



## PRE RACE RUNNER INFORMATION - SUNDAY 27<sup>th</sup> Sept 2020

Thank you for entering Bourn to Run 2020!

### THE START

Your runner number which includes a timing chip will be available for collection from the pavilion on the recreation ground from 10:00 – 12:00 noon on Sat 26<sup>th</sup> Sept or from the clearly signed registration area on the Recreation Ground from 08:30 to 10:00 am on the morning of the race.

Pre registrants will also be chip timed, this means that you will get an exact race finish time and you'll be able to look your name up on the website afterwards to see what position you came in the finishers line up. Your timing chip should be tied on to your shoe and your running number will be available to collect from the clearly signed registration area on the Recreation Ground, from 08:30 to 10:00am on the morning of the race.

The 10K race will start at 10:30am and the 3K race will start at 10:45am on the Bourn Recreation Ground, off Alms Hill, and our course marshals will direct you to the start line on arrival in the village.

### IMPORTANT INFORMATION

Please take note of the following safety instructions;

- It is strongly recommended that 3k entrants under 10 be accompanied by an adult around the course.
- Please ensure that children are supervised at all times.
- Accompanying adults must register for the 3km run.

Toilets will be provided on the Recreation Ground for all attendees.

There is a water station at the ½ way point of the 10K race. There are no water stations around the 3K course but free bottles of water will be available to all runners at the finish.

There will be provision to leave baggage in a demarcated area on the Recreation Ground. However, please note that this area **will not** be manned by race officials and all property is left entirely at your own risk.

### CAR PARKING

There will be no parking in the Recreation Ground car park itself but there will be **sign posted** car parking available within easy walking distance of the start/finish line. Car park attendants will be in charge of this area and will direct traffic accordingly. **Please note that due to the closure of Alms Hill and Caxton End the car park will close at 10am and it will not be possible to leave the designated car park, in your vehicle, prior to 12 noon, when the road reopens to normal traffic.** All cars are left at owners risk and the organising committee can take no responsibility for loss, theft or damage caused to any vehicle whilst parked in the car park.

### FINISHERS AREA

Refreshments, including BBQ & cold drinks will be available from 9am on the Recreation Ground. We will also have a bouncy castle and face painting.

The Rural Coffee Project will be selling a range of hot drinks and our very own catering team will provide a range of yummy cakes for sale.

Personal Trainer Tara Blackaby will lead our race warm-up and yoga will be offered post-race to relax those tired muscles after your run!

Any event feedback would be welcome by sending an email to [info@bourntorun.com](mailto:info@bourntorun.com).

We are grateful for your support and that of our **sponsors:**

*AG Toft Garage • Elite Swimming Academy • Advanced Performance • Yowly Creative*

Have a safe, good and enjoyable run.

The Bourn to Run Committee  
[www.bourntorun.com](http://www.bourntorun.com)