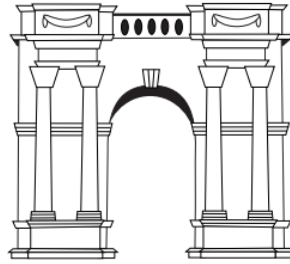


Participant Information



STOWE TRAIL RUN

Introduction

The Stowe Trail Runs, on Sunday 20th September 2020 and Friday 25th September 2020, are both based on a route that takes in the Stowe landscape gardens in Buckinghamshire. They start and finish at the visitor centre at the New Inn.

The National Trust has made the route available so that you can enjoy the course from the Visitor Centre down to the landscape gardens. The route takes you on a tour around the gardens passing many of the iconic Stowe landmarks.

We want you to enjoy this beautiful part of Buckinghamshire and the mix of paths, grass and gravel tracks. Most of all we want you to stay safe. So please take caution throughout.

Event Guidelines

For everyone's welfare, the event needs to be managed differently and we all have a part to play. A summary is provided below. Please read the guidelines below and please have confidence that this event will be managed under strict COVID-19 rules:

- Bring your own water and nutrition and make use of bottle belts and hydration packs if needed, please dispose of rubbish responsibly. Please also bring your own hand sanitiser.
- If you need to complete a warm-up this should be done away from the start and finish area, respecting socially distancing. We ask people to move quickly through the finish area after you have completed the course.
- Participants must not leave items of clothing in the start or finish areas. Leave clothing in your vehicle.
- Participants must follow the UKA participant code of conduct (see [HERE](#)).
- Social distancing must be maintained before the start, during the event and after the finish.
- You are strongly advised not to run in close contact with any other runner. Please maintain social distancing and provide a safe distance when overtaking.
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system.
- Spectators must not attend this event to comply with the guidelines.
- Do not travel to the event if you have been unwell in the previous 14 days. The current NHS guidance on Coronovirus/COVID-19 is available [HERE](#).

Arriving and parking

Please make sure you give yourself plenty of travelling time. Please make sure that you follow the Stowe National Trust signs (brown signs) to the Visitor Centre which is by the Corinthian Arch.

The event will be taking place at **The New Inn Visitor Centre**, Buckingham, Buckinghamshire, MK18 5EQ. Directions are available [here](#).

There will be signs directing you up the main drive towards the Corinthian Arch. As you reach the Arch, follow the road round to the right towards the car park. Parking is in the overflow car park on the right hand side, opposite the New Inn. Make sure you drive slowly as the tracks are narrow.

Registration packs

We will be handing out registration packs as you queue for the car parking. The pack will include your race number which will have your start time block printed on it. This is also shown on your receipt.

- On Sunday 20th Sept. the first wave starts at 07.45hrs and the final wave starts at 08.45hrs.
- On Friday 25th Sept. the first wave starts at 18.00hrs and the final wave starts at 19.00hrs.

Making your way to the start

Please make your way to the grass area in front of the New Inn some 5-10 mins before your start time. Please keep a social distance from other participants. We will call you into that start queue from this area. Once in the queue, please keep a safe distance from other participants and follow the one way system. When you are at the front of the queue, we will count you down for your start. Participants will be started at 10 second intervals.

Etiquette

We owe a big thank you to the National Trust at Stowe and the tenant farmers who have made this event available. We need to respect the land and the environment and with this in mind we ask for everyone to please take care and stay litter free. Any littering of any kind goes against the spirit of the event and will undermine attempts to secure access for future events.

There will be bins around the registration and start area so please seek them out if you need to dispose of anything. Also, we strongly advise against the use of Gels. Under no circumstance should litter of any kind be disposed of on the trail.

As with all trail running you are primarily responsible for your own safety. Be respectful to other runners and trail users and first aid personnel. Please give plenty of room if you are overtaking and choose your point wisely so you can provide a safe gap.

The Run

This 6km event is a one lap trail run around the paths and tracks that predominantly make up the gardens. It is a mix of gravel tracks, grass and paths and the surface will be uneven. Please make sure that you have the appropriate footwear and take care at all times.

The route and voice navigation is available on the RunGo app. Simply download it, search on “Stowe Trail Series” and it will show the route and provide real time voice navigation.

We have had to minimise the number of marshals on the course. There will be a first aid station and marshals at the gate to the gardens. So if you need treatment or if you are aware of someone else who needs treatment then please let the gate marshal know and we will arrange first aid.

Also, head phones are not permitted, you need to be aware of what is around you and enjoy the sounds of the evening.

The finish

As you run out of the gardens back up to the New Inn, please keep to the bark track on the right. As you approach the finish you will be directed back up and across the finish line. Please follow the one way system and pick your medal up as you pass the medal table. We request that when you have your breath back, you make your way back to the car park.

Safety, First Aid and COVID-19

Your safety on the trail is your responsibility. Please inform the events team of any medical needs or injuries requiring attention, either on the course or at the finish.

There will be a medic available in a designated COVID-19 area at the finish. If you feel unwell or develop symptoms which give you concern then please self-refer yourself to the COVID-19 medic straight away. The medic is fully trained and will complete a health assessment and instigate processes as necessary.

First Aid facilities will be available at the finish. If for any reason you need to pull out on the trail then please let a Marshal know, make your way back to the start and check in at the timing desk.

Facilities

Toilet facilities will also be available at the New Inn. There will be no changing facilities so please come prepared. Also, remember to bring your own water as there will be no water stations.

Leaving the event

Please take care as the track out of the New Inn is narrow and there will be people around you. Please drive safely and take care especially as you join the main roads.

And finally...

We really hope you enjoy this trail run and this format. We would especially like to thank the National Trust at Stowe and Tenant farmers who have made this all possible. Have a great run !



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