

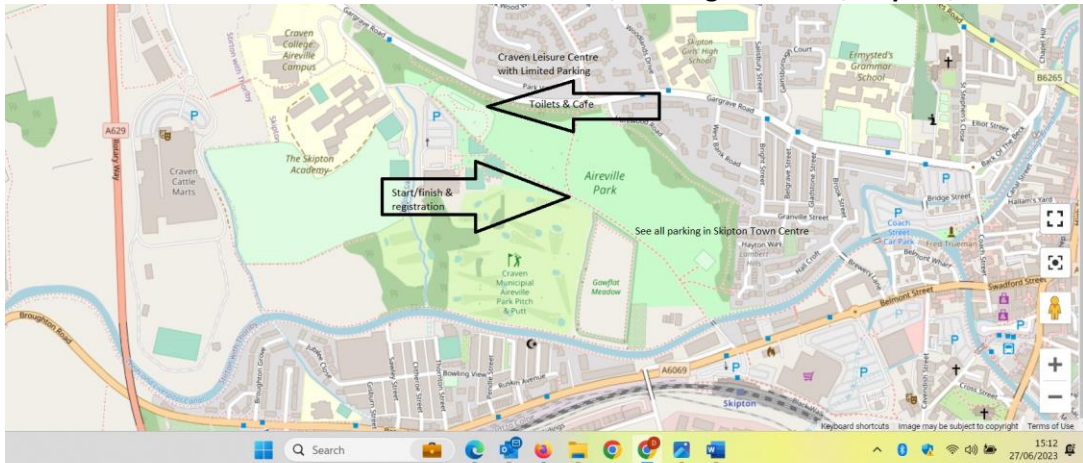
# Final Race Instructions

## Its Grim up North Running – Skipton Surprise Sweetie Skidaddle

GOVERNING BODY: The Trail Running Association

Sunday 14<sup>th</sup> January

RACE HEADQUARTERS: The Craven Leisure Centre, 21 Gargrave Road, Skipton, BD23 1UD



### GETTING TO US AND PARKING

Trains: The train station is a 500-yard walk from the start/finish/registration.

Parking is limited at the Leisure Centre. The council have requested that you park in the Town Centre and walk the 500 yards to the start/finish area. See attached map. If you try to park at the leisure centre, there is a good chance you will be re-directed to the town centre, and you'll miss the start of your event.

### FACILITIES

Toilets, café and changing areas are available within the Leisure Centre.

### 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
Early Bird Ultra & Marathon only – upon request	07:45	08:30
Ultra – 30 Miles	08:00	09:30
Marathon	08:00	09:30
20 Miler	08:00	09:30
Half Marathon	08:00	09:30
10 Miler	08:00	09:30
10K	08:00	09:00
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 course is alongside the Leeds & Liverpool Canal on the towpath. Underfoot is good.

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.

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

5k – <https://www.plotaroute.com/route/2300131>

10k – <https://www.plotaroute.com/route/2300213>

10 Miler – <https://www.plotaroute.com/route/2300218>

Half Marathon – <https://www.plotaroute.com/route/2300223>

20 Miler – <https://www.plotaroute.com/route/2300229>

Marathon – <https://www.plotaroute.com/route/2300233>

Ultra Marathon - <https://www.plotaroute.com/route/2300244>

## 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 canal and be kind and courteous.

## **THE RACE**

The race starts and finishes in the same place.

## **WATER AND FEED STATIONS**

This is a 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 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**

**The feel good factor.**

**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.**