



## Sunday 13<sup>th</sup> October 2019, 7pm

### Event Information

Dear Participant,

Many thanks for entering the Glow Ape Night Trail Run 10K and 1mile Fun Run on Sunday 13<sup>th</sup> October 2019. All the information about the event can be found on the pages below. If the answer to your question is not here please email [events@tayfitness.com](mailto:events@tayfitness.com). Please pay particular attention to the information in RED. I look forward to seeing you on the day,

Pete Waugh  
Tay Fitness Events

#### Program Of Events

4pm	Information desk opens at the Lodge. You can pick up your event t-shirt (if pre-ordered) and visit our event shop. Fun run numbers can also be collected.
6.45pm	Registration desk closes
6.55pm	Race safety briefing at start location
7pm	10K starts
7.10pm	(approx.) 1 mile fun run starts

#### Race Registration

You should have received your race number and timing chip in the post. If you have, there is **NO NEED** to come to registration unless you have a t-shirt to collect or want to visit the shop, just show up at the start line ready to run!

#### Compulsory Kit

All participants must carry a headtorch and mobile phone for the duration of the event.

#### Event Shop

Our event shop, located within the Lodge, will have these items for sale, subject to availability:

- Glow Ape snoods: £5
- Head torches (250 lumens): £20
- Glow slapbands: £5
- Glow sticks and bracelets: £1 each

These items can be bought in advance from the online shop at [tayfitness.com](http://tayfitness.com)





### Safety Briefing

There will be a short safety briefing just prior to the race commencing at 6.45pm. Please ensure you are at the start line on time to hear the briefing. The 10K race starts at 7pm.

### On the Day Facilities

On the day facilities (available for all participants, family and friends to use) are as follows:

- Male/Female/Disabled Toilets
- Changing Facilities - Lodge Forest Visitor Centre
- Baggage Drop - Lodge Forest Visitor Centre
- First Aid – Based at Start/Finish Line and across the route
- Food and drink available from the Lodge Cafe before, during and after the event for participants and spectators
- Event Shop - Opportunity to buy event merchandise including glow sticks, head torches and clothing

### Baggage Drop

There will be a baggage drop facility at the Lodge Forest Visitor Centre. Bags can be left for the duration of the event. You will be given a luggage label with your race number to attach to your bag when you drop it off. To pick up your bag after the event you must show your race number at the baggage desk.

### Directions to the Aberfoyle by car

**FROM GLASGOW:** Take the A81 from the city centre via Milngavie and Strathblane and follow the signposts for Aberfoyle.

**FROM EDINBURGH AND PERTH:** Travel towards Stirling on the M9 and leave at Junction 10 (marked for Stirling). Follow the A84, signposted for Callander, and after 4 miles (just beyond the Safari Park), take the A873 for Aberfoyle.

### Directions to The Lodge Forest visitor Centre (Event Hub)

Once you reach Aberfoyle, drive through the village following the signs for Go Ape and the Lodge Visitor Centre. Turn right up the hill (Dukes Pass) and after approx 1 mile you will reach the Lodge Visitor centre car park.





### Car Parking

FREE Car Parking at the Lodge Forest Visitor Centre. Parking at the Lodge will be on a first come first served basis. Once the Lodge parking is full there will be a drop off facility only. Additional public parking in Aberfoyle (charges apply) is a 10 min walk from the start line.

### Event Start

The start location is the Lodge Forest Visitor Centre, where the race also finishes. It is directly in front of the Lodge on the path up and easy to find! The safety briefing is at 6.55pm and the 10K race starts at 7pm. The fun run will start just after the 10K race at 7.10 pm approx. The family-friendly route is entirely set within the lit-up sections of the forest.

### Event Finish

As you finish the event you will run through the finishing funnel and towards the finish gantry. You will then receive your medal and bottle of water. Your FREE post-race pint of Belhaven lager can be collected from the Forth Inn, Aberfoyle by showing your race number.

### Fun Run

The fun run is open to people of all ages. Children under the age of 5 must be accompanied by an adult, those over aged 5 can run by themselves at their parent's discretion. The fun run will start just after the 10K at approximately 6.10pm. All runners will receive their medal and a bottle of water when they finish. ALL children must be collected by an adult at this point. Please do not leave your child unsupervised while you run in the 10K, there are not enough marshals available to look after any children.

### Event Catering

Available before, during and after the event from the Lodge Café. Hot food and drinks are available from 4pm to 7pm. From 7pm to 9.30pm, cakes and drinks will be available. You can collect your free pint from the Forth Inn.

### Medical Cover and First Aid

The safety of our participants is paramount. There will be highly qualified medics from Artemis Outdoors available throughout the event. If you feel you require any medical care – before, during or after the event – please contact an event marshal. The First Aid building is located at the start/finish line.

### Medical Conditions

All competitors must complete the back of their race numbers with relevant medical conditions and next of kin information. If you have any type of medical condition or are currently taking any type





of medication please write a large 'MC' on the front of your race number. You must wear your race number at all times during the event.

### Marshals

Around the course and at the start and finish there are a number of event marshals (they will be wearing yellow bibs). If you have any questions or queries please ask and they will be able to help you or can direct you to someone who can.

### Water stops

There will be 2 water stops around the 10K course. These will be located at approx 2.4Km and 5.6Km. There will be volunteers on hand to give out cups of water and energy drink. Please dispose of your cups at the tables or by the side of the road so they can be easily collected.

### Distance markers and signs

Big yellow distance marker signs will be around the course every KM to help you judge your pace and so you know how far you have left to run, you can't miss them! They will also be marked with glowsticks. Marshals will be located at the key junctions.

### Electronic Timing and Results

Electronic Chip Timing is being provided by Stuweb. The race numbers contain a disposable timing chip, which will record your time so it is important you don't swap numbers with anyone. This will enable all runners to receive an accurate finish time. You will receive an email after the event when the results are available online.

### Photography

There will be an official event start/finish photographer (Ron Allner - The Studio, Killin) present at the event to photograph all competitors along with a couple of 'roving' photographers (Phil Crowder Photography and Goode Photography). You will receive an email when these photos are available to view online.

### Finally...

There are a large number of people who are helping out with the event on the day and have volunteered their time to help make the event a success. Please give these people a smile and a 'thank you' as you run past!

