

WELCOME
TO



YOU'RE NOW PART
OF THE FAMILY



Key information

Schedule

04.30	Registration Opens at Brian Clough Statue
05.15	Participants directed to start line
05.25	SUNRISE CITY 5K NOTTINGHAM BEGINS!
07.00	Event Close

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.

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 The Nottingham Contemporary on Weekday Cross, NG1 2GB from 10am until 5pm on Thursday 16th May. Holly 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 red 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.

This info pack contains everything you need to know in order to enjoy the event, including when to collect your red 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 17th May.

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

