



The Guide Dogs 5K event guide



Sutton Park,
Birmingham

Sunday 30
October 2022

#GD5K

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Welcome

We are excited to welcome you to Sutton Park on Sunday 30 October 2022. To make sure your day is pawsome please ensure you read this event guide.

The Guide Dogs 5K is not just your average run. Whether you run, walk or jog you'll be greeted by our incredible dogs at the finish. Now that's what we call motivation!

After you're done, the fun's just begun. Stick around for music, inspiring talks, face painting and doggy demonstrations as we celebrate our amazing charity.

Our team are always happy to help, so do get in touch if you have any questions.



events@guidedogs.org.uk



0345 143 0200

Your race pack

All race packs and fundraising rewards will be sent out two weeks prior to the event in the post. For those who sign up after Monday 10 October, these will be available for collection in the Event Hub on the morning of the event.

If you purchased more than one entry, all race packs and event emails will be sent to the lead booker.

Please ensure you complete the emergency contact details on the back of your race number for all participants.

There are plenty of additional resources also available to download at bit.ly/eventsresources such as a selection of fundraising resources and your bespoke 5K training plan.



Fundraising

In the UK, one more person loses their sight every six minutes. Whilst there is no set fundraising target, any money you can raise will help us train more puppies and transform the lives of people with sight loss.

Here's a few tips to get you started

1

Set up your JustGiving page, it's quick and easy to do. Simply visit justgiving.com/campaign/TheGuideDogs5K2022



2

Shout about your challenge. Spread the word, sharing your link so everyone can sponsor you.



3

Download our fundraising resources at bit.ly/eventsresources



No matter where you are on your fundraising journey, we're here to help. Our team are full of top tips and ideas for fundraising, please get in touch to pick our brains.

Fundraising rewards up for grabs!

To thank our fabulous fundraisers, we have a selection of Guide Dogs goodies up for grabs.

All fundraising rewards will be sent out two weeks prior to the event in the post with your race pack. Totals will be taken on Monday 10 October. Those who meet their target after this date can simply collect their fundraising rewards in the Event Hub on the morning of the event.



Dog ears and a nose will be sent to all fundraisers who have an active fundraising page with a donation.

A bespoke fundraising star race number and a professional on-the-day doggy photo will be sent to those who reach their £125 target.



Your donations will help children like Caitlin

Caitlin was born with congenital glaucoma and underwent almost 50 operations before her fifth birthday. Caitlin says:

“ I knew a guide dog could help me be even more confident and independent, but I never expected to gain a best friend as well. Honey puts a smile on my face every day with her puppy eyes and wagging tail. She’s my reason to get out of bed in the morning and have a great day. We’re a perfect match.”



Getting there

**Address: Sutton Park, Park Road,
The Royal Town of Sutton Coldfield,
B74 2YT.**

The Event Hub will be in the field next to the visitor centre. Please use the Town Gate entrance.

Parking is available here but is limited. Where possible please car share or use public transport. The postcode for satnav users to this entrance is B73 6BU.

If you're using public transport, it's a short walk to the main entrance from either the bus station in central Sutton Coldfield or the Sutton Coldfield rail station.

You can also park at The Gracechurch Centre for £1, which is a short walk away from the start.



Event day schedule:

10am – Event Hub opens

Come say hello, have a look at our stalls and drop off your bag!

10.50am – Warm-up

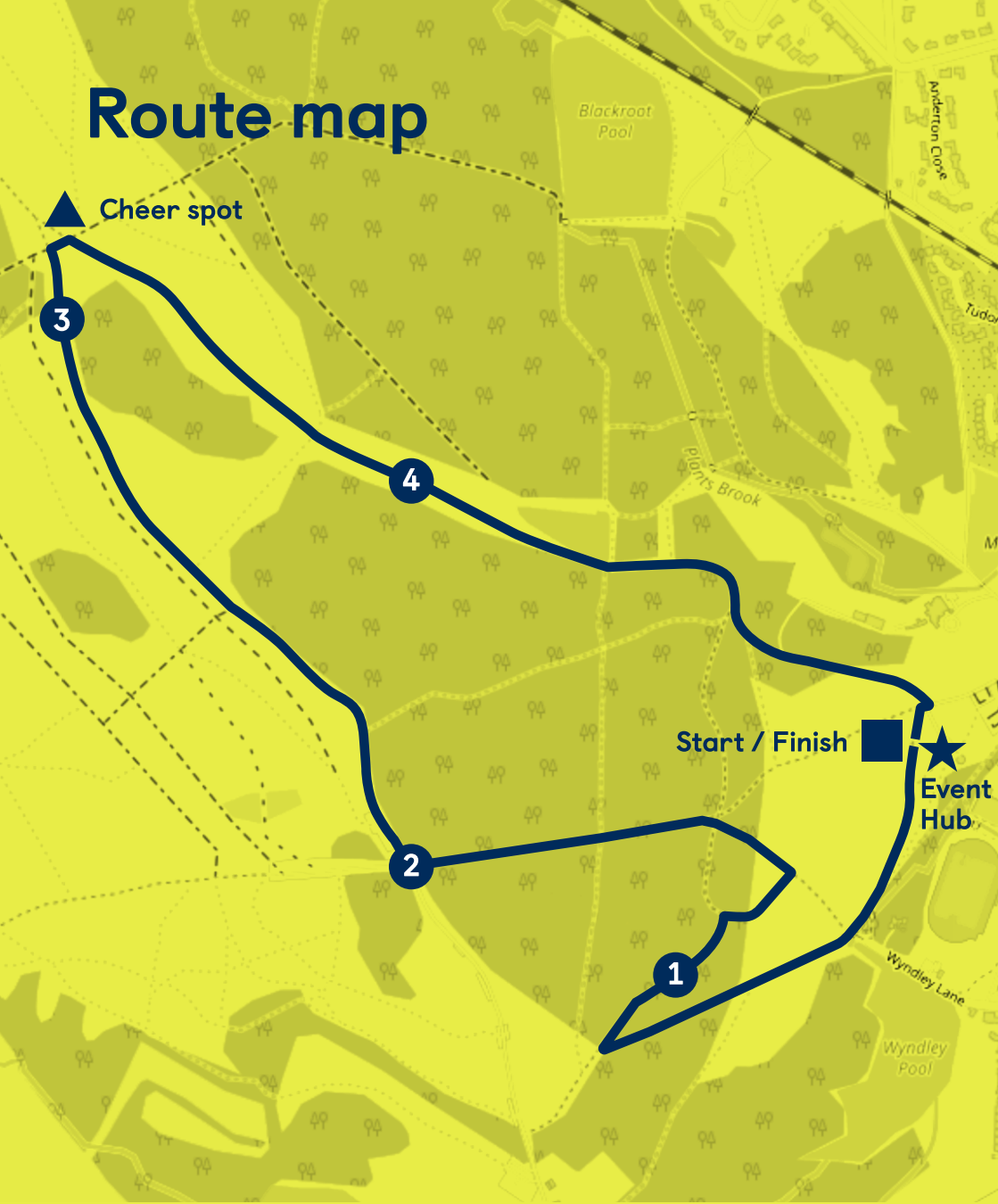
You don't need to sign in, but make sure you arrive in time for our fun warm-up to get you prepared.

11am – Event starts

The hooter sounds and the race commences. You may be set off in waves at this point.

2pm – Event Hub closes

Route map



Cheer spot

3

4

2

1

Start / Finish

Event Hub

500m

KM marker





Event Hub amenities

Here you will find:

- Toilets
- Catering
- Information point
- Warm-up area
- Bag drop
- First aid
- Plenty of stalls and activities to get involved in
- Guide dog demonstrations



Plus, you'll get to meet dogs just like Rosie

When Rosie arrived at training school, she settled in well – her fun personality was loved by all the staff! During her time at training school, Rosie consolidated the skills that she had previously learnt with her puppy raiser, and she also learnt new skills specific to her future role as a guide dog. Rosie was introduced to the guiding harness, learnt how to avoid obstacles, and learnt how to locate objects such as a chair or crossing box.



Join the conversation

We want to share your day! Selfies, pre and post run photos, fundraising progress – please join our #GD5K community.



@GuideDogsEvents



@GuideDogsEvents



@Guide_Dogs_Events



For all the latest event updates, like us on Facebook.

Photos will be taken on the day, if you would prefer not to be part of these simply pick up a sticker from the information point on the day.



Bringing your dogs

Dog care and welfare is at the forefront of everything we do. We ask all attendees to please follow these guidelines as there will be guide dogs and pet dogs attending the event.

When a guide dog is in their white guiding harness it means they're working, so it's very important that you don't distract them by touching, feeding or talking directly to the dog.

Please always ask the owner if they're happy for you to interact or talk to their dog before doing so.

If you're planning to bring your pet dog:

- We ask that you only bring one pet dog per participant, and make sure you always have full control.
- All dogs need to be kept on a lead throughout the event. Please don't use a flexi lead.
- All dog waste needs to be cleared up and correctly disposed of throughout the event. Please bring your poo bags with you on the day.
- If your dog is planning to take part in the race with you, please make sure your dog is fit healthy and able.
- If your dog becomes stressed during the run or within the Event Hub, it's important that they don't continue. Please speak with a member of our Events Team who can help direct you to a calm area.
- Please don't bring your dog if she is in season.



For FAQs please visit
guidedogs.org.uk/the-guide-dogs-5k

✉ events@guidedogs.org.uk

☎ 0345 143 0200



Registered with
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REGULATOR**

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