



NOTTINGHAM

FRIDAY 6TH JULY 2018 | SMITHY ROW

Event information pack
www.sunrisecity.co.uk



Nottingham
City Council



WELCOME TO



YOU'RE NOW PART OF THE FAMILY



Key information

Schedule

04.30	Registration Opens at Brian Clough Statue
05.20	Participants directed to start line
05.25	Warm Up
05.30	SUNRISE CITY 5K NOTTINGHAM 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 Tourist Information Centre on Smithy Row from 10am until 5pm on Thursday 5th July. Tom and Annabelle 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.

Hello Nottingham!

Thank you for signing up to take part in Sunrise City 5K Nottingham. We're delighted to be returning to our home city with a monumental number of participants. 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 the Notts-Beeston Canal 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 29th June.
The Sunrise City 5K Team

Hello Early Risers! We're delighted to be home again and we can't thank you enough for making Nottingham such a fantastic event.

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



Getting there & Car Parking

The event starts and finishes at Smithy Row.

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 and tram time tables.

If you are driving to the event, then there are a number of local car parks available. Please note that normal parking fees apply. The closest car parks are at Trinity Square and Lace Market.



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 Brian Clough Statue 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 on Greyhound Street, just next to the start line will be open before and after your run.

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 Smithy Row 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. 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.

First aid cover is in place 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.

We also ask all participants not to run wearing headphones. You will need to be able to hear marshal instructions around the route and you also need to be aware at all times.

At the end of your run, 200 Degrees on South Parade will be open for breakfast and fabulous coffee!

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 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, When You Wish Upon a Star, TMS Retford, Virtual Runner, Ikano Bank, Specsavers, 200 Degrees, Notts Women Runners and Nottingham City Council



The route

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

