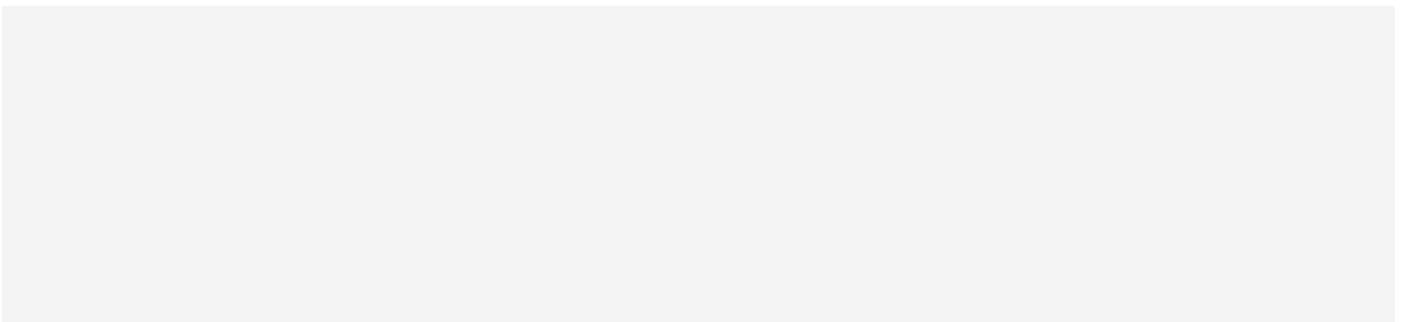




SOUTHAMPTON, WE ARE COMING TO WARM YOU UP!

Please take a look at our top tips for making the most of your day...





INFORMATION FOR PARTICIPANTS

Congratulations on rising to this fun challenge and participating in the upcoming Run For Chocolate event in Southampton at The Common.

In order to make your day go as smoothly as possible, please take the time to read the following instructions very carefully. If you have any questions, please do not hesitate to contact the team at enquiries@runforchocolate.co.uk.

EVENT LOCATION

Southampton Common, The Avenue, Southampton, SO15 7NN

[Link to Google Map](#)

Parking is very limited so please car share or use public transport if possible.

WHAT TO WEAR AND BRING

Make sure you wear comfortable clothing and have supportive trainers, running shoes or boots. The ground will be changeable on the route and may be wet, depending on the weather on the day. Please be sure to bring plenty of water and keep yourself hydrated before and after your run.

DOGS

Well behaved dogs are welcome but are the owner's responsibility and must be kept on a lead and under control at all times.

TIMINGS

Please allow plenty of time to park, walk to the event and clear the registration area.

09:00 Registration opens

09:45 Event safety briefing

10:00 Your walk, jog or run begins!

At the end collect your medal then head over to the tent for your well-deserved hot chocolate drink!

REGISTRATION

Present your printed ticket or a copy on your mobile device and collect your race bib, safety pins and your head buff. Ensure that the number is securely attached to the front of your top and remains visible at all times.

Please note that this is **not** a timed event.

THE BRIEFING

All entrants must attend this safety briefing to hear important information about the course and the event. Please be ready to start the course immediately afterwards.

AND FINALLY

The whole team look forward to seeing you at the event and will be ready and waiting to cheer you in at the finish line! Thank you for

entering Run For Chocolate 2019.

Look out for lots of other great events later this year, with more still to be announced!



Bristol 27th Jan

Reading 10th Feb

Southampton 17th Feb

Milton Keynes 3rd March

Bournemouth 10th March

Windsor 17th March



Henley 11th May
Windsor 18th May
Reading 26th May
Bristol 16th June
Milton Keynes 14th July

ANY QUESTIONS?

Please refer to our FAQs section of the [website](#) or email us at enquiries@runforchocolate.co.uk



Run For Chocolate
Chiltern House, 45 Station Road, Henley On Thames, RG9 1AT
[Unsubscribe](#) - [Unsubscribe Preferences](#)