



**Fun Run in support of Alzheimer's Research UK
Friday 26 July 2019**

Where to be and when

The Fun Run takes place on the Grand Prix track at Silverstone after the Classic's qualifying sessions have concluded on Friday 26 July. It is open to all those aged 18 and above who have pre-registered on the day with Alzheimer's Research UK on their stand (at the Village Green) before 17:30 for a suggested donation of £5. Those aged 16-17 are also welcome to take part but must have their disclaimer signed by a parent or guardian aged 18 or over. The Run will start at 18:45 from the National Paddock, so please head over to the assembly area for 18:30 so that you're there in good time for the start. Please ensure you are wearing your wristband; this shows us that you have signed-up to take part and you won't be permitted to take to the track unless you are. In addition, if you arrive to take part after the tail walker/ runner has departed, you won't be permitted to take part. Please follow the directions of the Silverstone Classic and the Alzheimer's Research UK teams at all times.

The Run itself

The track is a little over 5K long and you will complete one, almost full lap of the circuit. Simply follow the circuit around until you are directed to rejoin the National Paddock by a member of the Silverstone Classic team. The Run will be closely monitored at all times by a team in Race Control and a tail walker/ runner will see the last runner safely to the end of the Run.

Keeping yourself well hydrated

Please ensure you are well hydrated at the start of the Run and we suggest you bring your own bottle of water with you to the start which you can retrieve at the end of the Run (or you can run with it). The nearest water refill point is located in the National Paddock facility and there will also be a water dispensing point at the finish. If you feel unwell, or have injured yourself in any way and feel you should not continue running, stop and let your fellow runners know – our spotters in race control will be monitoring the Run and will advise the team on-the-ground of any issues they may identify.

Anyone thought to be under the influence of alcohol or drugs will not be permitted to take part.

Please do also ensure you are wearing appropriate clothing and footwear.

Take a moment to enjoy it

Savour the moment as you run round the home of British motor sport and, once you have successfully completed your lap of the track, enjoy your victory on the podium and have your photo taken before heading to the concert stage area to enjoy an evening's celebration of Woodstock!

Thank you!

Thank you for supporting Alzheimer's Research UK by taking part in the Silverstone Classic Fun Run. Every penny donated will go towards funding vital research to better understand, diagnose, treat and reduce the risk of dementia. This year, money raised at the Silverstone Classic will go directly to Sir Jackie Stewart's Race Against Dementia Fellowship scheme, which is administered by Alzheimer's Research UK.