

Well hello ATRX Runner,

This will be the last newsletter coming from your race team direct. The great news is preparation is well under way at Race HQ to fine tune plans for next Wednesday. There are a few key things I need to share with you in advance:

## **DATE AND TIME**

- When: Wednesday 11<sup>th</sup> May, start time 1930
- Registration: From 1800
- Timing: Hand timed (no chip timing)

## **PARKING**

The postcode for the event is G65 9JF. This is at the Kilsyth end of Croy, near the now closed Croy Miner's Welfare and Croy Car Wash. However there is no parking here and you would be helping the team by not coming here to park. We will have a marshal who will direct you in the appropriate direction. There is tons of parking 1k from the start line at Croy train station, and a little less towards Kilsyth at the Boathouse and Auchinstarry Quarry. This again is 1k away. There is some parking in the village and we would ask you to be really considerate of our neighbours.

## **RACE RULES**

Sorry to hit you with the boring stuff, but this is important info:

1. Runners **MUST** heed the instructions of the race marshalls at all times
2. No headphones when crossing roads, and to reaffirm point 1, runners must adhere to marshal's instructions when approaching the road crossings
3. No dogs
4. Any runner littering on the course could be DQ'd and banned from future events
5. Look after your fellow runner, this is not the Olympics and safety and community are paramount
6. Love your marshalls and respect them. There would be no race without them

## **TRANSFERS AND WAITLIST**

There is no waitlist and numbers are not transferrable for this year's race. Runners who cannot make the race are entitled to pick up their goody bag which can be collected after the main race starts. Please do not give your number to another runner, it can add all sorts of complications.

## **PRIZES**

There will be prizes for the first 3 in the gender categories as well as prizes for first vet 50 in each also. All runners will receive a goody bag with a treat or two, a scarf and one of our unique medals.

## **BAGS**

There will be a gazebo at the finish/start line where bags can be left at your own risk. Can't guarantee keeping everything dry if there is heavy rain so please pack your gear appropriate to the conditions.

## **FOODBANK COLLECTION**

On the night we will be doing a collection for the Kilsyth Community Food Bank, which is our charity partner this year. We will also be giving them profits from this year's ATRX and Antonine Trail Race.

If you can spare a few items for this collection we, and the KCFB, would be extremely grateful. For a list of useful items please go to the link here.

We are proud to be a community race with this kind of ethos, and am sure our runners are too!

## **SHOES**

Keep an eye on the [Facebook](#) and [Twitter](#) accounts for recommended footwear for race day. The course will look good on Sunday and a light trail shoe was fine despite the rain. It is pretty much 90% trail and all runnable.

I think that is about it for now. There is a final recce run on Saturday morning at 0900 and all are welcome. Pace is not a problem and our team who host these races I can personally vouch for!

See you next Wednesday.

James Stewart (Race Director)

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