



Loch Tay Highland Lodges **Callander 10K and Fun Run** **Sunday 15th March 2020** **Event Information**

Dear Participant,

Many thanks for entering the Loch Tay Highland Lodges Callander 10K and Fun Run on Sunday 15th March 2020. 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**. I look forward to seeing you on the day,

Pete Waugh
Tay Fitness Events

Program Of Events

9am	Information desk opens - Main Hall, McLaren Leisure Centre. You can also pick up your event t-shirt. Fun run late entries can also be made and race numbers collected.
11.45am	Registration desk closes
11.55am	Race safety briefing at start location**
12pm	10K race starts
12.05pm	(approx.) 1K fun run starts
12.35pm	First 10K finisher expected

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, 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:





- Male/Female/Disabled Toilets – McLaren Leisure Centre
- Male, Female Changing Rooms and Showers – McLaren Leisure Centre
- Baggage Drop – McLaren Leisure Centre
- First Aid – Start/Finish Line

Baggage Drop

There will be a baggage drop facility in the Main Hall, McLaren Leisure 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 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.

Directions to McLaren Leisure Centre (Event HQ)

As you drive into the village 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. There is no event parking at the McLaren Leisure Centre.

Event Start

The start location is the rugby pitches at the McLaren Leisure Centre, where the race also finishes. It is outside the McLaren Leisure Centre and easy to find! 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 approximately 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.**

Prizes

Loch Tay Highland Lodges and Active Root sponsor the prizes. Prizes will be awarded to: Top 3 men and women in the 10K and to 10K category **winners** as follows: 1st Junior male and female (15-18), 1st Open male and female (19-39), 1st veteran male and female (40-49), 1st Super-Vet male and female (50+), 1st Super-super-Vet male and female (60+).

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

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 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.

Event Sponsor: Loch Tay Highland Lodges

We are delighted to welcome Loch Tay Highland Lodges as the headline sponsor for the event. Featuring Scandinavian built holiday lodges and "award-winning" glamping accommodations LTHL are situated in the central Highlands of Scotland, on the shores of Loch Tay, a few miles from Killin. They are based within Perthshire, one of the most beautiful areas of Scotland; surrounded by mountains, lochs, rivers, and within easy driving distance of Edinburgh, Stirling and Glasgow.

Whether you are looking for a short break away, glamping in one of their new Geo-Domes or are looking for a family in one of their many different lodges overlooking the Loch, you will be spoilt for choice. Take advantage of the great range of watersports and activities available or simply take in the stunning scenery on a walk. With hot tubs now available at many of their accommodations, you can make your holiday even more special by relaxing together after your day in the Highlands.

To book a holiday at Loch Tay Highland Lodges visit www.lochtay-vacations.co.uk

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!

