



Callander 10K and Fun Run

Sunday 12th March 2023

Event Information

Dear Participant,

Many thanks for entering the Callander 10K and Fun Run on Sunday 12th March 2023. 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. Please pay particular attention to the information in **RED**. We look forward to seeing you on the day,

Tay Fitness Events

Program Of Events:

9am	Information desk opens - Sports Hall, McLaren Leisure Centre. You can also pick up or buy your event t-shirt. Late entry numbers and Fun run numbers can also be collected.
11.45am	Registration desk closes
11.45am	Pre-race warm up
11.55am	Race safety briefing at start
12pm	10K race starts
12.05pm	(approx.) Fun run starts
12.35pm	First 10K finisher expected

Event 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 buy, just show up at the start line ready to run!

Safety Briefing:

There will be a short safety briefing just prior to the race commencing at 11.55am. Please ensure you are at the start line on time to hear the briefing. The 10K race starts at 12pm.





On the Day Facilities:

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

- Portaloo Toilets – Car Park, next to Start/Finish line
- Male/Female/Disabled Toilets – McLaren Leisure Centre
- Male, Female Changing Rooms and Showers – McLaren Leisure Centre
- First Aid – Start/Finish Line

Baggage Drop :

There will be a bag drop available in the McLaren Leisure Centre, you will be given a numbered label to attach to your bag.

Event T-Shirts:

Event t-shirts, which were ordered when registering online for the event can be collected from the information desk when you arrive on the day of the event. You must collect the size you ordered. If you wish to swap it for another size, this can be done depending on what sizes are still available. We will also have t-shirts for sale, in a range of sizes.

Directions to McLaren Leisure Centre, Callander:

From Edinburgh and Glasgow (The South and West) - Follow directions towards Stirling, leaving the M9 at Junction 10. At the roundabout take the 2nd exit for Crianlarich (A84). Follow this road for approximately ½ hour. As you enter Callander you should look to park your vehicle at a public car park and walk to the start line at McLaren Leisure Centre.

From Perth and Aberdeen (The East and North) – Follow directions for Stirling (A9) from Perth. Take the A820 exit towards A84/Dunblane/Doune/Callander. Turn right onto A820, at Doune turn right onto A84. Follow A84 to Callander. As you enter Callander you should look to park your vehicle at a public car park and walk to the start line at McLaren Leisure Centre.

Walking directions to McLaren Leisure Centre (Event HQ):

As you arrive into the town you will pass the main square and come up to a four way stop controlled by traffic lights. Turn left at these and follow the road for approx. 400m to a mini roundabout, turn left and continue along the road. The McLaren Leisure Centre will be on your left. Please note that there is no parking at McLaren Leisure Centre.

Car Parking:

Participants must park their vehicles in the public car parking spaces around Callander and walk to the start (parking charges may apply). There is no event parking at the McLaren Leisure Centre.





Drop Off Zone:

There will be a drop off zone outside McLaren High School, next to the leisure centre. There is no parking (except for disabled parking) available at the school.

Event Start:

The start location is the McLaren Leisure Centre car park, where the race also finishes. It is right outside the McLaren Leisure Centre and easy to find, please follow the directions to the start! The safety briefing is at 11.55am and the 10K race starts at 12pm. The fun run will start just after the 10K race at 12.05pm approx.

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.

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 parents' discretion. The fun run will start just after the 10K at approx. 12.05pm. All runners will receive their medal 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.

Medical Cover and First Aid:

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

Medical Conditions:

Please complete the back of your race number with relevant medical conditions. If you have any type of condition or are currently taking medication please write a large 'MC' on the front of your race number and wear it on your front at all times.

Marshals:

Around the course and at the start and finish there are a number of event marshals (they will be wearing blue 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 the 4Km, 6.5Km. There will be volunteers on hand to give out cups of water and Active Root energy drink. Please dispose of your cups at the tables or by the side of the path so they can be easily collected.

Distance markers and turn point:

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! At the first water stop there is a turn point. Run round the cone and back down the course, keep on the left hand side, there will be marshals there to guide you if required.

Electronic Timing and Results:

Electronic Chip Timing is being provided by Perfect Timing Scotland. 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 and text message (if you have given your mobile number when registering) after the event when the results are available online.

Photography:

There will be an official event start/finish photographer present at the event to photograph all competitors along with a couple of 'roving' photographers. 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!

