

Paisley Vision 10k Road Race & Fun Run

10.00am Sunday 30th August '09

with Fun Run at 12.00 noon.

«FirstName» «LastName»[«EntrantNo»]

«Building»

«Street»

«Locality»

«TOWN»

«Postcode»

«Country»



"Encouraging and enabling more people in Renfrewshire to become more active more often"

WELCOME TO THE PAISLEY VISION 10K!

The Paisley Vision 10K road Race and Fun Run on Sunday 30th August 2009 has grown year on year. Now in its 10th year, it is hoped the 2009 race will be the biggest and best race yet. This year sees the inclusion of the new St. Mirren Stadium as part of the course. The 2009 Paisley Vision 10K Road Race marks the launch of Active Renfrewshire. To celebrate the launch there will be fun and activities for all at County Square, the Cross and Lagoon Leisure Centre. The Fun Run is a great day out for the family and an excellent opportunity to raise funds for local charities.

THE DAY'S TIME TABLE

9.30am – Warm up at County Square for Runners

9.45am – Welcome by Councillor Iain Nicolson, Depute Provost

10.00am – Start of 10K Race, followed by Presentation of Race Awards

12.00noon – Start of Fun Run, followed by presentation of Fun Run Awards (PS - look

out for Kings of Macumba and Pipers along the race course!)

10.00am – 4.00pm Fun Activities for all the family at the Lagoon Leisure Centre

RACE LOCATION

The 2009 10k race at 10:00 am will once again start and finish in Paisley's historic town centre before heading to the west end of the town. The return to the town centre is via 3k of cycle track.

YOUR RACE TIMING CHIP

The race is being Gun to Chip and Chip to Chip timed using an IPICO Sports TAG. Results will be produced in finish order. Attach the TAG to your shoe laces using the two ties enclosed with it in the envelope. You can see an illustration of how best to do this via this link.

www.sportssystem.net/ipicoHowtoAttach.jpg

If you decide not to compete please post the TAG back in the pre-paid envelope provided.

YOUR TAG WILL BE COLLECTED AFTER YOU FINISH.

The Paisley 10K starts at 10:00am and the Fun Run event starts at 12:00 noon.

- The 10k course is accurately measured and verified.
- Toilets are located in County Square (mobile) and The Last Post
- Parking is free in the various Town Centre car parks. The Piazza car park will be in use. More information on parking will be available on the day.
- Changing facilities and Late Entries in The Last Post

Located in County Square you will find

- Race registration in the Last Post Public House
- First aid station
- Lost property station
- Lost child station

WHAT'S ON DURING THE DAY?

There are lots of activities for all the family!

Country Square (10.00am – 2.00pm)

Sport and physical activity tasters by Renfrewshire Leisure in the main marquee with a change for under 10 year olds to try the American craze sport Aeroball fitness demonstrations and a chance to have a go.

- Spin bike demos
- Free Balloon for the kiddies
- Fitness and membership advice
- Health and Beauty advice and offers on microdermabrasion facials
- general information and advice on leisure activities available to you
- "Real Radio" Roadshow
- Vintage Fire Engine
- Mobile Library
- Renfrewshire Youth Bus

- Children's activities, face painting, kiddies rides and more

The Cross (10.00am – 2.00pm)

Loud 'n' Proud Drummers

The Lagoon Leisure Centre (10.00am – 4.00pm)

Come down to the Lagoon on the race day to:

- Try a Mobile Army Assault Course Free 12.00pm – 4.00pm
- Swim FREE open to all 10K medal holders as a well done!
- Try our "Senior" Aeroball Court Free. Ideal for teenagers, adults and families
- See our Sports Club demonstrations and have a good, form Cheerleaders, Paisley Basketball, Trampolines and Martial Arts draw
- Bouncy Castle sessions for the total
- Prize Draw

The Paisley 10K Road Race and Fun Run is a great day out for all, with lots on offer, even if you are just coming along to watch. Come along and support all those taking part, whether serious athletes or those supporting their favourite charities!

The Active Renfrewshire strategy is the result of a shared vision across the Community Planning Partnership developed in consultation with local people. Community based groups and national governing bodies for sport. The Paisley Vision 10k Road Race Route Map and current Entrant's Lists can be viewed at www.sportsystems.net/paisley10k. Also, the Race Results can be viewed there after the event.

HAVE A GREAT DAY AND A GREAT RUN!