



ASICS Fleet Pre-London Half Marathon 15 March 2009

Newsletter 4: 12 March 2009

Amazon Windows & Conservatories continue with their support to the local community and wish all the runners a successful race, with some PBs being achieved.

Well, it is just a few days before the 2009 ASICS Fleet Pre-London Half Marathon. It is fingers-crossed for the weather. Surely the weather will be better than in 2008! If the weather does not change before Sunday expect the Calthorpe Park surface to be wet and, probably, muddy. This will also affect the final 100m of the race so be careful when turning the final corner into the finish.

For runners

Running numbers and race packs have now been sent out. Additional and updated information is now available on the Fleet Half Marathon Web site. From the home page, select "RACE HQ" If you have any questions, please check here first. If you are unable to run, please check here for details of what to do. Please do not e-mail us as we are unable to reply to any questions where the answer is covered on the Web site.

Key areas are as follow:

- The Race HQ on the day will be in the Amazon Windows Marquee.
- Women's running numbers DO NOT have a pink stripe and an F preceding them.
- There are sleeping policemen on the final run in to Calthorpe Park. These will be painted on the day (probably yellow) so that they are clearly visible.
- Use all the car parks in the centre of Fleet, not just the Hart Centre. Free parking is also available in the council-run car parks. There is a map of these available in the on-line Race HQ. There will be signs from the town centre to Calthorpe Park. **Do not park in the roads around the start/finish area.**
- Please ensure that you leave the park for the start in plenty of time, especially as the route may be slippery due to mud. The PA will remind you to leave for that start from 11am. The race will not be delayed due to late arrivals.
- If you need to use the lavatory remember that, although we have far more lavatories than recommended, they are very much in demand between 10.30 and 11am. We rely on the goodwill of local residents so **do not use the bushes around the park.**
- It will be possible to have your medal engraved after the finish so look out for this if you are interested.

Remember to keep a check on the weather and dress appropriately on the day. You soon get warm when running but remember to stay warm until you have to move to the start area. Make sure that you warm up properly. Evelyn Farrell of Fleet & Crookham AC will be conducting a warm-up session for runners at 10.45.

We are welcoming Lucozade Sport this year. This will be available at the 6 and 9 mile drinks stations as well as at the finish. For advice on hydration please check out <http://www.fleethalfmarathon.com/lucozade.htm>.

For spectators

The runners on the course will appreciate encouragement around the route. We have compiled some information about the best places to watch and the times the first runners should arrive. It is important to be in position early as there are road closures in force. Check out our Web site and follow "Information for spectators".

For non-runners:

The race cannot go ahead without the help of many volunteers. One of the most important roles is marshalling the route on the day. We still have a few spaces for marshals so if you are able to do this or friends or family would like to do it, please contact marshals@fleethalfmarathon.com. You will be given full details of what is required and you are able to watch the whole of the race up close.

Keep training, keep smiling and we look forward to seeing you on 15 March 2009.

Martin Payne

Race Director

Fast Feet Run Round Fleet

www.fleethalfmarathon.com

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