

## FAQ'S

- Is the run a race – This is a timed event. However Step Up 4 Good is all about having fun & taking part with friends & family
- What should I wear - We recommend light running clothing and good multi-terrain running shoes. A rain jacket is also a good idea if we have wet conditions on the day
- Can I bring friends and family to watch – Yes, the more the merrier. Please note there is no seating within the race village, so bring a portable chair or blanket
- Is parking available - Free parking is available, and you will be directed by our parking marshals. Get there early
- Can I walk instead of run - Everyone is welcome to complete the course at their own pace, but most of all, have fun!
- Can I enter on the day - On the day entries are available as long as the event has not sold out and are subject to a price increase. Payment can be made with cash or card. (We cannot guarantee entries on the day will receive a t-shirt, medal or goody bag)
- What is included in my entry - t-shirt, bib number/chip timing, race info, and flyers. At the finish everyone gets a medal and a goody bag (entries on the day may not receive a t-shirt, medal or goody bag, as this is subject to availability)
- Is there an age guide for the races - Funs runs associated with a permitted race do not have age restrictions. However Greenham Trust suggest - Mini Mile age - 4 years+/5k - 9 years+/10k - 15+. For the 5k Kids, children under 11 should be accompanied by a paying adult/teacher
- When will I receive my race pack – A pre-event information pack will be posted 2<sup>nd</sup> class, approximately one week before the event, or collect on the day if entered after 02/10/18
- Do you have a bag drop – We do not have a facility to store bags, therefore please come ready to run or cheer
- Is there water – A water station will be available for the 10k race only, at the half way point. Water will be given out at the end of the race on a first come, first served basis. However, water will be available to purchase from any of the food/drink outlets within the race village
- Will there be toilets – Yes, there will be portable toilets onsite next to the start line. There will also be a urinal unit for men
- Are dogs allowed at the event – Dogs are permitted within the race village only and must be on a lead at all times
- Can I raise money – Yes, we encourage entrants to raise money for a local project via The Good Exchange. Donations made in this way, will be eligible for match funding from Greenham Trust
- What else is happening at the event – Before the mini mile and 5k race, there will be a warm-up, to get everyone ready for the start line. Within the race village itself will be charity stalls, health and fitness companies, post-race massage, glitter painting, children's entertainer, music and hot food and coffee
- Can I watch the runners from Greenham Common – There will be marshals at each KM point and we welcome family, friends and supporters to get onto the common and give support
- Are there prizes for the winners – Yes we have trophies and some very special prizes for the fastest over the line in various categories – 1<sup>st</sup> Girl (Under 15) 5k/1<sup>st</sup> Boy (Under 15) 1<sup>st</sup>, 2<sup>nd</sup>,3<sup>rd</sup> Female 5k/1<sup>st</sup>, 2<sup>nd</sup>,3<sup>rd</sup> Male 5k/1<sup>st</sup>, 2<sup>nd</sup>,3<sup>rd</sup> Female 10k/1<sup>st</sup>, 2<sup>nd</sup>,3<sup>rd</sup> Male 10k/1<sup>st</sup> Male 10k Veteran/1<sup>st</sup> Female 10k Veteran