



Welcome to Jolly Running's Celebration Caper on Saturday 4th September 2021.

Working full-time for the NHS as my 'real job' it has given me brutal insight into the impact of Covid-19. Still aware of the continuing growth of the virus I have put a series of measures in place to make my events as safe as possible and to give you my complete reassurance that I'll do everything I can to keep everyone safe and try to reduce the risk of transmitting the virus. As this will ultimately affect you, my family, friends and NHS work colleagues.

My Covid-safety strategies in place protect everyone but please also keep your own protection as your highest priority. Please see the separate Covid Specific Race Information.

My Caper events at the Double Locks are usually my easiest to organise...this time it has certainly thrown some challenges my way and having to accommodate disputes, diversions and now, just days ago, a boat service it certainly hasn't plain sailing.

Therefore, I've had to make a lot of changes so take a moment to read ALL the Event Information IN FULL, make a cuppa...Sorry it's a long read but I hope it will answer any and all questions you have as I have limited time to respond to emails on the run up to the event so by including absolutely every detail I hope it answers most queries.

I'm very sorry for the route crossing the swing bridge and now the bridge being opened frequently on the day but I hope my solution to this will put you at ease, sorry. The only other alternative was to cancel the event.

If I have forgotten anything or you do need to contact me please email admin@jollyrunning.uk

The week of the event I will be busy out setting it up as it's just me who runs the whole business, organises and sets up the events and does the admin too so it may take me a little longer to respond to emails during this time. Sorry.

The deadline for deferrals and transfers has now passed therefore I will not be able to action any of these requests. If for any reason you cannot attend don't worry about confirming that with me as I will be aware on the day when you've not crossed the timing mat.

See you soon, Tracey

www.Jollyrunning.uk

Event Information

The Celebration Caper starts at 10am

Getting There

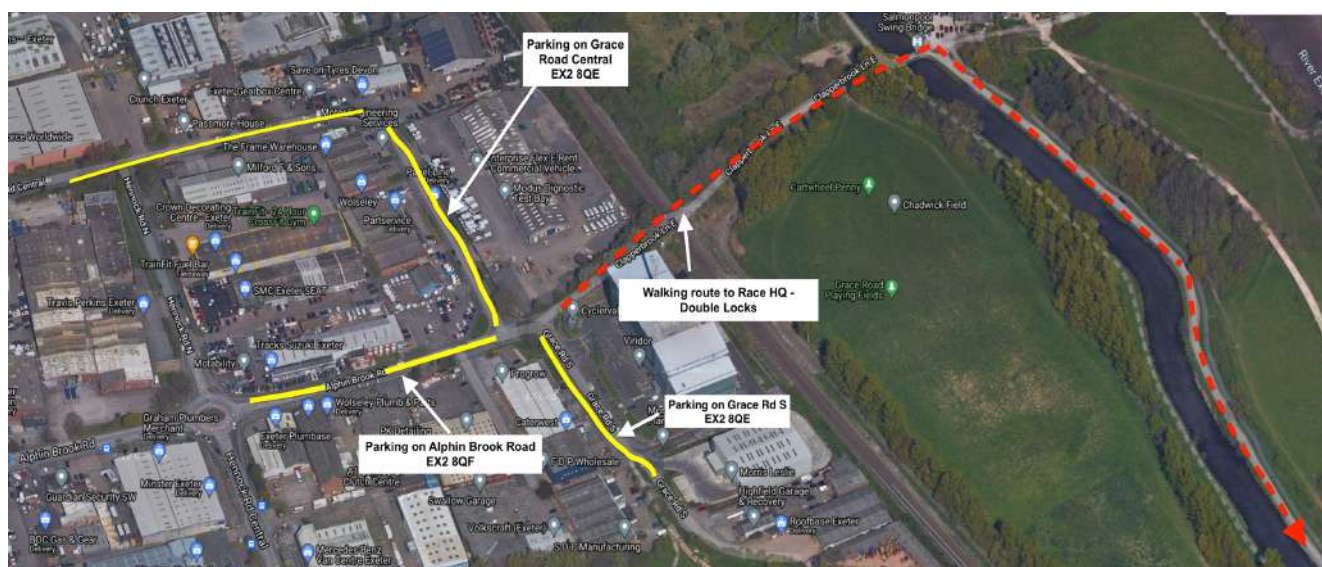
The event is at the Double Locks pub garden, Exeter. Unfortunately, due to the Double Locks only having a small car park I am not permitted to allow any parking at the Double Locks as this is reserved for the pub customers only. Therefore please **DO NOT** drive all the way to the pub as there will be nowhere to park.

Due to ongoing construction work there is also a diversion route in place to the Double Locks. PLEASE IGNORE THE DIVERSION ROUTE as it **will not** take you to the Industrial Estate Parking and you will end up having to do a massive detour which could make you late for the race. Please use the postcodes below.

Parking for the event is on the Industrial Estate on Alphin Brook Road **EX2 8QF**, Grace Road Central **EX2 8QA** and Grace Road S **EX2 8QE** from these roads you then walk along Clapperbrook Lane E. Race Hq at the Double Locks is a 15 minute walk from the Industrial Estate. There will be Yellow Jolly Running signage directing you on foot to Race HQ.

Clapperbrook Lane E is now for pedestrians only and does not allow access for vehicles. This is your walking route to Race HQ. Once over the bridge, turn right and follow the canal to the Double Locks, you will see yellow Jolly Running signage for Race HQ.

Please see the map below. The Yellow lines are the roads to park in and the red dotted line is the walking route to Race HQ.



Race Numbers - To eradicate queueing to collect race numbers there is now **NO RACE REGISTRATION** at the venue on the day. **Instead your RACE NUMBERS WILL BE POSTED TO YOU in the week prior to the event** If you do not receive yours in the post by race day please come to Race HQ on the morning of the event.

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 team on the finish line. The event is chip to chip timed not gun to chip therefore please give each other plenty of social distancing space on the start line. There is no need to huddle together at the front because your time only starts from when you cross the timing mats on the start line.

TEAMS If you are running as a team each team member will get their own number, the team will also get a ribbon to be collected from Race HQ on the morning of the event, this serves as your 'relay baton' which you pass on to each member running.

**** Please fill in the back of your race number with your emergency contact details and any medical information prior to the event please ** This is extremely important to me that this is done as it is the first thing we will look at if you are involved in a medical emergency. I will also have given certain relevant medical information to the Medical Team on the day in order for them to be aware and respond effectively and appropriately. Your personal medical information is dealt with the strictest confidentiality.**

Race HQ

The Race HQ is in the Beer garden at **The Double Locks, Exeter Canal Banks.**

Race HQ will open at 9 am for any queries, please arrive in plenty of time to park, walk 15-20 minutes and ready to start at 10am.

A safety briefing will be held at **9:50am** 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 line is at the end of the Double Locks garden and the timing mats will be positioned there.

Toilets for your use are located outside of the Double Locks and will be signposted.

The Course & Route Marking

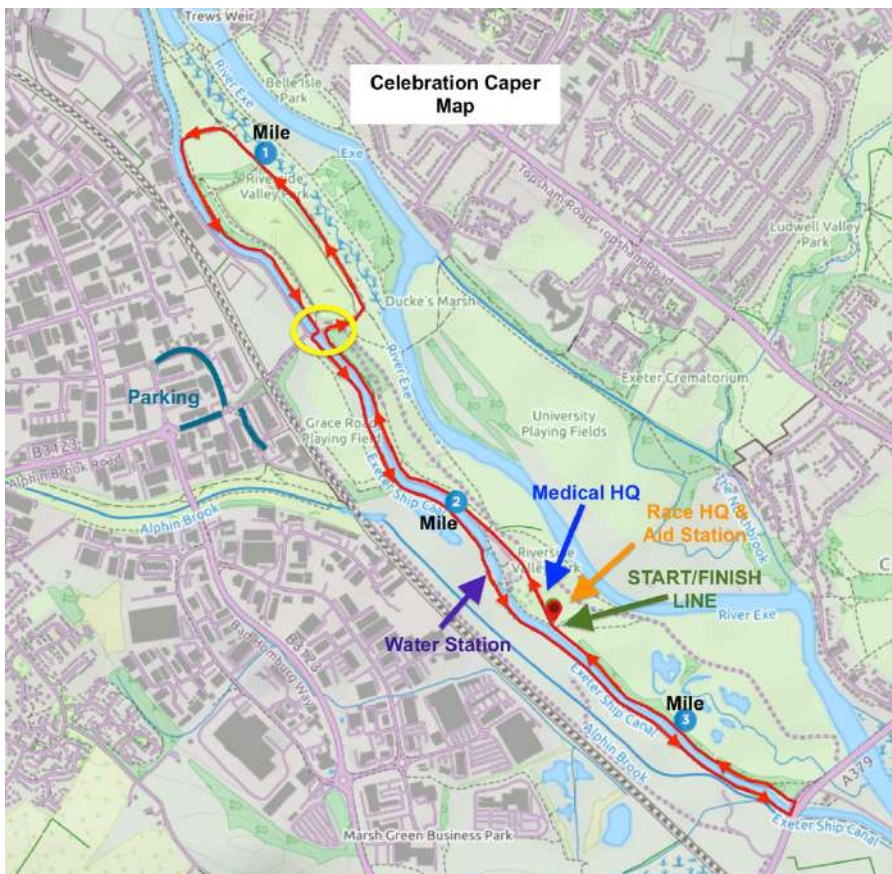
The route will be signed with **yellow Jolly Running directional arrows**, red and white marking tape and small red ground flags, follow these and you can't go wrong. We will also have marshals throughout the route, some of these will only be in position for the first 3-4 hours or once all runners including each team member have completed the route once.

Please be aware as the route is on public paths you have no right of way over any other users on the route and must respect social distancing at all times please.

Please be vigilant for hazards such as cars in the car park, cyclists and dog walkers... and the swans which are very protective of their cygnets at the moment.

We have a zero tolerance to littering and if caught could lead to disqualification. There are bins at race hq and you can give any rubbish to our marshals.

The map of the course is below for your reference, please familiarise yourself with the direction of the route.



The route through the bridge car park.

The area in the YELLOW CIRCLE on the map above is where you will need to be most vigilant. As the running route on the return leg brings you out into the small car park near the narrow Swing 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 or driving over the swing bridge, marshals will be here for the entire time, unfortunately our marshals are not allowed to stop traffic so please listen to any instructions they give as this will be for your safety. It is advisable to, if wearing headphones, to remove one or both here.

Salmon Pool Swing Bridge

This year's route has changed due to the Devon Wildlife Trust being unable to grant permissions for any event on their land because of a health and safety issue.

The only route possible was to use the Canal Path on the opposite side of the Double Locks. This means sending you over the infamously narrow Salmon Pool Swing Bridge to get to the canal path!!!

In the four years that I've been organising this event and the decades that I've frequented the Double Locks pub I have never ever seen the swing bridge opened to let boats through....

This year is different!! Of course... it had to be!!

Just days ago, I received notification that Exeter Cruises are running a service from Exeter Quayside to the Double Locks every hour from 12pm until 5pm. Which means the bridge that you run over will at times be swung open to let the boat through. Exeter Cruises have been informed of the event and are happy to work with me to try to make the running of my event and their service as smooth as possible. I realise this may cause some of you who may be going for PB's or Good For Age times an issue... Please don't worry I have put a system in place which will solve this issue.

Now this could be like traffic lights where you may be lucky enough to get a good run of green lights and always find the bridge across on your approach to it. BUT...At some point you may be approaching the swing bridge and find that the boat crew are swinging the bridge open and there is no bridge across the water. Please don't run at it if it is being opened... you will end up in the canal!! Marshals will warn you of the approaching boat and the boat crew are happy to let approaching runners cross first. So you may need to put a little sprint on to cross the bridge ahead of it... Who knew that my event would unintentionally turn into a "Beat the Boat event"

The boat crew have been very kind and will do all they can to accommodate the event. Their words were "we don't want to hinder any running world records or PB marathons"

Here's the plan...If you are caught waiting for the bridge to be put back in place (I'm told this will be a maximum of 3 minutes to open and close it- their record is 2 mins 4 seconds but they are now being challenged to do it faster for our event) My marshal on the bridge entrance will make a record of your race number and the length of time that you are kept waiting to cross the bridge. This information will then be communicated back to the timing team to adjust your race time. If you are running for fun and are not bothered about your timing please let the marshal on the bridge know this, if you are the only one waiting then it will give them a break from the notepad and stopwatch.

I'm really sorry for this...it's not ideal and I couldn't believe it when I was notified. Unfortunately, it's an unforeseen circumstance that certainly wasn't an issue 6 months ago when all the planning was being submitted. This plan is the best I can do.

Jollification Station (Aid station but with the Jolly touch)

Our Jollification station is located at Race HQ, near to the Lap/Finish line. Water, snacks and refreshments will be available, we also have Vegetarian and Vegan options which will be labelled.

Please use the Touchless Hand Sanitiser prior to attending the Jollification Station, this will be on a stand as you approach.

Unfortunately, there will be no diving into the pick n mix style treats station like my previous events instead everything will be in INDIVIDUAL packets and POTS. The selection is slightly reduced too but there will be pots of HARIBO SWEETS, including Jelly babies, jelly beans and vegan sweets such as skittles, Jelly tots and party rings etc and vegan crisps too.

All food items apart from the fruit will be individually packaged. Forever trying to be as Eco conscious as possible certain foods will be packaged in little pots. These little pots ARE NOT PLASTIC but Vegware made from PLA (Polylactic acid) made 100% from plants and are 100% commercially compostable. Please dispose of the pots in the bins provided at Race HQ or in your **Food Waste Bin** at home. Or reuse.

Savoury items include a selection of individual packets of crisps & cheese savouries.

There will also be some fruit which on request will be served to you separately on a paper plate by my lovely Jollification Station crew (usually my daughter and my mum) All Aid Station Crew will have PPE such as mask, gloves and apron when involved in food preparation.

There will be jugs of water, squash and flat coke (the flat coke is usually on offer for the latter part of the event when you really need that sugar boost) these will be poured into your cup/bottle or hydration pack.

There will be a water container at the end of the aid station for self service once you've sanitised your hands.

There is also just a water station at mile 2 at the Double Locks bridge. This will be a self service water container, again please use the hand sanitiser, and a jug pouring facility. This is a cupless event so please bring your own cup/bottle or purchase one of our soft eco cups from race hq.

Baggage Store

Unfortunately, due to the risk of Covid transmission we are unable to provide a baggage store tent. There are places in the Double Locks garden to leave your bag but obviously this is at your own risk...sorry.

First Aid

We have a Medical Team in attendance at every event, the crew consists of at least one paramedic and an ambulance technician please ask them for any assistance required. They will be based at Race HQ with a range of response vehicles to access all parts of the route. All our marshals also have a small first aid kit with them including an emergency foil blanket and blister plasters. If the marshal is 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 route marshals know or Me (Tracey) or the race medics at Race HQ you can also visit the medical tent. I am first-aid and Basic Life Support trained and have a first aid kit at race hq.

Every marshal has a radio for communication with myself and the medical team should you become unwell, need assistance or in an emergency.

**** If you find yourself in a medical emergency please attract a marshal who will then alert the medics immediately or if you are not near a marshal please ask another runner to get help by alerting a marshal or event crew.****

Please let's look out for each other.

Runners Box

If you have forgotten any essentials items I have a 'Runners box' at Race HQ with all sorts of things you may need but forgot to bring, I'm drawing the line at providing underwear or sports bras... yes these have been known to be forgotten!!! I'm guilty of that myself hence providing a runners box with all sorts of items, lotions and potions in it;)

Terrain

The route is a mixture of canal paths and gravel tracks and small grass section, road shoes should be fine for this event unless we have monsoon weather in the weeks beforehand.

Headphones

If you are wearing headphones and they are not the bone conducting ones, you will need to remove them when entering the car park section of the route, this is for your safety so you can hear our marshals instructions and other path users, including cyclists.

How the 8 Hour Caper's Work

Solo Runners

The Race starts at **10am**, 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 final lap before 5:45pm, you may finish the lap you are on, BUT you need to complete this last lap by 6:30 pm.

Every time you cross the Finish/Lap Line, please ensure that you cross the timing mats, as this is how we record your laps. Once over the mats 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, so any breaks you take are included in your running time.

**** ONLY CROSS THE TIMING MATS WHEN FINISHING A LAP ****

When you have decided that you are not going to run anymore laps, let the timing team know and then head to the Jolly Running Gazebo, let the crew know that you are finished and collect your medal, mini bottle of Prosecco/Brut and choose a bandana from a choice of 3 colours.

Phil and his team at The Double Locks are very friendly and you are welcome to purchase hot or cold drinks or to refuel on their delicious food.

The 1st, 2nd and 3rd male and female Solo runner and the team of 2,3 and 4 that completes the most laps in the shortest time will be awarded a Prize Trophy, we also award a 'Jolly Runner' award. These are bespoke hand made prizes. I aim to present these as close to 4.45pm as I can.

Relay Teams

The Race starts at **10am**, 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 run at a time, they should wear the rainbow ribbon provided, if your team starts a final lap before 5:45pm, you may finish the lap you are on, but you need to complete this last lap by 6:30pm.

Every time a team member crosses the Finish/lap Line, please ensure that you cross the timing mats 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 rainbow ribbon to another team member who will then run the next lap, the next team runner does NOT need to cross the timing mats at the start of their lap...ONLY CROSS THE MAT AT THE END.

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.

**** ONLY CROSS THE TIMING MATS WHEN FINISHING A LAP ****

Only the very first team runner (the one who starts) will cross the mat at the start and finish of their lap. When changing over to a new team runner that new runner DOES NOT need to go over the timing mat at the start of their lap, ONLY at the END of their lap as they hand over to the next runner or carry on.

There will be a designated "Team Changeover Area" away from the timing mats to hand over your ribbon to your next runner.

When you have decided that your team are not going to run anymore laps, please let the timing team know and then head to the Jolly Running Gazebo, let the crew know that you are finished and collect your medal, mini bottle of Prosecco/Brut and choose a bandana from a choice of 3 colours.

Phil and his team at The Double Locks are very friendly and you are welcome purchase hot and cold drinks or to refuel on their delicious food.

Results

The event will be chip timed by Timing Monkey and results will be live on the day. A link for your live results will be made available to you nearer the event. Results will also be officially published shortly after the event.

Prizes

The team of 2,3 and 4 that completes the most laps in the shortest time will be awarded a Prize, we also award a 'Jolly Runner' award. The prizes are bespoke handmade. I aim to present these as close to 4.45pm as I can.

See you soon!!

FEEDBACK

I hope you have fun and enjoy my event. I plan the events in my spare time from my night shifts job and it is just me in the Jolly Running Team. Blood, sweat and sometimes tears go into it and I strive to put all my effort into every detail of the events. However, I'm not perfect and sometimes things don't pan out the way I anticipate them to. Sometimes as there frequently is in race organising are unforeseen circumstances that happen on the day, sometimes I can fix them behind the scenes without any effect on the event but sometimes I cannot. It is important to me that my event is a happy and good running experience for you therefore if you feel something was 'not so jolly' or I could do something better I very much welcome your opinion and suggestion as I would like to make my events the best they can be. If you are not happy Please Please **come and talk to me before leaving the event** and I will do my best to try to rectify anything.

I want my events to be the best they can be for you so if you think of anything I welcome your suggestions.

If you've managed to read this in it's entirety without falling asleep then that deserves a medal in itself!!! Now all you have to do is turn up and run a lap ;)

Thank you and see you soon.

Tracey

Other Jolly Running Event Dates for your Diary:

Sunday 31st October 2021

Dark Halloween - 5k and 10K Night races and the 1 mile fun run in Cockington, Torquay

Saturday 11th December 2021

Extremely Jolly - 7 festive fun miles around Escot Estate, in Ottery St Mary, Devon.

Sunday 12th December 2021

Escot Christmas Marathon and Half Marathon - The world's only marathon and half marathon to have a waterslide in it!!