



Pre event brief notes – Rising Sun Trail Run

Welcome to the VO2Max Rising Sun 10k Trail Run.

- Registration, Race HQ is the [visitors centre education room](#) within the Rising sun country parks.
- All competitors will receive a bib number at registration; Please write your contact, medical, and emergency details on the back of your bib number. Your bib is your timing chip. You need to keep your bib on for the duration of the event to get a finish time & placing.
- Medical cover is provided throughout the event from the start, along the route and at the finish line. If you need any medical assistance during the event, notify the nearest marshal and they will arrange for the medical team to see you.
- A pre-event briefing will take place at the start line at 9.25am.
- The start [is on the road](#) within the country park a very short walk from race registration, The start will be marked by the two large VO2Max Flags.
- The run route link is here: [Rising Sun 10k trail run route – Strava link](#) . It is your responsibility to know the course.
- We recommend you wear appropriate footwear for this trail run.
- Marshals and directional signage are positioned at strategic locations throughout the course. As you run through the woodlands, brightly coloured red & white trail running tape affixed to tree branches and directional signage are provided to guide you along the correct route. keep to the footpath unless otherwise instructed by a marshal or a sign.
- Marshals in Hi-Viz vests will also be cycling around the course. If you are unable to continue, inform the nearest marshal. If that is not possible, ask another competitor to inform a marshal. The event team will then help you return to the finish line/ HQ or if needed, to be seen by our on-site medical staff.
- Please try to run on the left-hand side of the footpaths and overtake other competitors on the right-hand side. if possible, alert the competitor in front with a verbal cue such as “passing on your right,” so the competitor knows you are approaching.
- Please navigate the course with safety, especially through the woodland areas, i.e. tree roots - could be slippery. there could be standing water on footpaths.
- Please be aware of any members of the public on the footpaths as it is a country park and is also open to the public
- Carry your litter and use the bins provided; do not drop it on the course
- Your bib number should be clearly visible from the front during the run.
- **Finish** – Have your race number on show at the front for the finish photos and SMILE!
- Presentations from 11am.