



## Race Day Information

Thank you for entering the St Helens Dream Trail Race on Sunday August 30th. For up to the minute news and information, please check that you are following us on [Facebook](#) or [Twitter](#) as this is where any last minute changes will be announced.

### LOCATION

All races start and finish behind the former pub The Smithy Manor which is located on Jubits Lane, St Helens, WA9 4BB. Please see below for parking information.

However, the pub has closed since our last event in 2014 so we now have a new Race Registration point and base. Please see below.

Junction 7 of the M62 is only 1 mile from the course. Follow the signposts to Dream along the A57.

The closest train station is Lea Green, approximately 1 mile from Dream. Follow signs towards Widnes after exiting the station.

### RACE NUMBERS

To keep race costs down we don't post out numbers. They can be collected from either:

The Clock Face Hotel, 408 **Clock face** road. WA9 4QS between 3.30pm and 5.00pm on Saturday 29th October.

**or**

The Shining Light Centre, Forest Road, Sutton Manor, WA9 4AT on Sunday 30th August October between 8.30am and 10.30am.

Transfers of Race Numbers are possible until Friday 28th August at 5pm. Please email the following details to [dreamtrailrace@gmail.com](mailto:dreamtrailrace@gmail.com)

- Runner to be replaced
- New Name (full)
- New Date of Birth
- New Email Address
- New Mobile Number
- New Medical Information
- New Next of Kin Contact Details
- New Running Club (if relevant)

Continued....



## **EVENT PARKING**

Unfortunately, there is now no parking at The Smithy Manor pub. Parking for Dream can be found at King George Playing fields on Jubits Lane however spaces are limited.

The best places to park are on Jubits Lane or Gartons Lane where there are few restrictions on a Sunday.

**Please park legally and with consideration to local residents.** Race organisers are not responsible for any parking fines or damage caused to parked cars.

## **TIMINGS**

The 2km Mini Trail (8-11yrs old) Starts at 10.00am and entry is £5.00 on the day. Please register by 9.30am at The Shining Light Centre. Details below.

The 5km Trail Challenge (11+ yrs old) Starts at approximately 10.15am but please be at the start line no later than 10.00am

The 5 mile Dream Trail (16+ yrs old) Starts at approximately 11.15am but please be at the start line no later than 11.00am.

**Please note:** *All distances for the 3 races are approximate and may change slightly due to ground conditions on the day of the event.*

## **IMPORTANT RULES**

X - No Dogs are allowed

X - No Headphones are allowed as this is a UKA Registered Race

## **TOILETS**

Toilets are available at The Shining Light Centre approx 500m from the start.

There will be limited toilets near the start line.

## **CHANGING**

There are changing rooms & showers at The Shining Light Centre. Please keep them tidy after use.

## **BAGGAGE AREA**

At present there is no baggage area arranged. We are still working on this with The Shining Light Centre. In the meantime, please plan to use your cars.

Continued....



## **WATER STATIONS**

There are no water stations for the 2km or 5km races.

There will be a water station at approximately 3 miles for the 5 mile Dream Trail Race.

## **MEDALS & GOODY BAGS**

Medals for all 3 races will be handed out at the finish line.

As advertised, we have purposely tried to keep the cost of the races low so we are not supplying Goody Bags full of tat.

We will be providing a drink and snack at the finish area. Please be considerate to other runners and only take one of each. Thanks.

## **REFRESHMENTS**

An Ice Cream Van and Coffee Van have been arranged. We are still working on arranging a catering franchise.

## **PRIZE PRESENTATIONS**

Our whole ethos around this event has been to get more people trying Trail running and to build a great spirit. Please join us after the races for the 5km and 5 mile prize presentations which will take place at The Shining Light Centre at approximately 12.30pm.

We will present the prizes for the 1st Boy and 1st Girl from the Mini Trail at 11am immediately before the start of the main race. This will take place at the start line so that all of the adult runners can congratulate the winners.

## **THE COURSE - VERY IMPORTANT, PLEASE READ CAREFULLY!!!**

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. If you see any off road bikes on the course please STOP and report them immediately to a Marshall.

**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.



## **THANK YOU'S**

The whole event would not be possible without the support of our superb volunteers. Please join me in thanking them for their support as you wind your way around the course.

We would also like to thank our sponsors [Run Geek](#), [Keira's Occasions](#), [Zsa Zsa Flowers](#), [Arc Glass & Bending](#) and [Sweat Fitness](#) for sponsoring the main prizes.

Yet again, the [Strathmore Water](#) for the event is kindly donated by Steve Smith at [AG Barr](#).

And we would also like to thank Scott Pilkington for designing our superb "School Badge".

## **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.

## **COMING SOON...**

Running is becoming more and more popular in the local area. Please be sure to check out the following forthcoming events...

- [St Helens parkrun](#) is a free, fun and friendly 5km run which takes place every Saturday at Victoria Park. [Follow on Facebook](#) or [Follow on Twitter](#)
- The Steve Prescott Foundation has arranged the inaugural [St Helens Triathlon](#) on September 13th.
- [Rainford 10K](#) is on 4th October
- The [GPW Recruitment St Helens 10km](#) race takes place on 6th March 2016.

Continued....



## RACE LICENSE

The Race has been licensed by Run Britain (2015-13511).



## CONTACT DETAILS

Please email [dreamtrailrace@gmail.com](mailto:dreamtrailrace@gmail.com) if you have any questions.

