



# **Breathing Space Callander 10k –Autumn**

**Sat. 7<sup>th</sup> October 2017**

## **Event Information Pack**

### Event Summary

This dynamic tour of Callander and its stunning surroundings is one of Britain's most spectacular races. The Callander 10k also has a 5k and 1k fun run attached.

The race provides a circular tour of Callander including the historic town centre, rivers, hills and forest trails and is the perfect family day out.

### Parking

Parking for this event is available in The Meadows Car Park - FK17 8BA, and in Station Rd. Car Park – FK17 8DT. Please be aware that both car parks are pay and display and they are now checked.

### Registration and Briefing/ Event Times

Please make sure you register within the time slot detailed, we can't delay the start of the race for late entries so registration must close on time. If you have entered on line you still need to register within this time-frame and collect your race number.

<b>Date and Time</b>	<b>Event</b>	<b>Location</b>	<b>Notes</b>
<b>Sat 6<sup>th</sup> May</b>			
09.00 – 10.30	Event Registration	Callander Meadows - By Callander Meadows Car Park FK17 8BA	Registration for the 5k and 10k will close promptly at 10.30. Registration for the 1k race will remain open till 12.00
10.45	Race Briefing	Start Line	The toilets are a short walk from registration. Please make sure that you are back at the start line by 10.45 for race briefing.
11.00	Race Start 10k and 5k		
12.30	Race start 1k		
13.00 -14.00 (Approx)	Prize Giving	Prize giving will take place at the finish line.	Prize giving will take place after all runners have finished the race. Please stay till the end of the race and support late finishers if you can.

## Age Categories and Prices

**Online entries close at 5pm the Thursday before the event**

**1k entries will be taken on the day at a fee of £3**

Callander 10k 5k and 1k Age Categories			Prices		
Under 18s must have signed permission from a responsible adult.				Online	On the day Subject to availability
10k	Junior	15-17		£12.50	£15
	Senior	18-35			
	Vet	36-50		£15	£18
	SuperVet	51 - 60			
	WonderVet	61+			
5k	Pre Junior	10 - 14		£12.50	£15
	Junior	15 - 17			
	Senior	18-35			
	Vet	36-50		£15	£18
	SuperVet	51			
1k	0-9 years – Under 5s must be accompanied by an adult. Entry for the 1k will be taken on the day				£3

If the cost of this event prevents you from entering please contact Skidaddle to discuss.

Further explanation of our prices can be found on our website at <http://skidaddle.org/events/about-our-events/>

## Prizes

Medals will be awarded to overall Bronze, Silver and Gold winners in each distance in both male and female categories.

Age category medals will be available to order from Skidaddle after the event at a cost of £5/medal.

Finisher's medals and event mugs can be purchased through the ticket purchase system and will be available for collection at the finish-line.

Some may be available for purchase on the day but are subject to availability. Current on the day prices are as follows...

Mug and Medal	£10
Mug	£6
Medal	£5

## The Route / Terrain

**Please also see Route Maps on our Web Site.**

**Please note that this 10k is hillier than many other 10k races – making the views and scenery even better. ☺**

## Race Start

Both the 10k and the 5k race will start in Callander meadows near the river and next to the mini golf course.

The two races cover the same route for the initial part of the race.

Runners will leave the meadows and run up the hill to cross the main street into Tulipan Crescent. They will then turn in between the buildings onto the Lower Woods Walk taking them Right onto a forest foot path at the foot of Callander crags.

This path comes out at the crags car park on Bracklinn road where runners turn right and proceed down the hill.

Runners then turn left onto Aveland Road and run along the side of the golf course before turning right onto Livingston Avenue. Runners will continue along the pavement and follow the road around into Murdiston Avenue to go under the bridge at the end of the street and onto the path behind the shortbread factory.

Runners will come out at the back of St Kessocks church in the main square and will cross Ancaster Square onto the pavement on Callander main street before crossing the road at the zebra crossing by the Waverley Hotel.

The race will then proceed down South Church St. and over the foot bridge that crosses the river Teith.

**Immediately after the foot bridge 5k runners will turn right** – past the primary school and cross the road at the zebra crossing on Bridge End. 5k runners will then cross the red bridge (road -bridge) and turn left back into the meadows car park. Runners will follow the course of the river around the meadows and do a loop to the finish line where the race started.

**After crossing the foot bridge 10k runners will turn left** – and run up the side of the rugby pitch to cross over the small drive onto the steep dipped path. This will come out on the main road and signs will take runners Right, down the pavement to the crossing point into Coilhallan Woods. Runners then face a steep incline up the forest path to join the forest track which comes out onto the Invertrossachs Road. Runners will turn left here and then turn Right over the Gartchonzie Bridge to run up the road and cross at the top onto the Bochastle footpath.

This path comes out near Kilmahog where runners make their final road crossing and join the cycle track for the last leg back to the finish line. This cycle track has recently been newly tarmacked.

**The 1k Race and fun run** – will start at the foot of St Kessocks mound (Marshals will inform runners where to gather. The race then runs along the side of the river and cuts off on a circuit around the meadows to finish at the main finish-line.

## Route Markings

The Route will be marshalled and signed with yellow arrows and tall luminous poles which confirm that you have gone the right way. For more information on Skidaddle signage please go to <http://skidaddle.org/events/event-signage/>

## Water

There will be one water stop on the 10k route. If you require water other than this please make arrangements to carry it yourself.

There will also be water at the finish line.

## Spectator Points

The main spectator point for this event will be Callander Meadows at the start/ finish line.

Another good point for spectators is in the centre of town at Ancaster Square – runners will cross the square.

## Toilets

There are public toilets in Station Rd. Car Park in Callander.

## Junior contestants

Please note that all contestants under the age of 18 must have signed permission from a responsible adult in order to participate. For contestants under the age of 16 the responsible adult must be present at the event throughout the duration.

## Refreshments

Tea and coffee will be served at the finish line for a donation so please have small change handy.

## Prize giving

Prize giving will be held by the finish line after all contestants have finished. At Skidaddle we believe that the prize giving ceremony should celebrate not just the winners but all who have taken part. If possible please stay at the end of the event to help support the later finishers and join us at the prize giving.

## Headphones

For safety reasons headphones are only permitted on forest tracks and must be removed for ALL road sections and approaching all marshals. Any breach of these rules will lead to disqualification. Headphones must be completely removed for ALL road sections even when running on pavements.

## Results and Photos

Results and photos will be posted on the Skidaddle website [www.skidaddle.org](http://www.skidaddle.org) and on Facebook as soon after the event as possible. We will do our best to get these up on the day of the event but please bear in mind that Skidaddle is run mostly by volunteers and this may sometimes take a bit longer.

If there are any queries regarding the results please contact Skidaddle by email at [info@skidaddle.org](mailto:info@skidaddle.org) and we will do our best to sort out any issues as quickly as possible.

## The environment

Scotland is a beautiful country but our natural environments are at risk. Please support the Skidaddle policy by taking all litter home.

Any participants seen dropping litter will be disqualified from the event and may be banned from future Skidaddle events.

## Ticks

Ticks are common in the Trossachs and an undetected tick bite can lead to severe consequences. We strongly advise that you use a suitable insect repellent and wear long sleeves/ trousers when travelling through areas of vegetation. <http://www.lymediseaseaction.org.uk/about-ticks/>

## Childcare

Children **must not** be left unsupervised at the event. Skidaddle **does not** provide a childcare service, this is your responsibility.

## Terms and Conditions

- **Cancelations and Refunds** – Refunds will only be given on bookings that are cancelled more than two weeks before the date of the event.
- **Exchanging entry numbers** – Each entry is valid only for the named person registered with the ticket and cannot be passed to a third party at any time.
- **Changing age or event categories** – It is the responsibility of the participant to book into the correct event category (10k/ 5k etc.) and any changes requested will be subject to a fee of £5 per change.
- **Entering in the wrong category** – Any entrant who participates in a different category to that which they have registered in will be disqualified and will not appear in the event results.
- **Withdrawals** - Anybody withdrawing from the event must report to a marshal before leaving.
- **Skidaddle withdrawals** – Skidaddle reserves the right to withdraw any participant for their own safety or the safety of others.

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**We look forward to seeing you on the day**