



Joining Instructions: Disability Snowsport (DSUK) London Santa Run Battersea Park, Saturday 5th December 2015 - 10am

Welcome to this year's DSUK London Santa Run and a huge thank you for your registration. We look forward to seeing you there! In order to make your day (and our day) both enjoyable and rewarding, it's important that you read the following information before joining us.

Please bring: Your race number (enclosed with this pack) and wear your running attire as there are no changing rooms nearby. If you have mislaid your race number you will have to go to the Race HQ and Information centre at the Millennium Stadium near the running track. (Directions are found at the back of this document.) You can also bring any sponsorship monies already collected together with the form but this can be done up to a month after the event.

Follow these simple steps to taking part in the event:

- 1. Get started:** the run HQ is in the car park of the Millennium Stadium in Battersea Park off the East Carriageway. HQ opens at 8.30am. It's a good idea to allow an hour to collect your suit, get dressed up, store your baggage and get to the start area for the warm-up. **In order to register you need to bring with you the Santa suit voucher, which acts as your registration form, that is included in this pack.** You will need to hand in your completed form at Santa suit collection point.
- 2. Collect your Santa suit:** do this at the same time as registration. This is one size and made of lightweight material, designed to make running easy. We have a limited supply of children's Santa Suits provided the child has an entry and Santa Suit voucher (young children who are not registered can run with their parents free of charge without a Santa suit). The jacket is tied loosely around the waist with a belt and the trousers have a drawstring fastening for comfort. A Santa hat and beard are also provided. Your race number should be secured by 4 safety pins to the front of your Santa outfit. (Please dispose of the wrapping for the suit in one of the bins or sacks provided.)
- 3. Drop off personal items for safe keeping:** After collecting your Santa suit, drop off any personal effects in the Grand Stand. It will be manned all the time but all items left are done so at the owner's risk. Your baggage tag is attached to your race number – carefully detach it along the perforations and attach it to the handle of your bag by folding it over and tucking it through the slit in the tag. Hand your bag to the numbered section in the grand stand which matches your run number e.g. race number 2010 will go to the range 2001 - 2250. This will make it easy for you to pick up your bag at the end of the race.

4. **Toilets (pre-start):** Temporary port-a-loos will be found in the Information area by the Millennium Stadium and there are toilet blocks near the Bandstand close to the start. Please note that no changing or shower facilities are available as the running track Pavilion is not available to us.
5. **9.30-9.45am warm up:** a rousing organised warm up for the run will take place at the start assembly area – **the Bandstand in the centre of Central Avenue** – which will be signposted from the track area.
6. **10am Race start:** Once everyone is assembled you will be walked forward to the start line on Central Avenue which will be indicated by a large inflatable road arch. Allow 5 minutes to get to the start area from the track.
7. **The route:** this is a very straightforward 2 loop circuit on Carriage Drive, the perimeter road of the park. It is closed to traffic with the exception of some controlled access at Rosary Gate and Albert Gate.
8. **The finish:**
 - Bottles of water will be available at the finish line. Refreshments will also be available for purchase from the caterers located opposite the Chelsea Gate car park.
 - All finishers will receive a commemorative medal at the end of the finish funnels.
9. **Post event:** Photos of the event will be available a couple of days after the event on the organiser's website – www.209events.com

General notes

- We must keep Battersea Park clean and in the state we found it. Please keep off the grass areas wherever possible and put all litter and plastic bottles in the bins provided or take them home with you.
- **Fun not timed:** Please note that this race is for fun and will not be timed. Results will not therefore be published – there will be a clock at the finish so you can see your time.
- **Teas & Coffee's** are available from the Millennium Stadium

About our charity

The London Santa Run is held to raise valuable funds for **Disability Snowsport UK (DSUK)**, a people-centred organisation with a unique sense of purpose: that anyone regardless of their disability can take part in and enjoy the thrill of snowsport. We provide exciting and life enhancing activities for individuals or groups who require adaptive equipment and/or special instruction and support. The charity relies entirely on funds generated by events like this one and public donation. Please follow the below link to see the help and support we can provide for both children and adults with disabilities www.vimeo.com/6869679.

Directions to Battersea Park

Battersea Park is situated on the south side of the Thames, between Albert Bridge and Chelsea Bridge. Parking is very limited around Battersea Park so please arrive by public transport wherever possible in one of the following ways:

1. BY TRAIN (OVERGROUND)

Battersea Park Station: Exit station to the right along Battersea Park Road, walk 50m to traffic lights. Right into Queenstown Road, walk 150m, park is on the left.

Queenstown Road Station: Exit Station to right along Queenstown Road, walk 300m, park is on the left.

Victoria Station: Get a train to Battersea Park station, or catch a 44 bus

2. BY TUBE

Go to Sloane Square, then take a short taxi ride or walk 1km south via Lower Sloane Street and Chelsea Bridge Road or take a 137 or 452 bus.

3. BY BUS

These buses pass by or near the Park: 19, 44, 49, 137, 156, 239, 319, 344, 345, 452

East of Park (Queenstown Road) – Bus 137

West of Park (Battersea Bridge Road) – Buses 19, 49, 319, 345, N19, N31

South of Park (Battersea Park Road) – Buses 44, 344, N44

Frequently Asked Questions

1. I haven't received my Santa suit in the post yet? Can you help?

We're going to give you your Santa suit (one size fits all) – together with a big Santa beard - when you arrive on the day and register for the event.

2. I've lost my race number, can I still take part?

Of course you can! Just come along on the day to the Race HQ and Information centre at the Millennium Stadium near the running track. Remember, you will need a number before you can register for the event.

3. What should I wear on the day?

The Santa suit and beard will keep you quite warm and you may get quite hot when running. Probably best to wear breathable running gear if you have it and don't overdo the layers.

4. Do I have to raise sponsorship?

Whilst there is no commitment to raise sponsorship, we are asking all runners to try and raise £25 sponsorship. If every runner does this, it could raise over £50,000 in addition to the entry monies, enabling the charity to help many more people with disabilities to take part in board or ski snowsports across snow centres around the UK. The highest fundraiser will win a crate of wine, and all other fundraisers raising over £250 each will win a fantastic goody bag.

5. When do I have to send in my sponsorship money?

You can send in your sponsorship at any time to us at the address below. If you have already collected your money and would rather pass it on, you may give it to us on the day at the time of registration.

6. Where can I see the results of the run?

This year we are running the race on a fun basis so it is not being timed. If you want to know whether you have achieved your personal best, we suggest you bring your own means of recording your time. The first, second and third places will be marked with a prize.

For all other enquiries please contact 209, the event organisers on 01252 373797.



www.disabilitysnowsport.org.uk

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