

# runNTU 2018 - Information

## Fundraising

100% of all donations received go straight to the vital work of the John van Geest Cancer Research Centre, and every little helps so please get involved and help us find new ways to diagnose and treat cancer patients – and make a difference locally and around the world.

Visit [www.ntu.ac.uk/vangeest](http://www.ntu.ac.uk/vangeest) to find out more about our work, or search 'vanGeestCancer' on Facebook, Twitter, or Instagram.

**We would love you to fundraise!** Please visit [www.justgiving.com/jvgcrc](http://www.justgiving.com/jvgcrc) to set up a fundraising page or contact us on 0115 8488807 or via email on [Stephen.knott@ntu.ac.uk](mailto:Stephen.knott@ntu.ac.uk) for further information.

## Location and Parking

The Clifton campus is located just off the A453, Clifton Lane. If you have a satellite navigation device, please use the postcode NG11 8NS. Free parking facilities will be provided on the University campus for participants and supporters. Park in the University Student Car Park accessible from the North entrance to the campus from A453 (Entrance closest to the city).

Having parked follow the signs to the Lee Westwood Sports Centre. Our friendly race volunteers will be on hand to point you in the right direction.

## Registration

Upon arrival at the Lee Westwood Sports Centre please confirm your entry for the race at the registration desk by 11:30 at the latest. Registration will be available from 10:00 onwards. You will be able to pick up your race number (and event T shirt if taking part if you have ordered one).

All runners must be at the start line for 11:40, 20 minutes prior to the race start. Signs and our friendly volunteers will show you the way from the Lee Westwood Sports Centre to the start line.

The 5k race will start first, followed by the fun run 30 seconds later. This is for safety reasons because of the small children taking part in the fun run.

## Changing Facilities and Storage

If you require changing facilities these are available in the changing block in the Lee Westwood Sports Centre. These will be open before and after the run. There are lockers available in the Lee Westwood Sports Centre. The University accepts no liability for loss or damage to your possessions.

## Refreshments

Water will be provided at the finish area for runners, and hot and cold refreshments (and a tasty food menu) will be available to purchase in *The Point*.

## Fancy Dress



Wearing fancy dress for the run is actively encouraged, and we have prizes for the best.

### **Social Media**

Do tweet on the day – we love seeing your pictures! You'll find us on Facebook, Twitter and Instagram if you search for 'vanGeestCancer'. Please do use the hashtag #runntu as well!

### **Charity Entry**

If you selected charity entry as your entry option you must raise at least £50 by Thursday 26<sup>th</sup> April. If you have not raised the required amount you will still be able to run the race, but you will have to pay the usual registration fee upon registering. Please note that each Justgiving page set up can only be used by one individual for this purpose.

### **Do...**

- Bear in mind that parts of the course are off-road and may get wet and muddy, so wear appropriate clothing.
- Follow all instructions from the race marshals.
- Keep to the left on the course where appropriate.
- Remember that the 5k race will be started at 12.00pm with a count down from 3 which will be followed closely by the same for the fun run.
- Have respect for other users of the route as the area is popular with walkers, cyclists, runners and horse riders.
- Cross the public highway with due regard to other road users
- Follow the course route. If you get into difficulty contact the nearest marshal.
- Follow the finish officials instruction and please respect that they need to concentrate on the job in hand and will therefore not be able to advise on times of individuals during the race.
- Tidy up after yourself and endeavour to leave the Campus and surrounding area litter free.
- Have fun!

### **Please do not...**

- Use personal music players and head phones, this may invalidate the personal insurance cover.
- Wear fancy dress which could be considered offensive or dangerous as we may have to take the prevent you from running the race. Our decision is final on this matter.
- Obstruct Marshals or route markers or warm down on the route of the course.

**If you have any further questions, please call Stephen Knott on 0115 8488807 until Friday afternoon, or ask a marshal on the day of the race.**

**We look forward to seeing you there!**

