



CRAZY 5 IN FIVE
2020



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inspiring society

CRAZY 5 IN FIVE: 9th - 13th MARCH

What will it entail?

- Running either 1, 2,3,4, or 5 half marathon distance runs in 5 consecutive days. Or Half a half or a team of 4 doing a 5.5km each relay leg.
- Mon- Thurs will commence at circa approx. 6:45am (depending on your pace). We aim to finish over Millennium Bridge around 9am -9:15am). Friday will commence at 2pm (depending on your pace.) We aim to come over Millenium Bridge at 4:15pm.

What is the course?

- A route has been mapped out taking in both the north and south embankment, Westminster, St James Park, Buckingham Palace, Green Park and Hyde Park

How many taking part?

- We are hoping for over 100 in total wanting to take part

What time does it start each day?

- Between 6:45am – 7:45am am each morning (depending on your pace) . 2pm on the Friday. It all depends on you predicted run time. If you are going to take 2hr 15mins to complete a half marathon then you will set off at around 7am so that you come over the bridge at around 9:15am.

Will I be left on my own?

- No. we are all running in pace groups. You will have to train so that you can run 13.1 miles in approx 2hrs. This is not a race. Each half will be run at a manageable pace. Each group will have 1 team leader.

How much training do I need to do?

- You must ensure you are following training plans from November. You need to be able to run a half in approximately 2hrs / 2hrs 15min and faster. If you are wishing to join in with the Crazy Group then you must be able to run 5 Half marathon every day in approx. 2-2hrs 15mins.
- If you follow the plans this will be easily doable

How much money do I need to raise?

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- We will have one joint Just Giving page whereby you can send it out to your friends and family. There is no minimum amount required. Just raise as much as you can via our site

Is there an entry fee?

- No

What will I have to wear?

- What you normally run with. It must be comfortable. We will have running tops for the event itself

Where will it start?

- At Millennium Bridge, on the North side

If I am running a half half (11km) where does it start?

- Just inside Hyde Park near Lancaster Gate Tube. Maps will be provided.

Where will the run end?

- As we run over the Millennium bridge on the north side

Do I have to complete within a certain time?

- You need to be able to run the half in approx.. 2hrs / 2hrs 15mins and under.

What if it's raining?

- We run in any conditions

What are the shower facilities?

- There are two showers in the basement of 95 QVS. If you are a member of Fitness First please use these showers so others can use the building ones
- We will be trying to secure guest showers at Fitness first and also Virgin Gym, Mansion House

Will food be provided?



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- It is your responsibility to ensure you have eaten your normal breakfast and to carry running gels if you need them
- We will have supporters at the half way mark handing out water
- It is your responsibility to ensure you have enough food for afterwards
- We aim to hand out breakfast goody bags post each run

Do I need to run all 5 days?

- No, absolutely not! Run 1 or 2 or 5. It's up to you how many you run
- You can run half a half every day if you wish
- Or take part in the Flexi or the relay.
- The ideal is that you try and do all 5 – that why it's called the Crazy 5!

What if I can't finish the 13.1 miles?

- We will all be running together so if you can't finish then you can jump on the tube
- Don't forget to take your tube pass with you on each run

Do I have to work in the office afterwards?!

- Well unless you use up holiday days, then yes! We are all expected to be back in the office and business as usual for the week!

Will there be drinks on route?

- We will have a supporter team of people who will meet us at the half way mark and be handing out water

How do I raise the money? Which website link?

- We will be setting up the Just Giving site nearer the time and this is the only site that we will use so we can collect all the money together