



Caraway Care Home Half Marathon

Saturday 28th June

Dear Participant,

Thank you for joining us for Caraway's Care Home Half Marathon fundraising event! Whether you're running or cycling, your involvement is helping to raise vital awareness and funds to support older people in our city, particularly those experiencing loneliness.

Please note that this is a low-key, self-guided event. Caraway will provide the route suggestions for runners and cyclists. We will meet together at the start of the route and then run at each of our own paces from there. You will be responsible for your own navigation and supplies. There will be no route markers or marshals at this event and you are responsible for your own travel to the start and from the finish.

Useful Contacts

First Aid Support on the day – Peter Wood – 07989 940073

In case of emergency – dial 999

Event Organiser – David Hendra – 07466 914671

To ensure everyone's safety and enjoyment, please take note of the following recommendations and responsibilities:

Participant Guidelines

- Ensure you are medically fit to participate. If in doubt, consult your GP before the event.
- Wear appropriate footwear and clothing, and dress for the weather conditions.
- Hydrate well and bring a refillable water bottle.
- Helmets are mandatory for all cyclists.
- Be aware of your surroundings and follow the instructions given.
- Carry a fully charged mobile phone, and keep emergency contact details with you.



- Use pavements, cycle lanes, and safe crossings wherever possible. Please avoid busy roads.
- Be respectful to other participants, the public, and care home staff.

Weather & Health

- In case of severe weather, we will communicate any changes.
- Do not participate if you are feeling unwell or have symptoms of a contagious illness.

Emergency Procedures

- First aid support is available and emergency contact details will be collected from participants.
- In case of emergency, dial 999 and notify the event organizer as soon as possible.

Participant Declaration & Agreement

Please read and sign the agreement below to confirm your participation.

I, the undersigned, confirm that:

1. I have read and understood the participant guidelines for the Caraway Half Marathon event.
2. I am physically fit and able to take part in this activity and understand the risks involved.
3. I accept full responsibility for my own safety and wellbeing during the event.
4. I give permission for Caraway to contact me in the event of an emergency.

Name: _____

Signature: _____ (Electronic signature accepted)

Date: _____

Emergency Contact Name & Number: _____

Thank you again for your support. We are excited to have you with us for this special day!

Love

The Caraway Team