

# Final Race Instructions

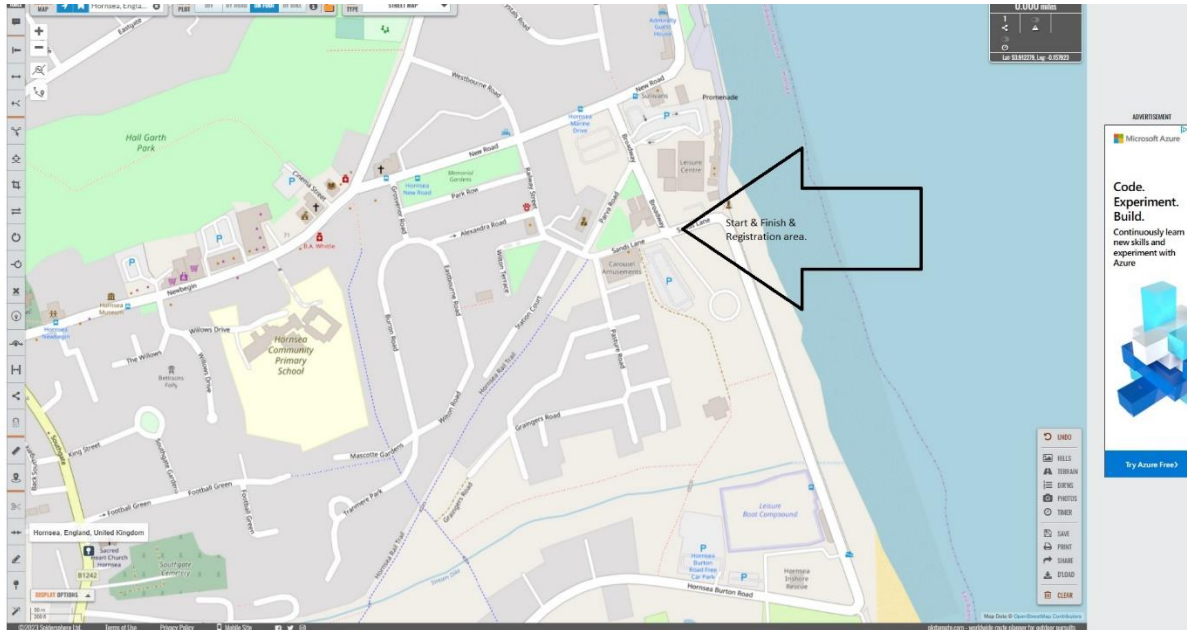
## Its Grim up North Running – Hornsea

**GOVERNING BODY:** The Trail Running Association

**Saturday 2<sup>nd</sup> September**

**RACE HEADQUARTERS:**

On the bracing Seafront HU18 1PZ.



### GETTING TO US AND PARKING

There is lots of Parking in Hornsea, council charges do apply.

### FACILITIES

Toilets are available within Hornsea Leisure Centre, next to the start/finish Registration area.

### 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

See map above.

Distance	Registration opens	Start
Ultra	08:45	09:30
Marathon	08:45	09:30
20 Miler	09:30	10:00
Half Marathon	09:45	10:30
10k	10:00	11:00
5k	11:00	11:30

## 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 – <https://www.plotaroute.com/route/2255096>

10k – <https://www.plotaroute.com/route/2255100>

Half – <https://www.plotaroute.com/route/2255108>

20 Miler – <https://www.plotaroute.com/route/2255115> x 2

Marathon – Is the half route twice.

Ultra – is the half route twice plus the 10k route 😊

This route is run along mainly good trail, which used to be the old railway line. There are road crossing but these will be signposted cautioning you the runner and all other road users. Always take your time and extra care at the road crossings

Water and feed station approx. every 3/4 miles. Marshals will be placed along the route.

## 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 users on the trail and be kind and courteous.

## **THE RACE**

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 ¼ 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**

**Happiness and achievement and you could even treat yourself to fish n chips.**

**Bespoke medal**

**All our events have lots of lovely things at the finish line. As we love to celebrate every runners' 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.**