



# The Delicious Dart Trail

... a food fest on the run!



SATURDAY 25th MARCH 2017 Totnes to Dartmouth, Devon

## EVENT INFORMATION

### START TIMES:

Please find your name on the start list by clicking this [link](#) (or see attached Xcel doc.) The first tab of the spreadsheet lists all runners in alphabetical order by surname. The remaining tabs group runners together into start waves (so that you can check out who else is starting at the same time as you).

- i) Please check you are entered for the correct distance and make a note of your start time.
- ii) To aid the smooth running of the event, we ask you to stick to the start time allocated to you.

### CANCELLATIONS:

If you are no longer able to take part, please email [hello@deliciousdarttrail.co.uk](mailto:hello@deliciousdarttrail.co.uk) and where possible we will reallocate your place to someone on our waiting list.

### FERRIES:

**10 mile runners:** A 98 seater ferry, the 'Christie Belle', will make two trips from Dittisham to Dartmouth at 13.50 and 14.50. The cost of the ferry is included in your entry fee.

**15 mile runners:** A non-stop shuttle service will operate across the Dart from Dittisham to Greenway. At Kingswear the much larger passenger ferry (i.e. not the car ferry) will shuttle you to Dartmouth. The cost of both ferries are included in your entry fee.

### CUT-OFF AT DITTISHAM:

An official backmarker will sweep the course, reaching Dittisham no later than 14:30 and Dartmouth no later than 15:45. However, 15 Mile participants are advised to arrive at Dittisham well before the 14:30 cut-off to ensure they have enough time to complete the final 5 miles to Dartmouth before 15:45. Runners who fall behind the official backmarker risk arriving at food / drink stations to find them closed. Be warned!

**On the other hand, please be aware that runners are not expected to arrive in Dittisham before midday. Those who do so risk being denied access to the Greenway Ferry until midday and / or risk arriving at the food stops at Greenway, Noss and Kingswear before they open. Again, be warned!**

### RETIRING FROM THE EVENT:

If you are injured and/or retire from the event at any point, you must notify the Event Director by texting / calling 07833 586733.

### REGISTRATION

This year's event starts at Totnes Pavilion Leisure Centre, Devon, [TQ9 5XW](#). Please arrive at least 30 minutes before your allocated start time to sign in with our registration team and collect your running number. You will be served the first of the day's delicious food tasters before crossing the start line. Our registration desk will be open inside the leisure centre from 08:15. Dogs are not allowed inside the Leisure Centre.

### PARKING AT THE START:

There is (limited) parking at the leisure centre public car park (£1 per hour, £6 all day parking) and in other public car parks in Totnes. Please leave yourselves plenty of time to park and get to the start. We encourage runners, if they can, to get a lift to the start with family / friends or take public transport. Find more info on bus / train services and timetables [here](#).

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### **BAG DROP:**

Runners may leave a \*small\* bag at the start which we will transport to either Dittisham (10 mile runners only) or Dartmouth. Name tags will be provided and must be attached to all bags.

### **COURSE:**

The route will be way marked on the day and easy to follow. Participants will collect a list of all Food and Drink Stops on the route when they register at the start. Free samples and tasters will be given to all participants wearing a Delicious Dart Trail running number. A provisional route map may be viewed via the MapMyRun link on the Trail tab of the website [here](#).

### **ESSENTIAL KIT:**

- Water bottle or hydration system

There will be plenty of places to fill up with water enroute but in an effort to do our bit for the planet we will not be providing plastic cups. **Please bring your own water container.**

### **RECOMMENDED KIT:**

- Trail shoes - the majority of the course is off-road on wet and muddy paths.

- Waterproof Jacket

- Basic first aid kit - (blister) plasters; antiseptic wipes; 1 x wound dressing

- Mobile Phone

- Hat, cap or Buff

- Emergency money

### **FANCY DRESS:**

Don't forget this year's fancy dress theme is a mash-up of all the themes we've ever had across all three Delicious Trails: Superheroes & Superbaddies (Dart 2013), Monsters & Aliens (Dart 2014), Nursery Rhymes & Fairy Tales (Dart 2015), Under the Sea (Dart 2016), Elizabethans & Armadas (Drake 2014), Welcome to the Circus (Drake 2015), Sporting Legends (Drake 2016) and Saints & Sinners (Kernow 2016). Take your pick!! If you're saving money by recycling an outfit, why not make a donation to our charity partner CHICKS [here](#).

### **DOGS:**

Well behaved dogs are welcome on the course including the ferries but **must be kept on leads at all times.** Dogs are not permitted in Totnes Leisure Centre (the Start venue) so please leave them in the car or outside with a friend while you register.

### **FINISH:**

After arriving in Dartmouth by ferry, participants on both the 10 and 15 mile routes will go via RockFish Takeaway, Dartmouth Ice Cream Company and Cafe Alf Resco (all on Lower Street) before heading into the centre of town and finishing at the Old Market Square ([TQ6 9QE](#)) where there will be live music from 1.30pm - 4pm.

### **SPORTS PHYSIO:**

Liz from [Revolution Sports Physio](#) will be on hand at the finish offering sport massage in return for a donation to CHICKS charity.

### **PARKING IN DARTMOUTH:**

Limited paid parking is available near the finish at Mayor's Avenue car park in Dartmouth town centre. There is plenty more free parking available at the Park and Ride next to Tone Leisure Centre on the approach to Dartmouth. The Park and Ride bus service will not be operating on event day. Instead, take a local bus into town from the main road opposite the Park and Ride (outside Sainsbury's).

### **T-SHIRTS:**

If you would like to order a limited edition Delicious Trails T-shirt for collection from the finish, the deadline is Friday 3<sup>rd</sup> March. Check out the design and place your order [here](#).

### **PRIZES:**

On finishing, all participants will be awarded an engraved finishers' half pint glass and a goody bag.

Special prizes will be awarded to / for:

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**i) The runner who has best embraced the spirit of the event**

- win a Gin School Experience for two (RRP £125) courtesy of [Salcombe Gin](#)

**ii) The best fancy dress costume**

- win a £100 gift voucher from [Nkuku](#)

**iii) CHICKS fundraising prize**

- win a night for two at the [Dart Marina Hotel and Spa](#) (more details in the fundraising section, below)

It may not be possible to announce the award winners on the day. If this is the case, winners will be notified and vouchers sent out as soon as possible post-event.

**FUNDRAISING:**

The Delicious Dart Trail is proud to be partnering with local charity Countryside Holidays for Inner City Kids ([CHICKS](#)). We know that some of you have already downloaded a sponsorship form or created an online fundraising page to help raise extra funds for CHICKS. You don't have to collect huge amounts to make a difference. If you can help please visit the [Fundraising tab](#) on our website. Those who raise £50 or more will be entered into a prize draw to win a night's B&B at the [Dart Marina Hotel and Spa](#). If you think you will be eligible for the prize draw, [email](#) us.

**POST EVENT PARTY:**

[The Dolphin Inn](#), just next to the Old Market Square in Dartmouth, will be hosting a post-event party from 8pm with live music. See you there!

**SOCIAL MEDIA:**

If you're a Twitter aficionado and would like to send live updates from the course, please use the handle or hash tag [@delishtrails](#) or [#delishtrails](#)

If Facebook is more your thing, you can post to our wall <http://www.facebook.com/delicioustrails>

**SPECTATOR HIGHLIGHTS:**

Few events can beat the Delicious Dart Trail for mass spectator appeal. If your friends and family have been meaning to pay a visit to any of the participating pubs and cafés along the riverside route then Saturday 25th March is definitely the day to do it. Encourage them to come out and enjoy the carnival atmosphere and toast you as you run by! See [Trail Page](#) for route details.

**We would like to thank the following businesses for their generous support of this year's event:**

[Caterfood](#)

Cafe Alf Resco

Chunk of Devon

Clives

[Coast & Country Cottages](#)

DAPPA

Dart Marina Hotel and Spa

Dart to Mouth Deli

Dartington Dairy

Dartmoor Brewery

Dartmouth Ice Cream Company

Dartmouth Steam Railway & Riverboat Co.

Devon Distillery

Ferry Boat Inn

Fingals Country House Hotel

Greenway Ferry

Hunters Lodge Inn

Liberty Tea Parlour and Cocktail Bar

Luscombe Drinks

Lyme Bay Winery

Midfields Granola

New Lion Brewery

Nkuku

Otter Brewery

Palmers

Paul Barclay Designs

Portlebay Popcorn

Revolution Sports Physio

Riverford Field Kitchen

RockFish

Rocktails

Salcombe Gin

Sharpham Wine and Cheese

South Devon Chilli Farm

Steam Packet Inn

Tea's Me

Teignworthy Brewery

The Curious Kitchen

The Durant Arms

The Ferry Boat Inn

The Kitchen Table

The Maltster's Arms

The National Trust

The Oyster Shack

The Red Lion Inn

Tor Creative

Totnes Leisure Centre

Waterside Bistro