

# Lyra Hope 5 Race

6<sup>th</sup> September 2023

Race start: 5mile at 6pm 5k at 6.05pm

## PARTICIPANT GUIDE

<b>Emergency Contact</b>	<ul style="list-style-type: none"><li>• Race Director Helen Treece 07801 291129</li><li>• Deputy RD Claire Sheldon 07875 783375</li></ul> <p><b>If the incident is serious contact 999 first then the RD as above. The race is fully supported by an event 1<sup>st</sup> aid team</b></p>
<b>Car Parking</b>	<ul style="list-style-type: none"><li>• Derby Rugby Club Race HQ has some parking and will be opening their overflow but there is club training on at the same time so space is limited.</li></ul> <p><b>Please consider using the alternative car parks a short walk away as detailed below:-</b></p> <ul style="list-style-type: none"><li>• City Road car park Derwent, Little Chester DE1 3RP – Free parking and 10minute walk to Rugby Club race start</li><li>• Old Chester Road Car park DE1 3SA – Free parking and a 10minute walk to Rugby Club race start</li><li>• Darley Park Drive car park – Free parking DE22 1DA – Free parking and a 10minute walk through Darley Park and over the Weir bridge to the Rugby Club</li><li>• Darley Street Car park (near the cricket club by the Abbey Pub) DE22 1DU- Free parking and a 5minute walk over the weir bridge to the Rugby Club</li></ul> <p><b>Note you can park in Darley Abbey Village and walk over the weir bridge but please be mindful of the residents</b></p>
<b>Toilets and change facilities</b>	<ul style="list-style-type: none"><li>• The toilets at the Rugby club will be open to all participants but please be mindful of any muddy shoes and remove before entering the upstairs to use the toilets</li></ul>
<b>Registration</b>	<ul style="list-style-type: none"><li>• Opens at 5pm</li><li>• Please try and enter online to speed up the registration process. All participants must declare relevant medical details and an emergency contact number</li><li>• There will be cash on the night and also a card reader if you need to pay on the day</li><li>• To ensure your safety please do not give your number to any other runner as we need to ensure all emergency details are correct</li><li>• All race participants will be issued with a race number bib and also a timing wrist band. This wristband <b>MUST</b> be removed after crossing the finish line</li></ul>
<b>Race</b>	<ul style="list-style-type: none"><li>• 5k route is a flat out and back route</li><li>• 5mile does have a small incline and then is a flat route with some of the route the same as the 5k so please be mindful of other runners at all times</li><li>• Both distances will have a tail runner</li><li>• As this race is run on a public space please be aware of other park users including dog walkers, runners and cyclists as part of the course is on a cycle accessible path</li><li>• For the 5mile route <b>ONLY</b> there is a small road section of about 50m so please ensure you stick to the pavement and <b>LISTEN</b> to any instructions from the race marshals</li><li>• <b>NO DOGS</b> please</li></ul>
<b>Race Timing</b>	<p>The race will be electronically timed so please ensure that you wear the wristband provided and 'dib' at the 'dibber' stations at pre-start and the finish line</p> <p><b>Thank you to PEAK RUNNING for their support and provision of the electronic timing</b></p>

<b>Drinks</b>	This is a cup- free race so please bring your own container for any drink you wish to have with you. There will be some large water containers in order for you to fill up.
<b>Kit</b>	If you think that you may be on the park after 7.15pm then please consider bringing a chest or head torch with you as the park is NOT illuminated. The race distance has taken the sunset timings into consideration but also each participant needs to be mindful of their own safety
<b>Post race</b>	<ul style="list-style-type: none"> <li>• Derby Sands will be hosting a stand and there will be a cake sale with a percent of the donations going to this wonderful charity.</li> <li>• Please bring your pennies and buy a cake or two.</li> <li>• Also any donations of cakes on the night will be gratefully received but please list all ingredients</li> <li>• Derby Rugby club bar will be open and they are also providing a BBQ on the night so please support this by buying a burger or two.</li> <li>• All participants who are confirmed as entered pre-race will receive a small memento. Those entering on the night it will be on a 1<sup>st</sup> come first basis until stocks run out.</li> </ul>