



Arena Group

SHEFFIELD FUN RUN

A group of children and a large penguin mascot are gathered at the start of a race. The children are wearing race bibs and some are wearing blue and white 'Valley Striders' shirts. The penguin mascot is wearing a blue cap with the 'Arena Group' logo and a blue shirt with the hashtag '#Run With'. The children are cheering with their arms raised. The background shows a blue sky and a tall tower.

YOUR RACE GUIDE

COURSE INFO | FIND YOUR NEXT CHALLENGE | DAY TIMETABLE & MORE!

ALL PROFITS FROM RUN FOR ALL WILL GO DIRECTLY TO THE JANE TOMLINSON APPEAL. ALL ENTRANTS ARE ENCOURAGED TO FUNDRAISE FOR THE CHARITY OF THEIR CHOICE.



WELCOME RUNNERS

There's not long now until your Arena Group Sheffield Fun Run, we hope you're ready and raring to take on the new event for 2022.

This guide is to help you get ready for the big day and answer any questions you may have; we want you to feel prepared so you can enjoy your day.

RACE NUMBER

Your race number is on its way in the post and will be with you soon. If you don't receive it, head to our Race Office in the Peace Gardens from 9am on Sunday 27th March. You will need to bring safety pins with you as your race number will need to be attached to your t-shirt but don't panic if you forget, just head to the Race Office and look for their big blue buckets where you will find spare pins.



GETTING THERE & AT THE START



Getting there

We've put together details of the easiest ways of getting to the start by bus, rail as well as the best places to park on our website [here](#). Please remember that there will be a lot of people travelling on event day. Together we can make a difference by using the great public transport on offer.



Where to meet

All runners are required to assemble on Arundel Gate for a warm up before the start of the race.

KEY TIMINGS

- 9.00am** Event site / Race Office open
- 9.45am** Assembly Open for Fun Run - Arundel Gate
- 9.55am** Warm up
- 10.00am** Fun Run Starts

TOP TIPS FOR THE DAY



Your supporters

I'm sure lots of fans are coming to support you! Please get them to head to the start/finish line so they can see you whizz past them and collect your finishers medal.



Baggage

Are you race ready? There isn't a baggage store for the Fun Run so please leave your bag and extra clothes with your family and friends who will be cheering you on.



At the finish


After you fly across the finish line, don't forget to high five the Arena Owl before collecting your goody bag. Running is thirsty work, so grab a free bottle of water too.

You will be directed to the collection point by our team of friendly volunteers where you'll be able to meet back up with your family and friends. This is where you can show everyone your brand new, shiny medal!



Big smiles

Please remember to pace yourself but, most importantly, enjoy your run! There will be a team of photographers on course who will want to see some of your cheesiest smiles. You'll get your personal photos emailed to you to purchase from marathonphotos.com the following week. Should you not wish for your photo to be used in this way, please contact info@runforall.com prior to race day.

And if you like to share your memories on social media, don't forget to tag  @runforall #RunWithArena



Warm up

To help you feel ready and raring to go, our friends from Sheffield City Trust will be offering a fun warm-up!



FUNDRAISING

JANE TOMLINSON APPEAL



Children taking part in the Sheffield Fun Run are encouraged to raise a small amount of money to help a local cause. They can, of course, choose any charity of their choice – or opt to support the event's official partner charity - The Jane Tomlinson Appeal.

The Appeal is the legacy of the late inspirational Jane Tomlinson CBE who made headlines worldwide by completing a series of seemingly impossible challenges – after being told she had incurable cancer and just months to live.

Jane, a mum-of-three, defied her diagnosis to take part in countless marathons and famously rode across Europe and the USA to raise funds for charity.

The Appeal aims to carry on Jane's extraordinary achievements by continuing to support children to be happier and healthier and improve the lives of people living with cancer through four key projects.

Kinesio Taping - non-drug therapy

Exploring the benefits of Kinesio Taping – and how it can alleviate pain in people living with cancer.

OWLS children's bereavement care

Support for children who have suffered the devastating loss of someone special, like a parent or sibling.

Children's health and well-being

Programmes to improve the mental and physical health of primary school children in disadvantaged areas.

Early detection of breast cancer

Supporting research into a blood test to detect breast cancer earlier, potentially saving countless lives.

EVENT VILLAGE

CLICK MAP
TO ENLARGE



KEY

- | | |
|---------------|---------------|
| 1 RACE OFFICE | TOILETS |
| 2 CHARITIES | WATER STATION |
| 3 GOODY BAGS | FIRST AID |



ROUTE MAP



CLICK MAP
TO ENLARGE

LEAVING NO TRACE

We want to enjoy the Sheffield Fun Run and part of that means leaving the city the way we found it. At Run For All we are committed to doing our bit for the environment. Recycling bins will be provided across the event site and we urge people to use the facilities provided.

Bins will also be provided over the 100 metres following the drinks station and we request that runners use these to help out clean-up crews. Should you wish to carry their drinks/gels beyond the provided bins, please pass any litter to your nearest marshal.

Let's work together to keep Sheffield green and encourage other runners to do the same.

GOOD LUCK!

To all the runners of Sheffield Fun Run, we hope you have a fantastic day!

Check out more of our 2022 events calendar at:

runforall.com



SPONSOR INFO....



We are delighted to welcome back Arena Group as the title sponsor of this year's Fun Runs supporting these events.

The workplace tech company has been a title sponsor since 2010, with the sponsorship forming a vital part of Arena Group's wider aims to support key community-based initiatives.

Arena Group, a Xerox Business Solutions Company, provides expertise in digital and IT services, copy and print, voice and communications, and document management.

Don't forget to tag your pre-race prep and on the day pics

#RunWithArena.

