

## **Dark Valley Race Instructions 2019**

Thanks for entering the Dark Valley Races 2019, We are delighted to be welcomed back to Moors Valley Country Park, 1000 acres of parkland and forest for us to explore and run around. With special thanks to Moors Valley staff and Forestry Commission personnel who have helped secure permission for these fantastic races.

Moors Valley Country Park boasts two huge play parks, a dedicated play trail, with various nature themed play areas, miles of beautiful walking and cycling tracks, cycle hire facilities, a large gift shop, a narrow gauge railway and plenty more... so experience more and make your Moors Valley visit one to remember! <https://www.moors-valley.co.uk/things-to-do/>

### **Timetable of events**

Admin and WSC shop opens 3.30pm in the room above the Stables cafe

Hot drinks/refreshments in Seasons Restaurant until 5.30pm then from takeaway kiosk

Race briefing 10k 4.45pm

10k Race start 5.00pm

Half Marathon Race briefing 5.15pm

Half Marathon Start 5.30pm

WSC Shop closes 9pm

### **Getting There**

Moors Valley is situated ten miles north of Bournemouth; it is signposted from the Ashley Heath roundabout at the junction of the A31 and A338, between Ringwood and St Leonards.

**Find us on Horton Road, Ashley Heath, Nr Ringwood, BH24 2ET**

**Please note:** Be aware that due to the rural nature of our location, some satellite navigation systems and route planners may not be accurate when using our postcode.

Please cross-reference with this map <https://www.moors-valley.co.uk/visitor-information/find-us/> It is easy to find if you follow the brown signs And FOLLOW OUR SIGNAGE

Reminder if you are coming from Bournemouth the Littledown Fireworks display starts at 5pm so allow yourself time in case of heavy traffic in the area.

**Please Car Share for the event. 95% of runners are from BH/DT postcode and live within a small radius of Moors Valley. Please also park responsibly and allow plenty of time to arrive and park. If the day has seen good weather we can expect the Country Park to be busy when we start arriving for those that have been enjoying the**

**facilities during the day.** Please follow the team's directions to help you park safely and efficiently.

Please do not park in the local roads surrounding Moors Valley, the Park has a good relationship with local residents and we would like to respect this request.

### **Parking**

Free Parking is included within your race entry, so you can arrive on site any time after 3.30pm to take advantage of this offer. When you leave the Country Park you **WILL NOT** need to put your number plate into the pay machines, the barriers will automatically open upon your exit.

**Local Accommodation** suggestions can be found on our website

<http://whitestarrunning.co.uk/local-accomodation/>

**Refreshments** are being provided by the onsite caterers Seasons in the restaurant until 5.30pm and then from the takeaway kiosk. Where they will be serving hot drinks, with a 25p discount if you use your Dark Valley Mug along with sausage rolls, veggie or meat pasties, pre-packed sandwiches and pasta pots.

### **Race**

**You must have a working headtorch or chest torch we reserve the right to disqualify you if you do not have a working headtorch, got it?**

**HEADTORCH you need one**

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**HEAD for fear of repeating ourselves TORCH**

**Please do not have your lights on flashing mode and when you get to water stations or the finish please turn off your lights to help those marshalling to see you.**

### **Number**

Your race numbers have been sent out in the post to you, Please bring it with you, we will not be providing safety pins. Built into the number is your timing chip. Please wear your numbers responsibly and if its under a coat, as you cross the finish line please unzip your coat to help the chip read.

<https://www.facebook.com/whitestarrunning/photos/a.657316447632977/2051355918229016/?type=3&theater>

### **Safety.**

On the back of your number write an ICE number. In Case of Emergency. This will help us and you. If you are struck by lightning or flake out with exhaustion, we need to get you help as quickly as possible. We recommend that you carry a fully charged mobile phone for emergency use with race HQ emergency number stored. This number is **07930335746**

### **Race times**

The 10km 5pm & Half race starts at 5.30. 15 minutes before each race there will be a race safety briefing at the start. Runners will form up on the trail. Please be there to listen to the briefing, it's for your benefit. Race brief and start location is by the entrance to the play trail next to Go Ape.

### **Baggage**

Please give us car keys, it's easier. Presentation of your number will get your keys back, we will only give the person wearing the number their keys. If it's a nice car we will play with it when you are out running. Please give us your keys it's much easier leave your gear in the car. Please note you leave the bags and keys at your own risk.

### **Changing & Showers**

Because of the nature of the event and time of year we aren't able to provide any changing or Showers. So sorry you will have to go unwashed.

### **Toilets.**

Toilets are located by the Visitor Centre or up by the main railway and there are no other toilets onsite. There is never enough, we know; we ask you to be patient.

### **The Route**

The area in which you are running is typical Dorset woodland. All the paths we use are usually well-maintained public access routes. The course is designed to take in the smashing variety at Moors Valley.

There will be tree stumps, roots, ditches and puddles on some of the tracks. So watch where you are going and placing your feet. We will sign if you need to stay in the middle of a track or to one side because there is a danger, so please follow these instructions.

The course will be well marked with signs, arrows; some trees, posts etc will have flashing lights on the signage and marshals at key points to direct you.

We reserve the right to change the route at the last minute. We won't do this for fun we would only do this in an emergency, if there has been bad weather before the event.

## **Terrain**

There are stretches of good wide paths and there will be one or two hills. It will be muddy in places. Please don't swim in the puddles.. Difficult one, trail shoes are recommended, something with a grip. That said studs and spikes are not a good idea. Personal choice. We don't recommend road shoes.

**CUT OFFS** The cut off for the 10k is 3 hours. Cut off in the half is 4 hours. All times are generous you can walk them in less. The event is also a race, so some sort of running is involved. There will be a sweeper in both races and we reserve the right to pull you out of the event if you will not make the cut off. **SWEEPERS ARE GODS** listen to them

## **Litter**

We run in areas of outstanding natural beauty. We do not tolerate littering. Please please don't throw your litter on the ground pop it in a pocket or hang on to it and deposit at an aid station. Anyone caught littering will be disqualified.

## **Weather**

The race is in the countryside in November and as we have seen in the past couple of years the British Autumn can vary from beautiful warm to belting down with rain. So please take into consideration the previous days weather when considering what to wear on your feet. Trail shoes are recommended. Basically, be prepared for all eventualities and bring clothing suitable for the changeable Dorset climate. If it's blowing a gale and belting down with rain wear appropriate clothing. We won't be cancelling or changing the race if it's inclement weather. We will be sitting in the warm, so might be an idea to bring a waterproof jacket to wear or an anorak.

## **Race Control.**

If you need to drop out of the race at anytime we will try and get you as quickly as possible. The good thing is, the race is very centralised and you are never far from an access road or from the finish. We will have 4X4 vehicles and ambulances on standby to come and get you if need be. Please drop by a marshal or water station so we can come grab you.

## **Waterstations/Aidstations**

Along the route the Lovestation™ is at 5.45km, then at 10km water will be provided for finishers and those starting their second lap. These stations will have plenty of water. All drinks will have cups. We know not everyone likes cups but we want to cut out litter completely, cups are easily disposed of as bottles are bulky and are usually chucked after a

mile or so. **Lovestation™** is designed for you to get some cake, a sports drink, a gel, jelly babies, there will be shots and a few savory bits.

**Photos** Race photos are expensive, so we have our own photographers and make photos available to you, free, on Facebook. This means any photos you or your supporters or fan club take can be added as well. Our photographers will be wandering around the course taking snaps and will be at the finish should you wish to have a photo with friends and family. These snaps will then be uploaded in due course to the Facebook. By entering the race you are giving your permission to have your photo taken. If there is a pic you object (didn't get your right side, your bum looked too big etc.) please contact us and we will remove it. (Please note you must highlight the said photo we won't root through all the pics looking for it)

### **Goodies**

All runners that finish will receive a quality uniquely minted race medal, box of Moore's biscuits and cup. You get this if you complete the race. No finish no medal.

T8 are sponsoring the prizes for the Half Marathon this year. They make running gear that is crazy lightweight for minimal heat insulation, extra wicking and quick drying, plus super breathable for maximum air flow. "Our focus at T8 is the creation of lightweight, chafe free and super cool running apparel with our Commandos underwear and Sherpa shorts aimed to help you combat the toughest conditions on the trails." Head over to their [website](#) for more details.

### **White Star Clothing shop.**

Will be onsite with a small scale shop selling accessories like Mugs, Hats, Muffs. They will have lots of end of season bargains to get your hands on, on the day. You can click and collect anything else before the race and specify Dark Valley as your collection race up until Friday 1<sup>st</sup> November <https://whitestarclothing.co.uk/#>

Don't forget to join the Facebook event to stay up to date on any last minute instructions <https://www.facebook.com/events/467166550512072/>

See you there and Enjoy the Race.

WSR Team