



Cupcake Caper

Welcome to Jolly Running's Cupcake Caper, taking place on Sunday 28th April 2019.

We are looking forward to meeting you all on the day.

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 or message us through our facebook page.

Kindest Regards

Tracey & Andy.

Event Information

The Cupcake Caper starts at 9am

Race Numbers

Race numbers and safety pins will be given to you on the day from Race HQ between 7:15am and 8.45am, Race numbers must be worn at all times on your front and be visible to marshals, please

also make sure your race number is visible to the race timing marshals

on the finish line. If you are running as a team each team member will get their own number, the team will also get a wristband.

Results

The event is being manually timed and results will be published on our website shortly after the event.

Race HQ The Race HQ is in the Beer garden at **The Double Locks, Exeter Riverside, EX2 6LT**

Race HQ will open at 7:15am, please arrive in plenty of time to register and pick up your race number.

Registration will close at 8:45am

A safety briefing will be held at 8.50am by the Jolly Running Gazebo, shortly afterwards you will be directed to the path where the start is located, please wait on the grass until directed to approach the start line so that members of the public can pass. The start location is also the finish line of each lap.

Toilets for your use are located outside of the Double Locks and will be signposted, please only use the toilets inside the pub whilst you are purchasing food or drink. Thank You.

Parking at the Race HQ

The sat nav postcode for the Double Locks is EX2 6LT

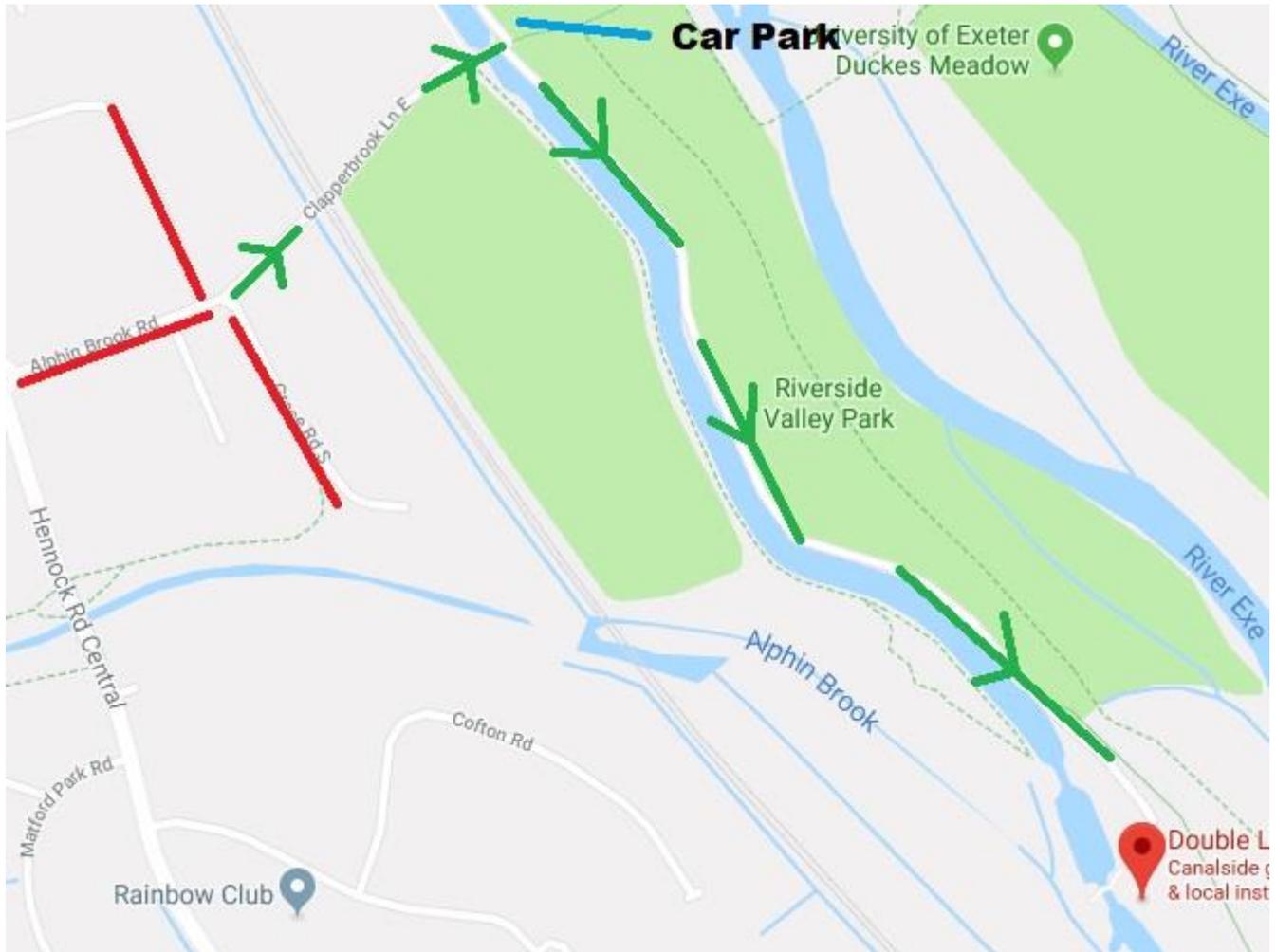
Please note there is a very narrow bridge en-route to the Double Locks Pub, if you are driving a wide car, van or 4 x 4 please drive over it with caution so not to damage your vehicle or alternatively you can park on the industrial estate mentioned below.

There is a gravel/dirt area located next to the entrance to the Double Locks Car Park which has been allocated for us to use, it will be signposted with our yellow signs, it is marked by the red lines on the map

below, please park here. Once over the narrow bridge please turn RIGHT and follow the road along the riverside. Parking is limited at this car park, so please car share where possible, please keep the Double Locks Pub car park clear for pub customers. If the allocated gravel Car Park is full there are other alternatives, a marshal will be there to direct you, please see the second map for parking locations, these will require a short walk.



Alternate Parking Map



Alternative parking: There is a small Car Park to the left as you cross over the very narrow Clapper Bridge on Clapperbrook Lane EX2 8QE, please drive carefully over as you may damage your vehicle, there is plenty of roadside parking in the industrial estate on Grace Road Central (EX2 8QA) or Alphin Brook Road (EX2 8QF) the red lines show the on road parking, these are a half mile walk to the Race HQ. We aim to have a parking marshal on the entrance to Clapperbrook Lane to direct you where to park as they will have live information on the capacity of the car parks.

Green Lines & Arrows show the route to Race HQ.

Route Marking

The route will be signed with Jolly Running arrows, red and white marking tape and small pink flags, follow these and you can't go wrong, we will also have marshals on the route, some of these will only be in position for the first 3-4 hours.

Road Crossing

Towards the end of the loop you will run through a small car park near the narrow Clapper Bridge, please use caution when running through this area, it is not a busy car park but caution is needed as cars may be reversing, a marshal will be here for the entire time, unfortunately they are not allowed to stop traffic so please listen to any instructions they give as this will be for your safety.

Jolly Treats Station

Our Jolly Treats station is located at Race HQ, near to the Start/Finish line. Water, snacks and refreshments will be available, we also have Vegetarian and Vegan options which will be labelled, the Jolly Treats station is the only water stop on the route, you will have the opportunity to visit it every 3.3 miles. You are welcome to place your own labeled bottles here too, there will be a designated place for these.

First Aid

We have a Medical Team in attendance at every event, here solely for you, please ask them for any assistance required. All our marshals also have a small first aid kit with them, you are very welcome to have access to the kit should you need anything. Our marshals are there for your safety and will be 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 Tracey or Andy. We are 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 forgot to bring, we're drawing the line at providing underwear or sports bras... yes I myself have been guilty of this.

Littering

We love the beautiful places we run and we would like to continue to enjoy our surroundings, with this in mind we promise to leave the land as we find it and therefore have a zero tolerance to littering. Please use the bins provided or hand it to a marshal. If caught littering you may be disqualified.

How the 8 Hour Challenge Works

Solo Runners

The Race starts at 9am, you have 8 hours to run as many 3.3 mile laps as you want, as long as you run one lap you are a finisher, if you start a lap before 4:45pm, you may finish the lap you are on, BUT you need to complete this last lap by 5:30pm.

Every time you cross the Finish/Lap Line, please ensure your race number is visible to the event timers, they will be located next to the finish line, as this is how we record your laps. Once over the line you can choose to carry straight on and do another lap or to take a break from running for a while, the clock continues to run even when you're not, so any breaks you take are included in your running time.

To take a break, cross the finish/lap line then have as long a break as you like. To start running again do NOT cross over the line again but enter the course via the gate at the top of the garden by the Jolly Treats Station.

When you have decided that you are not going to run anymore laps,

then head to the Jolly Running Gazebo, let the team know that you are finishing and collect your medal and cupcake.

Double Locks Pub Phil and his team at The Double Locks are very friendly and are waiting to welcome you. You can go in and purchase a hot or cold drink or to refuel on their delicious food.

The male and female Solo runner that completes the most laps in the shortest time will be awarded a 1st Prize Trophy, these are bespoke glass trophies hand made by our friends at Teign Valley Glass, and we aim to present these as close to 5:30pm as we can.

Relay Teams

The Race starts at 9am, your team has 8 hours to run as many laps as you want, as long as each team member runs at least one lap you are all finishers, only one team member should be on the course at a time, the 'running' team member will wear a wristband which will serve as your baton which you will pass on to your next team mate once they cross the finish/lap line. If your team starts a lap before 4:45pm, you may finish the lap you are on, but you need to complete this last lap by 5:30pm.

Every time a team member crosses the Finish/lap Line, please ensure your race number is visible to the event timers, they will be located next to the finish line, as this is how we record your laps. Once over the line you can choose to either continue straight on to do another lap or hand the wristband to another team member, waiting by the timers, who will then run the next lap, it is entirely up to the team who runs what lap, how many laps they each run and if a team member runs more than one lap in a row, as long as each team member runs at least one lap.

When your team have decided that you are not going to run anymore laps, then head to the Jolly Running Gazebo inform them that your team has finished and to get your medal and cupcake. Hot and Cold drinks can be purchased from the Double Locks.

The relay team that completes the most laps in the shortest time will be awarded the 1st Team Trophy, the bespoke handmade glass trophy is made by Teign Valley Glass, we aim to present this as close to 5:30pm as we can.

See you on Sunday 28th April.

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 feedback, please come and talk to one of us.

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

See you soon

Tracey & Andy.

Other Dates for your Diary

Saturday 14th September 2019 our Cream Tea Caper has now moved to the Double Locks Exeter.

Wednesday 31st October Dark Halloween - 5k and 10K
Night trail races in Cockington, Torquay.

Saturday 21st December Extremely Jolly - 7 generous festive fun miles around Escot Estate, EX11 1LU

Please see our website and Facebook page for regular updates.