

The DougieMac Stoke 10K is almost here! Please read this information sheet thoroughly for all you need to know. Email events@dmhospice.org.uk if you have any more questions. See you on Sunday 10th September 2017.

Approximate timings

Event village opens	7am
Registration opens	7am
Registration closes	8.30am
Warm up act	8.30am
Race brief	8.40am
Wheelchair participants line up at start line	8.40am
Runners line up at start line	8.45am
Wheelchair participants start*	8.50am
Runners start	9am
Prize giving	10am

*If you are a wheelchair participant or if you have a disability and require special arrangements, please contact events@dmhospice.org.uk or call 01782 344359 by Wednesday 6th September so we can make sure we have the best arrangements in place for you.

Car Parking – Stoke College Cauldon Campus, Stoke Road, ST4 2DG. Stoke College have kindly offered us use of their car park in their Cauldon Campus. This is a short walk from the event village. Parking here is free of charge. Please be aware that works have been taking place in this car park, so there are some pot holes. We're anticipating high numbers this year, so we would be very grateful if you could please get dropped off and picked up, use public transport or car share where possible. Please be sure you leave the car park before 12pm.**



Event Village – Hanley Park, Cleveland Road, Stoke on Trent. The event village is different to previous years. It is located in the circular green to the north of the lake. We recommend that you enter the park through entrances on College Road or Cleveland Road.

Evacuation Point- In case of a major incident or fire within the event village, the evacuation rendezvous point is the large area of grass in the south east of the park adjacent to Ridgeway Road, indicated below. In the unlikely event that the entire park is evacuated the evacuation rendezvous point is the Stoke on Trent Cauldon Campus on Stoke Road.

Registration – You will need to register with our registration team preferably on Saturday 9th September or if you really can't make our pre-registration, you can register on the day of the race. At registration you will receive an envelope with your ankle chip timer, bib number and event wristband. It's really important to register and pick up your chip timer/bib number so we can record your time and finishing position and so we know that you're on route in an emergency.

Early registration

Early registration takes place on Saturday 9th September 2017 from 9.15am – 12.15pm at Hanley parkrun in Hanley Park. **We strongly advise participants to register early in order to speed things along on the day of the event.**

Early registration means you will be able to show up on the Sunday and just run without having to queue to sign in. We will be located in the DougieMac marquee by the bandstand. So as not to disturb the parkrun start line briefing, we won't open early registration till after the parkrunners have set off, so please be patient and come and see us after.

On the day registration

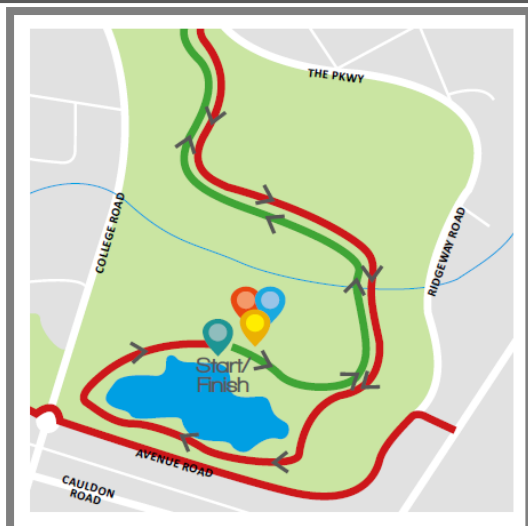
If you can't get to early registration on the Saturday, on the day registration will take place in the event village on Sunday 10th September 2017 from 7am-8.30 am. The earlier you arrive the better in order to give yourself plenty of time to get on the start line.

Tech tops, hoodies and merchandise - If you've purchased a tech top or hoodie or would like to purchase one you can pick it up at either of our registration points. There will be DougieMac merchandise available on the day, tech tops are £15. Make sure you bring some cash with you.

Bib numbers – At registration you will receive a bib number. This is to be worn on your front. Please write your emergency contact details and any medical conditions that you have on the reverse side of your number. Please bring safety pins with you.

Ankle chip-timers – At registration you will be allocated a non-disposable ankle chip timer which will record the time you pass through the start line and the time you pass through the finish line. Please wear this round your ankle during the race. Please put these in the boxes provided at the finish line. If ankle timers are not returned or lost you will be asked to respectfully pay a charge to replace them so the hospice does not incur this charge.

Wristbands – We provide all of our runners with a wristband at registration for you to wear during the race. This has the emergency contact number that you can call if you need help with first aid or anything else. In a serious medical emergency, call **BOTH** the emergency contact number 01782 344 359 and 999. Local ambulance services are aware of the event. **You will need your wristband to swap it for your medal at the end of the race.**



Start/finish line – The start/finish line takes place on the path between the event village and the lake. There will be An inflatable start/finish line. As you can see from the diagram the route exits the park at the top of Cleveland Road and enters back into the park through the same gate. The path remains the same on your way back as the one you run out of until it curves off taking you round the lake and towards the finish line. Remember to head round the lake – no sneaky finishes!

Traffic management – We have organised a comprehensive road closure plan with traffic management company Amberon and the Highways team. Please follow the route as it is planned and signposted and take direction from marshals on route. We recommend that you wear high visibility clothing on route for your safety.

Lost child – The Stoke 10K is open to young people from the ages of 15 and over. We expect children under the age of 16 to be accompanied to the start line and picked up from the finish line by an adult. If a lost child is found they will be held at the registration desk with two DougieMac staff/volunteers. The child will only be allowed to leave with the emergency contact name provided when signing up/ a parent they identify, for safeguarding precautions. If the details of the responsible adult have changed, please let DougieMac know by Wednesday 6th September 2017. Email events@dmhospice.org.uk

Clothing and baggage – Please bring appropriate clothing with you for the weather forecast and be sure to suncream up in sunny weather! **There is no baggage storage**, therefore we advise you leave baggage in the car or with a family member/friend. We cannot guarantee the safety of items left.

Water stations – Your water stations are on Stoke Road near Stoke College (around the 3km mark), at the Dulux decorator centre front car park on Victoria Road (around the 6.5km mark) and at the finish line.

Breakfast and finish line food - There will be a food/drinks supplier at the start line from 7am and at the finish line selling hot food and hot and cold drinks. Be sure to treat yourself to a finish line snack!

Toilets – Toilet facilities are available in the event village. There is a toilet block by the event village and there will also be portaloos available, including a disabled portaloos. Arrive in plenty of time so you can beat the queues.

Route – **THE ROUTE IS DIFFERENT FROM PREVIOUS YEARS.** A route map has been provided for you in this pack. The route will be well sign posted and marshalled. be sure not to deviate from the official route. The route has been measured to the shortest possible route a runner can take by an official course measurer. It is certified as an official 10K. Therefore it can be used for power of 10 rankings. If you decide to retire early please let a marshal know and make your way to the designated drop out zone.

Be road savvy – The roads will be closed along the whole route. However please be aware that in previous years a very small minority of car users have occasionally attempted to break these road closure orders. Be careful when crossing roads and when at junctions. Please adhere with UKA ipod/mp3 usage rules. There are some uneven road surfaces and small potholes on route in certain areas so please be aware of your footing and take care when running close to a kerb.

Designated drop out zone – If you feel you can no longer continue with the race, no problem, please let a marshal know and step up on to the pavement and make your way safely to the designated drop out zone which is outside of Fenton Manor. You will find a pick up bus there that will take you back to the event village once the runners have come through. Please inform a marshal or call the emergency number if you need help.

Sponsorship - DougieMac couldn't exist without your incredible sponsorship. We are hoping that every Stoke 10K runner can raise at least £50 in sponsorship. If every runner raised £50 in sponsorship, we would raise £50,000 for the hospice – how incredible would that be?! It's easier than you think, set up a fundraising page or contact us for sponsorship forms. You can bring your sponsorship with you on the day and pass it to our team.

Social Media –We'd love it if you'd tag us in all of your photos on facebook, instagram and twitter and use the hashtags #WeAreDougieMac #DougieMacStoke10K

First Aid – St John's Ambulance will be on site in the event village and on route. If you require help, please call the emergency number on your wristband which is 01782 344 359 and our support team will assist you. In a serious medical emergency please call both 999 and our emergency number. As per terms and conditions, only take part if you are fit and well. Check with your doctor if you are unsure or have a pre-existing condition.

Your safety – Your safety is of paramount importance to us. In light of recent attacks, Staffordshire police will have a presence at the event and on route for your safety. In the rare event of a firearms/weapons attack please follow the NPCC guidelines to, 'Run, Hide, Tell'. We recommend that you visit www.npcc.police.uk/staysafe to read about this advice.

Photography – After the event you'll be able to check out photos on the DougieMac Stoke 10K facebook page. Start/finish line photography will be available from Mick Hall Photos. www.mickhall-photos.com

Terms and Conditions - <https://www.everydayhero.co.uk/events/downloads/0000/6567/Dougie-Mac-Stoke-10K-Terms-and-Conditions-of-entry.pdf>

Volunteers – Could your friends and family help us by being a volunteer marshal on route? We're always in need of volunteer support. Email our volunteer manager Katiesherwin@dmhospice.org.uk or call 01782 344 359 for more info.

A Big Thank you – Don't forget to collect your medal at the finish line. You deserve it! Also, check your results at www.chipresults.co.uk. You are incredible and we are so grateful for your support! ☺