

Leicester • Victoria Park  
8th July 2016

World tour 2016



non-competitive  
5k run/walk  
at 5.30 am



01/07/16  
**Nottingham**  
08/07/16  
**Leicester**  
15/07/16  
**Derby**



13/05/16  
**Verona**  
20/05/16  
**Milan**  
27/05/16  
**Torino**  
03/06/16  
**Modena**  
10/06/16  
**Bologna**  
17/06/16  
**Ferrara**  
01/07/16  
**Venice**  
08/07/16  
**Riva del Garda**  
15/07/16  
**Rome**  
09/09/16  
**Mantova**



04/06/16  
**Jacksonville**  
12/06/16  
**San Diego**

**Info Pack**  
[www.run530.com/uk](http://www.run530.com/uk)



Don't dream it. Be it!



**T-shirt and  
Medal included!**



# Welcome to RUN 5.30 Leicester



## From Sergio & Sabrina

Buongiorno Nottingham!

Thank you for signing up to take part in Run 5.30 Leicester on Friday 8th July.

It was amazing for us to see the wonderful people of the UK embracing the 5.30 concept last year and making the first ever international 5.30 a huge success!

5.30 continues to expand and has become a truly global event, with 10 events in Italy, three events in the UK and two events in the USA.

We have trusted our good friends at Perfect Motion to deliver the events in the UK on our behalf and you're in very good hands.

While we can't be there in person this year, we will be there in the 5.30 spirit and will be following the action via the social media feeds, so please upload your photos from before, during and after your run.

The UK will always have a special place in our hearts as the first country to host a 5.30 event outside of Italy and we hope that this series continues to grow to the same level as some of the Italian events.

Have a great day and we hope to see you soon,

Molto grazie,

**Sergio Bezzanti and Sabrina Serevi**  
The Father and Mother of Run 5.30

## From PERFECT MOTION

Dear Participants,

We're delighted to be bringing this event to Leicester after a brilliant first outing in Nottingham last year and again this year. Swathes of people turning the streets blue as the sun rises is quite a sight and a wonderful way to start the day.

It is important for us to reiterate that today's event doesn't take place on closed roads, it isn't timed and as such there are unique things to consider. While we have looked to limit areas where you may have to stop, there are a few areas where you may have to depending on the traffic.

This event isn't about getting to the finish first, it's about enjoying yourself and experiencing the city in a different light. So please keep your head up, take in what's around you and give way where necessary to vehicles or other path users.

We hope you enjoy your run,

**Nik Emmonds**  
Event Director, Perfect Motion

## Key information

### Schedule of the day

**04:30** Registration Opens in Victoria Park  
(If you have your t-shirt, you don't need to register)

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**05:15** Runners directed to the start line

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**05:30** Run 5:30 Leicester Begins

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**07:30** Event Close

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### Before you arrive

Every runner is required to wear their official Run 5:30 Tour t-shirt during their run. There are no runner numbers for this event, so this is how you will be identified by stewards as a participant in the event.

If you'd like to give yourself a bit more time in bed, then you can collect your t-shirt from New Walk Museum cafe on New Walk from 10am until 4pm on Thursday 7th July. Lori will be there waiting to hand your t-shirts to you.

New Walk cafe is located within New Walk museum: 53 New Walk, Leicester, LE1 7EA. For anyone who wishes to drive, the car park postcode is: LE1 6TP.

### Getting there & Car Parking

The event starts and finishes in front of the War Memorial Park in Victoria Park.

With this being a very early start, public transport will be intermittent depending on where you are coming in from. Please check your local bus time tables.

If you are driving to the event, then the Victoria Park car park will be open however, this car park is currently undergoing some works so the suggested alternative is the NCP on East Street which is open 24 hours a day. Please note that normal parking fees apply.

### On arrival

If you have already collected your t-shirt, then you have everything you need. Just gather in front of the War Memorial and wait for directions from the event staff.

If you still need to collect your t-shirt, then there will be a desk situated in Victoria Park where you can collect yours from. There is no need to register. Please also note that unfortunately there is no bag storage for this event, so please arrive ready to run.



## Key information

### Toilets

The public toilets in Victoria Park will be open before and after the event.

### Refreshment

We have arranged for All Terrain Cafe - Professional Barista style coffee with true Land Rover heritage - to be available before and after the event in Victoria Park for you to purchase from.

### Your run

Run 5:30 is very different to a normal running event. We don't close roads, there are no barriers and the event isn't timed. The onus is all about having fun and getting a bit of exercise.

It is important that participants keep to the ethos of the event and give way to other pedestrians and wait for traffic as required. We have implemented traffic management in a couple of places to reduce the amount of times you may have to stop, but please keep aware at all times and don't put yourself at risk by dashing out into roads or ignoring steward instructions.

**It is essential that you DO NOT cross ANY roads in any places other than where directed by event staff.**

### Finish

You will finish back in front of the Memorial in Victoria Park where a fresh fruit breakfast will be waiting for you along with water. You'll get an email after the event giving you the chance to download the photos of the event for free.

### Get social

The best way to see this event grow and grow is for the participants to tell everyone about it. We'd love to see your photos on social media, particularly those selfies you take during your run! Please tweet [@Run530UK](#), post to facebook [Run 5.30 UK](#) and instagram [@run530uk](#) [#run530](#) with your thoughts and images.

## The route

