



## Arkwright & Co 5k series - what to expect

Here are a few notes for those of you who haven't participated in the in-person series before, or for anyone who would like a reminder of what to expect after the two year hiatus.

### **Do I need to sign up before the event?**

- No, you don't need to sign up before. If you would like to take part, just turn up on the day. There is no entry fee to run and no need to register when you arrive.

### **What time should I arrive?**

- Give yourself enough time to park, walk to the start and do a few minutes warm up. Most people tend to arrive by about 7pm for a 7:30pm race start but do make sure to check where the car park is in relation to the start in case you need a bit more time to get there. We will try to have a meeting point at each event but otherwise Saffron Striders will be the people in yellow or purple vests. There is usually a race briefing for everyone a couple of minutes before the start time.

### **What should I wear?**

- Please wear your Saffron Striders running vest and whatever shorts/leggings and trainers you are comfortable running in, bearing in mind the weather on the day. If you don't yet have a running vest, you can purchase one from Paula at [kit@saffronstriders.org.uk](mailto:kit@saffronstriders.org.uk). Although you will get warm whilst running, you will cool off quickly once you stop so make sure you bring a long sleeved t-shirt or jumper to put on once you've finished.

### **When should I eat?**

- The events are in the evening so just eat as you normally would during the day. It is a good idea to have a small snack an hour or two before you run (some toast, for example, although everyone is different with what they prefer. Finding out what works for you is largely down to trial and error). You might also like to bring a small snack for afterwards, such as a banana or cereal bar, to keep you going until you get home. Make sure you also bring a bottle of water to rehydrate after the run, this is especially important if it's a warm night.

### **Do I need to warm up before the run?**

- It is a good idea to do a bit of warming up before running especially if you plan to run at a harder effort. You don't need to go crazy but a couple of minutes of power walking/jogging and a few walking high knees and lunges is a good place to start to get your heart and lungs ready to work.

**How should I pace the run and how will it feel?**

- Firstly, if you don't want to 'race', you don't have to! You can run at your own speed and everyone who crosses the finish line will get a point for the club, so finishing is the main goal. If you haven't run a 5km race before then try starting fairly gently and building up to a harder effort. It's much more enjoyable to have the energy left to run hard through the finish rather than using it all up in the first couple of minutes. If you're running at a hard effort, it's normal for it to be a bit uncomfortable. Your leg muscles will probably feel like they're burning and your heart and lungs will be working hard. If it feels too much, it's okay to walk for a little bit to get your breath back. If anything hurts sharply or suddenly or doesn't feel right, stop and ask for help if you need it.

**How will I know where to go?**

- Each of the courses will be marked out and there will be marshals to point you in the right direction. A map of each course will be sent round by email about a week before the event so you may also find it helpful to have a look at that. Will everyone be fast and what if I am last? - A few people will be very fast. However, with roughly 300-400 people expected at each event, there will be people running at lots of different speeds and it's likely there will be people around you. If you have a friend who is also participating, it can be good motivation to run together. If you are last though, don't worry! Finishing a 5km race is an achievement to be proud of and there will be people to cheer you over the line.

**What should I do once I've finished?**

- As you cross the finish line, you'll be handed a position token. Take this to one of our captains (Alan Jones or Charlotte Diggins, look out for their clipboards!) for them to record your result. Make sure you give them the token and please don't take it home with you as they're needed for next time. You'll probably feel quite tired after running but try to remember to have a bit of a stretch, a drink of water and put a warm top on. If there are still people running, it's always nice to cheer others at the finish as well.