***Hornsea Trail Event 25th October***

***Its Grim up North Runners Final Brief and Forthcoming Events.***

***Virtuals Events:***

***The Dales Way Challenge – Run the length of the Dales way virtually, over 78 miles in total, do 1 mile a day or 20 miler a day its your challenge. When you sign up, we will send you a mile by mile marker that you can tick off as you go. Sign up for a medal or a medal and t shirt – only 10 places left.***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/267***](https://bookings.itsgrimupnorthrunning.co.uk/book/267)

***Virtual Remembrance Day Challenge – Absolute Whopper of a Medal.***

***Run or walk any distance you like from the 1st to the 11th of November and reward yourself with the enormous Remembrance Day medal and we mean enormous. 15% of all profits will go to the British Legion.***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/272/add/1090***](https://bookings.itsgrimupnorthrunning.co.uk/book/272/add/1090)

***Virtual Bramley 10k – 1 week only left on this event – Fabulous medal, matching buff and £5 donation to St Gemmas Hospice.***

***Complete a virtual 10k and get your photo posted on Its Grim up North Chat and share your Success.***

***Virtual Halloween Fun Run – WHAT A BARGAIN - £7***

***Some Halloween fun for all the family, join us on this virtual event and get yourself a medal and chocolate. Run 2 miles in one go or in chocolate chunks, do it in fancy dress if you like and post the photos on the ‘Grim up North’ chat page and their will be even more goodies for the scariest spooks.***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/274/add/1092***](https://bookings.itsgrimupnorthrunning.co.uk/book/274/add/1092)

***Live Events:***

***Hubble Bubble – 31st October & 1st November***

***A Halloween themed event on the canal at Kirkstall. A flat, fast out and back route, distances of 5k, 10k, 10 miles, half marathon, 20 miles, marathon and Ultra – Phew***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/128***](https://bookings.itsgrimupnorthrunning.co.uk/book/128)

***The 2020 4 x 4 Challenge – 5th/6th/7th & 8th November***

***1, 2 3 or 4 days running on the canal at Kirkstall, fast and flat out and back. Choose from a 6 hour challenge, half marathon or marathon – fabulous single medal or joined up medal for all 4 days. Limited places.***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/140***](https://bookings.itsgrimupnorthrunning.co.uk/book/140)

***Nearly Kirkstall Abbey – 14th November –***

***Nearly at the Abbey but now on the Canal due to Covid Restrictions. Do you fancy an 8.8 miler, half marathon, marathon or an Ultra? We will be there…***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/141***](https://bookings.itsgrimupnorthrunning.co.uk/book/141)

***Old Mother Shiptons Shuffle I Knaresborough -22 November***

***Fabulous looped route starting from the centre of Knaresborough and climbing gently up through Parkland onto a disused railway track and back through fields. Great new medal for this year.***

***10k 1 place remaining***

***Half Marathon 16 places remaining***

***20 Miles 30 places remaining***

***Marathon 32 places remaining***

***Ultra 1 place remaining***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/149***](https://bookings.itsgrimupnorthrunning.co.uk/book/149)



**Hornsea Sunday 25th October**

***A great big welcome all our regular Grim runners and of course a big welcome to any first time Grim runners.***

***Thank you all for supporting this event. Let’s make this a great socially distanced day together.***

***Runners’ Brief***

***Governing Body – The Trail Running Association***

**GETTING TO US AND PARKING**

**PARKING** is at:

All races start on the seafront on the grassed area next to the Hornsea Leisure Centre. Race HQ is also positioned here. The postcode is HU18 1PZ.

**Car**: There is a large carpark on the sea front next to the leisure centre, council charges apply, (at the moment of writing this brief, all parking charges are waived, but please check on the day).

**THE IMPORTANT STUFF**

If you feel unwell prior to the event or on the day of the event, please DO NOT ATTEND. Please email [races@itsgrimupnorthrunning.co.uk](mailto:races@itsgrimupnorthrunning.co.uk) and you will be issued with a voucher to use at another one of our events.

Please maintain social distancing of at least 2 metre before, during and after the event.

Please bring your own hand sanitiser/hand wipes.

**Please bring your own drinks and refreshments for the event. Water will be available on the route but snacks will not be available.**

**Water will only be available in jugs at the feed station, water stations are approximately every 3 – 4 miles on the course.**

**The marshals will pour the water into your container (cup or bottle). Squashable Grim cups are available to purchase on the day. They are £5 each, if you wish to purchase one please bring your money in a sealed envelope.**

**Please take care not to touch the table, the jugs, the marshals, or other runners whilst you are stopped for water.**

**We would still prefer you to self-support for the race as this is the most ‘Covid Safe’ method of hydration.**

**PLEASE SEE THE ATTACHED LIST FOR YOUR REGISTRATION AND START TIME. This cannot be changed.**

**PLEASE STAY IN YOUR VEHICLE OR AWAY FROM THE REGISTRATION AREA UNTIL IT IS YOUR ALLOTTED TIME TO REGISTER.**

**Please stand behind the line at registration and socially distance from other runners and marshals. We will check all your details with you at registration**

Please be aware that you cannot change your distance on the day.

At registration you will be directed to a carrier bag. The bag will contain safety pins, your medal, a bottle of beer, a bar of chocolate AND Caths Cake. Please write your name and other details on the back of your race bib. This is important in case of any mishaps. Please take your bag and put it in your vehicle.

If you have come on public transport or foot/bicycle, please inform a marshal at registration and they will tell you where you can leave your bag and any other items you may have brought with you.

**NUMBER EXCHANGE**

Numbers MUST NOT be exchanged. If numbers are exchanged, the runners will be disqualified from the race.

NUMBERS MUST BE PINNED ONTO THE FRONT OF YOUR CLOTHING AND NOT THE BACK, IF WE CANNOT SEE YOUR NUMBER WHEN YOU ARE APPROACHING, WE WILL ASSUME YOU ARE NOT WITH US AND NO INSTRUCTION WILL BE GIVEN.

**TOILETS**

Public toilets are available. These can be found near to the start/finish area and registration area. Please ask a marshal and you will be pointed in the right direction.

**BAGGAGE DROP**

There WILL NOT be a baggage drop at the start/finish area. Please leave all your stuff in your car, or at a safe place in the car park shown to you by one of the marshals.

**START**

The starts for all the events will be staggered. 6 runners will be set off at a time. The 6 runners will be socially distanced at the start. Runners will be set off in groups of 6 every 5 minutes. We will be using a race clock to ensure that all runners are set off exactly at the allotted time. If you miss your allotted start time, you will be asked to wait until all the other runners have set off, (a wait of up to 1 hour). You will then be started at the back of the pack. Please socially distance whilst waiting for your allotted start time.

**DURING THE EVENT**

We have been asked by East Yorkshire Council to ask you the runners to please maintain a distance of at least 2 metres 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 users.

**THE ROUTE**

The route is flat and fast, starting on the seafront and more or less going straight onto the Trans Pennine Trail or the Hornsea Rail Trail as it is also known. There are lots roads to cross please take care. There will signs to warn you prior to the road crossing and signs to warn the road users, listen to the marshals instructions at all the road junctions.

**FINISH**

There will be two marshals at the finish line to note your finish time. This is not a chip timed event: your time will be calculated based on your start time.

Unfortunately there will only be water at the finish line, no other refreshments will be available. **We request that once you have finished, you please leave the area as soon as possible.**

**HEADPHONES**

We don’t 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.

**SORRY for all the rules and regulations! We hope to make your run as much fun as we possibly can without breaching all the guidelines!**

**ENJOY YOUR RACE**