

FINAL RACE INSTRUCTIONS.

Its Grim up North Running Settle Road Race– Sunday 26th February

GOVERNING BODY: UK Athletics

RACE HEADQUARTERS:

Settle Swimming Pool
Kendal Road
Giggleswick
Settle
BD24 0BU



PARKING

There is no parking available at the swimming pool but there is plenty of parking within Settle and Giggleswick, some council charges may apply. THE POLICE HAVE REQUESTED THAT YOU DO NOT PARK ON THE BRIDGE AS THIS CAUSED AN OBSTRUCTION LAST TIME. THANK YOU.

FACILITIES

Toilets are available at the start and finish in the Swimming Pool. Warm drinks will also be available at the swimming pool from 8am.

RACE NUMBERS

Are collected at registration.

Distance	Registration opens	Start
10k	07:45	09:20
10 Miler	07:45	09:10
Half Marathon	07:45	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 officially measured by UK Athletics

10k

<https://www.plotaroute.com/route/2161861>

10 Miler

<https://www.plotaroute.com/route/2161865>

Half Marathon

<https://www.plotaroute.com/route/2161875>

All the distances are out and back and run on quiet roads. The roads are not traffic free, so please be aware of traffic both in front and behind you. There is signage warning all other road users that a race is in progress. Do not run in groups and run in single file on the left hand side of the road.

There are marshals on the course to ensure your safety, please listen to their instructions. Headphones are not allowed, (UK Athletic rules), any runner found using them will be immediately disqualified.

RACE SHOES

Road shoes.

DURING THE RACE

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.

There is a strict 3 hour cut off for this event.

THE RACE

The race starts and finishes in the same place, outside the swimming pool

The course is open to the public so please be aware of other users.

PRE-RACE AND POST RACE MASSAGE – Message from Adam, who will be on site at Settle.

Hi Everyone,

Congratulations to everyone who completed their runs. Some of you have beaten your personal bests and some were within your target times. Great effort!

Pre-vent warm up

- recommended 30-20 minutes before the activity
- short 5-minute energetic massage
- aiming to increase the temperature and blood flow to the muscles (very few contestants warm up), also can be used with Sports balm warming gel.

Post-event cool down

- recommended up to 2 hours after the activity
- 10-20 minutes slow and NOT DEEP massage (some of you expected deep tissue massage) to relax your legs, glutes and especially IT band and TFL (structures taking part in every motion involving walking, running and jumping and stabilizing the knee- yup, that's all of you), combined with passive stretch; after a strenuous activity you may have develop inflammation or injury, which you won't feel right after completing the run (due to high temperature of muscles, adrenaline and endorphins), deep friction can worsen that extend recovery time in coming days.
- to relax, reduce tension, soreness and support removal of wastes

Deep tissue (the one that hurts)- regular maintenance, depending how hard you train (the more often and demanding exercises the shorter time between massage sessions should be)

- recommended 2-3 days after the run, when micro tears in muscle fibers healed enough
- you can have it for as long as you want/need (although be mindful of your therapist- this is a hard work and you don't want to resuscitate him/her afterwards); for person who have regular massages full body deep tissue massage last at least 1 hour (I often find myself running over that time when I find overlooked areas- thighs especially)
- to reduce the soreness and tension of muscles and maintain the efficiency; tensed muscles and tendons are more susceptible to injuries- more or less serious tears that will take you off your beloved sport for very long time;
- you also shouldn't compete again at least 2 days after having deep tissue massage

MUSIC

Ipods and earphones are not allowed on this course, (UK Athletic rules).

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 will have a feed stations every 3/4 miles.

We will have water, squash, cola as well as crisps and savoury snacks. You are welcome to have cake at any point not just when you finish.

Please use the bins provided.

If you don't have your own bottle/cup, we sell reusable, squashable cups for £5.

MEDALS AND GOODY BAGS:

Your medals will be at the finish along with your goody bags.

HOMEMADE CHOCOLATE CRISPY BUNS

We will have a selection of chocolate crispy buns available white chocolate, milk chocolate, dark chocolate, vegan chocolate crispy buns and GF crispy buns, the list is You are welcome to make as many visits as you want to the cake stall during and after the event.

HOT SANDWICHES

There will be hot bacon and vegan bacon sandwiches available at the end of the event, cooked in Martyn's BBQ shack. All we ask is that you can make a small donation to go towards the Swimming Pools charity. Thank you in advance.

WEATHER – usually biblical in Settle.

Please keep an eye on the forecast and dress appropriately.

NUMBER EXCHANGE

Numbers MUST NOT be exchanged. If numbers are exchanged, the runners will be disqualified from the race.

ENJOY YOUR RACE!