

Paula's families ON TRACK



SUN 23RD
JUNE 2024
START 12.30PM

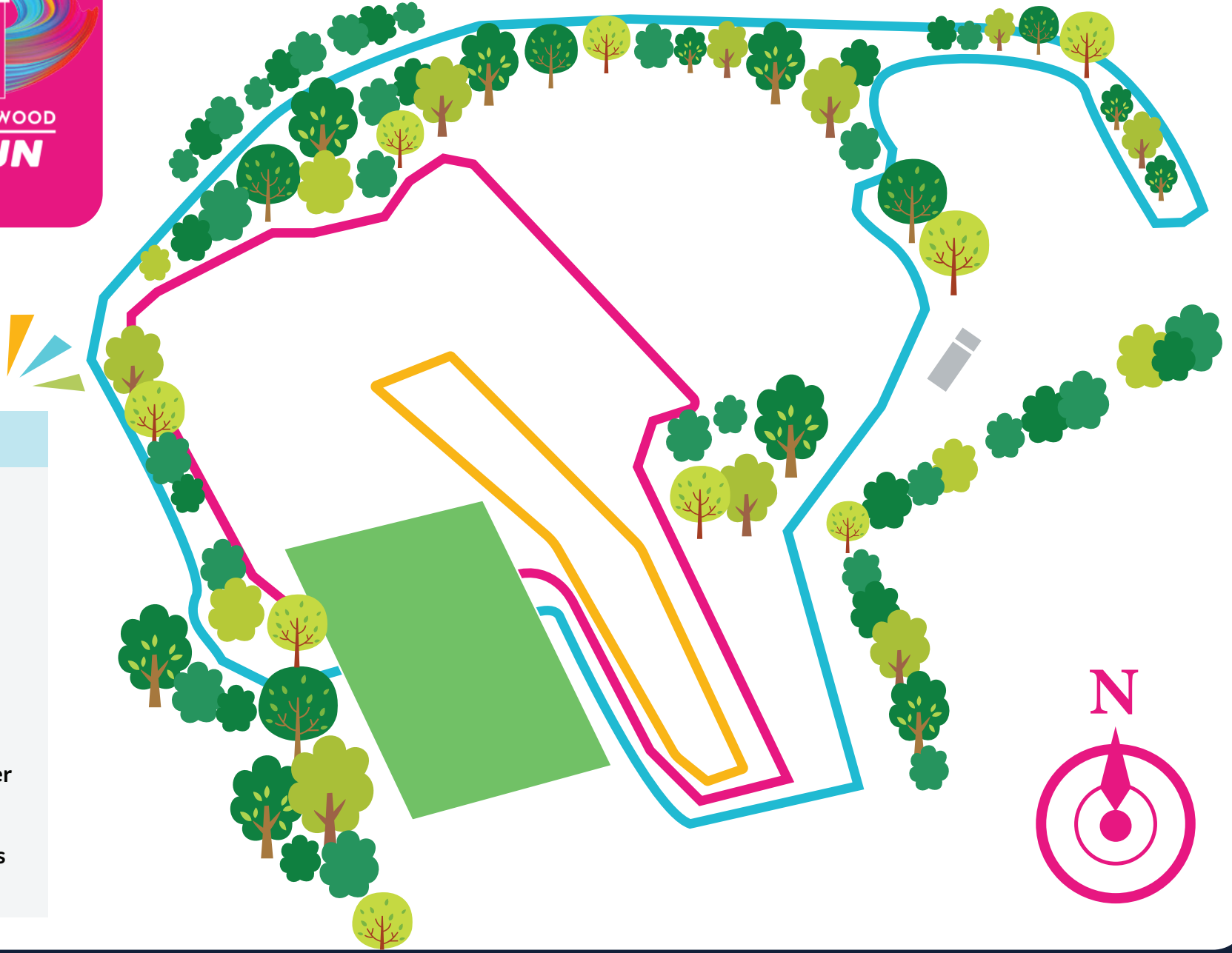
FUN, FAMILY FITNESS EVENT










EVENTSOFTHENORTH.COM/FAMILIES-ON-TRACK



SITE PLAN



KEY

-  250M
-  500M
-  750M
-  Road
-  Buildings
-  Changeover area
-  Woodlands

General Information

Arrival

REGISTRATION IS ON SITE ONLY

No race packs will be sent out prior to the event.

Please arrive with plenty of time to park and register on the Wythall Park site. The Event Information will be clearly signposted on arrival.

Car Parking

Free parking is available on site at the Wythall Park [B47 6LZ].

Registration

ONE team member needs to register and collect their Family Race Pack on arrival from Registration. PLEASE ARRIVE IN GOOD TIME TO COMPLETE REGISTRATION.

Registration is OPEN from 12:00.

Toilet facilities are available.

In Your Pack

A specific race number allocated to every team member to be worn pinned to your front. Please bring your own safety pins. PLEASE ensure your team are wearing the correct bib number allocated. E.g. 103A, 103B, 103C.

Baggage

There will be space to leave your belongings in your family pen. Please note space is limited.

Pre-Race

We ask that all families taking part REPORT to registration from 12:00.

- You will be taken to your FAMILY PEN which will be the BASE for your team during the event.
- USE THIS TIME to think about your probable first few legs and who is running which loop.
- All families must be in their pens by 12.15pm ahead of the race briefing.

NB: only those wearing race numbers will be permitted to enter the Family Area, ensuring the safety and security of all participants.

The Family Pen



EVERY family team has a scoreboard to chart your progress in 1km markers and a basket to store your LAP COUNTER balls. (see race details below)



As each 1km is completed by your family, please add a magnetic km MARKER to your scoreboard. This is purely to help and encourage your family as you map your progress.



Our FOT PIT LANE CREW will be on hand at all times monitoring your progress and to answer any queries during the event.



Feel free to decorate your own PEN in any way you desire. BUNTING/BALLOONS/FLAGS ETC



Prizes will be given away on the day for the families who decorate their pens in the most elaborate way as well as those who entertain us in fancy dress! So get creative!!

The Race

Families on Track has a few rules, **PLEASE TAKE TIME TO READ AND DIGEST THE FOLLOWING:**

- 1** The race is A CONTINUOUS RELAY
- 2** The 5K distance is completed in a series of laps comprising of a combination of 750m, 500m and 250m laps
- 3** Each family can determine how to complete the distance
For example, a team can run:
 - Two 750m laps
 - Four 500m laps
 - Six 250m lapsOr any combination they wish!
- 4** Adults can accompany younger children for their laps, and the Family Pen will be visible from all points of the course. Please decide in advance who your first runner is, and after the briefing we will invite all first leg runners to join us on the start line

The **FULL TEAM BRIEFING** will take place at 12.15pm

Changeover

Our FOT PIT LANE CREW will be there to assist, but you are responsible to ensure the continuity of YOUR relay.

You **WILL NOT** have a baton. WE REQUIRE THE **INCOMING RUNNER TO TOUCH HANDS WITH THE OUTGOING RUNNER** in the Family pen.

If you're the incoming runner and have completed your lap **PLEASE REMAIN IN YOUR FAMILY PEN** until it's your turn to run again!

REMEMBER to put the coloured ball in your basket and update your scoreboard progression on the scoreboard.

An adult is welcome to accompany their young team members on a loop if necessary, please only collect **ONE BALL** at the end of the lap.

How it Works

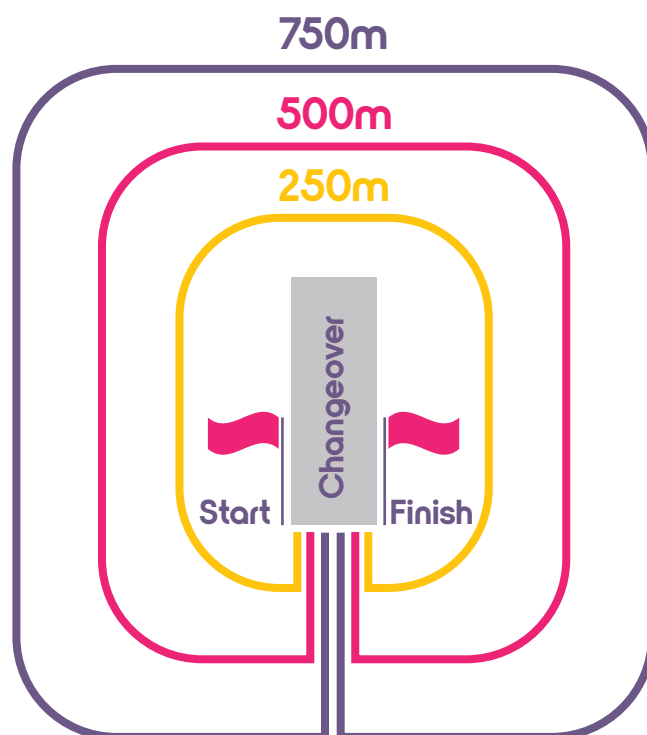
EACH LAP is colour-coded to avoid confusion:

250M – YELLOW

500M – PINK

750M – PURPLE

As you complete YOUR LAP you will pick up the relevant coloured ball from the ball pools to place in your **TEAM BASKET**, after handing over to your next runner **IN YOUR TEAM PEN**.



The Finish



When the final runner has completed the last lap to reach the team's 5km target they DO NOT need to collect a ball. Please just return directly to the family pit lane and collect the whole team who will then run together out of the family zone and into the finishing straight to celebrate your achievements together across the finish line.

- ✓ Feel free to take your flags/bunting/balloons with you (leave the counter balls in your pen)
- ✓ Smile for the cameras as you ALL cross the finish together
- ✓ You will receive your personal finishers medal and water after you cross the finish line

Any possessions left in your PIT LANE PEN will be safe and can be collected once everyone has finished the race. NB: we ask for just ONE member of the team to collect all the bags so as to keep congestion to a minimum in the PIT LANE while the race is still in progress.

CONGRATULATIONS
Your Family has
completed Paula's
Families on Track



EVENTS OF THE NORTH

★
THANK YOU FROM ALL THE TEAM
AT EVENTS OF THE NORTH
WE CAN'T WAIT TO
WELCOME YOU
TO WYTHALL
FOR THE FIRST TIME! ★

The 50 strong volunteer team over the Wythall & Hollywood Fun Run is integral to the event and we really appreciate the time they give up for your enjoyment. Please say thank you as you run round the course!

PLEASE MAKE SURE TO CHECK THE EVENT WEBSITE
FOR THE MOST UP TO DATE INFORMATION.

EVENTSOFTHENORTH.COM/FAMILIES-ON-TRACK

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