

**Ilkeston Running Club**  
**Double or Quit Race**

**Race Information & Final Details**

**Saturday 29<sup>th</sup> August 2009. Starts at 5.00pm**

**Directions and Parking**

**See the enclosed map – post code of car park is DE75 7GX**

Car parking is at the Shipley Park Visitor Centre, Slack Lane Heanor. There should be ample car parking but please be aware that other users of the park will be sharing the car park so drive carefully and watch out for cyclists, horses, dogs and young children.

**Registration**

- If you have pre-entered by post, there is no need to register; your number will come with this information sheet and all you have to do is turn up and run.
- If you have not received your number with this information it is because there is a problem with your entry (e.g. incorrect payment). Please see the enquiries team on the day.
- If you have entered on-line then please come to the enquiries tent to collect your race number.

**Race numbers**

All runners must wear the number on the front of their vest. No number – no time recorded!

**The course**

**The start and finish are on the grass field in front of the enquiries tent. Start will be by a whistle.**

**Multi terrain** so beware of gates and uneven ground in places – starting on grass for the first 400m and then gravel/shale followed by left onto a broken tarmac surface upto the 1 mile mark. Watch out for the speed bumps and a narrow bridle-gate. A better tarmac surface leads downhill (and another bridle-gate before we turn left onto a gravel bridleway. Follow the track alongside the woods on your right and over two bridges before snaking uphill on a narrow track. Turn left and onto red shale and gravel tracks for 1 mile before a left onto the Nutbrook Trail (Drinks Station). The surface remains fast (tarmac) for the next 0.8 miles before a steep uphill section on a stony (rutted) track and then a gentle gravelly downhill (4 miles), some more (flat) tarmac and earth/gravel along a long-disused railway before finishing the lap on the grass field where you started. One more lap of the same for the 10 mile competitors.

**Please note: there are two narrow gates at approximately 1 mile and again at 1.3 miles on Shipley Lane. We do not have permission to open either of the large gates across the road so all runners will have to pass through these narrow gaps. They are wide enough for one runner at a time and that is all. Please be sensible and courteous. Please do not berate the marshals as it is not something we can change. It ensures that the course is pretty much traffic free – never a bad thing.**

Here's a link to a map of the route: <http://www.sanoodi.com/route/tonyd/167779/double-or-quit-2008/>

**Drinks**

At 2.8, 5, 7.8, 10 miles. Please use them. If it is hot on the day, the 10 mile competitors could lose 2-3 kilos in body weight which severely inhibits performance. Please start the race fully hydrated by drinking at least 2 litres of water or dilute electrolyte drinks during the day. Feel free to carry a plastic bottle – if you need to discard it please carry it to a drinks station before dropping it.

### **Double or Quit**

There will be a split point just before the 5 mile point for runners to choose whether to run another scenic lap or call it a day. Please listen to the marshals and follow the signs. **5 mile runners will need to bear RIGHT, 10 mile runners will need to bear LEFT.**

**Once again for the speed-readers: at the split point.....**

**5 mile runners bear RIGHT**

**10 mile runners bear LEFT**

**Don't worry – we'll shout to remind you!**

### **At the finish**

Please ensure that your number is clearly visible, and that your number has been recorded before leaving the finishing funnel. You will be handed a goody bag and a drink. Please take the opportunity to cheer in the remaining runners.

### **Toilets & Cafe**

There are public toilets open until 7pm at the visitors centre and other toilets next to Mapperley Reservoir car park (on the course) approximately 1.3 miles from the visitor centre. The Ramblers Coffee Shop next to the visitor centre will be open until approx 5pm for (very nice) drinks and cakes (for last minute carbo loading maybe)

### **First Aid**

Trained First Aiders will be in attendance.

### **Prizes**

The presentations will be held in the start finish area after 6.30pm. There are mens and ladies senior & veteran trophies for both the 5 and 10 mile races. The winners will be able to get the trophies engraved with their name, club & time and hold these for a year before returning them in time for next years race.

All finishers will receive a goody bag containing various items including a race souvenir and there will also be spot prizes including sports massage vouchers and other bits yet to be decided. The results will be available on [www.ilkestonrunningclub.co.uk](http://www.ilkestonrunningclub.co.uk) and [www.doubleorquit.org.uk](http://www.doubleorquit.org.uk) within a couple of days following the event and will be issued by post to all competitors requesting (and paying for) this option.

### **Race Charity**

At Ilkeston Running Club we believe that sport should be about "getting out there and doing it". We are a small club with fairly modest needs and expenditure, therefore when we started to realise we were making a profit from the race we decided to give half away to a local childrens' charity. Derby Kids' Camp is a 100% volunteer-run charity committed to providing FREE holidays for Derby's most deserving young children.

With your help and the support of approximately 130 volunteers each year, these children benefit from what may be their only opportunity of a holiday this year - enjoying an exciting, fun, free break in the great outdoors!

Derby Kids' Camp holidays helps to provide a much needed break for disadvantaged children, children who will benefit from social or personal development or to provide a respite period for parents or carers.

If you would like to find out more about this please see [www.derbykidscamp.co.uk](http://www.derbykidscamp.co.uk)

### **Finally**

Have a good run and enjoy this superb country park.