

Final Race Instructions

Its Grim up North Running

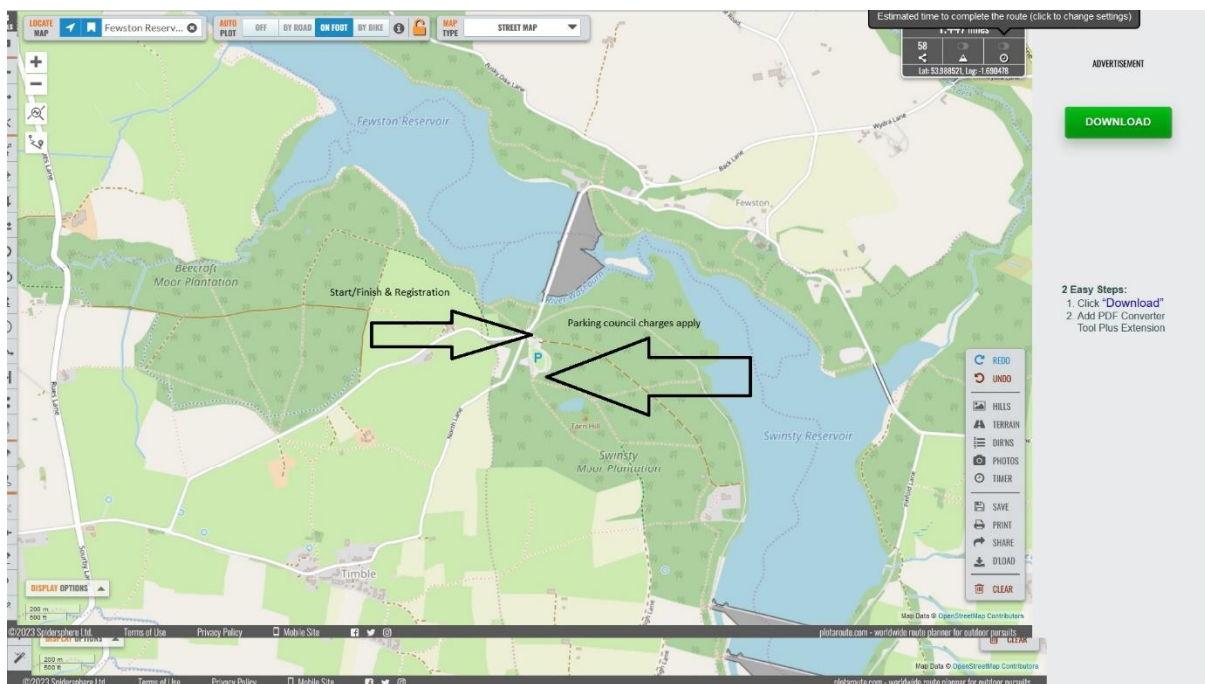
- Swinsty & Fewston

GOVERNING BODY: The Trail Running Association

Thursday 7th November

RACE HEADQUARTERS:

Swinsty Moor Car Park, LS21 2NP



GETTING TO US AND PARKING

See map and postcode above. Council charges apply.

FACILITIES

Toilets are available within the car parking 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

Is just off the edge of the car park (see map)

Distance	Registration opens	Start
6.7 miler	08:30	09:30
Half marathon	08:30	09:30
Marathon	08:30	09:30
Ultra Marathon	08:30	09:00

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.

Reservoir Dogs - <https://www.plotaroute.com/route/2255158>

Swinsty & Fewston 6.7-mile loop - <https://www.plotaroute.com/route/2255154>

Fewston Moonlit Meander - <https://www.plotaroute.com/route/2255162>

The route is undulating. The route is mainly on good path and trail.

ROAD CROSSINGS: There are a couple of small road crossings - PLEASE TAKE EXTRA CARE. Marshals are not allowed to stop traffic. The roads will be marked by a sign PLEASE DO NOT ENDANGER YOURSELF OR OTHERS.

There will be water/feed stations along the route approximately every 3 miles.

Marshals will be placed along the route at the turnaround points and on the water/feed stations.

RACE SHOES

Road Shoes – unless wet, the course is mainly good underfoot.

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 the course 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 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.