

It's Grim up North Running April Fool's Day Marathon

Saturday 1st April.

Governing Body – The Trail Running Association

Registration is 8 am – 8:45am over the road from Steeton and Silsden train station

<https://w3w.co/amount.burn.volunteered>

Race Start is at 9:00

GETTING TO US

Your race will start at Steeton/Silsden and finish in Myrtle Park.

The start is 5 mins walk from Steeton and Silsden Train station.

If you chose to drive there is parking in Bingley centre near the arts centre or at Steeton and Silsden.

It is a point to point marathon. Our advice is to get the train to Silsden (07:56 or 08:13) we will run your kit back to the finish in Bingley.

WE STRONGLY RECOMMEND YOU JOIN THE FACEBOOK GROUP, WATCH THE VIDEO BRIEF AND HAVE THE GPX AND WORD DOCUMENT AVAILABLE.



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guide.docx



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Mandatory kit:

There are 2 feed stations and 3 water stations on route. You will be running over Ilkley and Burley moor and it can be exposed up there!

A cup/bottle for the feed stations (we do not carry cups)

Water and food

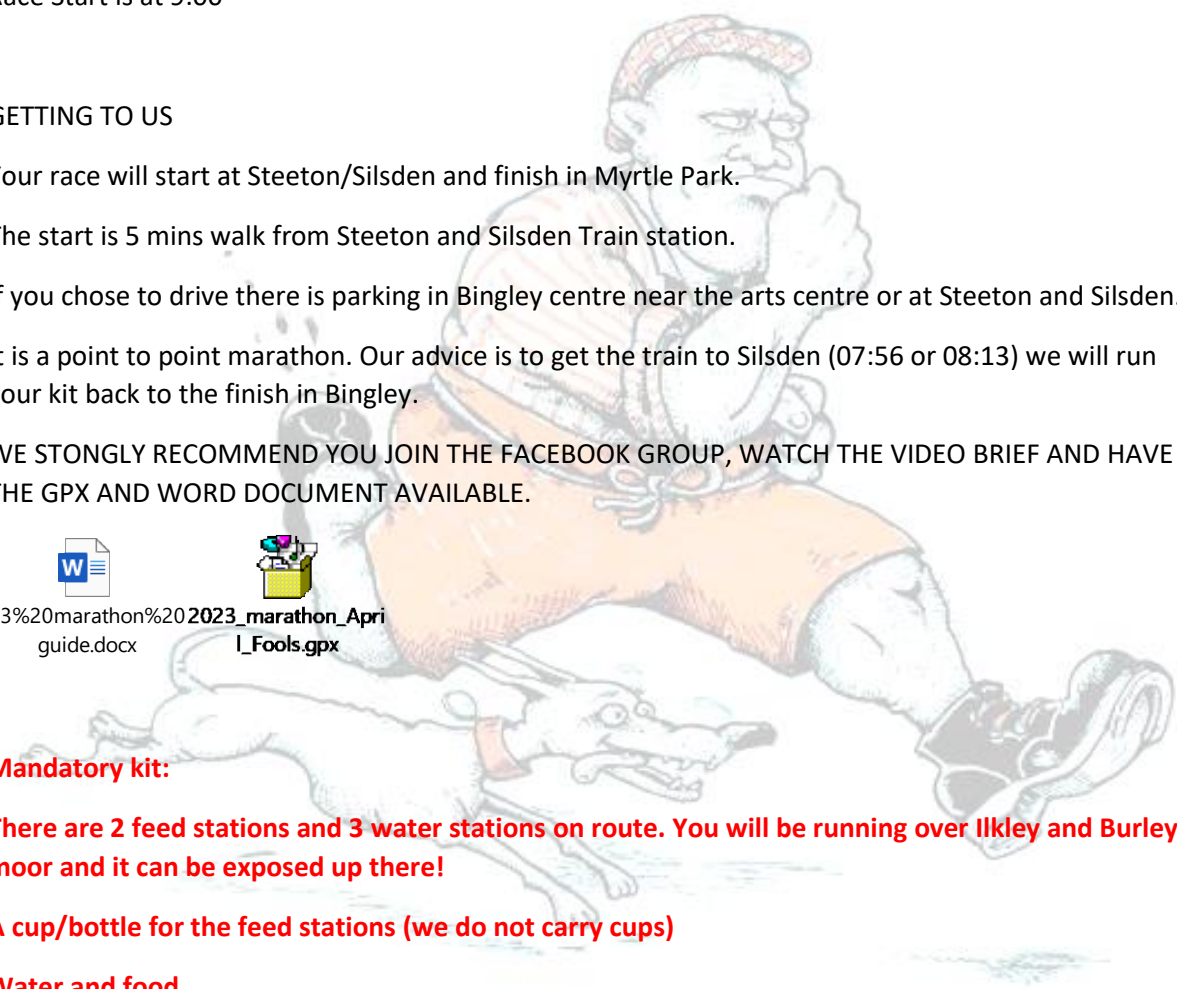
Hat and gloves

Bivvy bag/space blanket

A mobile with What3Words and the two emergency numbers on it

John – 07402315035

Diane - 0755076455



REGISTRATION & TOILETS Registration will take place just near to the start and finish area. Please do not leave it to the last minute to collect your numbers we want everyone to enjoy their day and stressing in a queue minutes before the race is not a great start. Please pin your race number on the front of your race garment. There are no toilets near the registration but there are toilets in Bingley and on the train.

RACE NUMBERS Please pin your race number on the front of your race garment, writing contact details and any medical conditions onto the back of your race bib. If you have a medical condition, please put a red cross on the front of your bib. Please do not leave it to the last minute to collect your numbers we want everyone to enjoy their day and stressing in a queue minutes before the race is not a great start. Race registration will close promptly as the times stated above. We need to make our way to the start/finish area.

BAG DROP All bags, coats etc can be left in the Park Hub at the start/finish, we will also transfer a bag from the start to the finish for you. We will do our best to keep an eye on them, but we cannot be held responsible.

THE COURSES There are multiple road crossings on course. There are times when you will be on exposed moors and hillsides and/or covering 'technical' sections please be careful

You are following yellow arrows on route some are council arrows marked "millennium way" some will be our race arrows.

The GPX is here:

<https://www.facebook.com/groups/357188812834440/permalink/637444991475486/>

The word guide is here:

RACE SHOES Trail (full stop).

THE IMPORTANT STUFF Please bring your own drinks for the event.

We do sell reusable runners cups at £5.00. Snacks and cold drinks will be available at the feed station. Hot drinks will be available at the end.

NUMBER EXCHANGE WITHDRAWAL, DEFERRALS, REFUNDS, CHANGES ON THE DAY ENTRIES. Numbers MUST NOT be exchanged. If numbers are exchanged, the runners will be disqualified from the race. We cannot issue refunds and to defer your entry we do need 7 days' notice – with the volume of requests for refunds and exchanges this is the only way to make the races viable. Any person believing, they need to self isolate should contact the organiser to discuss.

DURING THE EVENT Please do not run-in large groups Take a wide berth when approaching/overtaking runners, cyclists, dog walkers etc. Please be courteous to all other footpath users.

FINISH The finish is in Myrtle Park, Bingley. Your rewards will be at the end 😊

HEADPHONES We do not want to spoil the enjoyment of the event for the competitors, but we do not endorse the use of MP3 players, or similar devices, for the following safety reasons: • Runners cannot always hear the marshals' instructions. • Runners may not hear cyclists behind them and stray into their path. • Bone conduction earphones are allowed.

WEATHER AND CLOTHING Please keep an eye on the forecast and dress appropriately. We are looking forward to welcoming you to Grim. ENJOY YOUR RACE!

