

Strathmore Annual Run

Runner's Guide

Welcome to the Strathmore Annual Run. Whether you are a first-time participant or a returning runner, this guide will help you prepare, stay safe, and enjoy the event while supporting the University's scholarship drive.

1. Before the Run

✓ Registration & Confirmation

- Ensure you have successfully registered through the VC Run portal.
- Keep your confirmation email/SMS for smooth check-in on race day.

✓ Training & Preparation

- Begin light training at least 2–4 weeks before the event.
- If running longer distances (10 km or 21 km), incorporate interval runs, long runs, and stretching routines.
- Hydrate daily in the days leading up to the race.

✓ What to Bring

- Running shoes (broken-in, not brand new).
- Your Strathmore Annual Run T-shirt (or collect one during kit pickup).
- A light jacket for the early morning cold.
- A cap or sunscreen.
- Minimal valuables.

2. Kit Collection

Details are communicated through email/SMS notices. Typically included:

- Official Strathmore Annual Run T-shirt
- Race number / Bib
- Safety pins
- Wristband or timing tag (depending on distance)

NB: Collect your kit early to avoid queues and allow time to prepare.

3. Race Day Guide

✓ Arrival

- Arrive **at least 45 minutes** before your flag-off time.
- Use the designated entry points and follow the volunteers' instructions.

✓ Warm-Up

- Join the official warm-up session led by fitness instructors.
- Light jogging and stretching will help prevent injuries.

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✓ Start Times

- **21 km** – Flag-off around 7:00 a.m.
- **10 km** – Flag-off around 7:10 a.m.
- **5 km** – Flag-off around 7:20 a.m.
- **2.5 km Family Walk** – Shortly after the main races

(Exact times may vary; follow the official programme.)

4. On the Course

✓ Safety First

- Follow marshals' directions at all times.
- Stay within the marked lanes.
- Report any medical issues to volunteers stationed along the route.

✓ Hydration

- Water points are located at strategic intervals.
- Drink small amounts regularly. Do not wait until you feel dehydrated.

✓ Pace Yourself

- Maintain a comfortable pace, especially in the first half of your run.
- Consider using a run-walk strategy if you are new to distance running.

5. After the Run

✓ Finisher Area

- Collect your finisher's medal.
- Proceed to the cool-down and stretching zone.
- Enjoy the refreshments and post-run activities (music, food stalls, social sessions).

✓ Medical Support

- A medical tent is available for injuries, dehydration, or discomfort.

6. Sustainability & Courtesy

- Dispose of bottles and waste at the designated bins.
- Be respectful to fellow runners and volunteers.
- Support the scholarship mission by encouraging friends and colleagues to register.

7. Join the Strathmore Strava Club!

Stay motivated, track your progress, and connect with fellow Strathmore Annual Run participants all year round by joining the Strathmore Strava community.

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How to Join

1. Download the **Strava** app from Google Play or App Store.
2. Create a free account (or log in if you already have one).
3. Search “**Strathmore Strava Community**” or “**Strathmore VC Run**” under *Clubs*.
4. Tap **Join Club**.
5. Start recording your training runs, participate in challenges, and share your milestones with the community.

Joining the Strava club helps us build a vibrant running culture at Strathmore, track our collective training progress, and keep the VC Run spirit alive throughout the year.

8. Final Encouragement

Thank you for being part of a run that changes lives. Every step you take and every kilometer you cover contributes directly to enabling bright, deserving students to access quality education through scholarships.