



### **Bud's Run Event Guide Sunday 21 October 2018**

With less than one week until our fabulous fundraiser, we've produced an Event Guide for participants and spectators. Please feel free to email any additional questions to [budsrn@gmail.com](mailto:budsrn@gmail.com)

We recommend you arrive early. The University's on-going construction projects mean the campus looks a little different, please allow time to get to Registration in Chancellor's Court. In addition, there are things to do even before the main event so bring some pennies. These include face painting, Bud's Run raffle, event t-shirts, as well as stalls from our sponsors and supporters: Up and Running, Go Faster Food and Parkinson's UK. And let's not forget the now legendary Bud's Run cake stall.

**10:00** Event opens: Refreshments & Registration

**10:55** Warm up for Under 11s 2k dash

**11:00** Under 11s 2k dash

**11:25** Warm up for Bud's Run 5k

**11.30** Bud's Run 5k

**12.15** Prize giving for the Bud's Run 5k

**13:00** Event close

#### **Race Numbers**

To help us raise even more money for Parkinson's UK, we've taken the decision not to post numbers to entrants beforehand. So, whether you've entered online beforehand or you choose to enter on the day, you'll collect your number from the Registration area in the Bramall Building.

Make your way to the Bramall Building in Chancellor's Court for Registration; it will be open from 10:00am.

All entries will be £2 extra on the day.

Please make sure you wear your number on the front of your vest / t-shirt and please don't swap numbers. Remember to include any medical conditions on the back of your number and an emergency contact.

### Chip timing

We will be using bib chip timing for this event, which means the chip is already attached to your race number - please ensure this remains intact, otherwise you will not register a time for the event. Official results will be available via FR Systems webpage later in the day; we will post the link on the Bud's Run Facebook page.

### Event T-shirts

All 5k finishers will receive a bespoke Bud's Run technical t-shirt. For those of you that aren't running but would like a t-shirt we have some available to purchase on the day at £5 a tee. Grab yourself a bargain Christmas present folks! It's all for a good cause.

### Where's it all happening?

Chancellor's Court, University of Birmingham (the red area on the map)

<https://www.birmingham.ac.uk/Documents/university/edgbaston-campus-map.pdf>

### Bags

if you do leave your baggage at the Start/Finish area, the race organisers do not accept responsibility for any damaged or lost items.

### Toilets and changing facilities

There are toilets located adjacent to the Registration area in the Bramall Building and within University Centre near the Barclays Bank. Please allow plenty of time to use these facilities, as they will become very busy prior to the race.

### The Course

The course doubles around the ring road of the University, using nearly every inch of road on offer. It's traffic free, flowing with some gentle climbs in places. There will be marshals along the course. We welcome wheelchairs, prams and walkers.

### Medical support

Medical support will be provided at the Start/Finish area and on the course by St John's Ambulance. In addition, a number of the course management team are first aid trained. If you require medical assistance, please notify the nearest marshal. If you feel tired, are injured or for whatever reason do not wish to complete the race, please approach the nearest marshal in a fluorescent bib who will inform event control. Please do not dropout

of the race and make your own way home. We need to account for the safety and well-being of all runners who start the race.

### The Finish

After the finish gantry you will be funneled to collect your medal, water, t-shirt and one of Kate Percy's scrumptious Go Bite balls. All within very close proximity of Costa Coffee, cake stands, bacon butties and discounted kit from race sponsors Up and Running.

### Refreshments

From 10:30am breakfast baps will be served in the Bramall Building. These will include: bacon and sausage and veggie options of mushroom, egg and cheese. Hot and cold drinks will also be available from Costa Coffee.

### Under 11s run

All under 11s completing the 2k dash will receive a medal, bespoke Bud's Run draw string bag, water and Go Bite ball. We will also have some draw string bags for sale on the day at £3.

### Prizes

Prizes will be awarded at 12:10 for the following:

- Top three male and females
- Top three under 16s in the 5k
- Top corporate teams

### Race Photography

A photographer will be around on the day to capture the event. Photographs may be used to promote any future events. If you do not want your photograph to appear in any post event literature including on our website and social media, please notify a member of the registration team before or after the event by email: [budsrun@gmail.com](mailto:budsrun@gmail.com)

### Fundraising

Please bring completed sponsorship forms and monies to the Registration desk or add your collected monies to our Bud's Run Just giving site after the event:

<https://www.justgiving.com/fundraising/bud-s-run-2018>

All proceeds will be used to further research into Parkinson's disease.

To date, we have raised £80,000 for Parkinson's UK and are so grateful to each and every one of you for your support. You are amazing! Thank you very much.

## **Bud's Run Raffle**

Special thanks to our supporters for providing some fabulous raffle prizes: Puma, ASICS, Tom Parry, The Symphony Hall, Barefoot Yoga, Boston Tea Party, David Lloyd, Edgbaston Cricket Ground, For Goodness Shakes, David Lloyd and Naked Wines....

Tickets will be sold on the day and the winners will also be announced on the day. If you have to leave before we've announced the winners, please don't worry we'll give you a call.

1. New running gear and trainers from Puma
2. New running gear and trainers from ASICS
3. Two tickets for the opening night of the ballet in Birmingham – always a great night
4. Two tickets to a Christmas Choral at The Symphony Hall, Birmingham
5. Original Framed picture of University of Birmingham building
6. Three bottles of delicious Naked Wines
7. Meal for two at Boston Tea Party, Harborne
8. Three class passes to Barefoot Yoga, Harborne
9. Case of For Goodness Shakes protein drinks
10. David Lloyd pass for 14 days
11. Posh hair products

## **Directions and parking**

The University of Birmingham main campus is easy to get to by road and rail.

Catching the bus? Numbers 61, X62 and 63 travel to the University's Edgbaston and Selly Oak campuses. The 76, 98 and 99 serve the Medical School and Queen Elizabeth Hospital. The services all run frequently from the city centre.

Taking the train? The nearest station is 'University' on the cross-city line, only five minutes from New Street station. University station is only a five-minute walk from the course

Driving? The University is 2 & 1/2 miles south of the city centre, on the A38. The postcode is B15 2TT.

There are a number of places to park just north of the campus: North East Multi-Storey & Pritchatt's Road car parks are open to visitors and free on Sundays. These are just a short walk through to the start and finish area (Chancellor's Court). There will be no cars

permitted onto campus to park due to the event itself closing the roads. There is also a car park adjacent to the new sport's centre but this is not free.

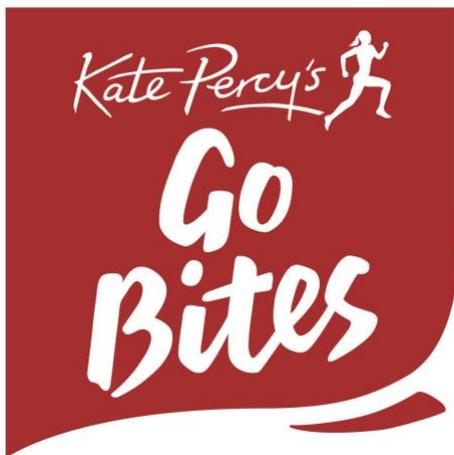


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SPORT

Many thanks to our partners who help us host a fabulous event and raise pounds for Parkinson's UK : Your support is much appreciated.

Waitrose

# UP & RUNNING



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