

# Rainforest Foundation 10K

Regents Park, London  
Sunday 16<sup>th</sup> September 2007  
Start 10:00am



From: Rainforest 10K, c/o Sport Systems, 61 Walton St, TADWORTH KT20 7RZ

Nick Tuchband  
The Rainforest Foundation UK,  
Imperial Works, 2nd Floor  
Perren St  
London  
NW5 3ED

Race Number 1111

Thank you for entering this year's Rainforest 10K!

Your race number is enclosed. Please check your personal details and inform the help desk on the day of the race if there are any serious errors. Alternatively you can email [rfor.esales@sportsystems.net](mailto:rfor.esales@sportsystems.net). The number must be securely attached to the *front of your vest or T-shirt* following the details on its reverse. It must not be cut, folded or perforated. Don't forget to complete the Emergency information too. Please do not let anyone else run with your number as this could effect on the integrity of the results and could be a serious problem in the case of accident or illness. (See below on how to transfer a number).

## Directions

Nearest undergrounds: Great Portland Street, Baker Street, St John's Wood, Camden Town  
Buses: 2, 13, 18, 27, 30, 74, 82, 113, 139, 189, 274, 453, C2  
Pay & Display parking on Chester Road - Outer Circle and Inner Circle, 9am - 6.30 pm daily  
Park your bike in the racks near the race start line.

## Facilities

Baggage storage: Bring a bag with your cloths and we'll store it for you. Write your race number on the enclosed tag, attach it to your bag and drop it off at our baggage area. Baggage will be supervised during the race but is left at your own risk.

Drinks Station: Water will be available at approx 5K and at the finish.

Massage: Treat yourself to a professional sports massage at the finish line. 10 minutes for £5 -- and £1 goes to the Rainforest Foundation.

Refreshments: Fair trade and organic food and drinks are available near the start line from

The Honest Sausage and the Cow and Coffee Bean.

Showers: available at The Hub in Regent's Park (see map) for £1.50

Toilets: Facilities will be available close to the start line

## Timing

Your race number has a timing chip attached. Please do not tamper with or remove this chip. Follow the instructions on the reverse of the number and avoid damaging the chip and wire aerial when pinning it to your vest. Make sure your number is displayed vertically and not folded when finishing. The chip will be detected as you cross the finish line and your time and race number will be recorded automatically. After finishing your number will be scanned by marshals as a backup; your time is recorded as you cross the finish line. *Please keep moving once you have crossed the line and clear the finish area as soon as possible.*

## T-Shirts

If you have purchased a T-shirt please collect this on the day. Your size will be available and the t-shirt allocated to your runner number. If you have

not bought one yet there will be the opportunity to do so on the day.

### Goodie bags

Will be available for all runners on the day

### The Start

Runners will be assembled at the start/finish area and will receive final instructions before the start. Please be ready to run not later than 9.45am. A

klaxon will sound at 5 mins, 2 mins, 1 minute and again at the start.

### The Route

The course runs in a clockwise direction over two laps as below. Distance markers will be positioned along the route. The course will cross roads closed to traffic and will be marshalled. Please obey the marshals instructions. When running keep to the left so that faster runners are able to overtake.

