

Final Race Instructions

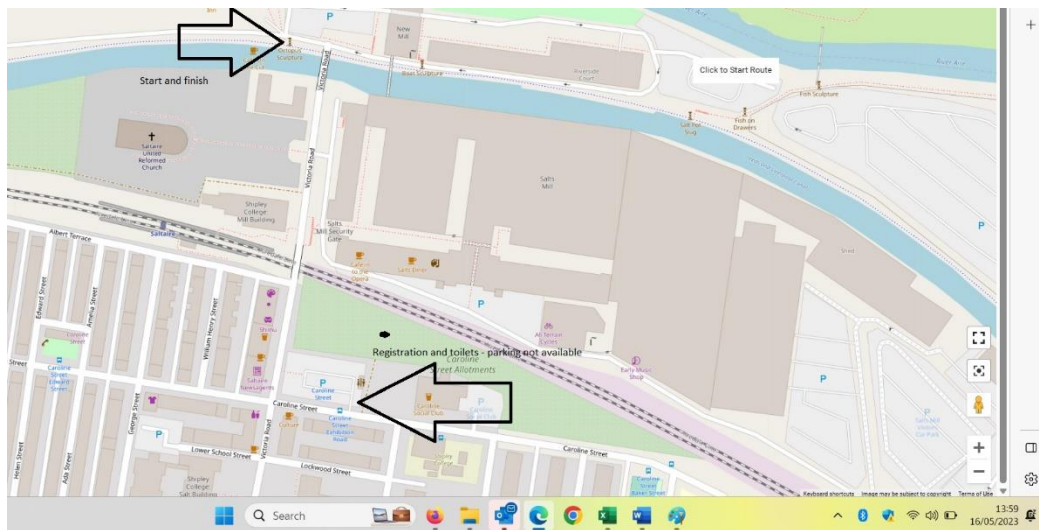
Its Grim up North Running – Autumn Sir Titus Fudge Trudge

GOVERNING BODY: The Trail Running Association

Sunday 29th September

RACE HEADQUARTERS:

Caroline Street Social Club, 5 Caroline Street, Saltaire, Shipley, BD18 3JZ



GETTING TO US AND PARKING

Trains: Saltaire Train Station (Trains leave Skipton and Leeds regularly and the Saltaire station is 100 yards from the start/finish area).

PARKING is at:

Car parking on the road in the centre of Saltaire is limited (READ THE SIGNS), Caroline Street and Exhibition Road is pay and display. There is parking on the outskirts of Saltaire but check for parking signs.

There are no parking spaces at the start of the race or by the canal.

FACILITIES

Toilets are available at Caroline Street Social Club – Public toilets sometimes available in the centre of Saltaire at the end of Caroline Street.

GRIM MESSAGE

Adam will be available for both pre-race and post-race massage. He his brilliant. You can pay by either cash or card.

REGISTRATION at Caroline Street Social Club

Distance	Registration opens	Start
Early bird	07:45	08:30
Ultra	08:30	09:30
Marathon	08:30	09:30
20 Miler	08:30	09:30
Half Marathon	08:30	09:30
10k	08:30	09:30
5k	07:45	08:30

BAGGAGE DROP

There will be a baggage drop, in the Grim van which will be available at the start and finish area.

THE ROUTE

The route is measured by Plot-a-route and Garmin.

5k route - <https://www.plotaroute.com/route/2253002>

10k route - <https://www.plotaroute.com/route/2253007>

10 Mile route - <https://www.plotaroute.com/route/2253012>

Half Marathon route - <https://www.plotaroute.com/route/2253019>

20 Mile route - <https://www.plotaroute.com/route/2253026>

Marathon route - <https://www.plotaroute.com/route/2253031>

Ultra route – is the marathon route with the 10k route at the end ☺

The course is run alongside of the Leeds & Liverpool Canal on the towpath. Underfoot is good.

Four roads are crossed on some of the distances. At these road crossings please take extra care and watch out for traffic. The roads will be signposted to warn you and other road users.

The courses will be marshalled and signed.

RACE SHOES

Road Shoes

DURING THE RACE

Please do not litter, take all gel wrappers etc with you or leave with a marshal.

We hope to start all the races promptly. Please inform a race official if you are unable to complete the course and need to withdraw for any reason, please hand your race number to the official. Please assist officials by making sure your number is visible. Always wear your race number on the front of your vest.

Please be aware of all other trail users and be kind and courteous.

THE RACE

The race starts and finishes in the same place.

All the races start at the bottom of Victoria Road, Saltaire on the Leeds & Liverpool Canal.

WATER AND FEED STATIONS

This is cupless event. All runners are requested to bring their own labelled, reusable cup or bottle. We are happy to fill your bottles before, during and after the event. We'll have feed stations every 2.5 miles. We'll provide water, squash, cola as well as crisps and savoury snacks. Please use the bins provided. If you don't have your own bottle/cup, we sell reusable, squashable cups for £5.

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.

YOUR REWARD AT THE END

Bespoke medal

All our events have lots of lovely things at the finish line. As we love to celebrate every runner's achievements. All our runners are winners.

WEATHER

Please keep an eye on the forecast and dress appropriately.

GRIM Looks forward to welcoming you next week.