

Simon Wake Comrie Hills Relay 2016

Additional information for runners

In addition to the rules & safety instructions on the entry form we would like to make all runners aware of the following points:

1. **Landowners** have kindly given permission for the race. Please respect their property and take extra care over walls, fences and gates. Damage will seriously jeopardize future events. Any gates that are closed when you approach then should be closed after you go through. It is also essential that no one leaves any litter.
2. **Parking** Please try to minimize the number of journeys up and down Glen Lednock road. The road is single track with passing places. There is very limited parking at the changeover between legs 1 and 2 – please just use this for drop-off and pick-up only. Teams should plan to drop leg 2 runners off and head up to the leg 2/3 changeover point. There is some parking space at the leg 2-3 handover and adequate parking at leg 3-4 – by this stage runners will be fairly well spread out. The Marshal at the changeover for 1/2 will be asking any car that isn't involved in the organisation of the race to move on and we ask you to respect this and park with consideration for other motorists
3. **Bag transfer service** In order to reduce the need for cars to park near the changeover for legs 1-2 we will be offering a bag transfer service for leg 2 runners. We suggest that if you are on leg 2 you take to the handover point whatever kit your leg 1 runner needs at the end of his/her leg. You will be able to put a bag with your own kit into a car which will transport your kit to the end of leg 2. The car will be marked with a card. It is probable that your kit will be left with the marshals at the end of leg 2 rather than in the car you deposited it in.
4. Any runner who decides that s/he is **lost or injured** and cannot self-rescue should put on weatherproof cover and blow a whistle 6 times. This to be repeated at 2 minute intervals.
5. In the event of a **lightning storm** over the course all participants are to get off the hill and return to Laggan Park by whatever means available.
6. **Mass Starts** If any team has not reached the end of **leg 2** by 2hrs 30mins and/or **leg 3** by 3 hrs 30 mins after the race start, their legs 3 and/or 4 runner will be sent off and given a yellow card for punching at the checkpoints.
7. When you have finished there will be a **BBQ**. There are burgers, tea and cake – please do stay around and take advantage of this.
Food and drink for runners are included in the race entry fee, but if you wish you may also make a donation to a research charity that is working to find a cure for the condition from which our club mate Simon Wake died.
Each team race pack will include five tickets for free food and drink; for non-runners and “second helpings” a small charge will be made.
8. There is a new **skate park** in Laggan Park, where the race starts and finishes, which may be of interest if you are bringing children to the race.