

Summer 5k Series 2023

Marlow Striders

Dear Strider,

As a friendly reminder to our established members and an introduction to new ones, Marlow Striders are excited to participate in a Summer 5K series alongside other local running clubs. These informal and exclusive events are only available to club members and their guests, and are always followed by a refreshing social gathering.

Participating in this series is not only an excellent opportunity to challenge yourself against other club members, but it also allows you to meet fellow runners from neighbouring clubs. There is a strong sense of camaraderie and encouragement, regardless of ability level. Whether you prefer to take it easy or push yourself to the limit, everyone is welcome. It's like parkrun - except it's on a weekday evening and there are snacks afterwards!

The series consists of 6 runs, hosted by different running clubs, with 9 clubs taking part. We are thrilled to announce that the Hazlemere Runners have recently joined the series. Please note that we do not participate in our own event, as we need all hands on deck to ensure a smooth and successful run.

Details regarding our own event will be released in due course. For now, please save the date of 4th July in your diaries, and get ready to lace up your running shoes for an unforgettable summer series.

Dates (all races start at 19:30)

Races begin promptly at 7:30 pm, so we suggest arriving at least half an hour in advance to ensure ample time for parking, socializing, and participating in the team photo.

Full details for each event (location, satnav, parking, age restrictions, route details etc) will be provided the week before each event by the hosting club and circulated on Striders WhatsApp Notices group and social media.

Event	Date
Wargrave	Tues 16th May
Burnham (note Thursday, not Tuesday)	Thursday 1st Jun
Maidenhead	Tues 13th Jun
Handy Cross	Tues 20th Jun
Marlow Striders (remember we don't run in our own event – please save the date to volunteer)	Tues 4th Jul
Datchet Dashers	Tues 11th Jul

Cost for the series

We are pleased to announce that the cost for participating in the Summer Series remains at an affordable price of **£10 per member**, which is the same as last year. This fee applies regardless of how many races you participate in and is excellent value for money – with just £2 per race if you complete the full series.

As a reminder, guests are welcome to join us, provided they are a friend or family member of a current member. However, each guest may only participate in two races in the series, and the cost per race is £4, payable on the night.

We hope this pricing structure encourages you to participate in the full series and to bring along guests to experience the fun and camaraderie of the Summer Series.

Payment

Payment should be made prior to receiving a race number. There are two payment methods available for your convenience: Cash and BACS.

Cash can be paid at the same time as collecting your number. Alternatively, payment can be made in advance by BACS to Marlow Striders – Sort Code 20-40-71, Account Number 80600903. When making the payment, please use the reference "5k - YOUR NAME" and send Patrick a message by WhatsApp – to aid in the bank reconciliation process (thank you!).

Guests can pay cash on the night or by BACS in advance if they are running more than one event in the series.

We hope this information makes the payment process clear and straightforward.

Race Numbers

We highly recommend collecting your race number as soon as possible, and before the series begins (payment should be made in advance – see above).

You can collect your race number from Patrick at the following times before the series starts -

- Tuesday 2nd May – from 18:30 at MSC before training
- Thursday 4th May – after the Bluebell run at Beaconsfield
- Tuesday 9th May – from 18:30 at MSC before training

Each runner will receive a race number in the range of 201-350 that must be used for the entire series. Please make sure you keep your assigned number safe and do not lose it, as it cannot be replaced (a replacement number will require an additional fee). And if you still have your number from last year, please dispose of it to avoid confusion in processing the results (it's been known to happen!)

If you need to collect your race number on the night of a race, we strongly recommend arriving early (latest by 7pm) as after that time, the organizer may be warming up, and collection may not be possible.

Please ensure that you fill in your personal details on the reverse side of the race number, as this will aid in the event of an accident or similar occurrence.

Age Groups

When you collect your race number, please inform the organizer of your age category for the series. Your age category will be determined by your age on the date of the first race, which is the 16th of May 2023. Please note that we do not require your actual date of birth.

The age categories for the series are as follows:

- Juniors: 12-17 years old (inclusive)
- Senior: 18-39 years old
- Vet 40: 40-49 years old
- Vet 50: 50-59 years old
- Vet 60: 60-69 years old
- Vet 70: 70-79 years old
- Vet 80: 80 years old and above

Club Kit

We strongly encourage our members to wear club kit at each event, with race numbers displayed on the front of the shirt. Wearing the club kit is a great way to show support for our team and to help us identify our fellow runners.

Club events points

Each run, other than our own, is a club event. Your best 4 performances over the series will count towards your club points. There is a 5k series trophy for first place in each age category.

You will also receive valuable club points for volunteering at our own 5k event – see below

Our own run: 4th July

Full details about our own event will be issued in due course. Just be aware that we do not participate in our own run, as we need all hands to the pump to make sure that the run goes off without any problems. In meantime, please “save this date” in your diaries – 4th July!

Going Green

As a club, we are committed to reducing our carbon footprint and we encourage our members to join us in this effort. One way you can contribute is by car-sharing whenever possible. By doing so, you can help reduce carbon emissions and parking issues at certain venues. So, please consider sharing a ride with fellow members when traveling to club events and races. Together, we can make a positive impact on the environment.

Refreshments

To help reduce waste and environmental impact, we kindly ask members to bring their own water bottles and cups for hot drinks. The hosting club will provide water and refreshments after each race, but single-use cups or bottles will not be provided. Please note that refreshments are consumed at your own risk, including for parents of juniors. Thank you for your cooperation in making our events more environmentally friendly.

Headphones

Headphones are not allowed during the races, except for "bone conducting" headphones. This is because some of the races take place on public roads and it is important for runners to be aware of traffic and able to hear any instructions given by race marshals.

First Aid

A defibrillator (mobile AED) will be available on the night should there be a need, and there will be trained users in attendance. In addition, it would help if you could let me know if you have any first aid qualifications, just in case a situation arises on our own run where medical attention is needed. It would also be useful if we could let the other host clubs know if there is someone with medical experience available at their run.

Juniors

Minimum age is 12years old on race day and parental permission required if under 18. Parents of Juniors to be informed of course details & open road risk.

If anyone has any questions, please let me know.

Stride On

Patrick Grindley