



Welcome to the Event Information for the Beat the Train 2022 on Saturday 9th April 2022 at 9:15am.

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. I try to cover any query you may have as it is just me that organises the whole shebang and in the week running up to the race I will be unable to respond to emails as quickly as I'll be out setting up the event.

Hopefully if I've remembered everything and it will answer any questions you have, however if you do need to contact me please email admin@jollyrunning.uk

See you there

Tracey

Transfer - Defer

The deadline to transfer your place to someone else or to defer from the event has expired therefore I will be unable to respond to these requests. Please never let anyone else run under your entry as doing so will result in the runner being disqualified and the entry owner being banned from future Jolly Running events.

If for any reason you are unable to attend the race there is no need to let me know. If you do not feel 100% fit and well please be kind to yourself and do what is best for you.

Covid

As Covid is something that we've lived with in our day to day lives for a few years now please consider your health at all times. If you feel unwell or display any of the associated symptoms, please do not attend the event.

Hand gel will be provided in all the shared areas such as the race registrations, water stations and toilets.

Beat the Train is a small event with maximum of 227 runners participating this year. I have everyone's health, welfare and safety 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.

Event Information

The Beat the Train race starts at 9.15am from South Devon Railway's Totnes Riverside Station.
The Race HQ, Start and Finish line is at South Devon Railways Totnes Riverside Station.

IMPORTANT – For those of you NOT using the Park and Ride option you will need to make your way to Race HQ at the SOUTH DEVON RAILWAY'S **Totnes Riverside Station** NOT the GWR 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 team 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's journey is regulated so that it's not just heading full steam ahead to Staverton and back again. The train stops mid-route along the riverside fields so that your friends and family on the Race Train can have a chance to see you running. Don't worry, whether you beat the train or not all finishers receive the Beat the Train medal!

For those of you that did the event in 2019 I have tweaked the route slightly, removing the hill in the woods just before Staverton in order to replicate the trains route more closely. As promised, the time in which you have to beat the train is adjusted for each year. Yep I like to be kind wherever I can and removing the hill and tweaking the Race Train timings should encourage a little hope and motivation and give more of you a chance to beat it this year ;)

Race Numbers – Are collected on the morning of the event from the relevant stations. Please read the next part carefully as it will explain which station you will collect your race pack from as this will depend on which train tickets you have purchased. Safety pins are provided in your Race Envelope.

Train Tickets - Any train tickets that you have purchased will be in your race envelope along with your race number. Train tickets are issued to the Entry Owner.

You can check which tickets you have purchased by logging in to your Si Entries account and clicking on your Beat The Train entry.

If you have purchased PARK & RIDE Tickets

You will collect your numbers from SOUTH DEVON RAILWAYS BUCKFASTLEIGH STATION. TQ11 0DZ

RACE REGISTRATION is on the platform of **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. Any race packs not collected from Buckfastleigh will be taken on the train to Totnes Riverside Station to be collected from here. If for any reason you miss the train, please make your way to Totnes Riverside Station and your race pack will be waiting here for you.

Please could **runners only** queue at Race Registration as there is no need for everyone needing a train ticket to queue as all tickets will be in the entry owners envelope.

The train from Buckfastleigh arrives at SDR Totnes Riverside Station at 08:42am

If you have purchased just a RACE ENTRY or a RACE ENTRY AND RACE TRAIN TICKETS

Your registration is from SOUTH DEVON RAILWAY Totnes Riverside Station. TOTNES RIVERSIDE REGISTRATION opens at 07:45am until 08:45am

The RACE STARTS AT 09:15am from TOTNES RIVERSIDE STATION

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. There will be a gazebo with tables & pens at Totnes Riverside Race HQ.**

Results - The event will be manually timed and results will be published on our website and a link on the Facebook page as soon as possible after the event. As the race is manually timed it may take me a couple days to correlate the results once the clear up has been completed. On the finish line please make sure your race number is clearly visible to the timing marshals. There will be a funnel so that only one runner crosses the line at a time in order for your number and time to be recorded.

Shoe Choice - Trail shoes are highly recommended as the course is 95% trail there may be some very muddy sections along the route. Road shoes are not advised.

Baggage – There is a baggage gazebo at Race HQ, your race number has a baggage strip along the bottom edge. To use please detach from your race number and attach to your bag. The baggage gazebo 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 your belongings.

Headphones – These are prohibited in accordance with UKA rules, you need to be able to listen to marshal instructions and there are two short road sections. Anyone caught wearing headphones risks disqualification. Bone conduction headphones will be permitted with the condition that you turn them off on the open road sections at Staverton.

Dogs - Dogs can travel free on both the Park & Ride service and the Race Train. Only two dogs per passenger. Please keep dogs on a lead at all times onboard the train, in the station grounds and on the course. Unfortunately in accordance with England Athletics dogs are not permitted in the race.

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 and your pre-purchased train tickets inside.

TOTNES RIVERSIDE STATION This is the start and finish and Race HQ. For those who have purchased a Race Entry or a Race Entry and Race Train tickets you are making your own way to the Race HQ at South Devon Railways Totnes 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 Riverside Station. Race Train Tickets are **GREEN** Please see the below TOTNES PARKING for parking in the area as the station is not accessible to vehicles and is a short walk from car parks.

Totnes Race Registration opens at 07:45am

Please use the hand-sanitising gel at registration before collecting your race pack.

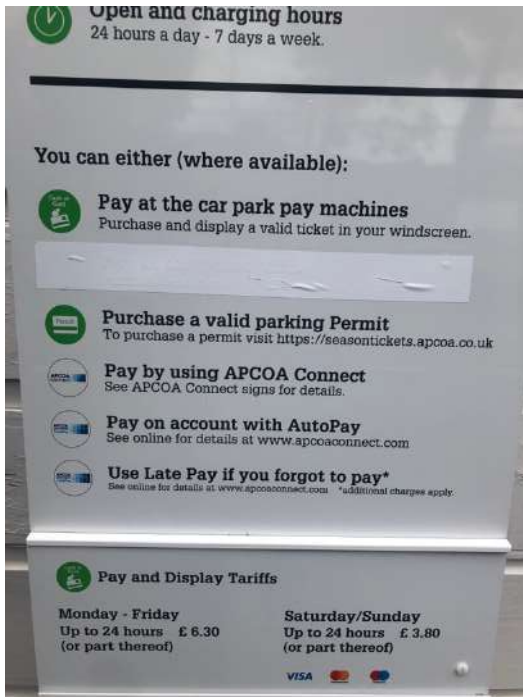
Race HQ – The Race HQ is situated at South Devon Railways Totnes Riverside Station in Totnes, the maps below shows the location of the Station where Race HQ is, it will open at **7:45am**, all Totnes race numbers and tickets must be picked up by 08:45am.

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 8.42am, 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 £5.00 for the day on a Saturday. (please ignore the pricing on the photos below as they were taken in 2020 and the prices have increased now 😊)



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 £2.80 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, turn right and walk along the path at the edge of the playing field. (shown in yellow on the map below) from here it is a 6 minute walk to SDR Totnes Riverside Station following the yellow arrows on the map and the Brown South Devon Railway and Rare Breeds Farm signs on the route.



BUCKFASTLEIGH Park & Ride Service for Beat The Train

Please do not go to Buckfastleigh Station if you have NOT purchased park & ride tickets as we will not have your race pack here.

Park & Ride Service only – 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, in the left corner of the car park you will find a bridge which takes you up and over the track to the station platform where our team will give you your race pack. If you have also purchased Race Train tickets these will also be in your race pack.

Your race pack will have your race number, safety pins, 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. The train will arrive at Totnes at 08:42am just in time for the Race Safety Briefing. If you need to use the toilet please use the ones at Buckfastleigh Station or the one on the train as you may encounter a queue for the toilets at Totnes Riverside which may cause you to miss the race briefing.

Buckfastleigh Race Registration opens at 07:15am

Please use the hand-sanitising gel at registration before collecting your race pack.

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 8:00am and it will depart on time at 8.15am and arrive at approximately 8.42am, if you miss the train your race pack will be taken to the Race HQ at Totnes.

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.

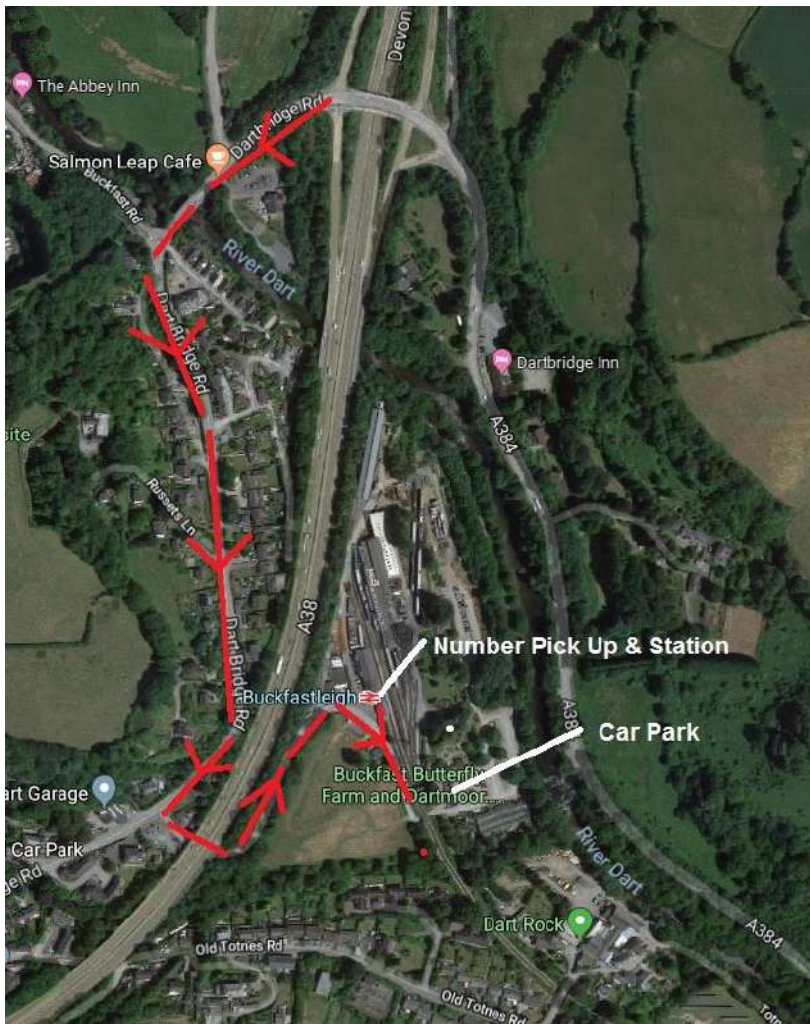
Once the train arrives at Totnes Heritage Riverside Station **runners and everyone without a race train ticket will disembark**. Boarding for Race Train Ticket holders at Totnes Riverside will commence.

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

After the race at Totnes the train will reside on the platform to serve hot food and refreshments until **11:35am** Park & Ride ticket holders can relax on this train, it will depart for Buckfastleigh at 11:35am

The Park & Ride return service to Buckfastleigh is 11:35am. There are other public trains from Totnes to Buckfastleigh at 11:20am, 1pm, 3pm and 4:30pm however these are subject to space being available. Please show your tickets to the Station Stewards on boarding. The times are also printed on your ticket.

Buckfastleigh Park & Ride Map



Jolly Running Express- Race Train Ticket Holders (Spectators) – Please see above information on where you will collect your tickets from.

This is the train you will be trying to beat 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 Riverside Station at 9.15am, boarding starts at 8.50am and we ask that everyone is seated by 9.05am. The Race Train tickets are **GREEN**.

The train will leave Totnes at 9.15am and blow it's 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 on board. Everyone remains on the train for the duration of Race Trains journey. Passengers **DO NOT GET OFF AT STAVERTON** as the train waits and then makes it's way back to Totnes Riverside, again giving the passengers glimpses of the runners along the riverside. 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 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 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 it's 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. Please be vigilant for members of the public crossing the bridge as the station is also open to the public for their scheduled timetable.

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 will be located at Totnes HQ, a 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.

The race is an out and back route. 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 Staverton 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 with no overtaking, 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 are steep and can be muddy and very slippery. There are two separate sets of downward steps located here. Please, Please take it slow and easy down these steps as this location is the most inaccessible for the medical crew and rescue will have to be on foot.

Staverton Water-Station/Turnaround Point

The water station is located at Staverton Mill alongside Staverton Station, just over half way into the Race around mile 3.5, here you will find water, squash and a few individually packaged sweets and snacks. The vegan option will be Crisps, Skittles & Party Rings.

The water-station is also the **turnaround point** and your race number will be noted as you arrive. In 2019 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. The water station will be positioned across the pathway in front of the two large rocks. If you run passed the rocks you've gone too far. I have also given the Jolly Running water station crew permission to tackle you to the floor should you try to run past the water station 😊 maybe not that last bit but you get the gist.

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.

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 or ask the

marshal to pour you more. This will be Jolly Running's only race using plastic cups as all other events are now cupless and this was to use up already purchased cups from a previous event and to save you time as you are racing the train.

Route Marking

The routes will be marked with yellow arrow signs, red and white biodegradable barrier 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 please keep left in the two-way sections.

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, as you exit the woods. Please be vigilant for cars here as the road is open and is sometimes busy, a marshal at the woods gate will direct you onto the road, keep to the left of the road, you go over a picturesque bridge and just before the railway crossing you will TURN RIGHT to the water-station at the end of the gravel driveway, 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 to let the cars pass.

First Aid

We have TEAMSS a professional Medical Team in attendance at every event, with at least one paramedic present, please ask them for any assistance required. There will be 3 separate teams at Race Hq, Midway on the route and at Staverton. 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. 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 nearest medical team. We also 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.

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. Again please take it easy on the steps on your return though the woods at Staverton. Trail shoes are advised.

Prizes

We have bespoke Jolly Running "Beat The Train" trophies 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.

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

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

Food & Drink

There is a full kitchen carriage on the train that will be offering a selection of hot and cold food and refreshments. This option is kindly provided by South Devon Railways and they can take cash and card purchases.

Transfers

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

Finally, now your cuppa has gone cold, 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 address or 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 for me 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

www.Jollyrunning.uk