

ROUND READING ULTRA MARATHON

SATURDAY 1 AUGUST 2020 at 7:00am



Welcome to the 2020 Round Reading Ultra Marathon - a fabulous multi-terrain course circumnavigating Reading in one 50k circuit.

A welcoming, well organised with event; the perfect intro to ultra-running.

Due to the corona virus pandemic, the 2020 event will be organised a little differently to normal in order to ensure runner safety.

Please read this guide carefully to make sure you have everything you need for an enjoyable and stress-free race day.

Have a great race!

The Ultra Violet Team

SUMMARY

Parking	<p>Wokingham Waterside Centre, Thames Valley Park, Reading, RG6 1PQ</p> <p>Please follow signs. Please note – the small car park next the Waterside Centre is NOT available to us on the day, for runners or supporters.</p>
Registration	<p>All race packs will be posted out in advance</p> <p>A Race Information point is available on race morning, Saturday 1st August, from 6:00am. Your FREE Ultra Violet collapsible cups & buffs are to be collected on the morning.</p>
Baggage drop?	<p>Please leave baggage in your vehicles, if you are unable to do so the RRUM team will assist you on the morning.</p>
Onsite facilities?	<p>We will have restricted use of the Wokingham Waterside Centre, however toilets will be available.</p>
Entries on the day?	<p>No</p>
Race briefing	<p>Your race briefing will be on the event website before the event, it is expected that you will have read it prior to arriving at the race.</p>
Start	<p>7:00am – 9:00am.</p> <p>Groups of up to 6 socially distanced runners will be started off at least 2 minute intervals. You can arrange to start with friends should you wish.</p>
Terrain	<p>The 50k is a 1-lap course and it is a varied, multi-terrain course around Reading, consisting of approximately 80% trail and 20% road surface. The course includes flat river & canal towpaths, undulating woodland trails, country lanes and cuts through Reading's many urban green spaces</p>
Feed stations	<p>There are five feed stations on the course and one at the finish.</p>
Course signage	<p>Arrows and Round Reading Ultra Marathon stickers</p>
Cut off points	<p>Check point 1 (9.5k) cut off is 1 hr 55 mins</p> <p>Check point 2 (19k) cut off is 3 hrs 50 mins</p> <p>Check point 3 (29k) cut off is 5 hrs 50 mins</p> <p>Check point 4 (36k) cut off is 7 hrs 15 mins</p> <p>Check point 5 (43k) cut off is 8 hrs 45 mins</p> <p>Finish (50k) cut off is 10 hrs 20 mins</p>

GETTING TO THE EVENT

PLEASE PLAN TO ARRIVE NO MORE THAN 30 MINUTES PRIOR TO STARTING THE RACE.

By car-

The race car park will be signposted as you arrived at the Waterside Centre, and is within 400m of Race Registration and the start/finish area.

Please note – the small car park next the Waterside Centre is NOT available to us on the day, for runners or supporters.

Public transport-

Reading train station is 1.6 miles by foot to Wokingham Waterside Centre.

Please allow yourself plenty of time.

Cycling-

There are plenty of suitable places to lock up bikes near the start area at the Wokingham Waterside Centre.



RACE REGISTRATION

Due to the corona virus pandemic, there will be no race registration to attend, either on the Friday evening pre event as per previous years, or on race morning, Saturday August 1st

Race packs will be posted out to you in advance – if you haven't received yours by Wednesday July 29th please let us know.

A Race Information point will be available near the start line from **06:00am** on race day.

The start area at Wokingham Waterside Centre and will be signed from the car park.

Please ensure that you have read the race instructions/briefing prior to race day and have asked any questions you may have.

Your race pack will contain-

- ✓ Your race number* (to be worn on your front)
- ✓ Your race timing tag on the reverse of the race number.

*If you have a medical condition that will need consideration, please mark the front of your number with a cross and write details on the back. Race numbers must not be passed on to another runner

Baggage-

Please leave any bags in your vehicle; race car parking is a very short walk away.

If you are unable to leave a bag in a vehicle, please bring it, labelled with your race number, and hand to the RRUM team at the start area.

Entries on the day?

We don't plan to offer entries on the day so that we can best avoid any gatherings.

This may be reviewed nearer race day, however it is unlikely to change. Online entries will close at midnight on Wednesday July 22nd.

RACE START PROCEDURE

- ✓ Up to 6 runners can start in a group at the same time – you must be socially distanced from each other. Position yourselves in one of the 'starting pens' until called forward.
- ✓ You can pre plan amongst yourselves if you would like to start alongside friends, otherwise you will be encouraged into groups of up to 6 as soon as you are ready near the start line. **You should arrive on the day in kit, number pinned on and ready to go.**
- ✓ The first starters can set off from **07:00am** and the last starters must set off by **09:00am**; we encourage you to arrive as early as you can.
- ✓ There will be a minimum of a two minute gap between starting groups.

RACE BRIEFING & COURSE

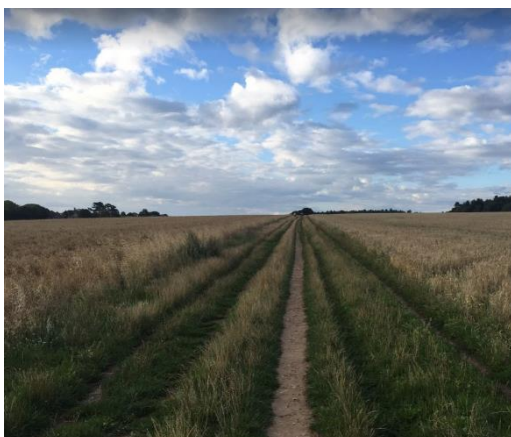
The race briefing will now be made available to you on the race website prior to the day. It will then be assumed that you have read & understood the race briefing. If you have any questions for the organisers, get in touch BEFORE race day.



The course-

The course is a 50k 1-lap course and it is a varied, multi-terrain course around Reading, consisting of approximately 80% trail and 20% road surface.

The course includes flat river & canal towpaths, undulating woodland trails, country lanes and cuts through Reading's many urban green spaces



Course signage-

The course is fully signed with the following two signs-

1. Yellow arrow



This one means
'go right'

2. RRUM stickers



This one means
'go right'

The RRUM course is fully signed, with arrows at all junctions throughout.

If you have used the method before, we strongly recommend using a GPS device loaded with the course as means to help you navigate the course.

The GPX file for the final route will be available to download from the website within the final 7 days before the race.

It is perfectly possible to navigate using the course signage only.

Your GPS unit can either be used to navigate all the way round, or as a back-up in case you need to check your manual navigation.

You can use any GPS unit (including phones) that can download and show the route.

Please be sure to check your battery life beforehand so that you know whether to have it on throughout, or to only use it as back up.

Cut-off times-

Each check point will close at the time given below.

The marshal at the check point will advise if you are behind and will arrange for you to be taken back to the Wokingham Waterside Centre.

Check point 1 (9.5k) cut off is 10:55am
Check point 2 (19k) cut off is 12:50pm
Check point 3 (29k) cut off is 2:50pm
Check point 4 (36k) cut off is 4:15pm
Check point 5 (43k) cut off is 5:45pm
Finish (50k) cut off is 7:20pm



Course etiquette –

The RRUM course takes in plenty of wide open spaces from the start; however, you must vigilantly adhere to social distancing guidelines throughout. Please be respectful of others around the course.

Short sections of the course are narrow, please be patient and only overtake when suitable.

FOOD & WATER STATIONS ON COURSE

There are five food and water stations on the course. These are located at the check points-

1. Checkpoint 1 (9.5k)
2. Checkpoint 2 (19k)
3. Checkpoint 3 (29k)
4. Checkpoint 4 (36k)
5. Checkpoint 5 (43k)

Each checkpoint will have a selection of sweet and savoury food items as well as water to replenish your water bottles, and flat cola.



Our checkpoints will not be using cups – you can top up your bottles with water, should you want flat cola around the course. AS A GIFT FROM US, every runner will receive a Ultra Violet collapsible cup, to be collected on race morning. These squash down very small & are perfect to use on course.

CHECKPOINT HYGIENE

- ✓ Adhere to social distancing
- ✓ **WE STRONGLY SUGGEST YOU HAVE YOUR OWN NUTRITION SENT AROUND THE COURSE.** Personal nutrition must be left in a sealed bag, which needs to be labelled with your race number, and placed in the box at the race start area as you arrive at the start area.
- ✓ Your personal nutrition must be dropped off by **07:30am** latest. We will then be deliver it to the designated checkpoint(s) around the course for you, **starting from Checkpoint 2 at 19k.**



- ✓ Please note that we are unable to return any unused items left at checkpoints after the race.
- ✓ All food items that we provide for you at checkpoints will be portioned into cups and sealed.
- ✓ Checkpoints will be self service
- ✓ Please use the hand sanitiser available before and after you touch anything
- ✓ The checkpoints are set up outside, but have indoor toilets, please wait patiently if you need to and practice good hygiene

RELAY TEAMS

- ✓ Relay teams of 2, will both be sent a race pack pre event
- ✓ Runner 1 will run from the start to checkpoint 3 on the course at 29k
- ✓ Runner 2 will run the remainder of the course (21k) from checkpoint 3 to the finish
- ✓ Both runners must 'check in' together with the marshals at checkpoint 3 before runner 2 can start
- ✓ Relay teams will need to be self sufficient in terms of transportation around the course

COMPULSORY KIT LIST & MEDICAL PROVISION

Each competitor (including relay runners) must carry the following kit listed below:

- ✓ Fully charged mobile phone with emergency numbers included*
- ✓ Final Course Map – this will be emailed to you just before race day. Please do NOT use previous links to the route as changes might have been made
- ✓ Water bottle – holding at least 750ml of fluid
- ✓ Survival blanket
- ✓ Waterproof jacket

There will be random pre, during & after race checks and anyone found not to be carrying the mandatory items will incur a one hour time penalty:-



Medical provision-

There will be dedicated medical provision available throughout the race. ***Contact numbers and full details of what to do in an emergency will be on your race number.** Due to the nature of the course, the medics may take some time to reach you, or potentially tending to other runners. In those instances you should contact the emergency services on 999 WELL AS the race medics.

PRIZES & FINISHERS MEDALS

The event is chip timed and results will be live online in real time, and we will endeavour to give out prizes on race day. Any remaining prizes will be posted out after race day.

Prizes will be given to 1st, 2nd, 3rd Male & Female (regardless of age), then 1st Male & Female in the following categories: V40, V50, V60+ There is also a prize for our 1st Relay Team.

Finishers Memento-

Each finisher (within the cut-off time) will receive a fabulous bespoke medal.

Remember that this medal is only yours if you complete the race and finish (at the finish line) within the cut-off times.

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points	Check point 2 (19k) cut off is 12:50pm
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Many thanks to all of our race partners & amazing team of volunteers. If you would like to provide a volunteer for the RRUM please contact info@ultravioletrun.co.uk