

# Midsummer Dream 2009 - Final Info

## From 12:17pm on Sat 20<sup>th</sup> June 2009



**Collect your number on the day.**

This is a dry-only run with no pubs.  
The consumption of alcohol is forbidden during the run.

**Held under the Association of Running Clubs rules. Permit applied for.**

Well, here it is ... final info for the reborn Midsummer Dream. Remember, this will not be a race – no times will be recorded and no results produced. It will be a scenic and social run with plenty of opportunity for music, mirth & merriment afterwards.

**Midsummer Music For Life** will run from noon to midnight and feature lots of live music, stalls, tombola, raffle, games, fireworks, bar, hog roast, cream teas, cakes, etc.

**The clockwise route** (sorry, got it wrong on the entry form!) is **just under 17m**, actually the same distance as the old one. I think it's an improvement with some gorgeous running through the woods after the cream tea. It will be marked to at least the traditional standard in most places but more comprehensively on the new parts. There will also be a **course description available on the day and for download** a few days before. There will be back markers, and marshals at some road crossings. The route is at [www.mapmyrun.com/run/united-kingdom/beer/106124280359970596](http://www.mapmyrun.com/run/united-kingdom/beer/106124280359970596) and a regular map on the event page of our website. The cream tea will be at 9½ miles and water stations about 3, 6 and 14 miles. (Be aware of the relatively large distance between teas and the last water station, particularly if it's hot.)

**Please keep to the official route around field edges** – if you can go straight across the marking will reflect that. **Leave gates as you find them**, follow the countryside code, respect other pedestrians and generally behave yourselves. It's not a race so don't worry about having to wait to cross roads and the like. Since the route won't be as fully marshaled as a race **you will need to check in at each water station and cream tea.**

First aid will be provided by St. John Ambulance, contactable via the emergency numbers (which would be worth writing on the back of your number). The first will be kept at the start/finish and the second wherever I am: primary 07871 194930, secondary 07855 917467. There should also be people who are qualified first aiders through their work at the second water station (Beckham Cottage), cream tea, back markers and possibly the last water station.

**The start and finish will be at the Midsummer Music For Life event at Beer Albion Football Club**, twelve hours of music from noon to midnight with refreshments (including those of an alcoholic nature) and entertainment. You can therefore still combine running with drinking and socialising, albeit serially rather than in parallel. And then stagger over to the Fountainhead beer festival the next day!

The football ground postcode is EX12 3DY. However, its centroid (where satnavs will probably take you) is at the southeastern end of the lane but you must approach from the northwestern end due to a one-way system in force that day – the route will be signposted from the A3052 at Hangman's Stone (see map on our website).

Your number will give you access to the Music For Life event field after registration but other halves etc. will need to cough up £5 to get in. No dogs on the site although you can have them in the car park and run with them (you'll just need to pick 'em up outside after you start). No barbecues or fires. You will need to get your hand stamped after finishing if you want to leave then re-enter the event field.

The Over The Hill And Farway 10K is nearby on the Sunday for those who need a bit more running over the weekend – see [www.farway.devon.sch.uk](http://www.farway.devon.sch.uk).

Finally, many thanks to Michael White at ARC for his helpful, pragmatic approach enabling us to secure a permit for this event.



Garry Perratt / LMRB  
Garry.Perratt@AxeValleyRunners.org.uk  
01297 34604

