



## Race Day Information

Thank you for entering the St Helens Windows Dream Trail Race on September 11<sup>th</sup> 2011. Here are your final Race Day instructions...

The Mini Trail (6-11yrs old) Starts at 10.00am and entry is £2.00 on the day. Please register by 9.30am.

The Junior Trail (11-16yrs old) Starts at 10.15am but please be at the start line no later than 10.00am  
The Adult Trail Starts at 11.00am but please be at the start line no later than 10.45am.

Presentations for all races will take place in The Smithy Manor at approximately 12.30pm. **Please bring spare dry clothes and shoes in case of bad weather so that we aren't tramping mud into the pub.** Thanks

**Your race numbers can be collected from The Smithy Manor on Saturday 10<sup>th</sup> September between 3pm and 4pm or on Sunday 11<sup>th</sup> September between 8am and 10.30am.**

Parking has been arranged at The Smithy Manor pub on Jubits Lane and at the playing fields further down the road. If these are full you should find plenty of non-restricted parking in the local area. Please respect local residents and do not block driveways or entrances.

Toilets and limited changing facilities are an offer at The Smithy Manor.

**THERE ARE NO TOILETS NEAR THE START LINE DUE TO THE LOGISTICS OF THE SITE!**

Drinks and Bar Snacks will be available post race at The Smithy Manor.

Light refreshments and cold drinks are available pre and post race from the newsagents opposite the pub.

There will be a drinks station in the adult race at the 4KM point. There are no drinks stations for the Junior Races so please carry any drinks that you require.

### **Get Sponsored**

We really hope that you'll consider getting sponsored for the event and raise money for The Steve Prescott Foundation. For background on their work and other fantastic challenges please visit <http://www.steveprescottfoundation.co.uk>

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## Course Guidelines

The Trail course is “off road” and will take you across paths, tracks and fields. Depending upon the weather conditions it may be slippery / muddy so please wear appropriate footwear and look out for hazards as you run. There may also be members of the public on the course so again, look out for them and be aware that not everyone appreciates that they or their bike / dog are a hazard to a runner.

There are sections of the course where overtaking will be tricky. Please be courteous to other runners, if someone faster is approaching from behind or if they ask to come through, please move to one side and let them by.

There are Marshals throughout the course and St John’s Ambulance will be in attendance. If you need any assistance or see another runner in difficulty, please do not hesitate to alert the next Marshal that you see.

## Sponsors

We would like to extend a huge thank you to St Helens Windows and all of our other sponsors. Without them we wouldn’t have been able to stage the event and wouldn’t have had such good prizes. ***Please help us to repay them by using their services in the coming months***, you will find lots of special offers and vouchers in your race pack on Sunday.

### **Main Sponsor**

St Helens Windows – Home Improvements

### **Prize Sponsors**

Co-Operative Membership	- Bonus Points and Community Fund Scheme
Drivetime Warrington	- Golf Driving Range and Shop
Premier Physio	- Holistic Treatments, Massage and Physiotherapy
PBFit	- Fitness and Fat Loss Bootcamps at Lea Green
Dave’s School of Motoring	- Driving Lessons throughout the St Helens area
Dominoes Pizza	- Pizza and other great food
DW Sport	- Health & Fitness Centre
Up & Running	- Specialist Running Shops
Taylor Wimpey	- Home Builders

Thanks also to The Smithy Manor Pub for opening early and allowing us to use their facilities. Cheers!

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## **Prizes**

The Prize giving will take place as soon as possible after the adult race.

There will be prizes for the following places

### **Mini Trail**

1<sup>st</sup> Male

1<sup>st</sup> Female

### **Junior Trail**

1<sup>st</sup> Male

1<sup>st</sup> Female

### **Adult Trail**

Top 3 Males

Top 3 Females

1<sup>st</sup> Male aged 40+

1<sup>st</sup> Female aged 40+

**Please join us for a quick drink after the races and congratulate the winning runners!**

### **Legal Disclaimer:**

This event by its very nature is hazardous and contains certain inherent risks. The race is run over land to which the public has free access and over which the race organisers have no control and which is subject to normal hazards to be expected on such a trail, e.g. partially or fully exposed tree roots, overhanging branches, non participants, dogs etc. Participants are responsible for their own safety. It is the participants responsibility to ensure that they are physically capable to start an event of this distance and terrain. Participants should contact their own doctor if they are uncertain on this point. By agreeing to these conditions the participant accepts that they enter this event at their own risk and accept that the event organisers and their employees are not liable for any loss, damage claim, expense, injury or accidents which may arise as a consequence of the participants negligence in this event.

