



LEICESTER

FRIDAY 11TH MAY 2018 | VICTORIA PARK

Event information pack
www.sunrisecity.co.uk



WELCOME
TO



YOU'RE NOW PART
OF THE FAMILY



Key information

Schedule

04.30	Registration Opens at The War Memorial in Victoria Park
05.20	Participants directed to start line
05.25	Warm Up
05.30	SUNRISE CITY 5K LEICESTER BEGINS!
07.00	Event Close

Before you arrive

Every runner is required to wear their official Sunrise City 5K t-shirt during their run. There are no runner numbers for this event, so this is how you will be identified by stewards as a participant in the event.

If you'd like to give yourself a bit more time in bed, then you can collect your t-shirt from Vista House, 1a Salisbury Road, Leicester, LE1 7QR from 10am until 4pm on Thursday 10th May. Tom will be there waiting to hand your t-shirts to you.

We appreciate that getting to collect your t-shirt won't be possible for everybody. If you want to nominate someone to collect your t-shirt for you, that is absolutely fine. If you have one person who can collect t-shirts for several people at once, even better.

If you do choose to collect on the day, please give yourself plenty of additional time before the start of the event.

Please note that we have ordered based on the sizes you chose when entering. As such, we are not able to accommodate any size swaps until just before the start of the event and this will be subject to availability.

We highly recommend you re-checking the size you ordered versus the sizing guide on our website before you arrive.

Getting there & Car Parking

The event starts and finishes in front of the War Memorial in Victoria Park.

With this being a very early start, public transport will be intermittent depending on where you are coming in from. Please check your local bus time tables.

If you are driving to the event, then the Victoria Park car park is open for use. There is also on-street parking around the area. Please note that normal parking fees apply in all locations.

Hello Leicester!

Thank you for signing up to take part in Sunrise City 5K Leicester. We're delighted to be bringing this event to the city for the second time and we can't wait to see all of you donning orange and purple while heading out around the city streets.

This event can be whatever you want it to be. If you're looking for a quick 5K blast before heading off to work, that's fine. If you're looking to take it steady as part of a group, that's fine. If you just want to walk at the back with your dog or babies in a pushchair, that's fine too.

This is all about discovering your city in a new light and being part of an experience to remember. Enjoy the landmarks as you pass them, take in the sun rising over New Walk and enjoy the company of those running with you.

This info pack contains everything you need to know in order to enjoy the event, including when to collect your orange technical t-shirt which you will be required to run in. Please read on to make sure you are fully prepared and if you have any queries, just email sunrise@perfectmotion.org and we'll be happy to help you.

We look forward to seeing you on 11th May.

The Sunrise City 5K Team

Hello Early Risers! We're delighted to be coming back to Leicester again after a great first outing last year. I'm looking forward to seeing the wave of orange passing through the city.

It is important for us to reiterate that today's event doesn't take place on closed roads, it isn't timed and, as such, there are unique things to consider.

While we have looked to limit the areas where you may have to stop, there are a few areas where you may have to, depending on the traffic.

This event isn't about getting to the finish first, it's about enjoying yourself and experiencing the city in a different light. So please keep your head up, take in what's around you and give way where necessary to vehicles or other path users.

We hope you enjoy your run,

Nik Emmonds
Event Director, Perfect Motion



Key information

On arrival

If you have already collected your t-shirt, then you have everything you need. Just aim to join the start queue at 5.15am and begin getting yourself warmed up.

If you still need to collect your t-shirt, then there will be a desk situated at the War Memorial where you can collect yours from. If you have everything then there is no need to register.

Please note that, unfortunately, there is no bag storage for this event, so please arrive ready to run.

The public toilets in Victoria Park will be open before and after the event.

Get social

The best way to see this event grow and grow is for the participants to tell everyone about it. We'd love to see your photos on social media, particularly those selfies you take during your run! Please **tweet @SunriseCity5K** and hit us up on Facebook with your thoughts and images.

Finish

You will finish back at the War Memorial where a simply SUPERB medal and a bottle of water will be waiting for you.

When you finish, make the most of the atmosphere and the onsite photographer to capture your moment of glory.

All of the photos from the day will be free to download and will also be available on social media after the event.



Safety information

Your run

Sunrise City 5K is very different to a normal running event. We don't close roads, there are no barriers and the event isn't timed. The onus is all about having fun and getting a bit of exercise.

It is important that participants keep to the ethos of the event, give way to other pedestrians and wait for traffic as required. We have implemented traffic management in a couple of places to reduce the amount of times you may have to stop, but please keep aware at all times and don't put yourself at risk by dashing out into roads or ignoring steward instructions.

It is essential that you **DO NOT** cross **ANY** roads **ANYWHERE** other than where directed by event staff.

You'll recognise our staff by the purple hi-viz tabards they'll be wearing and they will be there to support you all the way. In some places the yellow jackets of Showsec stewards will show you where to go.

St John's Ambulance service are providing the first aid cover for the event. If you have an accident or see someone else that needs help, talk to the nearest marshal who will be able to call for assistance.

There will be a lead bike to show you where to go and there will be lots of our purple signs for you to follow, as well as marshals. There will also be a rear bike who will be able to help you if you lose your way or can't continue.

Please stick to public footpaths around the route. Do not run in the road. These aren't closed and there will be traffic, so please remember - safety first.

And finally

After the event, please send us photos of yourself to be added to the Part of our Family page of the website.

If you've got the taste for the event, then why not try out the other five events in the series? All details are on the website.

Most importantly, we hope that you have an amazing time and will tell everyone you know about the event.

Finally, a big thank you to our sponsors - Smooth East Midlands, Bear IT, Vista, TMS Retford, Virtual Runner and Leicester City Council.



The route

You can download a bigger version of the map from the Leicester page of the Sunrise City website - www.sunrisecity.co.uk

