

## Horsham Round – 29<sup>th</sup> August 2016

Hopefully by now you have seen the emails, newsletter, website and Facebook details for this club event but you may be thinking “I’ve never done anything like this. What’s it all about? Is it for me?”

Here are a few FAQ’s to help you:

Q. What’s it all about?

A. It’s a fun, non-competitive, club event that takes in 29 miles of tracks and trails around Horsham. Each team run the seven legs as a relay team with two or three runners on each leg while the rest of the team shuttle to the next rendezvous point (RV) by car. Usually each runner would complete two or three legs but some choose to run the entire distance!

Q. Is it for me?

A. If you like trail running, chatting with friends, taking in some beautiful scenery and finishing it off with a BYO beer and BBQ in the park then Yes!

Q. What distances do I have to run and at what pace?

A. You decide within your team, before the day, who is running each leg of between 3 and 5 miles and who is staying in the car. You also determine the average pace and your estimated team time to complete the 29 miles based on their ability. The team leader submits this overall time to us and agrees a start time that will see the team finish at 2.30pm (ish!)

Q. What if I get lost!

A. You need to study the Good Run Guide, print a map and even reccy your allocated legs beforehand. All legs use designated rights of way which are generally sign posted but this is no substitute to preparation! We recommend that you run in pairs (or more) to ensure that you have company should you get lost or injured and we also recommend that you have one or two mobile phones to contact your team car who will be waiting for you at the next RV. If all else fails, your team will need to leave the car and run back to find you!

Q. How do we shuttle between rendezvous points?

A. Let’s say you have a team of 7 runners. You all park and meet at the start at your designated start time. Runners A, B & C start leg 1 while runners D, E, F & G hop in the car drive to the RV at the start of leg 2. All RV’s are located on main road crossings with limited parking but because starts are staggered not all teams arrive together. Runners arrive and perhaps A & B could handover to D & E and runner C could continue to run leg 2 with D & E. This repeats for each of the seven legs so that every runner completes their allocated legs and there are never more than necessary in the car (4 or 5 max unless you have a people carrier!). Drivers can rotate with runners but you’d need to check eligibility to change drivers with your insurance company.

Q. I want to run join in but can’t find a team

A. Ask around on club nights or ask any committee member for help. Alternatively email [info@horshamjoggers.co.uk](mailto:info@horshamjoggers.co.uk) and we will try to find a team who need more runners.

Q. What happens at the finish?

A. If the timings are correct, all teams will finish at about the same time. You are welcome to invite friends and family to meet you at the finish where we will have a bring -your-own picnic and BBQ (hj will supply the heat for you to cook on!)

Go on, have a go! You might like it!