THE UK’S FIRST NATURAL RACE.

TRIBE
RUN
FREE
FESTIVAL

27.08.16
Join us for the TRIBE Run Free Festival at 11.00am on Saturday 27 August 2016 (the August Bank Holiday). This will be the UK’s first natural race (no refined sugars, chemicals or preservatives allowed on the course!).

The race will be followed by a festival to celebrate; runners and friends can relax in the sun by the lakeside at Cornbury Park. Throughout the afternoon, there will be healthy BBQ, craft beers, cold-pressed cocktails, music, and lots of good summer vibes.

RUNNER INSTRUCTIONS.

1. Getting There & Away
2. Tickets and Registration
3. On the Day
4. Race Festival Village
5. Medical Advice
1. GETTING THERE & AWAY.

WHERE IS THE RACE HAPPENING?
The race is taking place at The Cornbury Estate, set in the stunning Cotswolds. An area of outstanding natural beauty and ancient woodland and home to Wilderness Festival!

HOW DO I GET THERE?
Cornbury Park is located in the town of Charlbury, 15 miles from Oxford.

Address: Cornbury Park, Charlbury, Oxfordshire, OX7 3EH.

If you are using sat nav, use postcode OX7 3EJ.

BY CAR:
> From Oxford, follow the A44 through Woodstock, then turn left onto the B4437. (Total journey around 17 miles.)
> From Banbury and the Midlands, take the A361 south from Banbury, continue through Bloxham and South Newington, then turn left onto the B4030. Continue through Enstone, crossing the A44, to Charlbury.
> From the South-West, get to Burford using the A40 or A361, then follow the A361 north through Fulbrook for two miles. Turn right onto the B4437 for Charlbury.
> From the West, get to Chipping Norton on the A44 or A361, then follow the A361 south to the edge of the town. Turn left onto the B4026 for Charlbury.
> From Witney, take the B4022 through Hailey to Charlbury.

BY TRAIN (RECOMMENDED):
> Charlbury is served by a direct mainline rail service to London Paddington. This service runs every hour and takes, approximately 1h 15 minutes direct.
> We will be offering a free bus service to and from Charlbury Station to the Estate (15 mins). Advised train times and bus service transfer times will be sent out nearer race day.

WILL THERE BE PLENTY OF CAR PARKING SPACE?
Yes: there will be plenty of car parking space.
HOW MUCH DO TICKETS COST?
Each ticket costs £40. To include free TRIBE t-shirt, TRIBE snacks throughout the day and access to the post-race festival area.

WHAT CHARITY WILL THE RUN BE SUPPORTING?
10% of all ticket sales will go to our chosen TRIBE for Good charity for Q3 2016. TRIBE for Good is the fundraising platform for the TRIBE community and all TRIBE members will have the chance to vote on the charity in June 2016.

IF I AM JUST SPECTATING DO I NEED TO BUY A TICKET?
No need to buy a ticket. We love spectators, there will be lots of delicious food and entertainment after so come cheer on your friends and family and share this amazing day.

ARE THERE ENTRIES ON THE DAY OF THE RACE?
No!

IS THERE AN AGE LIMIT?
For anyone entering the half marathon, minimum age 18 on day of the race.

DO I NEED TO BE A REGULAR RUNNER?
With two different distances this year, we really hope that there is a race for everyone! It is your run so we want you to run at a pace that you feel comfortable and most of all HAVE FUN! We recommend that anyone running the half marathon, is either a regular runner or has been following a training plan, to make sure you are fit and healthy and ready to go.
3. ON THE DAY

**RACE DAY PACK.**

We will be sending all runners a TRIBE Race Day Pack 3 weeks before the event. This will include any last minute race day info, TRIBE snacks and your TRIBE t-shirt. It would be great to see lots of runners in the TRIBE t-shirts for the race.

**WHAT DO I NEED TO BRING ON THE DAY?**

We hope that the sun is shining. Please make sure you bring sun cream and any other sun essentials. The course will be off road and so it is important that good trainers or trail shoes are worn. Water will be provided on the day for free but please do bring your own as well.

**WILL THERE BE SOMEWHERE TO LEAVE MY BAG WHILST I RUN?**

Yes. We will have an area for runner’s bags. If you want to leave your kilt in our baggage tent in the race village then please attach your extra race number you will be given at registration to your bag. All baggage is left at the owner’s risk.

**WHAT TIME DOES IT START?**

The Half Marathon and 10K will be starting at 11:00.

We would recommend that all runners arrive at 10:00, at least (an hour before) to complete registration, soak in the summer vibes and enjoy the surroundings before the run. Race HQ will be open from 08:30 onwards.

**WHAT IS THE TERRAIN OF THE RUN?**

We will be running mainly on forest tracks, roads and towpaths through ancient woodland and graded road. The course is fairly hilly and you should wear shoes with good tread - decent running shoes will do.

**IS IT A RACE?**

If you want it to be! We will be timing the course if you want to challenge yourself or set a new PB. But here at TRIBE we love the community vibe that we create at our runs, so the atmosphere will not be a competitive one. We want each and every one of you to have fun! The cut off time for the course will be 2pm, giving runners three hours to complete their race.

**DO I NEED TO WALK THE COURSE OR WILL IT BE MARKED?**

The whole course will be fully marked with marshals around the course. Water and TRIBE snacks will be available on the course. The marshals are all volunteers so please give them a smile on your way round! Each race will be signposted accordingly, so please make sure you look out and follow the correct signposts, which will be clearly marked.

**ARE THEIR DRINK STATIONS ON THE COURSE?**

Yes, there will be water and fuel stations on the course. There will also be race photographers, so keep smiling!

**ARE THERE TOILET FACILITIES AVAILABLE?**

Yes!
**CAN I VOLUNTEER ON THE DAY?**
If you would like to help out on the day, we would love your support. A FREE one-month TRIBE Pack subscription will be offered to all volunteers.

**WHAT IF I AM UNABLE TO FINISH?**
If at any time you feel unwell or tired, we appreciate you may need to walk or drop out. If you have to drop out of the race, please find your nearest race marshal and just let them know your name and race number.

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**4. RACE FESTIVAL VILLAGE**

**WHAT FOOD AND DRINK CAN I PURCHASE AFTER THE RUN?**
The race will be followed by a festival to celebrate; runners and friends can relax in the sun by the lakeside at Cornbury Park. Throughout the afternoon, there will be Summer healthy BBQ and picnic vibes, craft beers, cold-pressed Summer cocktails from Orillo Vodka and music throughout the afternoon. Come and join in the summer fun.

After the race, we would love for you all to join us in the TRIBE race festival village for the afternoon. We will have an array of amazing post-run snacks and food options available. The festival stalls will be open for all to enjoy and we will shortly announce the line-up!

**FESTIVAL ENTERTAINMENT**
You do not have to be a runner to enjoy the day! Invite family and friends to come and cheer you on and experience a unique day out in the beautiful ancient woodlands of Charlbury (home to wilderness festival).

**WHEN DOES IT FINISH?**
Have a great run and indulge in the summer vibes by the lake after your run before heading back around 6pm.
5. MEDICAL ADVICE

If you have any medical problems or injuries, please discuss these with your GP before running at this event. If on the day you feel at all unwell please do not run. Also if you have been unwell in the lead up to the race, again please DO NOT RUN. Make sure that you feel healthy, ready to go and hydrated to make it a great run. There will be full professional cover on the day. Please remember drinking too much can cause over-hydration.

There will be first aid on site, so if you feel unwell at any point throughout the day, please contact a member of the medical team straight away.

IF YOU HAVE ANY OTHER QUESTIONS, PLEASE FEEL FREE TO CONTACT US ON:

TEAM@WEARETRIBE.CO