



'Tay Fitness' Killin 10K - 27th August 2011, 12pm

Event Information

Dear Participant,

Many thanks for entering the inaugural Killin 10K. All the information about the event can be found on the pages below. If the answers to your question are not in this info pack or you have any questions please email killin10k@hotmail.co.uk or pete@tayfitness.com Please pay particular attention to the information in **RED**. I look forward to seeing you on the day,

Pete Waugh
Killin 10K Event Organiser

Program Of Events

- 9.30am Registration Desk Opens at McLaren Hall (Event HQ) to pick up race numbers and timing chips and for Late Entries
- 11.30am Registration desk closes
- 11.55am Race safety briefing at start location
- 12pm RACE STARTS
- 2.30pm Prize giving - Event HQ (after final participant finishes)

The start is located approx 1Km from McLaren Hall (Event HQ) and the event car park, please allow sufficient time to walk there so you are not late!

Race Registration

ALL PARTICIPANTS MUST COME TO EVENT HQ AT THE MCLAREN HALL BEFORE THE EVENT TO COLLECT THEIR RACE NUMBERS AND TIMING CHIP. THIS CAN BE DONE BETWEEN 09.30AM AND 11.30AM. PLEASE COME TO THE REGISTRATION DESK IN THE MAIN HALL. PLEASE NOTE IF YOU DO NOT HAVE YOUR RACE NUMBER AND CHIP YOU WILL NOT BE ALLOWED TO RUN!

Late entries can also register on the day and collect their race number and timing chip between 09.30am and 11.30am





Safety Briefing

There will be a safety briefing just prior to the race commencing at 11.55am at the start location (see above). Please ensure you are there on time to hear the briefing. The race starts at 12pm.

Sponsorship Money

The aim of the event is to raise money for 4 local charities and good causes - The Killin Mountain Rescue Team, Killin Youth Group, The Killin Play park Redevelopment Fund and Killin Sports Pavilion. If you have managed to raise any money please submit this when you register and pick up your race number and timing chips.

On the Day Facilities

On the day facilities, which are available for all participants, family and friends to use are as follows:

McLaren Hall (Event HQ) - Male Toilets, Female Toilets, Disabled Toilets, Mixed-Sex Changing Room (Lesser Hall), Baggage Drop, First Aid Room

Sports Pavilion (to the right of the McLaren Hall) - Male Changing Rooms and Showers, Male Toilets, Female Changing Rooms and Showers, Female Toilets.

Baggage Drop

There will be a baggage drop facility within the main hall. Bags can be left for the duration of the race. You will be given a luggage label with your race number to attach to your bag when you drop it off. To pick up your bag after the event you must show your race number at the baggage desk.





Directions to Killin

Google maps is a wonderful thing however if you're not sure how to use it, please use the guide below!

From Edinburgh and Glasgow (The South and West) - Follow directions towards Stirling, leaving the M9 at Junction 10. At the roundabout take the 2nd exit for Crianlarich (A84). Follow this road for approximately 1 hour. You will pass through Doune, Callander, Strathyre and Lochearnhead. Drive through Lochearnhead up Glenogle (A85) and over the other side of the hill. Killin is signposted as you come down the hill, take a right turn onto A827 and follow the road for 3 miles. As you enter Killin you will see the start area on you right. KEEP GOING into the village, crossing the Dochart bridge and follow signs for the event car park.

From Perth and Aberdeen (The East and North) - Follow directions for Crianlarich (A85) from Perth. You will pass through Crieff, Comrie and St Fillans. When you get to Lochearnhead turn right. Drive up Glenogle and over the other side of the hill. Killin is signposted as you come down the hill, take a right turn onto A827 and follow the road for 3 miles. As you enter Killin you will see the start area on you right. KEEP GOING into the village, crossing the Dochart bridge and follow signs for the event car park.

Directions to McLaren Hall (Event HQ)

From A85 and A827 - As you drive into the village you will pass a Co-op supermarket on your left, the hall is just after this on your left. Car parking is located at the junction on your right just before the hall.

If you have driven a different route to Killin you may approach the village from the North Loch Tay Road. If so as you enter the village you will pass the Killin Hotel on your left and the sports pavilion on your right. The hall is just after the pavilion on your right.

Car Parking

Car parking for the event is in a field close to the event HQ. Please DO NOT park outside the hall or in any of the public car parks in Killin, please use the event car park. There will be signs up in the village and marshals on hand to give you directions. The car park is located close to the McLaren Hall - take the junction on your right opposite the hall and follow the signs!





Event Route

The event follows an undulating route through the village and around the beautiful Glen Lochay. The route can be viewed via a link on www.tayfitness.com/killin-10k/on-the-day

Event Start

The start location is at the west end of the village in the Acharn Forest Car Park next to the war memorial. After you have parked at the event car park and collected your race number and timing chip please make your way up Main St to the start location. There will be signs to direct you or ask any of the race marshals. The safety briefing is at 11.55am and the race starts at 12pm, don't be late!

Event Finish

As you finish the event you will run through the finishing funnel and towards the finishing gantry. When you finish there will be somebody there to remove your timing chip. You will then receive your finishers medal and goody bag (sponsored by The Real Food Café, Tyndrum www.therealfoodcafe.com) Then make your way back towards the event HQ for a well earned rest, to have a look at the event EXPO and for the prize giving at 2.30pm!

Event EXPO

In the McLaren Hall (Event HQ) there is an EXPO of local businesses and charities along with stalls selling Soup and Sandwiches, Tea, Coffee and Home Baking. Please come along and have a look around before and after the event.

Prize Giving

The prize giving will take place at approximately 2.30pm (after the final participant finishes) in the Event HQ - McLaren Hall, please come along and watch. Prizes will be awarded in the following 7 categories:

1st Male and Female, 1st Local Male and Female (Killin resident), 1st Under 18 Male and Female (i.e. 17 years old and below), Most Sponsorship money raised





Winners will each receive a trophy and prize. These have been kindly supported and donated by a number of local businesses.

Medical Cover and First Aid

The safety of the participants is paramount. There will be British Red Cross, Killin Mountain Rescue Team Members and a Doctor, all with experience of sporting events, available throughout the day. If you feel you require any medical care - before, during or after the event - please contact an event marshal. The First Aid Room is located within McLaren Hall.

Medical Conditions

All competitors must complete the back of their race numbers with relevant medical conditions and next of kin information. If you have any type of medical condition or are currently taking any type of medication please write a large 'MC' on the front of your race number. You must wear your race number at all times during the event.

Marshals

Around the course and at the start and finish there are a number of event marshals (they will be wearing yellow bibs). If you have any questions or queries please ask and they will be able to help you or can direct you to someone who can.

Water stops

There will be 3 water stops around the course. These will be located at approx the 2Km, 5.5Km and 9Km marks. There will be marshals on hand to give out cups of water. Please dispose of your cups at the tables or by the side of the road so the race marshals can easily collect them, thank you.

Distance markers

Big yellow distance marker signs will be around the course every KM to help you judge your pace and so you know how far you have left to run, you can't miss them! The course has been accurately measured by Scottish Athletics.





Electronic Timing and Results

Electronic Chip Timing is being provided by Interloq UK/Winning Time www.interloq.co.uk
This will enable all runners to receive an accurate finish time. You will receive an email after the event when the results are available online.

Photography

There will be an official event photographer present at the event to photograph all competitors. You will receive an email when these photos are available to view online.

Finally...

There are a large number of people who are helping out with the event on the day and have volunteered their time to help make the event a success. Please give these people a smile and a thank you as you run past!

