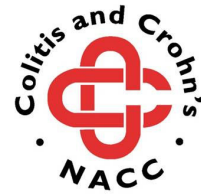




All proceeds to  
The National Association  
for Colitis and Crohn's Disease



Dear Basildon Burners,

Firstly, a huge thank you to you all for taking part in our Pilot event on 28<sup>th</sup> March. We have worked very hard to make this as professional as possible with no budget, something that will change for next time if we make a success of it. We are therefore counting on you all to enjoy yourselves come rain or shine, read the following guidelines and therefore complete the course safely.

Please make your way on the day to the registration desk which opens at 11.15 and hand in your completed form (attached, though these can be completed on the day), along with £5 entry fee and optional donation of £5 for NACC. Please note all donations and entry fee are CASH ONLY. You will then be issued with a race bib and pins to attach it to the front of your t-shirt. The bib will indicate whether you have registered for 3k, 6k or 10k.

There will be toilets and changing facilities available at the back of the Village Hall by the playground. This is also where the first aiders will be situated should you need assistance.

A horn will sound at 11.55 for runners to congregate at the Race start which will be clearly marked. The race will then start at midday.

You will run a lap of the field before exiting to the road section of the course. Those running one lap should finish through the rugby posts when re-entering the field by running round the edge of the field to the goals. Those continuing should run round the edge of the field and back out onto the road again. When the 6K & 10K runners have completed their correct number of laps, they should finish through the rugby posts. The route will be clearly signposted and you will be directed by marshals at road junctions for your safety.

Since this is a pilot event, you would be best advised to time your own run, although we are going to attempt to collect timings and placings which will be posted on the Basildon Village website.

There will be prizes for all three categories with many thanks to Trail Junkies (trailjunkies.com) for donating them. We would also like to thank The Hairy Legs Challenge Event Team (hairylegs.org ) for their invaluable advice and support.

Please note that there will be a children's race after the main event (approx 13.15) with 3 categories (8yrs & under, 9-12yrs, 13yrs and above). Entry fee: £1, just register on the day.

Best Regards,

The Basildon Burn committee

Our website link: <http://www.basildon-berks.net/>

Our charity link: <http://www.justgiving.com/basildonburn4nacc....> please send this to your friends and family