



Hey there ATRX 2018 Runner,

The great news is preparation is well under way at Race HQ to fine tune plans for next Wednesday. Here's the key things you need to know for next week:

### **DATE AND TIME**

- When: Wednesday 16<sup>th</sup> May, start time 1930
- Registration: From 1800
- Timing: Hand timed (no chip timing)
- There is no toilet facilities at the race start line

### **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. There is no parking here and you would be helping the team by not coming here to park.

We will have a marshall who will direct you in the appropriate direction. There is lots 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 marshall's instructions when approaching the road crossings
3. No dogs, sorry, we are under SAL Permit and cannot waiver on this rule
4. Any runner littering on the course will be DQ'd and banned from future events and you will also spend eternity in a hell that looks like a dump. We will personally arrange this
5. Look after your fellow runners the way you'd want looked after if you got in bother
6. Love your marshalls and respect them. Blow them a kiss if you feel brave. There would be no race without them. High fives also optional but encouraged

### **TRANSFERS AND WAITLIST**

There is no on the day entry and the waitlist has closed. 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. This race is under SAL permit and giving your number out could result in both you and the runner being banned from future SAL events. We will enforce this.

### **PRIZES & GOODY BAG**

There will be prizes for the first 3 in the gender categories as well as prizes for first vet 50 female and male.

All runners will receive a goody bag with a treat or two after the race. At registration you will be able to select from a visor, headband or buff-type scarf. These will be given on a first come, first served basis but we will have limited amounts of each.

### **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 as previous years.



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](#).

### **JAPES "RACE"**

JAPES is the 2018 Charity partner of the ATR and ATRX Races. JAPES will receive the profits from our races. We will post up details of funds raised soon after the race(s) are done.

**IMPORTANT:** We are running a "JAPES race" before the main event kicks off. JAPES give people usually unable to take part in races like this chance to be a part. They have specially adapted chairs for pilots to sit in and with the help of 4-6 runners they take the chair around races all over Scotland.

At 1830/1845 the JAPES team will take a pilot around a 2.5k loop skirting the ATRX. If you want to add a bit of carnival to this wee event and help make someone's night then you can come along and run with them. Or, as they approach the start / finish we will line up and cheer them in. Come and be a part.

### **SHOES & WATER**

Keep an eye on the [Facebook](#) and [Twitter](#) accounts for recommended footwear for race day. The course is very dry right now and road shoes or light trails are fine.

There is no water stops on the course so please bring your own if required. There will be water in the goody bag after the race.

See you next Wednesday.

James Stewart (Race Director)

FACEBOOK: <https://www.facebook.com/antoninetrailrace/>  
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