

Forfar Road Runners multi terrain – race information sheet

Start time: 11am. No entries on the day.

Registration: From 9.30 in Strathmore Rugby Club, Inchmacoble Park, Forfar DD8 1RL.

You must collect **your own** race number.
Swapping of race numbers is prohibited.

This is contrary to ARC rules. Anyone found to have swapped numbers faces a ban at future events. Swapping numbers could lead to serious implications in the case of a runner becoming injured or unwell. Random ID checks may be undertaken.

Race number: Your race number will be issued on the day and must be worn clearly on the front of your outer running garment at all times. This enables officials to know who you are and for your number to be processed at checkpoints. Please display your full number to make the finish recorders job as easy as possible. Numbers will have a chip timing tag built in, please do not bend.

Car parking: There is some parking available at the Rugby Club and in the surrounding area which is within walking distance of the club.

Changing accommodation: Changing facilities and showers are available at the Rugby club. Bags can be left at your own risk. The organisers accept no liability for loss or damage to any property.

Toilets: Toilets are available at the Rugby club.

The start: There will be a race briefing at 10.45am in the Rugby club which everyone should attend. The race will start at 11.00am on the rugby training pitch. In line with ARC rules, the use of headphones is not permitted. Please wear appropriate clothing for the time of year and for possible wet and muddy conditions. The race has a start and finish chip time.

Route: The route is accurately measured and follows a clockwise loop of the Forfar Path network with some road crossings. The route can be very wet and muddy in places. Please familiarise yourself with the map displayed at registration or on the website. Mile markers are at most miles and there will also be some directional arrows.

Checkpoints: There are 7 (A-G) checkpoints throughout the course which require your race number to be punched or marked by a marshal. Checkpoints are placed near to road crossings. They have the extra benefit of slowing runners down to allow them to cross the road in a safe manner. Any runner who, in the opinion of the marshals, makes a dangerous/risky road crossing will be disqualified from the race. Random checks on finisher's race numbers may be done and also on possible prize winners.

Water station: There will be one water station at mile 7 which is also a checkpoint and road crossing.

First Aid: St Andrews Ambulance Association provides medical assistance. If you are unable to finish, try to walk to the next checkpoint and speak to a marshal. Our sweep vehicle will transport you to the finish area where you should notify the chip timing crew or officials of your return.

The finish: Once again, please make sure your number is clearly visible as you approach the finish line. *Once you've crossed the chip timing mats, keep moving and stay in your finish order until your number has been recorded.*

Refreshments: The legendary Forfar Road Runners feast will be available afterwards along with tea and coffee.

Prizes: Prizes will be presented after the race in the clubhouse. The prize categories are as follows, but not restricted to:

Male and female 1st, 2nd and 3rd.

Male and female vet 1st, 2nd and 3rd.

Male and female vets (50, 60, 70) 1st.

Local male and female (DD8 postcode) 1st, 2nd and 3rd.

If a runner qualifies for more than one prize, they will receive the prize of the higher value.

Club teams – make sure your club name is on your race entry - (fastest 3 to count) male and female 1st, 2nd and 3rd.

From all at Forfar Road Runners, we hope you have a good race.