

# “RUN WITH PRIDE”

Celebrating Lions International Centenary 1917-2017

Incorporating Woking Lions Club Charity Trust Fund Registered no 293883



**We Serve**

Thank you for signing up to take part in one of our 2018 runs, raising funds for Transform Housing & Support properties in Woking; Woking & Sam Beare Hospices new build fund; York Road Project; Woking & District Scouts and Guides; Horsell Scouts and other local Lions Community good causes.

## Directions

Registration will take place at Fairoaks Airport (GU24 8HU) which is located on the A319 Chertsey road between Ottershaw and Chobham. Please use the **main entrance** to the airport from the A319 not the West entrance.

## Parking

Parking is available at Fairoaks airport and opposite the airport at Chobham business centre/ Alpha 319. Please use the **main entrance** to the airport from the A319 not the West entrance.

Our Marshals will be on duty to direct you to a parking space, please car share or get a lift if possible.

## Registration

Registration will take place between 7.30 and 9.15, all Runners must be registered by 9.20. On arrival you will be directed to the registration tent.

After registering you will receive your bib which has your timing chip attached, please ensure that you complete the details on the back of the bib.

Your bib should be attached to the front of your running top in a position that can be seen by the marshals. The registration desks will have safety pins for this purpose.

## Personal Items

Personal items can be stored securely and collected after the run. Please ensure that you have your bib number with you when you collect your belongings.

**All Items are left at your own risk**

## Toilet Facilities

There will be Toilet Facilities available at Fairoaks Airport.

## Start time / location

All runs will start at 10.00 am. Marshals will be at Fairoaks airport to direct you to the start point which is a 15-minute walk from the Airport. Nuffield Health will be at the start to help you warm up for the race.

## The Routes

The route is off road and predominantly flat with a small hill near the end. Much of the route will be in the wooded parts of the Common and so shaded from direct sunlight.

The route will be clearly signposted and there will be Marshals at key points to make sure everyone stays on the right track.

The 5k and 10K routes are a single lap; the Half Marathon is two laps.

Details of the 3 routes can be viewed at:

<http://wokinglions.org.uk/CharityRun.html>

## Water Stations

The water stations will provide water in disposable paper cups. They are at the following intervals:

5K route- 3K and finish

10K route- 2.5K, 6.5K, 8K and finish

1/2 M route-3.5K, 7.5K,9.5K,13.5K, 17.5K, 19.5K and finish.

In order to preserve the nature of the Common we are operating a strict no littering policy. Littering on the course and particularly at the water stations is not permitted. A bin for your water cups will be provided 50m after each water station, please use it. Any runner who drops litter will be disqualified.

## First Aid

A Doctor, Physiotherapist and First Aiders will be based at Fairoaks Airport. First Aiders and a Paramedic will be stationed on the course. If you feel unwell or pick up an injury please speak to one of our Marshals who will be able to call for help if required.

## Finish

The race will finish at Fairoaks airport where you will be presented with your medal. Bananas will be available courtesy of Boz's Horsell and water courtesy of Co-op stores.

There will be a Coffee Stall and Ice Cream man at Fairoaks airport.

If you have any queries before the event you can contact the Lions via their Facebook page or email [jacst44@virginmedia.com](mailto:jacst44@virginmedia.com).

And finally: **GOOD LUCK** and enjoy your run

Woking Lions Club