

Join the resolution

More than a run

Stroke
Association

Your Resolution Run:

1k/5k/10k/15k

Exhibition Park, Newcastle

Sunday 23 February 2020

- -

Key Event information

This sheet should cover all the details you need to know for the Resolution Run. If there's anything else you'd like to know, please contact us on 0300 330 0740 or resolution@stroke.org.uk

The event will begin at **11:00am** at Exhibition Park.

Participants are advised to look out for **the branded gazebos near the Café in the Park.**

Our welcome desk will be open from **10:00am**. This will then be followed by a **warm up** at **10:50am**.

There will be portaloos and refreshments from Coffee2Go in the charity village.

For security reasons there will be NO BAG DROP at this event. Please only bring essentials with you.



Route & Rules

The route starts by the Café in the Park and follows the path south, with the picturesque Wylam Brewery in the background. Follow the path west onto the Town Moor and take the sharp hairpin bend to continue north-west towards Grandstand Road. Exit the Town Moor and take a sharp right, carefully following the path along the A189 towards the Blue House Roundabout. Re-enter the Town Moor via the double-blue gates and follow the path to the right until you reach the crossroads. Take the first exit (left) towards Great North Road and then continue to run along the perimeter of the park. Follow the path south-east to exit into Exhibition Park and around the beautiful lake and Wylam Brewery. Continue past the Boat House and back towards the start line. Continue onto the Town Moor to run another lap (more than 5k) or take the path east towards the Cafe in the Park to finish.

On the day you can choose to take part in any distance between 1K and 15K. We have a 1K and 5K loop of which you can alternate between. For example you may decide on a 7K and therefore do one loop of the 5k route and 2 of the 1K route.

Things to remember:

- Wear your running number on your front and write your emergency details on the back. This is sent in your event day pack arriving by the Wednesday before your event- if it doesn't arrive don't worry, you can get a replacement on the day. There's no need to contact us.
- If you purchased a Stroke Association running t-shirt please come wearing it on the day. Keep the weather in mind though – you might want to wear this over a long sleeved top.
- Please bring a reusable water bottle with you on that day in order to support us to reduce waste. You will be able to top up your water bottle at the event.
- As for your feet wear what you'll be comfortable in. If it's wet, sections may be slippery.
- Marshals will be in position on the route and will assist if needed – please follow their guidance.
- Please show respect to other users and watch out for cyclists and those running with dogs.
- No alcohol or illegal drugs should be consumed before or during the event.
- Please ensure any children with you are supervised at all times.
- Don't think you can walk, run or cheer, do it your way

Timing: There will be a race clock at the finish line. If you wish to record your time please look out for this and note the time as you cross the finish line.

How to get there

Venue located at (Claremont Road). Race Start in Exhibition Park, main entrance off Claremont Rd: Exhibition Park Newcastle upon Tyne NE2 4PZ.

The nearest metro is Haymarket Newcastle.

On Street Parking is available at Claremont Road Public Car Park, there are also nearby parking meters some of which are free on a Sunday and others will charge.

Accessibility

Exhibition Park is fully wheelchair accessible from the Claremont Road entrance. Please be mindful of the slope up the bank once through the under-pass. It is approximately a 0.5K walk from the Claremont Road car park to the start/finish line (by the Café in the Park).

We will be providing a mini bus shuttle service from the Claremont Road car park. The bus will be leaving the car park at 10am, 10:15am and 10:30am. After the event, the bus will be collecting from inside Exhibition Park at 12pm, 12:30pm and 1pm. If you require a space on the bus, please do contact Jess Parkin (Event Manager) on 07961 624400 or at jess.parkin@stroke.org.uk. **Please note – this bus is not suitable for electric wheelchairs.**

Fundraising

We advise not to bring your sponsorship money on the day for security purposes. Please send in any sponsorship before or after the event. There are a number of ways that you can get this to us:

Online: If your fundraising is on an online giving page, the money comes directly to the Stroke Association, so there is nothing more you need to do!

Cash: We ask people not to send us cash through the post, as there's a risk of it getting lost along the way. We advise you to pay the money into your own account instead and then either pay the money into an online giving page, or transfer the money into our account.

Bank transfer: If you'd like to pay in your sponsorship by bank transfer, please call us on 0300 330 0740 or email resolution@stroke.org.uk so we can provide you with our bank details and your unique reference.

Cheques: If you have cheques from your fundraising, please send with a brief cover letter, including your name and the event you have fundraised for, to:

Resolution Run Team, Stroke Association, 1 Sterling Business Park, Salthouse Road, Northampton, NN4 7EX

If you haven't yet reached your target, don't panic! That's where we come in. We are here to offer support, advice and ideas to help you reach your pledged target.