



St. Albans Striders

Midweek Road Race 7:45pm, Thursday 2nd July 2009



Race HQ:	St Albans Sea Cadets Hut, near Westminster Lodge Sports Arena, St Albans (marked as "Leisure Centre" on map below). The Sea Cadets Hut is approx. 600m from the start (map below); please leave yourself at least <u>10-15 minutes</u> to get there.
Parking:	There is <u>pay-and-display</u> parking near the Sea Cadets Hut. This is free after 6.30pm. If you arrive before 6.30pm then you can park 3 hours for free if you obtain a voucher from the ticket machine. BEWARE traffic wardens!
Changing:	There are limited changing facilities and toilets at the Sea Cadets Hut. There will also be toilets before the race at the sports track building. Showers and changing should also be available at the track building.
The Start:	7:45pm from the grassy area near Waitrose on King Harry Lane (indicated on map below)
The Course:	7 miles. Undulating, along country roads.
Refreshments:	There will be water en route and at the finish. Post-race refreshments at the Sea Cadets Hut.
Contact:	If you have any questions prior to the race, please contact Colin Braybrook on 01727 864548 or c_braybrook@hotmail.com . www.stalbansstriders.com

