

RUN TO SCHOOL Information for Runners

Sunday 11th October 2009 - 10k race & 5k fun-run - www.runtoschool.org.uk



Essential Information for the 5k fun-run

event partners:



Welcome! Thanks for choosing to join us for our inaugural 'Run to School' event. This guide tells you all you need to know about taking part. Please take the time to read through carefully.

'Run to School' is being held to raise funds for the work of the charity PEAS. The entry fees will largely go towards the costs of organising the event, so we ask runners to assist us by raising additional sponsorship to support our school building work in Uganda. More information on the work of PEAS as well as advice on fundraising is provided later in this pack. Thank you in advance for your support. We hope you have a fantastic day.



Many students in Uganda walk long distances everyday to get to school. They're the lucky ones. Most have no access to secondary education. When you 'Run to School' you help Build a School - and hundreds more young people get the education they long for.




THE VERY BASICS! When & where

- Date: • SUNDAY 11th OCTOBER 2009
- Venue: • Riverside Recreation Ground, Dukes Meadows, Chiswick, West London
- (see 'Getting There' below)
- Times: • Site opens @ 8.30am || 5K Run starts @ 10.30am


GETTING THERE: Transport & Parking

The event starts and finishes in the Riverside Recreation Ground, part of Dukes Meadows on the north bank of the Thames in Chiswick, West London (W4). A location map is included at the end of this guide.

Nearest public transport links:

- Train: • Chiswick Rail Station & Barnes Bridge Station (10 minute walk to the start)
- services from London Waterloo (~25 mins) & Clapham Junction (~15 mins) 
- Buses: • E3 from Acton to Edensor Road
- also goes from Turnham Green Underground Station (District Line) 
• 190 from Hammersmith / Richmond to Alexandra Avenue
- Tube: • Turnham Green
- 20 minute walk or take the E3 bus route from the station—see above) 

Travelling by car:

Limited parking is available on the Promenade (accessed from Riverside Drive or Great Chertsey Road). Some street parking is also available in Edensor Road. We ask all drivers to respect local parking restrictions. If possible, please use public transport. 

ON ARRIVAL: Number & Chip Collection, Race start

On arrival in the recreation ground, runners should:

- Sign-in and pick-up their run number from the collection tent, which will open at 8.30am (race numbers must be fixed so they are visible from the front).
- Collect a timing chip from the chip collection tent and fix to ankle/shoes.
- Make their way to the start line 10 minutes before they are due to start.
- Runners may be set off in waves of relatively quick succession, dependent upon participant numbers (owing to the narrowness of the course in places). Runners will be allocated a wave as part of the sign-in process. The first wave will start at 10.30am.
- Registration will close at 10.15am. No entries can be accepted after this time.

Essential Information (contd)

event partners:




FACILITIES:

Toilets
Bag Storage
First Aid
Water
Massage!



The following facilities/services will be available at the start/finish:

- Toilets
- Manned bag storage service (please note however, that personal belongings are left at the owner's risk)
- First Aid response team & ambulance
-  Water station at the finish line (2 more water stations will be provided on the route)
- A complimentary massage service offered by the London School of Sports Massage
- Nearby farmers' market!
- Please note we are unable to offer changing or showering facilities. Sorry.

THE RUN:

Route & Safety Information

(see also the Route Overview at the end of this guide)



- Marshals and distance markers (every 1km) will be present throughout the course.
- Most of the route takes place on the Thames path, immediately next to the river. Runners should be aware of pedestrians and cyclists using the path.
- A small, early section of the route takes place on quiet roads, that will not be closed to traffic. Caution signs and additional marshals will be deployed to assist runners and warn traffic. Runners are advised to take extra care on the road.
- The route requires runners to ascend and descend two bridges—Chiswick bridge and Barnes footbridge. Runners should take care when using the steps.
- Water stations will be located after 2.5km and at the finish.
- A lead cyclist will head up the run and a medical unit will follow the tail. They will be out on the route for the duration of the race, in addition to their base station at the finish.
- Runners are expected to comply with the requests of marshals/race officials at all times.

RESULTS & AWARDS

sponsored by:



- All finishers will receive a memento once they have crossed the finish line.
- Runners will be asked to return their timing chips to marshals before leaving the funnel.
- Spot prizes/awards will be given for:
 - MALE: Overall 1st, 2nd, 3rd
 - FEMALE: Overall 1st, 2nd, 3rd
 - HIGHEST FUNDRAISERS—Individual & Team
- Full results will be published on our website (and available by post) shortly after the event.

ALSO: PRIZES FOR BEST SCHOOL UNIFORM THEME FANCY DRESS!!

TERMS & CONDITIONS OF ENTRY

- Payment of the entry fee commits all entrants to the 'Run to School' event to accepting the terms and conditions of entry as listed on the registration pages of our website. To read these in full, please visit: www.runtoschool.org.uk/race.html. Entrants may also request a copy by contacting our office.

QUERIES, CONTACTS, CANCELLATION

- In the unlikely event of cancellation, we will endeavour to contact all entrants in advance by phone (where provided) and/or email.
- Event Organiser: James Bowdler *tel:* 020 7981 9737 *email:* info@runtoschool.org.uk
- Run Day Contact: Emily Gade *tel:* 07748 928 288 (for enquiries on the day)

WE WISH EVERYONE AN ENJOYABLE RUN. THANK YOU AGAIN FOR YOUR SUPPORT.

About the Charity & How you can help

Promoting Equality in African Schools (PEAS)

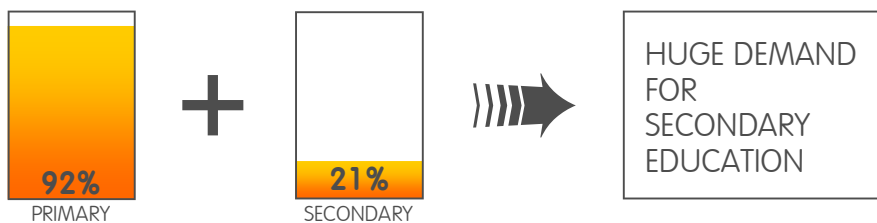
WHAT WE DO:

PEAS builds and manages secondary schools that permanently widen access to secondary education in Africa. Our current work is focussed in Uganda.

AND WHY:

Enrolment at secondary school in Uganda is just 21% (Primary 92%). After the government's introduction of Universal Primary education there has been a huge increase in the demand for affordable secondary schooling. PEAS schools help to meet this demand and make quality secondary education affordable for poorer families.

School enrolment in Uganda:



So far, PEAS has opened 5 schools, and hope to launch two more at the beginning of next year. To do this, we need your help.



50% of Ugandans are under 15 years old



PLEASE HELP US BUILD A NEW SCHOOL IN UGANDA—YOUR ENTRY FEE ONLY COVERS THE COST OF THE EVENT
WE RELY ON SPONSORSHIP & DONATIONS TO RAISE MONEY—PLEASE USE OUR SPONSORSHIP FORMS & VISIT: justgiving.com/peas
Please contact us for further information or assistance. Thank you!

Help Build A School in Uganda

There are two great ways to fundraise for PEAS through 'Run to School':

- Use our official **sponsorship forms** supplied to get pledges from family, friends and colleagues.
- Set-up a **Just-Giving page** to enable people to make online donations quickly & easily:

GO TO: <http://www.justgiving.com/peas/raisemoney/>
SELECT 'Make Your Page' from the menu & follow the instructions
'Run to School' is listed as an event for you to link with.

If you'd like any assistance with fundraising, please contact us.

How your money can make a difference:

Student Desk & Chair:	£20	2 Classroom Chalkboards:	£50
1000 bricks & 10 bags of cement:	£75	Table tennis table:	£100
The creation of a new, permanent secondary school place in a school:			£133

Please contact us should you wish to find out more about our work.



'Failure to absorb the growing number of primary school leavers will undermine Universal Primary Education and broader National goals like the elimination of poverty.'

Yusuf Nsubuga
Ugandan Commissioner for
Secondary Education

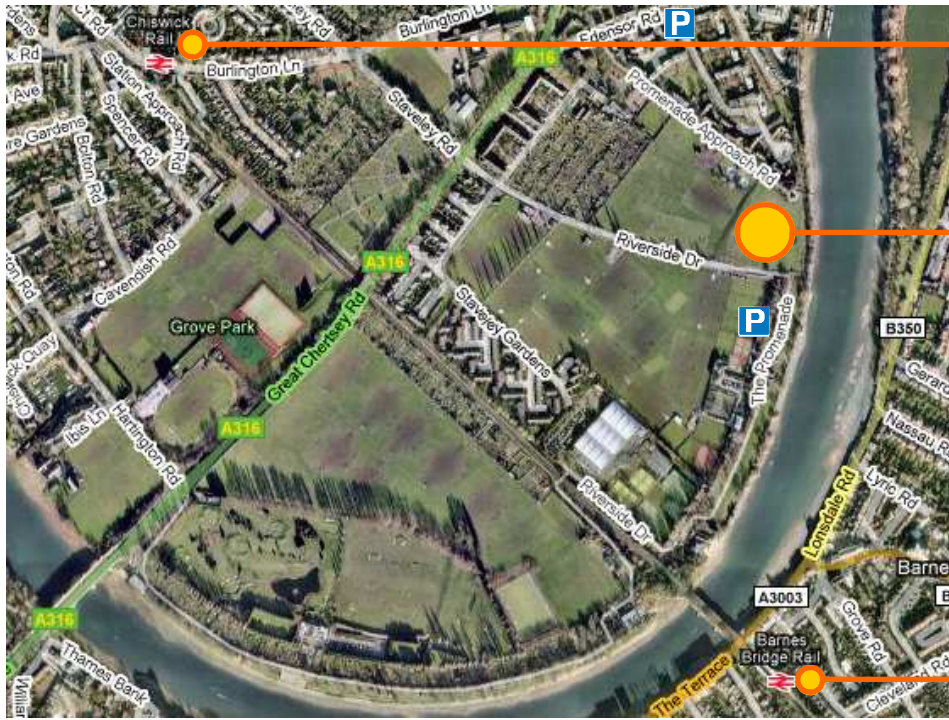
RUN TO SCHOOL Information for Runners

Sunday 11th October 2009 - 10k race & 5k fun-run - www.runtoschool.org.uk



Start/Finish Location Map:

event partners:



Chiswick Rail Station

**Start & Finish:
Riverside Recreation
Ground**

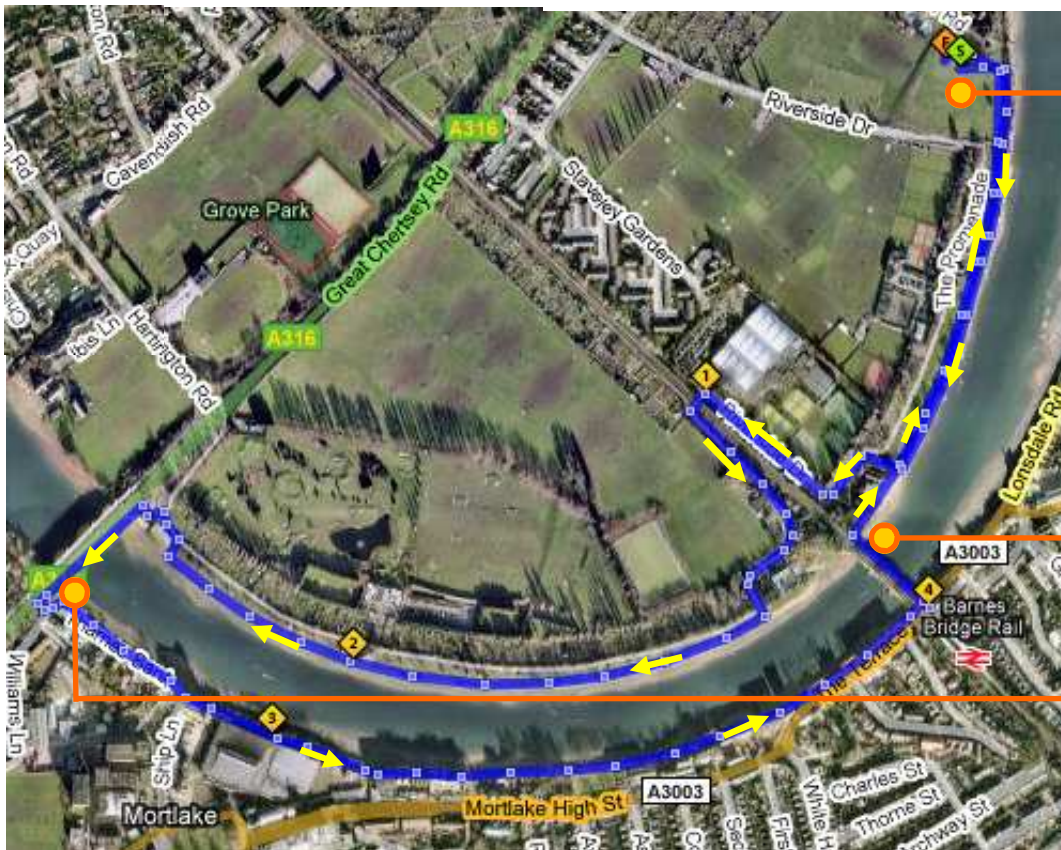
P Limited parking:
The Promenade
& Edensor Road

Barnes Bridge Rail Station

Many students in Uganda walk long distances everyday to get to school. They're the lucky ones. Most have no access to secondary education. When you 'Run to School' you help Build a School - and hundreds more young people get the education they long for.

Route Overview (5k):

You can view the route in more detail online at WalkJogRun.net here:
http://www.walkjogrun.net/routes/current_route.cfm?rid=C90F06FC-EDE9-EB06-AED299BBC04B8377



**Start & Finish:
Riverside Recreation
Ground**

2 Distance markers (km)

➔ Course direction

Barnes Bridge

Chiswick Bridge
(Water Station after 2.5km)

