

Forest of Dean parkrun 29th May 2010

The Forest of Dean parkrun is a partnership between the Forest of Dean Activity Network, FODAC and Forestry Commission.

This week it's our Run Free day. This celebration offers you the opportunity to invite someone, a family member, colleague or even a stranger, to take part in a parkrun for the first time.

For many, the marathons are behind them and you are now wondering how you can keep up the momentum you have built up. Either that or you were inspired by the amazing feats that we saw on the telly recently. Everyone is just as welcome. Seasoned runners or those trying out a timed event with other runners for the first time. In the Forest of Dean we are determined it will not become another event for regular runners. It will always offer the opportunity to the complete beginner.

parkrun is the best way to keep the good work you have invested going. A simple, free, easy to enter and take part, local community running event. Not only that but your done by 10am allowing you the guilt free freedom to enjoy the rest of the day.

The parkrun "Run Free" day is just a parkrun, but with a twist! We will run the event is exactly the same way that we usually do. Everyone taking part needs to be registered and must bring their personal barcode to the event to ensure their run is recorded. The twist is that we are looking to see how many first timers we can get to take part on this day and we will celebrate with a bring-and-share picnic style breakfast/brunch.

Lucozade Sport was the inspiration for this day and has invested a great deal of effort in ensuring that the message gets out and that the day is a success. You may have seen the Run Free advert in the Metro recently? If you want to share your plans for the day you can do so on the [parkrun Facebook](#) or the [Lucozade Sport Facebook](#) pages. To some great tips on running a perfect 5K from Lucozade Sport's Lead Sport Scientist, Gareth Nicholas, head to the dedicated [Lucozade Sport](#) pages today.'

Some folks are desperate to get their results quickly after the event and on this day we would expect to delay the availability of these by an hour or so.

Each event will be competing with the others on some bizarre topics:

The best Run Free costume – based on photos submitted

The event with the highest percentage of first timers on the day

The event with the highest percentage of PBs for runners who've run before

The best food display (highest pile of food, most parkrun cupcakes etc)

The best photo of parkrunners

The event with a photo of the highest number of volunteers on the day.

Weather permitting we are having a refreshment table out in the woods and supplying hot drinks. So making it a Teddy Bears picnic. We have asked our regular parkrunners to bring along something for the refreshment table. We will supply the warm drinks to go with the Lucozade drinks.

You can bring the food, cakes, drink, chairs, party hats and sizzling conversation and we will all enjoy a post run nibble and natter. We know that some of you love to natter and could stay all day but for this celebration we would expect to all be done by 11am !

Can any parkrun regulars bring a flask. We can fill with hot water at the hut and take across the road. Please put a label on it.

<http://www.parkrun.org.uk/forest-of-dean/Home.aspx>

Some Info on Forthcoming Races:-

The Dingle half, full and ultra Marathon takes place on Saturday September 4th this year and promises to be a fantastic occasion. Dingle is by far one of the most scenic and unique locations in Ireland with the marathon route travelling along over 18 miles of breathtaking scenery.

Last year we had over 2000 participants and this year we hope to attract over 3000. It is indeed a very special event! See www.dinglemarathon.ie for videos, photos etc

We are running a special offer for UK running clubs at the moment where by each member can sign up for only ?50 per person. All each club/member needs to do is print off the application form from www.dinglemarathon.ie and write your clubs name across the top. This offer applies to both the full and the half marathon. (ultra excluded)

10km Race in the Mendips

Cheddar Running Club are supporting the Cheddar Vale Lions Club in organising a 10km race on the Mendip Hills. It's a cross country race that takes in part of the west Mendip way and starts and finishes from the Charterhouse Centre. There is also a 3km Kids Race. It's on Sunday 13th June 2010 and I have attached an entry form for further information.

Full details, route map, photos and entry forms are available at www.cheddarrunningclub.co.uk

St James 10K July 18th

I hope you don't mind me contacting you, but could I ask you to promote our race amongst your members. The race is run in conjunction with the afore mentioned company St James Place PLC.

Last year was the first running of the race around the grounds of Cirencester Park, the race proved a great success and we are keen to build this into a regular fixture.

Last years race attracted 260 runners. Although the race is billed as a fun run, it's aim is to attract runners of all abilities and raise money for charity. Last years winner was Allister Sheffield of Team Bath in a time of 34:36.

The race starts and finishes in front of the Polo fields where there will be additional attractions for those not directly involved in the race. This includes live music, stalls and activities for the youngsters. Parking is available close to the start.

The race is run mainly on trails through woodlands, with a short section on the tarmac road. This year the race will be run in reverse to improve traffic flow out of the park after the race. If we can organise the weather we had last year it should be a great day out.

Kind Regards
John Buck
Club Secretary
Running Somewhere Else

Useful Links

http://www.activesomewhereelse.com/james/st_jamess_10k_entry_form_2010.pdf