

# Final Race Instructions

## Its Grim up North Running – Black Sheep Challenge

**GOVERNING BODY:** The Trail Running Association

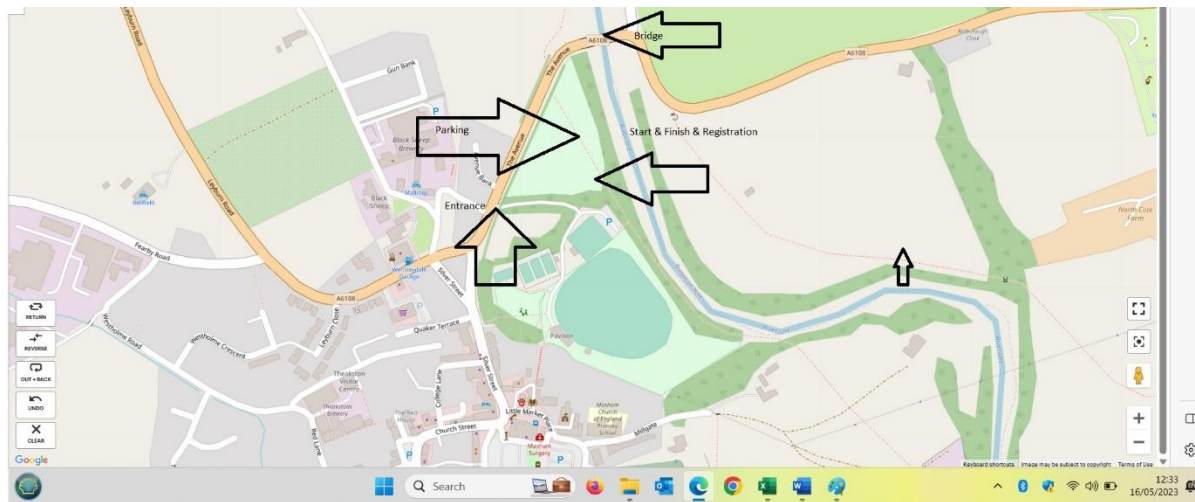
**Sunday 7<sup>th</sup> July**

**RACE HEADQUARTERS:**

### Nearest address

Silver Street, Masham, Ripon, HG4 4DY

We are in the park on your left-hand side has you come over the first bridge into Masham, coming North up the A1. We will stick a big yellow sign up, the nearest address is:



### GETTING TO US AND PARKING

**Car:** Park at the above address. If you park in the field at the start/finish area the charge will be £3.00 per car (all of which will go their charity).

### FACILITIES

Toilets are available within the park.

### 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

Distance	Registration opens	Start
3 hour and 6-hour challenge	08:45	09:30

## 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.

<https://www.plotaroute.com/route/2251610>

The route is a 3.55-mile loop

The route is on a mixture of River towpath, tracks and trails, fields, and back roads.

Three roads are crossed at these road crossing please adhere to the marshal's instructions, failure to do so could result in you being disqualified. PLEASE EXERCISE CAUTION WHEN RUNNING ON THE ROADS. RUNNERS MUST RUN ON THE LEFT-HAND SIDE OF THE ROAD WHERE IT IS SAFE TO DO SO – UK ATHLETICS RULES.

Parts of the course could be muddy if lots of rain prior to the event.

Part of the course may be dark, under foliage with lots of tree roots, please take care.

The course also has its fair share of stiles.

You will also run down the edge of an active golf course. Stick to the very edge of the course on the walk route.

The courses will be marshalled and signed.

## RACE SHOES

Weather dependant – if wet trail 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 users of the trail and be kind and courteous.

## **THE RACE**

### **HOW DOES THE CHALLENGE WORK**

Every time you complete a lap you will be given a band to put onto your wrist, you can do as many laps as you want and when you decide to finish you can ring our bell, this will indicate to the official timers that you have finished. You can do as many laps as you wish if you pass the start/finish area before the 3 hour/6 hour cut off, meaning if you go through at 2hrs 59 minutes/5 hours 59 minutes on the official's timer you can go on to do another lap, (although we may not love you for it 😊 )

Lap measurements

5k	– 1 loop
10k	– 2 loops
10 miles	– 3 loops
Half Marathon	- 4 loops
16.5 miles	– 5 loops
20 miles	– 6 loops
23 miles	– 7 loops
Marathon	– 8 loops
Ultra Marathon	– 9 loops and above

The race starts and finishes in the same place.

### **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 3.35 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**

**Respect**

**Black Ale Sausages**

**Black Sheep Cakes**

**Black Sheep Beer**

**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.**