk.
Prizes	<p>On The Day - Awarded on the day to the 1st 3 male & female runners over the line.</p> <p>Posted On - First veteran male & female in each category will be sent out the week after the event.</p> <p>*Only one prize per competitor.</p>
Music / Headphones	We know this is frustrating for many of you but please don't use personal music players during the race, as you cannot hear marshal instruction, other runners and members of the public around you. This is especially important this years due to the amended multi lap route.
UKA Licence No:	2018-29825
First Aid	This will be provided by Met Services
Car Parking	Car Parking is available at the race hq (Post Code EX4 1EG) Please note parking at the race hq is limited, so if you can car share where possible please do. If we could ask you to please park as tightly as possible so we can accommodate as many cars as possible. Parking will be done on a first come first served basis. There is on street parking available on surrounding roads and also a pay and display car park.
Contacting Us	If you should have any queries, then please contact via mail@city-runs.co.uk
Runners Medical Resource	If you have been unwell or are ill in the lead up to the race, we advise you not to run as there will always be another race. For further information please see runner medical resource
Race Website & Social Media	<p>We will keep the race website up-to-date with all the latest information so please keep an eye on it!</p> <p>http://www.city-runs.co.uk/events/run/fast_friday_10k/</p> <p>Follow us on Twitter @cityruns we will post live info updates right up until start if needed.</p>
Next City Runs Events	Run Exe Summer 5k – Tuesday 10 th April 2018, 7.00pm Start. See website for further details.