

## **Slog 2018**

### **Important information you need to know before you enter.**

The Slog is traditionally held on Remembrance Sunday which this year also marks the 100<sup>th</sup> anniversary of the Armistice. At the time of entry the formal Chipping Sodbury commemorations are scheduled to commence at 3pm with participating groups assembling in the High St from 2pm.

As a sign of respect, we wish to be clear of the High St by 2pm. We will therefore in accordance with the Race Terms and Conditions be imposing a 2hr 50min cut-off time for this year's race. The Race starts at 11:10 therefore all runners and marshals should be clear of the High St by 2pm.

At 2pm marshals will be stood down and the timing clock switched off. Runners still on the course will have to make their own way back to the finish where water and a tee-shirt will be available for collection.

Runners on the course after 2pm will not be covered by the race insurance.

If at the time of entry, you cannot run 10 miles cross country in under 2hr 50 min then I'm sorry, but the Slog is not the race for you and we ask you not to enter.

If the Chipping Sodbury commemoration plans change we have alternative route options but the 2hrs 50mins cut-off time will still apply.

The Pig Trough is a popular feature of the Slog which has unfortunately been the cause of delays in recent years. We have plans to improve the route to it and transit through and out of it. However, after last year's race the Pig Trough was showing signs of wear, currently its full of water and we are unable to fully inspect. Our final inspection will not be made until the week before the race. Please be aware we will exclude the Pig Trough if we consider it unsafe.

A lot of races this winter have been cancelled due to the weather, some refunded the entry fee, some didn't. We have reviewed our refund policy should the Slog be cancelled.

We have decided that if the Race is cancelled we will post the race tee-shirt to all entrants, pay our suppliers and any remaining money will be divided equally between the following 4 charities i.e. The Rotary Club of Chipping Sodbury, The Royal British Legion, The Forever Friends Appeal and the Jessie May Charity. No money will be refunded to competitors.

Working with DB-Max we have simplified the transfer process this year, but you should be aware that it is not possible to amend the tee-shirt size, the tee-shirt order having been placed on 14<sup>th</sup> May. All runners will receive a tee-shirt the size requested by the original entrant and displayed on the Race Bib.

Many thanks

Slog Race Director