



## Race letter for the Westonbirt House 10k Friday 5<sup>th</sup> August 2016

It's race time with DB Max folks! We're very excited to be bringing you this brand new event at this beautiful Gloucestershire venue.

First the formal bit - please ensure you read this letter thoroughly and please remember to bring page 4 with you signed and completed on race day. You cannot compete without both your signed waiver and your photo ID!

### ***Race Venue***

Race HQ will be in the main house at Westonbirt School which is located off the A433 - Postcode for satnavs is GL8 8QG.

Access will be through the main gates. The venue will not be open until 17:15 so no access will be available prior to this.

### ***Parking***

On arrival, ample free parking is available in the school grounds. Please follow instructions from the parking attendants and then follow the signs to Race HQ.

### ***Registration***

Registration will be in Westonbirt House from **17:30-19:15**.

Race numbers and timing chips will be collected from the registration desk. You **must know your race number** when arriving at the desk.

**Please ensure that you bring your event waiver completed in full (page 4 of this document) along with your proof of I.D.**

Please attach your race number to your front while racing so that it can be clearly seen - race belts may be used if required.

### ***Timing Chips***

Your timing chip will be stapled to your race bib when you receive it. Please remove and fit to your running shoe – please watch the [chip fitting instruction video here](#).

The timing chips will ensure that your finish results (as well as lap times) are collected by **DB Max Sports Timing**.

Remember - **no timing chip, no results**.

### ***Mandatory Pre-Race Briefing***

There will be a mandatory pre-race briefing for all competitors 10 minutes before the race start in the gardens at the back of the house. In the event of bad weather the pre-race briefing will take place in the bar area.

### ***Start Times***

The race start will be prompt at **19:30**.

### ***Race Route***

The run route is two laps of approximately equal distance (total distance is exactly 10k). The race starts at the front of the house and heads through the school grounds until a right turn on to a quiet country road. Please take care when running on all roads remembering the highway code at all times. At the end of the first and second lap you run through the beautiful Westonbirt House Gardens. Please take care running through this area

in case of an occasional low branch or slippery surface (especially if recent wet weather). Please also take care at the one small set of steps to descend in the gardens.



The finish straight is a spectacular stretch in the house gardens, culminating in a finish line directly outside the Westonbirt House – and of course **#finishinthebar**  
There are a number of steps to ascend as part of the finish straight - it is runners' responsibility to take the necessary care on these steps. Please ascend carefully and with due care noting that runners can be tired at the finish of a 10k run.

A small version of of the route is pictured below and can also be viewed in full by clicking on the map.





### ***Presentations and Awards***

Presentations will take place in the gardens shortly after the last runner has finished at approximately 20:45.

Awards will be presented as follows:

**Overall: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> M & F**

**Vet 40-49: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> M & F**

**Vet 50-59: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> M & F**

**Vet 60-69: 1<sup>st</sup> M & F**

**Vet 70+: 1<sup>st</sup> M & F**

**Team: 1<sup>st</sup> Male and Female Team (3 team members to count, based on sum of positions)**

### ***Sponsors***

We would like to thank our sponsor **9BAR** who are providing all the nutrition for today's race as well as throughout the DB Max race season. For more information on **9BAR** products, [please click here](#).

### ***iPods and MP3 Players***

Competitors are **NOT** permitted to wear iPods or MP3 players at any time.

### ***DB Max Sports Timing***

**DB Max Sports Timing** will be producing live race results. You can follow the results live on the day at [dbmaxresults.co.uk](http://dbmaxresults.co.uk) and on also via our smart phone results app available at the same link.

### ***Refreshments***

The bar will be open before and after the race. If you have paid for a **beer and burger** ticket you need to present the bar staff with the tear off strip on your race number. The bar is open to all competitors and spectators from 17:30. Prices are as follows:

Glass of wine, bottle of lager: £3.00

Bottle of ale, mini bottle of Prosecco: £4.00

Soft drinks from £1.00.

Burger in a bap: £4.00

### ***Pre-Race Massage***

Free post-race massage will be provided by Nicole Walters ([NicoleWaltersTriathlon on Facebook](#))

### ***Toilets and Showers***

Toilets for runners will be located to the side of the house. There are also a number of toilets, changing facilities and showers available at the leisure centre if required. The leisure centre is a 5 minute walk (550m) from Westonbirt House.

### ***Marshals***

As with all DB Max races we could not hold the event without the help of all the marshals. Please thank them where possible. If you have any family or friends attending why not ask them to get involved – they will have great fun and will also earn a free entry to a similar DB Max event. If you are interested in helping out please email [james@dbmax.co.uk](mailto:james@dbmax.co.uk).

One last thing DB Maxers – we will be looking for the **best Twitter post or picture** with the hashtag **#finishinthebar**. Our Twitter handle is **@dbmaxevents**. The best posts will win a drink on us!

**Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Westonbirt on Friday!**



**Event Registration, Release & Waiver of Liability, Assumption of Risk and Indemnity Agreement**

For participation in: **Westonbirt House 10k** (hereinafter, the event)

Please read this document carefully before signing. This document has legal consequences and will affect your legal right, and will limit or eliminate your ability to bring future legal actions. I understand and acknowledge that by signing below, I am legally agreeing to the terms and rules for the event.

**Terms**

- I understand that I take part in the event at my own risk and of my own free will. I understand that whilst the course has been made as safe as possible, this event is not without risk and that the event requires varying degrees of physical excursion. I have also noted the steps on the course and the care required at these points.
- I confirm that I do not know of any medical reason why I cannot participate in the event and that I have prepared accordingly. I understand that if in doubt about my health or have a medical condition that could be affected by exercise (other than what I have already stated), particularly a heart condition; I should obtain my doctors approval before participation.
- I confirm I am over 18 years of age. If I am under the age of 18, I understand that it is my responsibility to show a letter of permission from my parent or guardian.
- I confirm that I have received my race letter by email and have thoroughly read and understood all aspects of the three page document.
- I understand that the organisers may take photographs or video footage of me taking part in the event and permit them to use the images and film for promotional purposes.
- I confirm that my details may be passed on to relevant 3rd parties (Such as My Skills For Life LTD, Hospital etc.) in the event of illness or injury occurring.
- If I am unable to complete any section of the events, I will be given a DNF and MUST report to a race official with my timing chip.

**Rules**

I confirm I will abide by the following rules. Should I not, I will be penalised or disqualified from the event by the race referee.

- Foul and abusive language is not permitted and the failure to obey a marshal, police or referee will lead to disqualification. Marshals are usually volunteers to help with running of the events, and I will respect them and thank them for their efforts.
- The race briefing is mandatory. Failure to attend will lead to my disqualification.
- Cut off times are in place for my own safety. If I refuse to be picked up by the safety vehicle when the cut offs are enforced, I am no longer the responsibility of the events team and will carry on unsupervised at my own risk.
- I understand that the run section takes place on open road and that I have to obey the Highway Code at ALL times.

**Please bring this form back signed along with your photo ID with you to Registration. Failure to hand this document in at registration, will mean you cannot race.**

PRINT FULL NAME \_\_\_\_\_ EVENT \_\_\_\_\_

ADDRESS \_\_\_\_\_

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_