

VIRTUAL RUNNER

LIVE

SUMMER 2019

RUNNER INFORMATION PACK

Saturday 22nd June 2019 | Victoria Embankment | Nottingham

www.virtualrunneruk.com



WELCOME TO VIRTUAL RUNNER LIVE

LIVE

FROM VIRTUAL RUNNER

Dear Participants,

Thank you for signing up for our first ever summer Live event.

We've had three fantastic events at the beginning of the year and so we wanted to see how things went at a nicer time of the year.

All three races are separate, so for those of you really looking to give yourselves a challenge, you can run all three races. Many of you have already chosen to do this.

It's a fast and relatively flat course, so if you're after a time, this is ideal. At the same time, if you just want to walk it with your family or friends, then that's fine too.

Nottingham Hospitals Charity is our official charity for this event so please dig deep to help them continue their fantastic work as they aim to raise money for the Nottingham Children's Hospital.

I hope you have a great day out with us and achieve whatever you are aiming for.

Susan Wheatcroft
Virtual Runner

SCHEDULE OF THE DAY

12:00 Registration Opens

13:30 Start of the 2K race

14:00 Start of the 5K race

15:15 Start of the 10K race

17:00 Event Close



BEFORE YOU ARRIVE

The only thing you need to do before the event is prepare yourself and your kit for the race. Make a note of the car parking options available to you later on in this information pack and plan your journey accordingly based on the access times.

GETTING THERE & CAR PARKING

The event starts and finishes at the Victoria Embankment in Nottingham. The car parking for this event is on the grass field next to the main event venue. This is accessed off Bathley Street.

The address is **Victoria Embankment, Bathley Street, West Bridgford, Nottingham, NG2 2ER.**

The Victoria Embankment is served by the Clifton Tram and a number of bus services around the Meadows and the Trent Bridge areas. The venue is only a short walk from any of these stops. Please check your local provider's website for the latest information.

Upon arrival, please head towards the registration marquee next to the main building on site. This marquee has doors on it and there will be a large flag outside the front of it.

ON ARRIVAL & REGISTRATION

When you arrive you will need to collect your runner number from the registration desk situated in the registration marquee. Your number has an integrated timing chip, so please affix this to the front of your outermost layer of clothing using the safety pins provided. If this is not on your front, it may affect your time.

If you have signed up to complete more than one of the races, please note that you will need to wear a different number for each race to ensure you get a time. You can collect all of your numbers when you first register or you can return between each race if you don't have anywhere to leave the others.

Please note that we have noticed some people have registered for a number of places under the same name. If you want to ensure that each member of your party is correctly listed on the results lists, then you will need to make sure registration are aware of the relevant information.

This also applies to emergency contact details. We will take the information you provided at the point of entry unless you tell us otherwise. It is your responsibility to ensure that we have the correct information.

KEY INFORMATION

LIVE

WATER

We ask all participants to be self sufficient with any hydration requirements they have during the race. As part of the wider weekend taking place on the Embankment, we are committed to no plastic bottles as part of this event. There are places available for you to fill up your bottles at the main event site before and after your race.

We hope that you will join us in helping to reduce the impact on the environment by making small changes like bringing your own reusable water bottle with you for the event.

TOILETS

Portable toilets are available at the Victoria Embankment.

FINISH

You will start and finish under the main gantry on site.

When you finish you will be directed down into the finish marquee to collect your medal.

We do ask that you do not stop as soon as you cross the finish line. This causes a backlog for people finishing behind you and may affect their times. Please keep moving through the line and if you need to stop, please move to the side of the footpath out of the way of other runners.

FIRST AID

St John's Ambulance Service will be providing first aid at the event. They will have two first aiders on bikes travelling around the routes. If you require first aid, or you see someone who does, please report it to the next available marshal who will be able to contact the first aid team.

PHOTOGRAPHY

There will be photographers capturing the event at various points. While we will do our best to ensure you all feature in at least one photograph we cannot guarantee this. If you would like to ensure you have a photo, please talk to the photographer situated around the start/finish area.

REWARDS

All runners will receive a fantastic Virtual Runner medal for taking part in the event.

KEY INFORMATION

LIVE

THE 10K ROUTE



ROUTE INFO

You will start under the gantry on Wilford Grove and will then head to the end and turn right along the Embankment Road. Once you reach the West Entrance gates you will turn left and join the riverside path. When this forks you will follow it down until you are beside the river all the way under Trent Bridge.

After passing under Trent Bridge you will turn sharply left and will climb up onto Trent Bridge itself on the footpath. This will lead you to Trentside North where you will turn left and head down towards the boat clubs. You will make a sharp left turn and pass back under Trent Bridge on the opposite side of the river.

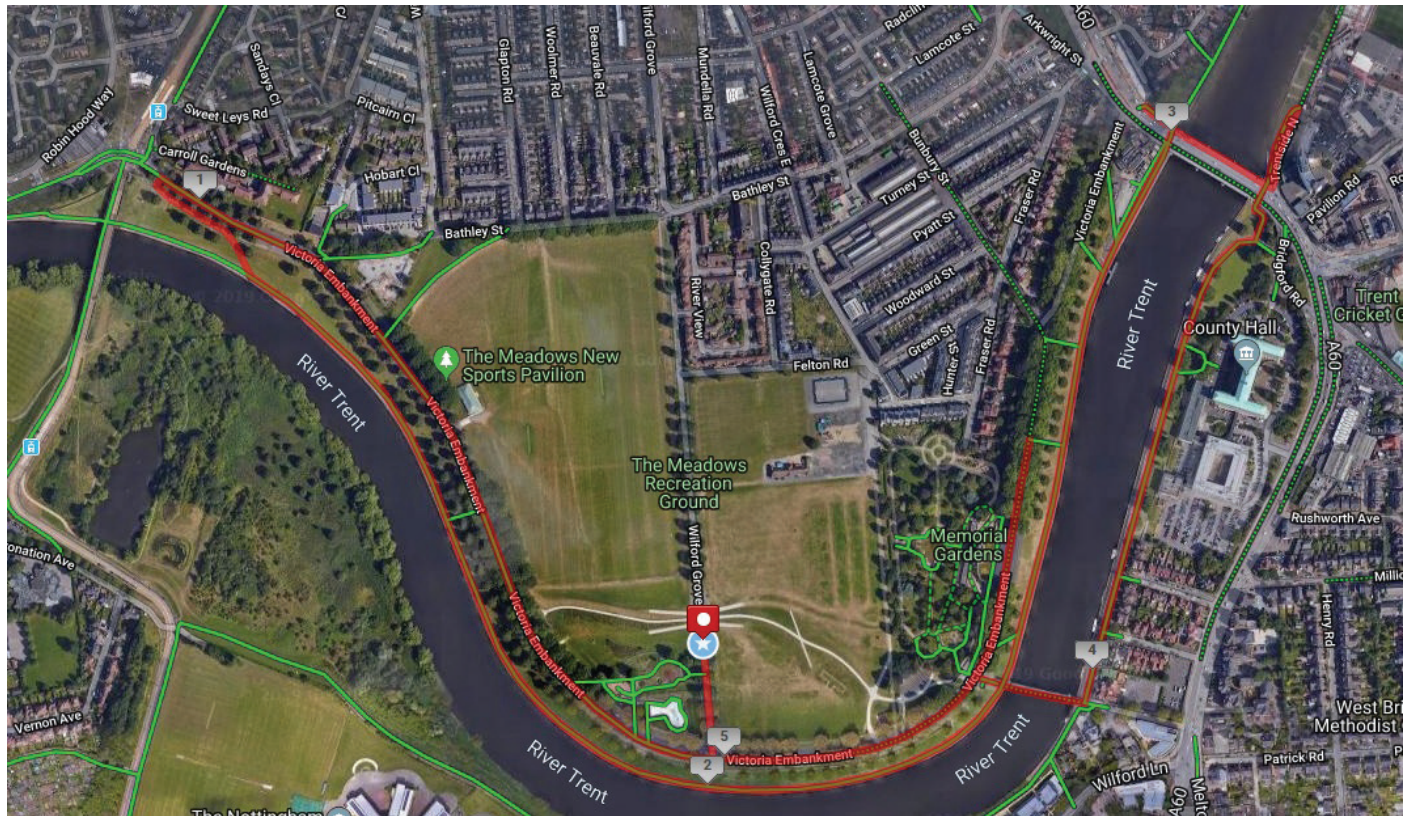
You will then follow the riverside path to the suspension bridge which you will cross and then turn right, taking in a section of the top footpath. At the designated point you will turn left and left again back on the Embankment Road and head back to the start. You will pass under the finish gantry and then take an immediate left along the gravel path above the play park on the Embankment. This will lead you back out on to the Embankment Road and you will complete a second lap of the course.

Please be aware of those around you and keep to the left at all times.

KEY INFORMATION

LIVE

THE 5K ROUTE



ROUTE INFO

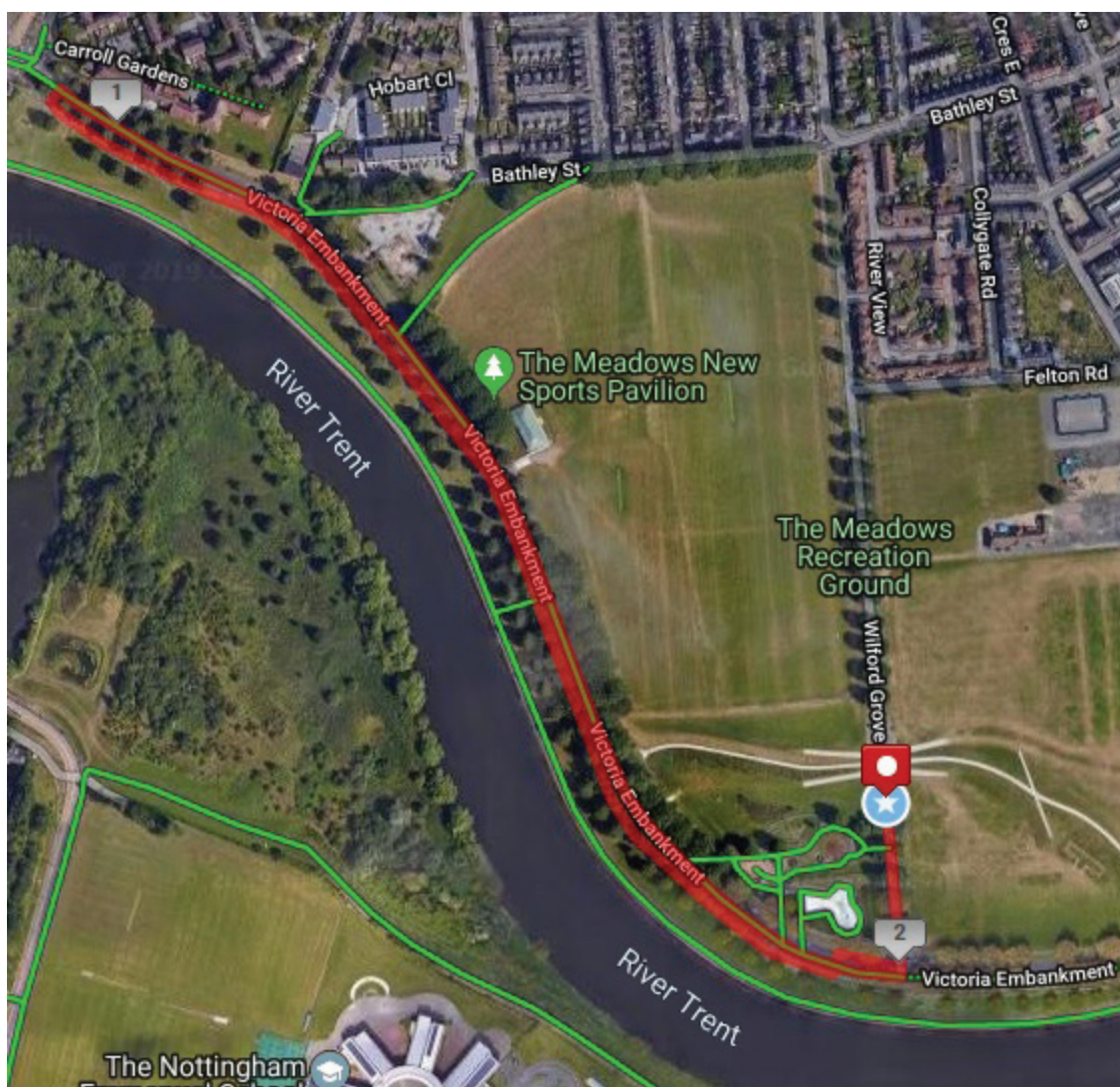
You will start under the gantry on Wilford Grove and will then head to the end and turn right along the Embankment Road. Once you reach the West Entrance gates you will turn left and join the riverside path. When this forks you will follow it down until you are beside the river all the way under Trent Bridge.

After passing under Trent Bridge you will turn sharply left and will climb up onto Trent Bridge itself on the footpath. This will lead you to Trentside North where you will turn left and head down towards the boat clubs. You will make a sharp left turn and pass back under Trent Bridge on the opposite side of the river.

You will then follow the riverside path to the suspension bridge which you will cross and then turn right, taking in a section of the top footpath. At the designated point you will turn left and left again back on the Embankment Road and head back to the start.

Please be aware of those around you and keep to the left at all times.

THE 2K ROUTE



ROUTE INFO

You will start under the gantry on Wilford Grove and will then head to the end and turn right along the Embankment Road. Once you reach the West Entrance gates you will turn left and join the riverside path.

Staying on the top footpath you will retrace your steps back to the finish.

Please be aware of those around you and keep to the left at all times.