

RANDBURG HARRIERS EASTER 100

INSTRUCTIONS FOR RUNNERS



Welcome to the annual Easter 100 Long Training Run, organised by Randburg Harriers

To ensure your safety and enjoyment, **please read** the following.

1. This is a training run, and **not** a race. There are no prizes.
2. You are required to sign an indemnity form before you will be allowed to participate.
3. There are no marshals on the route, but maps and detailed route directions are provided at the start on each day. The routes are also marked, and the colour of the markings for each day is indicated on the route directions. The .gpx files are available for the routes and are downloadable on our social media pages.
4. Please wear visible clothing, be aware of traffic, and run towards oncoming traffic at all times.
5. Please run in single file, especially on busy roads and when approaching blind bends and corners.
6. Some sections of the routes may have busy traffic, especially on day 2. These sections have been highlighted on the route directions.
7. Water stations are provided at ± 4 -5 km intervals. Randburg Harriers is a proud member of the #RunClean Campaign. The golden rule is **NO LITTERING** during our event. Please stop to eat and drink and think before you throw anything on the ground. Let's keep our streets clean by making use of the #RunClean bins at the water stations and along the route, or by carrying water sachets and other trash to the next water station. It's time for road runners to clean up their act and #RunClean!
8. Water stations will be manned to cater for running speeds of between about 4 and 8 min/km. If you expect to run faster or slower than this pace, it is recommended that you carry some money with you in case you need something more to drink or eat, as some of the water stations may be closed when you reach them.
9. Please run-in groups for safety reasons. It is strongly recommended that women do not run on their own.
10. If you need to bail, please make your way to the closest water station and request assistance there. There is no sweep vehicle.
11. An entry fee is requested to cover the cost of cold drink, water and other refreshments along the route. A different coloured wristband will be provided for each day of the event. Please wear this wristband and show it at the water stations to receive refreshments. Please note that the colours of the wristbands may be different from the colours of the road markings.
No wristband – no refreshments!
12. The bar at the clubhouse will be open on all three days.

You are invited to bring your family and join us on Sunday after the event for hot cross buns and Easter eggs. Braai fires will be lit, and there will be an Easter egg hunt for the kiddies. Also, please support our Easter raffle – draw to take place at Sunday's braai.