



3rd Annual Montserrat Volcano Half Marathon & Fun Run/Walk Saturday November 26th, 2011

Are you looking for a challenging and unique road race on a small Caribbean island famous for an active volcano, its Irish Heritage and a rich music history. Then the 3rd Montserrat Volcano Half-Marathon & Fun Run/Walk on Saturday November 26th, 2011 organised by the Montserrat Running Club Inc. is the race for you. This strenuous and unique event gives participants a mountainous course that passes some of the key tourism attractions on Montserrat, including the active Soufriere Hills Volcano and provides some spectacular sea views along the way. Full Details on the event are included below.

Half –Marathon Fun Run Checklist

Date	Saturday November 26 th , 2011
Race Time	Half-Marathon – 6:00 a.m. Fun Run & Walk – 6:15 a.m.
Starting Point	Half Marathon – Blakes Football Field Fun Run/Walk – Cudjoe Head <i>Participants are asked to be at the starting points at least half an hour before the race. Transportation arrangements will be made for visiting participants to get to the starting point and also to get back to their accommodations after the race.</i>
Course Details (map attached and can change due to volcanic activity)	Half Marathon (13.1 miles) – The course* starts at the Blakes Football Field, and heads east towards the Old Bramble Airport, turns around at Blakes Estate, then back past the Lookout Housing Development, then past Glendon Hospital, down Sweeneys, Davy Hill to Carrs Bay, then to Little Bay past the Market and Cultural Centre, around Moose's Place, back to Carrs Bay, through Brades, Cudjoe Head, up Forgarthy, down St Peters, to Woodlands, past Runaway Ghaut to Salem, past Desert Storm, through Lower Friths and Doctor Woods and then turns around just before the entrance to Air Studios and back up to Desert Storm and down to the finishing area at Salem Park. <i>*This is an approximate course – a race map of the final course will be given to participants when they pick up their race kit</i>



	Fun Run/Walk (approx 5 miles) – From Cudjoe Head, up Forgarthy, down St Peters, to Woodlands, past Runaway Ghaut to Salem, right at Desert Storm, to finish at Salem Park.
Water Stops	There will be eight (8) refreshment stops on the course <ol style="list-style-type: none"> 1. At Blakes Estate 2. Around Murphys in Carrs Bay 3. Close to Moose's Place in Little Bay 4. Cudjoe Head outside Treasure Spot 5. People's Place on Fogarthy Hill 6. Runaway Ghaut 7. Doctor Woods 8. At the finishing area in Salem Park
Medical / Traffic	Red Cross and Ambulance services will be on hand and at the finish area. Half Marathon participants must be a minimum age of 16 on race day. Participants over 35 are advised to consult a doctor before attempting to train for or run the half-marathon. The Police Department will be assisting with traffic management.
Timing	Persons will be hand timed at the start and finish
Registration Fees	<p>Half Marathon Fee US\$25 for Local Residents US\$50 for Overseas Participants</p> <p>Fees will entitle Half Marathon participants to a race packet that includes a T-shirt and some Montserrat souvenir items. Souvenir Medals made out of volcanic material will be presented to all finishers.</p> <p>Fun Run/Walk Fee Free of Charge! Fun Run/Walk participants can register on the morning of the race at Cudjoe Head and also purchase race T-Shirts.</p> <p>Notes on Payments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Payments can be made in advance of the race or on the day when race kits are being picked. Race kits can be picked up the week of November 21st - 25th, 2011. <input type="checkbox"/> Cheques should be made payable to: Montserrat Running Club Inc. <input type="checkbox"/> Entry fees are non-refundable
Race Kits for Half Marathon	Race Kits for half-marathon participants can be picked up at the

	<p>Montserrat Tourist Board's Office in Brades from 8:00 a.m. to 4:00 pm during the week of November 21st - 25th, 2011. This will include T-Shirts, finalised race map, race bibs with numbers and several souvenir items.</p>
Prizes	<p>Half Marathon <i>Male Finishers:</i> 1st Place - US\$1,000 2nd Place - US\$ 750 3rd Place - US\$ 500</p> <p><i>Female Finishers:</i> 1st Place - US\$1,000 2nd Place - US\$ 750 3rd Place - US\$ 500</p> <p>Fun Run from Cudjoe Head to Salem Park 1st Place - US\$100 2nd Place - US\$ 75 3rd Place - US\$ 50</p> <p>1st Female Finisher – US\$100</p> <p>Fun Walk from Cudjoe Head to Salem Park 1st Place - US\$100 2nd Place - US\$ 75 3rd Place - US\$ 50</p> <p>1st Female Finisher – US\$100</p>
Pasta Dinner/Party	<p>A pasta dinner/party will be held the night before the race. There will be a separate charge for this.</p>
Race Bibs	<p>Half Marathon participants will be provided with race bibs which must be worn by all participants on the front of their shirt and affixed by pins or other material. Pins will be provided in the registration pack.</p>
Getting to Montserrat	<p>Montserrat is just a 15 minute flight or 90 minute ferry ride from Antigua and getting to the island is relatively easy.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fly Montserrat – www.flymontserrat.com <input type="checkbox"/> OnDeck (sailing charters) – www.ondeckoceanracing.com <input type="checkbox"/> Ferry Service – www.visitmontserrat.com/By_Sea

Accommodation	<p>Montserrat has a range of high quality, friendly villas, guesthouses, and one hotel and an eco-lodge and campground. For more information and rates go to the Where to Stay section of the Montserrat Tourist Board's website: www.visitmontserrat.com/</p>
CONTACT INFORMATION	<p>Montserrat Running Club Inc. P.O. Box 7 Brades, Montserrat Tel: (664) 491 2230/8730; Fax: (664) 491 7430</p> <p>E-mail: info@volcanorunner.com</p> <p>Website: www.volcanorunner.com</p> <p>Facebook: www.facebook.com/pages/Montserrat-Volcano-Half-Marathon/139901407963</p>



REGISTRATION FORM FOR 3rd MONTSERRAT VOLCANO HALF MARATHON

Saturday, November 26th, 2011

First Name:		Last Name:	
Sex (M/F):		Age (On Nov 26, 2011):	
Country of Current Residence:		Phone:	
Address:		Email:	
Town:		Province/Zip:	
Country			
Shirt Size:			
<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large	<input type="checkbox"/> Extra Large
Fees:			
Resident of Montserrat	<input type="checkbox"/>	US\$25 (EC\$67.50)	\$ _____
Overseas Participant	<input type="checkbox"/>	US\$50 (EC\$135)	\$ _____
TOTAL			\$ _____
I am Enclosing payment now <input type="checkbox"/> or I will pay at least by the day before race <input type="checkbox"/>			
<i>*Payments can be in cash or cheques which should be made payable to "Montserrat Running Club"</i>			

CONTACT INFORMATION

Montserrat Running Club Inc.
P.O. Box 7 Brades, Montserrat
Tel: (664) 491 2230/8730; Fax: (664) 491 7430
Mobile: (664) 496 6197
E-mail: info@volcanorunner.com
Website: www.volcanorunner.com

Facebook: Become a Fan at **"Montserrat Volcano Half Marathon"**

