



The information on this sheet is to help you with planning your run. Please read it carefully as it will hopefully answer any queries you may have. Further information on the 2018 changes to the run can be viewed and downloaded along with FAQs and other information, from our web site at [www.ptir.org.uk](http://www.ptir.org.uk)

### Distance Running Tips & Information

#### Before the Run

- **Properly hydrate yourself:** Being hydrated starts a week before the run "Thirsty people feel more pain". Drink a lot of water. If you are old enough to drink alcohol (!) try not to have more than one pint at a time in the days leading up to the run. Better still, avoid alcohol completely, since it has a dehydrating effect and can also interfere with your sleep. Limiting coffee is also a good idea.
- **Eat Sensibly:** Eat a diet rich in complex carbohydrates (whole-grain breads, pasta, and cereals). In the week before the run, about 65-70% of your calories should come from carbs. NB. *Individuals who have diabetes should never carb load and should consult a dietician for appropriate dietary guidelines.*
- **Sleep well on Friday:** Sleep generally has a lag time of about 36 hours. Sleeping poorly two days before the run will be much worse than sleeping poorly the night before. If you do toss and turn on Saturday night do not let it phase you on the starting line. Just remember that you are still ready to go.
- **Footwear and Feet:** Don't wear new shoes on the run. Wear a pair that you have worn frequently (as long as they did not create any problems). Check your toenails and clip any that are too long. Keeping your toenails neat and short will prevent them from hitting the front of your shoes, which can lead to bloody or black toenails.
- **Comfort and attire:** After the feet, most self-inflicted injuries occur from friction rubbing (e.g. nipple and groin etc.) or from lack of warm-up exercises. Whilst fun runners are encouraged to wear fancy dress if they so wish, all participants should consider how comfortable their attire will be for the duration of the run and ensure they warm-up their muscles during practices and immediately before the start of the run.

#### On the Day

- **Start times**

Event	Time	Where
2 mile fun run	10:00 am	Beach Hotel, Seaside Ave, Minster ME12 2NL
10km run	10:45 am - note we may have a staggered start	Area adjacent to Beach Street car park, Beach Street, Sheerness ME12 1RE
5km run		

- **Registration / Check-in:** Please be at the start of your run to register and/or check-in, at the latest **30 minutes before the start time.**
  - **2 mile Fun Runners** If you have pre-registered you will have received a copy of your entry form. Please bring this with you to hand in at the registration point as it will have your reg number on it. You may also bring your sponsor money if you have collected it all in.
- **Attire:** At registration / check-in you will be issued with your running number. 5km and 10km runners will also be issued with an electronic timing chip. This must be returned at the end of the race.
- **Start and finish locations:** The 2 mile Fun Run starts in Minster and finishes in Sheerness. You may therefore need to make collection or drop off arrangements. The 5km and 10km runs start and finish in Sheerness at the same location.

#### The Run...

- **Practice starting slow:** On race day avoid getting caught up in the excitement and running too fast at the beginning. If you feel good after the first few miles pick up the pace and try to maintain it. When you feel fatigued, swing your arms harder to help keep momentum.
- **Hydration:** Drink during the run and don't wait until you are thirsty, by then it is too late...
- **Crossing the Line:** Finish with a smile on your face. Someone might be taking your photograph...!

- **First Aiders** will be in attendance throughout all events.
- **Water** will be available at 3, 5, 6 and 8km markers which the 2 mile fun runners will also have access to.
- **Refreshments and toilets:** The Beach Hotel is open for anyone to use the facilities for the start of the 2 mile fun run. McDonalds is located within 50m of start/finish line of the 5/10km run
- Participants in the fun run will receive a medal at the end of the run. Participants in the 5km and 10km run will receive a bespoke medal, goodie/refreshment bag and t-shirt

### After the Run

- **Recovery:** Generally, it takes a minimum of one to two weeks for the body to recover from the strain of running 10 miles. Return to normal training too quickly and you increase your risk of injury. The determining factor is not how quickly your *body* recovers, but how quickly your *mind* recovers. Olympic champion Frank Shorter expresses it well when he says "You're not ready to run another marathon until you've forgotten the last one."
- **Refuel:** Replenish carbohydrates. There is a 2-hour window following a hard effort, during which absorption of carbohydrates may be enhanced. If you can't eat them, then drink them. A little protein mixed in, improves recovery. Do not choose anything extremely high in sugar or fat, it will cause stomach upset.
- **Training:** The training you do in the three weeks following the run should be a near mirror of what you did the last three weeks before. Your eating after the run should also mirror your eating before, since a diet high in carbohydrates can help *refuel* your muscles as well as *fuel* them.

To enjoy the run and fully reap the rewards of such physical effort, be a good scout and

### Be Prepared!!

An **Awards Evening** will be held in June/July at Minster Working Men's Club. We will contact race winners beforehand with more details. Trophies and prizes will be awarded as follows:

	2 mile fun run*	5k run	10k run
Trophy awards	First female across the line (any age) First male across the line (any age) Best fancy dress Highest fundraiser	5KM – fastest male & female under 15 years old All races: Fastest male & female under 19 Fastest senior male and female Fastest veteran male and female (male >40 yrs, female >35 yrs) Rotary charitable causes highest fundraiser & draw winner	

Sponsor money can be sent or handed in on the day or to any of the following locations below before or after the event and paid in on-line or via bank transfers (See the FAQ's page on our website for more details) We would be grateful if all sponsor money could be paid to us by 6 June 2018. **(Please make any cheques payable to Rotary Club of Minster on Sea):**

The Island Run c/o St George's Primary School Chequers Road Minster on Sea Kent ME12 3QU	The Island Run c/o Minster Working Mens Club Union Road, Minster ME12 2HW	The Island Run c/o Balloonatic 11/13 Russell St Sheerness ME12 1PL
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Thank you for your interest and support. All money raised will go to local charitable causes including the Paul Trigwell Memorial Fund to help local children and make a difference to young lives.

We look forward to seeing you at the event.