



Welcome to the Event Information for the Beat the Train 2020 on Saturday 28th March 2020 at 9:10am.

Please take a moment to read through this Event Information in full, make a cuppa and put your feet up... it's a long one with lots of information. Sorry. It also explains the measures in place regarding the Covid-19 virus, hopefully if I've remembered everything it will answer any questions you have, however if you do need to contact me please email admin@jollyrunning.uk

See you soon

Tracey

***** As Covid-19 is very prevalent in our day to day life with the status of the government plans being frequently revised to combat it I will be constantly monitoring the guidelines and will act in accordance with them. *****

Please consider your health at all times. If you feel unwell or display any of the associated symptoms such as high temperature, a cough or shortness of breath, even if your symptoms are mild please do not attend the event.

Please wash your hands before leaving home and again when you arrive at HQ. Please also bring your own hand gel as an extra precaution.

Beat the Train is a small event with maximum capacity of 350 participants, it may be approximately 200 on the day. If the inevitable happens and I am advised to postpone the event I will contact you via email through SiEntries informing you, it will also be posted on the website and Facebook. I have everyone's health and welfare as my top priority. The running community is a very special family one that is very sensible when it comes to making decisions and keeping ourselves safe. I will keep you updated.

As well as the measures I have put in place please also protect yourselves as much as possible by bringing your own hand gel, tissues etc. coughing into your elbow etc etc we all know the drill.

Event Information

The Beat the Train race starts at 9.10am from Totnes Heritage Riverside Station. 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, the maps below show you the location.

Jolly Running have privately hired the Train for the event, where myself and the amazing South Devon Railway have created a bespoke service schedule specifically for the event.

The running route has been designed so that runners do have a chance to Beat the Train, and the train is regulated so that it is not just heading full speed to Staverton and back

again. The train stops mid-route along the riverside fields so that your friends and family on the train can have a chance to see you running. Don't worry whether you beat the train or not, all finishers receive the bespoke Beat the Train slider medal!

This year the route has been tweaked slightly, the hill in the woods just before Staverton has been removed so that you are now closely replicating the trains route, the train timings have also been tweaked.

Race Numbers – Are collected on the morning of the event from the relevant stations.

If you have purchased just a race entry and Race Train tickets you will collect your number & tickets from Totnes Heritage Riverside Station. TOTNES REGISTRATION opens at 07:30am until 08:40am

If you have bought Park n Ride Tickets you will collect your numbers from BUCKFASTLEIGH REGISTRATION at Buckfastleigh station. BUCKFASTLEIGH REGISTRATION opens at 07:15am until 08:05am. Please arrive in plenty of time to collect your race pack as we cannot hold the trains departure as this will affect the whole race.

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. On the reverse of your race number there is a section to fill in all your details. Please don't worry about filling this in as we have all your details. If you do have any medical conditions please write this on the reverse.

Results - The event will be chip timed by attaching a tag to your shoe and results will be live and also published on our website and on our Facebook page as soon as possible after the event. Please make sure you have attached your timing tag to your shoe before the race starts. The timing tags are disposable.

Shoe Choice - Trail shoes are highly recommended as the course is 95% trail there are some very muddy sections along the route.

Baggage – There is a bag marquee at Race HQ, your race number has a baggage strip on it. To use please detach from your race number and attach to your bag. The baggage marquee is manned by Jolly Running Crew. No one can pick up or leave a bag without a race number, while we do have a crew member 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 **Buckfastleigh 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 TQ11 0DZ. Please arrive in plenty of time as the train will depart promptly at 8.15am.

Buckfastleigh Race Registration opens at 07:15am

Please see the Park & Ride section below.

Your race pack will have your race number, safety pins, a timing tag to be attached to your shoe, and your pre-purchased train tickets inside.

TOTNES 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 pack containing your race number and any pre-purchased Race Train tickets at our Jolly Running Gazebo in the grounds of Totnes Heritage Station. Race Train Tickets are **GREEN**

Totnes Race Registration opens at 07:30am

**** Covid-19 measure **** Please use the hand-sanitising gel at registration before collecting your race pack. Registration crew will be wearing gloves so not to contaminate your race pack.

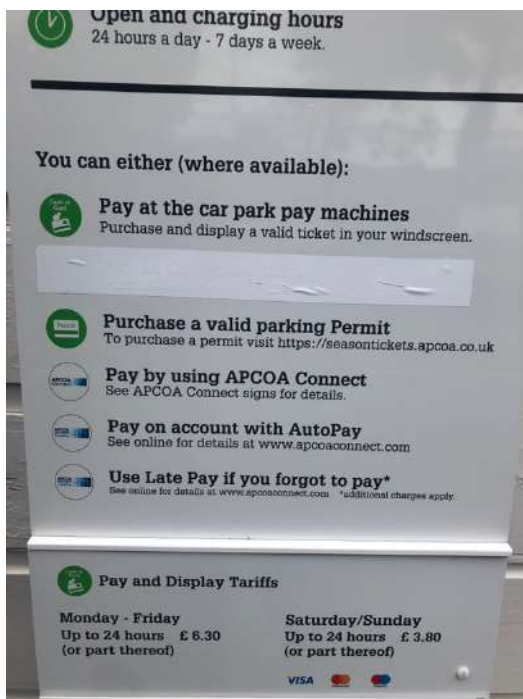
Race HQ – The Race HQ is situated at South Devon Railways Heritage Station in Totnes, the maps below shows the location of the Station where Race HQ is, it will open at **7:30am**, all Totnes race numbers and tickets must be picked up by 08:40am.

Toilets

The toilets at Totnes 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 & 3 ladies toilets 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.

Totnes Parking

Car Parking at Totnes: There are two main options for car parking at Totnes, the two white smaller arrows on the map below show the location of 2 Pay & Display Car Parks, one is at Totnes Mainline Station TQ9 5JR. The pay and display take cash, cards and there is an APCOA app too. It costs £3.80 for the day on a Saturday.

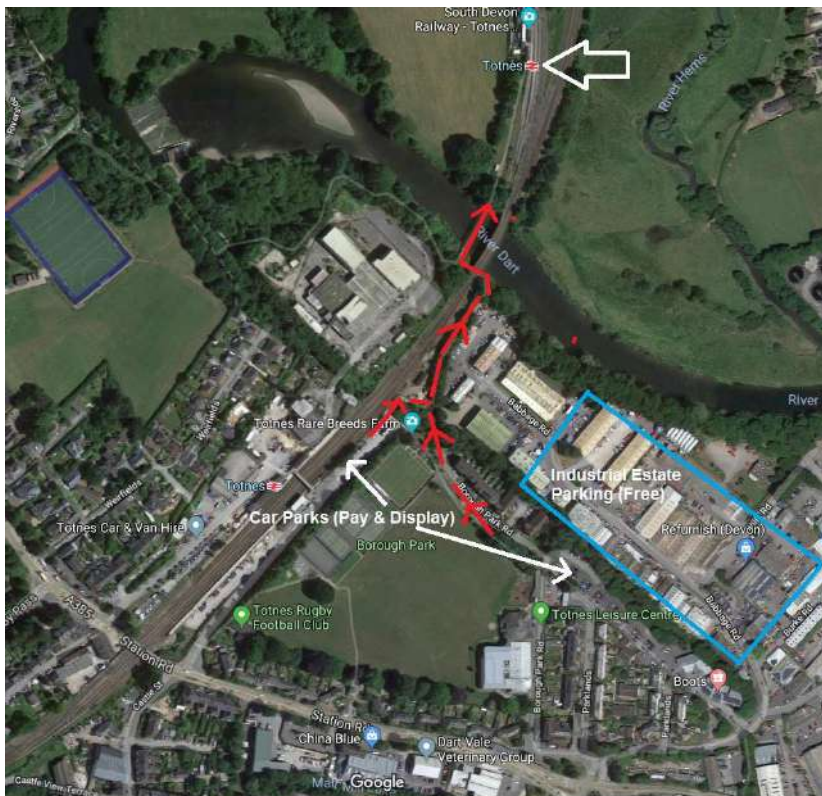


The other Pay & Display is the **Pavilions Car Park** by Totnes Leisure Centre at Borough Park TQ9 5HW. Parking is charged from 8am and 3 hours will cost £2.50 4 hours will cost you £3.50 in the short-stay car park, there is also a long stay section. You can use cash, phone or use the RingGo app. If calling or using the app the location code is 3479 for the short-stay.



The other option is the Blue Box, it shows where the Industrial Estate, Babbage Rd, Totnes TQ9 5JA 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.



If parking on the Industrial estate there is a narrow cut-through between two buildings on Babbage Road which takes you over a small bridge over a stream which brings you out onto Borough Park. (shown in yellow on the map below)



BUCKFASTLEIGH

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 to the corner of the car park where you will find the bridge which takes you to the station platform & Main Station Building where our team will give you your race pack.

Your race pack will have your race number, safety pins, a timing tag to be attached to your shoe, and your pre-purchased train tickets inside.

Once you have your race envelope, please open it to show your **BLUE** Park n Ride train ticket to the station stewards to board the train, please retain your ticket for your return journey. Boarding is from 08:00am and the train will depart at 08:15am. Once on the train please attach your race number and also the timing tag to your shoe. The train will arrive at Totnes at 08:45am just in time for the Race Safety Briefing. If you need to use the toilet please use the ones at Buckfastleigh as you may encounter a queue for the toilets at Totnes which may cause you to miss the race briefing.

Buckfastleigh Race Registration opens at 07:15am

**** Covid-19 measure. **** Please wash your hands or use hand sanitiser gel on arrival at the station. There are toilets at the station and hand sanitising gel will be provided at Race Registration.

The Car Park and number pick up opens at 7.15am, you must collect 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 8.45am, if you miss the train your race pack will be taken to the Race HQ at Totnes.

**** Covid-19 measure **** Please use the hand-sanitising gel at registration before collecting your race pack. Registration crew will be wearing gloves so not to contaminate your race pack.

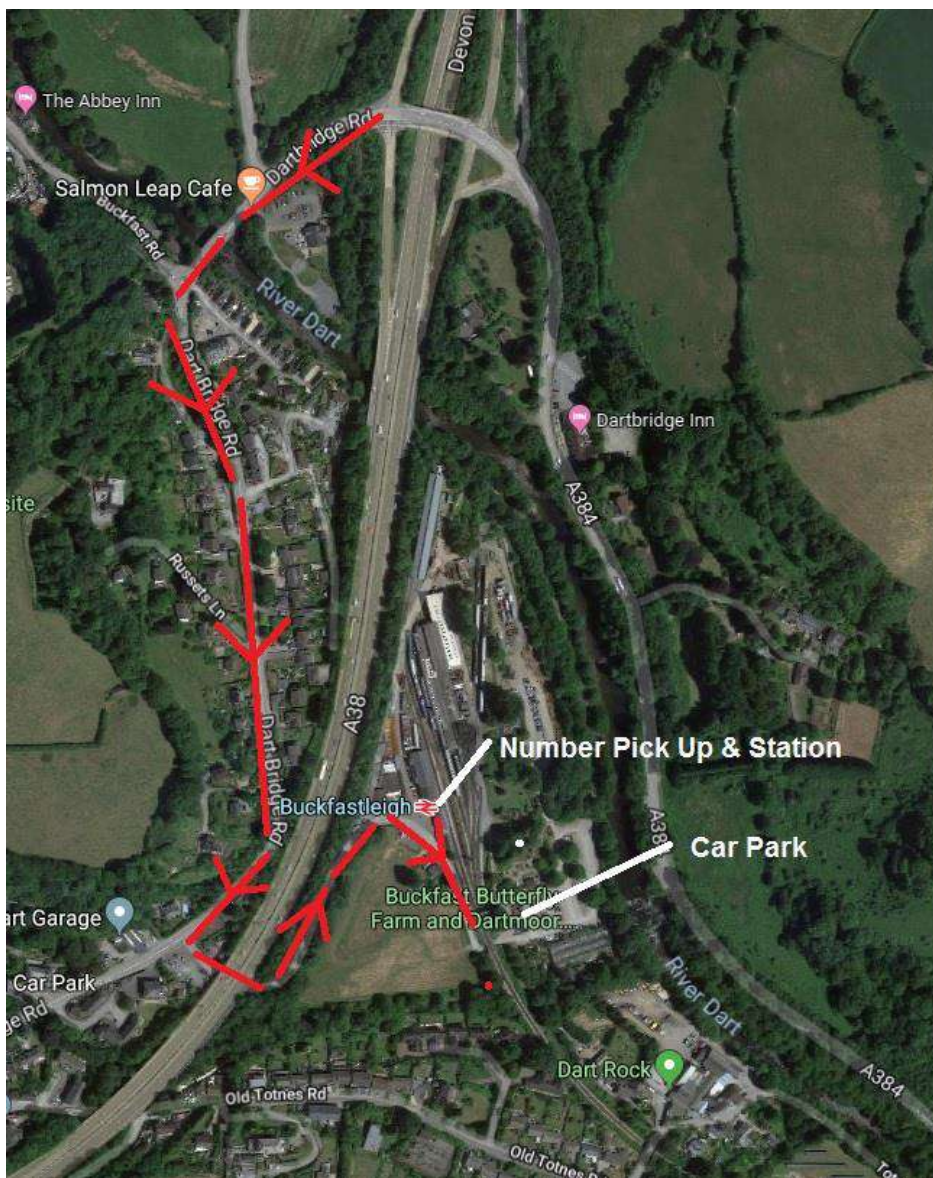
Please use the toilets at Buckfastleigh prior to departing as the toilets at Totnes may be busy on your arrival. There is also a toilet on the train.

Once the train arrives at Totnes Heritage Riverside Station **EVERYONE WILL DISEMBARK. (even those with a Race Train Ticket)** Then boarding for Race Train Ticket holders will commence.

Important – Only people who have a Park & Ride ticket will be allowed to board the train at Buckfastleigh.

After the race you can catch any South Devon Railway train from Totnes back to Buckfastleigh, just show your Park & Ride tickets or your race number to their staff. Currently return trains are scheduled to leave Totnes at 10.30am, 11.20am, 12:10pm and 1pm.

Buckfastleigh Park & Ride Map



Jolly Running Express- Race Train Ticket Holders (Spectators) – This is the train from Totnes to Staverton and back for spectators only. 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 9.10am, boarding starts at 8.50am and we ask that everyone is seated by 9.00am. The Race Train tickets are **GREEN**.

The train will leave Totnes at 9.10am 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. No passengers are to disembark at Staverton Station. Once the train arrives back at Totnes station all passengers must disembark. The train has a buffet carriage and a toilet. There is no disembarking during the Race Trains 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.

The refreshment carriage on this train is cash only.

The Race

The race will start at 9.10am when the Jolly Running Express blows its whistle, a safety briefing will be held at the start line at 9am.

Due to the stations narrow footbridge not being able to accommodate the movement of running across it **for the start the race start line** will be on the public footpath across the bridge. Just after the race briefing I will walk you across the bridge where we will wait for the train to blow its whistle.

The finish line is at Race Hq you can run across the bridge to the finish line as this won't be in mass.

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. I have numerous medical crew and paramedics along the route. A team with a medical tent will be situated at Totnes HQ, a 4x4 crew located at the riverside field, which can also mobilise mountain bike crews to reach locations inaccessible to the off-road response vehicle.

Please no littering on the event, we are lucky to be able to run around this gorgeous land owned by Dartington Hall Estate and any littering would compromise future events here. If caught littering it could lead to disqualification.

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 very wide, however at 2.75 miles 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 4.1 miles, you will take a sharp left down some muddy steps. Please take extreme care as the steps can be muddy and slippery.

Staverton Water-Station/Turnaround Point

Our Jollification Station is at Staverton just over half way into the Race around mile 3.5, here you will find water, squash and other sweets & crisps to fuel up for the return leg of the race. The aid station will not have the usual 'pick n mix' sweet and savoury selection as this carries a high risk for contamination and the spreading of the virus. Instead there will be a selection of pre-packaged sweets and crisps. The vegetarian/vegan option will be Crisps, Jelly Tots, Skittles & Party Rings.

The water-station is also the **turnaround point** and your race number will be noted as you arrive. Last year we made a boo-boo, completely our fault and some runners ran passed the water-station turnaround point. I will always learn from mistakes and this year I have had signs made (short of having flashing lights on) that I think will make it clear that you turn around and run back once you've reached the water-station. I have also given the Jolly aid station crew permission to tackle you to the floor should you try to run past 😏 however we'd like to avoid this scenario due to Covid-19 guidelines. 😂

AID STATION ** Covid-19 measure. ** The Staverton Water-Station/Turnaround point has been adapted to ensure minimum contamination and cross-infection. The water-station crew will be wearing gloves so not to contaminate anything.

On arrival at the water-station please use the hand sanitising gel provided before touching anything on the aid station. There will be no open food. All food will be individually packaged. Please place all rubbish in the bins provided. If eating on the run please keep the litter on your person until you arrive back at the finish where you can place it in a bin. Please do not hand your rubbish to course marshals or crew.

For drinks it will be single use plastic cups, spaced out so that you can pick up a cup without touching other cups around it. Please only touch one cup and bin it as soon as you have drunk from it, please do not put a used cup back on the table. If you are needing a top up please take a fresh cup. We will not be re-filling cups you have drunk from.

Roads

There are two road sections, the first is half a mile into the race and will be closed to traffic however 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 TURN RIGHT to the water-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 and be aware of cars. Our marshals cannot stop the traffic only warn you and keep you safe. If on the bridge when a car is passing please use the pedestrian passing places on the bridge.

Route Marking

The routes will be marked with yellow arrow signs, red and white biodegradable tape and small marking flags in the ground. We also have marshals along the route, 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 Tracey and they will alert the relevant medical team. We also have a first aid kit at race hq. There will also be a pop-up medical centre 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 1st, 2nd and 3rd 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.

**** Covid-19 precaution ** Medal Presentation: Unfortunately, we regret that in order to minimise close contact we will not be placing medals around your neck but instead handing you your medal in it's sealed bag. Sorry this is not how I would want to award you for your fantastic achievements but it's necessary to minimise contact and protect you. Sorry 🙁**

Our medal givers will have washed their hands and will wear protective gloves to handle the medals.

Food & Drink

South Devon Railway will have a refreshment marquee kindly run by the volunteer staff with all profits being put back into the charity.

For sale on the day will be Hot & Cold Drinks, Soup, Chocolate Biscuits, Bacon 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.

Amid all the worry of Corona Virus I hope you have fun and enjoy your run, if however you feel something was not so jolly please come and talk to me in person on the day so I have the opportunity to rectify anything you aren't happy about, I wouldn't want you to leave feeling disappointed.

Likewise, if you had fun and enjoyed the event please leave a review on the Jolly Running Facebook page. This event is a particularly complicated event to organise single-handed I am very grateful to the amazing staff at South Devon Railways for their help and support in making this unique event possible.

I want the events to be the best they can be for you so if you think of anything please let me know. You can also email me on tracey@jollyrunning.uk

Thank you
See you soon
Tracey

Event Day Numbers Tracey 07479 918068

Next up is the Cupcake Caper!! 🍰

2020 Event dates

Saturday 27th June Cupcake Caper 🍰

Saturday 12th September Cream Tea Caper 🍓

Saturday 31st October Dark Halloween 🎃

Saturday 12th December Extremely Jolly & Little Elves Fun Run 🎅

Sunday 13th December Escot Christmas Marathon & Half Marathon 🎄

There will also be a new event coming...

www.Jollyrunning.uk