**Run 4 Rosie - Important Information**

**THE EVENT:**

On Saturday 14th through to Sunday 15th March Chagford Runners will be hosting a 24 hour sponsored run, in memory of Rosie Webber, who sadly lost her brief battle with lung cancer in September 2018. We will be raising funds for the Roy Castle Lung Cancer Foundation, the only UK charity wholly dedicated to defeating lung cancer.

There will be someone running around the parish of Chagford for EVERY HOUR of the 24 hour period and we would love for you to join us!!

There are routes available for all ages and abilities 5k, 10k and 10 mile all starting from The Clubhouse, War Memorial Playing Fields, Manor Road, Chagford, TQ13 8AS.

Challenge yourself to running as many loops as you can for as long as you can, or run as a team or family, or just join us by supporting our 24 hour runners. Two of our inspiring endurance runners will be attempting to run for the whole 24 hours!

The Clubhouse will be open for registration from 8am on Saturday 14th March and you can arrive and run at any time during the 24 hour period, but please make sure you turn up 30 minutes before you run to sign in and let us know your intended routes/distance.

If you are running multiple laps you will pass through The Clubhouse checkpoint each time, where there will be an aid station with food on offer for anyone running more than 10 miles. Drinks will be available for all runners.

Food will be available to purchase for runners and spectators alike throughout the Saturday and for a celebratory breakfast at 9am on Sunday 15th. A licensed bar will be open from midday on the Saturday.

**REGISTRATION:**

To pre-register you can download the registration form link on the Run 4 Rosie Facebook page or website [www.run4rosie.co.uk](http://www.run4rosie.co.uk/) or email run4rosie.chagford@gmail.com or pick up a hard copy at Uptown, 32a The Square, Chagford TQ13 8AB. Alternatively you can register on the day. The entry fee is £10 for adults and £5.00 for under16s. Under12s must be accompanied by an adult to run.

**THE ROUTES:**

The routes are signed and maps of the courses are available to download from the Facebook page, and will be available as a hard format on the day. All routes have some hills, and some off road.

**SPONSORSHIP:**

We would be grateful for any sponsorship that you would be able to raise towards this fantastic cause. Sponsorship forms are available to download on our Facebook page or can be paid directly to our JustGiving page – [www.justgiving.com/fundraising/kate-webber4](http://www.justgiving.com/fundraising/kate-webber4)

**HEALTH & SAFETY**:
Runners must be in a fit state of health to take part and do so at their own risk. Please let one of the organisers know of any medical issues that they should be aware of. There will be a First Aider available at The Clubhouse at all times.

Please make sure you/or someone in your group has a mobile phone in case of emergencies. All runners must sign in to start, and sign out when they have completed their run. If you wish to start running again after a break that is fine, just sign in again and off you go!

 If you are running for more than 10 miles please stay hydrated and fuelled and make use of the AID STATION.

If you are planning to run through the night, or for an extended period please download the KIT LIST, available on the Facebook page.

**CHILDREN’S MINI MARATHON CHALLENGE:**

There will be mini marathon challenges for the younger children around the cricket and football pitches, taking place between 11am- 1pm. There will be prize for the most laps completed in each category. Download a sponsorship form and get sponsored per lap! Entry £2 on THE DAY please.

Any questions or queries please contact run4rosie.chagford@gmail.com or speak to Kate Webber in Uptown, 32a The Square Chagford, or Beulah Bradley at No 30, The Square, Chagford.

**WE LOOK FORWARD TO RUNNING WITH YOU!!!**