



BEAT THE TRAIN

## Welcome to the Event Information for the Beat the Train trail race on Sunday 17<sup>th</sup> February 2019.

Please take a moment to read through this Event Information in full, we hope it will answer any questions you have, if you do need to contact us please email [admin@jollyrunning.uk](mailto:admin@jollyrunning.uk)

Kindest Regards

*Tracey & Brian*

*Jollyrunning.uk*

### Event Information

The Beat the Train race starts at 9.15am when the Jolly Running Express will blow its whistle. The Race Start is at South Devon Railways Heritage Riverside station in Totnes.

**IMPORTANT – The Race HQ is at the Totnes Heritage Riverside Station NOT the Mainline Totnes Train Station, maps below show you the location.**

**How long does the Jolly Running Express race train take?** Is a question we have been asked lots of times. Jolly Running have privately hired the Race Train for the event, we have given South Devon Railway a bespoke service schedule for the event, which we are keeping secret, all we will say is runners do have a chance to Beat the Train, it is not simply heading full speed to Staverton and back again, however don't worry whether you beat the train or not, all finishers receive the bespoke Beat the Train slider medal!

**Race Numbers** – Race numbers must be worn at all times on your front and be visible to marshals, please make sure your race number is visible on the finish line. **Please fill out your emergency contact details and add any medical conditions on the back of your race numbers.**

**Results** - The event will be manually timed and results will be published on our website and on our Facebook page as soon as possible after the event, we are aiming for the evening of Monday 18<sup>th</sup> February at the latest.

**Shoe Choice** - Trail shoes are highly recommended

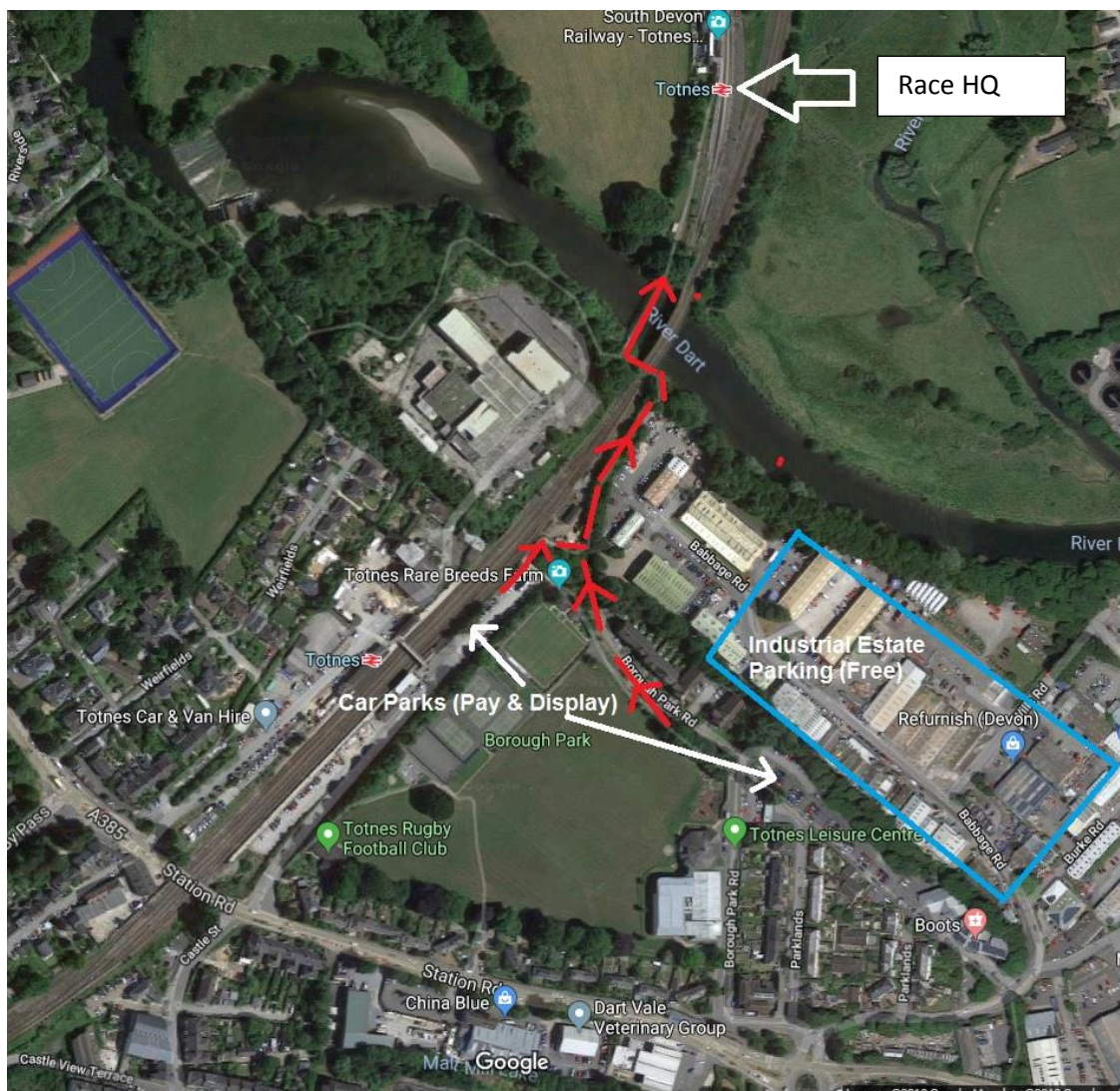
**Baggage** – There is a bag drop at Race HQ in the Marquee behind the station building, you will need to attach a baggage label with your race number on it, these are available at the bag drop, to your bag and hand it to one of the volunteers, when you want to pick it up, show them your race number, no one can pick up or leave a bag without a race number, while we do have a volunteer at the bag drop at all times, your bags are left at your own risk and we hold no responsibility for the bags.

**Headphones** – These are prohibited, you need to be able to listen to marshal instructions and there are two short road sections. Anyone caught wearing headphones risks disqualification.

**Race Number Pickup** – For those travelling on the Jolly Running Express Park & Ride Service (**you must have pre-purchased tickets for this service to use it**), you will pick up a race pack at Buckfastleigh Station, arrive in plenty of time as the train will depart promptly at 8.15am, the race pack will have your race number, safety pins and pre-purchased train tickets inside.

For those making your own way to the Race HQ at South Devon Railways Heritage Riverside Station in Totnes, you will pick up your race number and any pre-purchased Race Train tickets at our Jolly Running Gazebo in the grounds of Totnes Heritage Station.

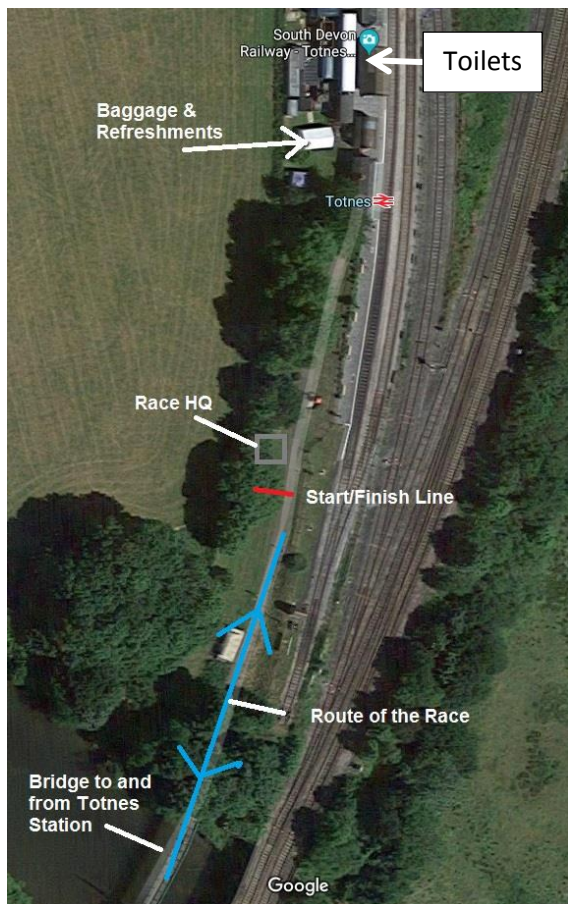
**Race HQ** – The Race HQ is situated at South Devon Railways Heritage Station in Totnes, the maps below shows the location of the Station and layout of the Race HQ, it will open at 8am, all race numbers and tickets must be picked up by 9am.



**Car Parking at Totnes:** There are two main options for car parking at Totnes, the two white smaller arrows, show the location of Pay & Display Car Parks, one is at Totnes Mainline Station the other by Totnes Leisure Centre at Borough Park. The other option is the Blue Box shows where the Industrial Estate is located, there is some on street free parking in this area.

The red arrows show the route from these car parks to the bridge that crosses the river to Totnes Heritage Station, we will also have some Race HQ signs to help you find your way. Please allow plenty of time to park and walk to the Race HQ.

## Race HQ Layout



The toilets for the event are located on the main station platform, we advise you to use the toilets as soon as you arrive and not leave it to the last minute, there are 3 mens loos, 3 ladies loos and a disabled toilet. We anticipate the toilets will get busy when the Park & Ride train arrives around 8.45am, so if you are there earlier, use them before the train arrives.

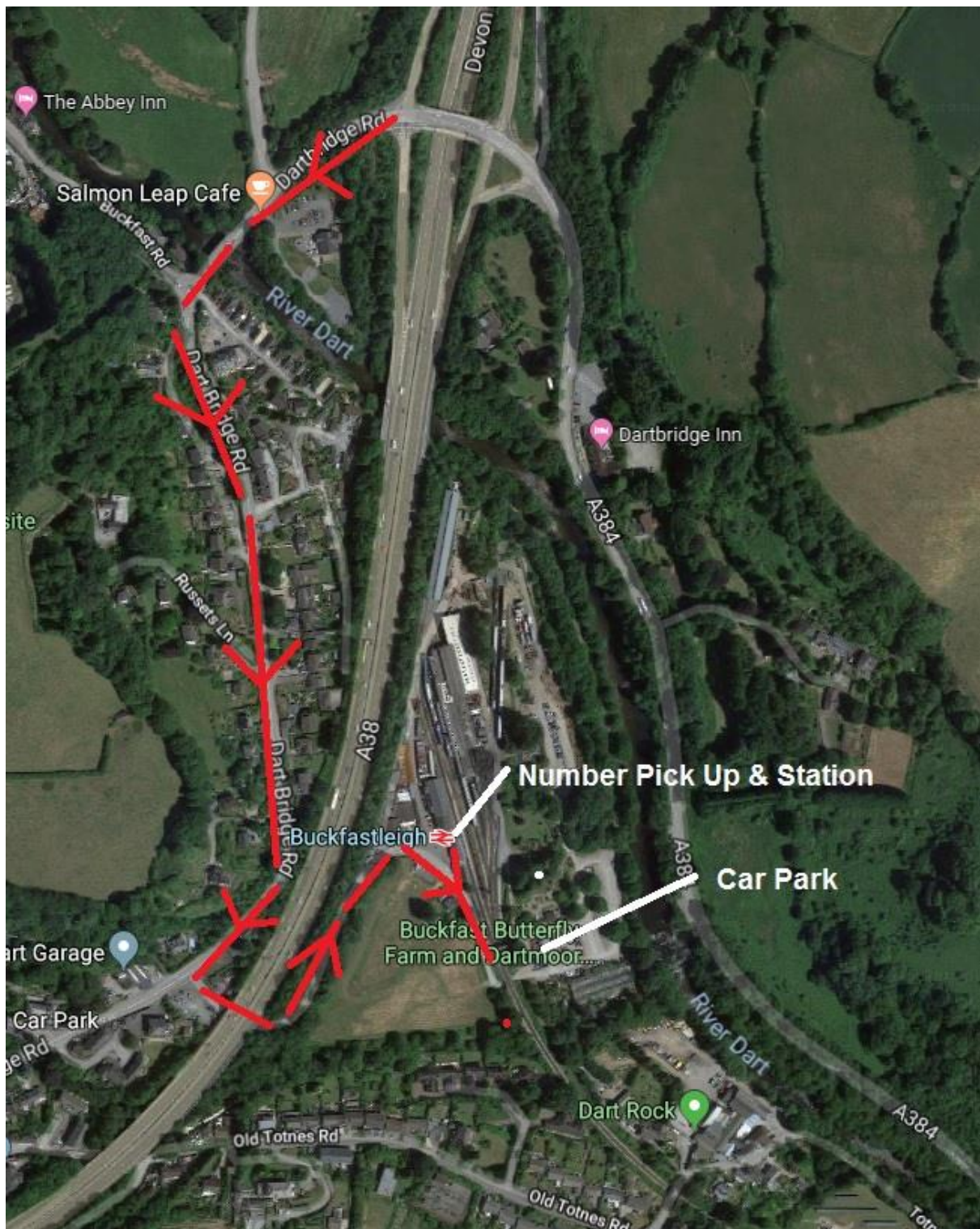
**Park & Ride Service** – For those that have purchased tickets for the Park & Ride Service from Buckfastleigh Station, please make your way to Buckfastleigh Station, TQ11 0DZ, the map below shows you the route from the A38 Buckfastleigh turn off. Please do not park outside the main station building, parking there is restricted, carry on down and under the bridge to the main Car Park, then walk back up to the Main Station Building where our team will give you your race pack.

The Car Park and number pick up opens at 7.30am, you must pick your race pack up by 8.05am, boarding the steam train begins at 8am and it will depart on time at 8.15am and arrive at approximately 8.40am, if you miss the train your race pack will be taken to the Race HQ at Totnes. One of the carriages will have a toilet in it.

**Important – Only people who have a Park & Ride ticket will be allowed on the train.**

After the race you can catch any South Devon Railway train from Totnes back to Buckfastleigh, just show your Park & Ride tickets to their staff. Currently there are trains scheduled to leave Totnes at 10.25am, 11.15am, 1.05pm and 3.25pm, although we are waiting to hear if more trains are being added to this timetable, we will update you with any additions.

Buckfastleigh Park & Ride Map



**Jolly Running Express Race Train (Spectators)** – For those that have purchased train tickets for the Race Train, these will be given to you when you pick up your Race Pack on the day, these tickets are only valid for the Jolly Running Express Train departing Totnes Heritage Station at 9.15am, boarding starts at 8.50am and we ask that everyone is seated by 9.05am. The train will leave Totnes at 9.15am and blow its whistle to start the race, it will then head to Staverton Station, there will be chances to view the runners as the train makes its journey, it will stop at Staverton for a time and then head back to Totnes Station, again there will be chances to view the runners on the route. Once the train arrives back at Totnes station all passengers must disembark. One of the carriages has a toilet in it. There is no disembarking the train during its journey. ***The Race Train Ticket is only valid for this special service; it is not valid for any other travel on this or any other train.***

There will be a refreshment trolley on this train, cash only.

## **The Race**

The race will start at 9.15am when the Jolly Running Express blows its whistle, a safety briefing will be held at the start line at 9.05am.

### **On the Route**

Please look out for your fellow runners on the event, if someone falls please take time to check they are ok and back on their feet and let a marshal know of any issues.

Please no littering on the event, we are lucky to be able to run around this gorgeous countryside and any littering would compromise future events in this area, littering will lead to disqualification.

### **Start and Finish – IMPORTANT!**

Due to the unique starting location of the event, there is a narrow bridge to cross at the start and finish of the event, we have factored in this narrow section when working out the timings of the train, **Important** when the Whistle blows, one of our team will **walk** in front of you all, **walking** you over the bridge, as soon as they are over the Bridge they will step to the side and tell you, you can run. **There is no running on the bridge at the start, due to the volume of runners crossing it.**

On the return leg you can run over the bridge, taking care to avoid any other user.

### **Out and Back – Important!**

There are sections of the route that are run in both directions, please keep to your left when running, the majority of these sections are wide, however there is one 100 metre section in the woods that is narrow and a 20 metre section of it is very narrow, there are marshals to warn you of this section, please keep to your left at all times and take care, please be sensible in this section, yes it's a race but there are plenty of other areas on the route to race and overtake. On the return part of this section, at the end of it you will take a sharp left down some muddy steps.

### **Water Stop**

Our Jolly Treats Station is at Staverton just over half way into the Race around mile 3.8, here you will find water, squash and other sweet goodies to fuel up for the return leg of the race. You may also catch sight of the Race Train at Staverton Station. This is also the turnaround point and your race number will be noted as you arrive.

## **Roads**

There are two road sections, these are open to traffic, the first is a short section less than a mile into the event, it is not a busy road, but please take care and use the path if needed, you will come back this way later.

The second road section is at Staverton, you drop out of the woods, keeping left and a marshal will direct you onto the road, again keep to the left of the road, you go over a picturesque bridge and at the railway crossing will go right to the Jolly Treats station, upon leaving return back over the bridge back to the woods, keeping left at all times. Marshals will guide you on this stretch, just remember **Keep left.**

## **Route Marking**

The routes will be marked with arrow signs, red and white biodegradable tape and small red marking flags. We also have marshals along the routes, follow the signs and do not turn from your path unless an arrow, tape or marshal tells you to. Listen to the marshal instructions and keep left in the two way sections.

## **First Aid**

We have a professional Medical Team in attendance at every event, please ask them for any assistance required. All our marshals also have a small first aid kit with them, if they are not first aid trained they will not be able to treat you but you are very welcome to have access to the kit should you need anything. They are also looking out for you and how you're doing. If you experience any problems or health issues whilst competing please let any of the marshals know or Brian or Tracey. We are both first aid trained and have a first aid kit at race hq.

Also if you have forgotten anything we have a 'Runners box' with all sorts of things you may need but didn't pack, we're drawing the line at providing underwear or sports bras... yes these have been known to be forgotten!!!

## **Terrain**

The route is 95% off road, on grass, fields, gravel paths, muddy paths and trails, trail shoes are highly recommended for the event. On some sections there are tree roots, slippery rocks if wet and lower branches. Also listen to the marshals they will let you know if a tricky underfoot section is coming up.

## **Prizes**

We have a bespoke glass trophy hand made by Teign Valley Glass for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female finishers.

## **The Finish**

Upon finishing you will be given your well-earned Beat the Train Medal, there will also be water available, you can if you have left a bag pick it up from the baggage drop by showing your race number.

## **Food & Drink**

South Devon Railway will have a refreshment stand in the same marquee as the baggage.

For sale on the day will be Hot & Cold Drinks, Soup, Chocolate Biscuits, Bacon & Sausage Baps, it will be open from 8am until around Midday. **It is a cash only refreshment stand.**

## **Transfers**

The deadline for transferring numbers has now passed, there are also no number swaps on the day.

We hope you have fun and enjoy our event, if however you feel something was not so jolly or we could do something better we very much welcome your opinion, please come and talk to one of us.

We want our events to be the best they can be for our runners so if you think of anything please let us know.

Thank you

See you soon

***Tracey & Brian.***

***Event Day Numbers***

***Tracey 07479 918068***

***Brian 07990 757395***

***Our next event is the Cupcake Caper on Sunday 28<sup>th</sup> April at the Double Locks in Exeter Riverside, it is an 8 hour challenge event, run solo or run as a relay team around a 3.3 mile lap of the riverside park.***

***Saturday 14<sup>th</sup> September is the Cream Tea Caper at Powderham Castle***

***Saturday 21<sup>st</sup> December is our Christmas Cracker of an event the Extremely Jolly at Escot Estate.***

***Jollyrunning.uk***