

Final Race Instructions

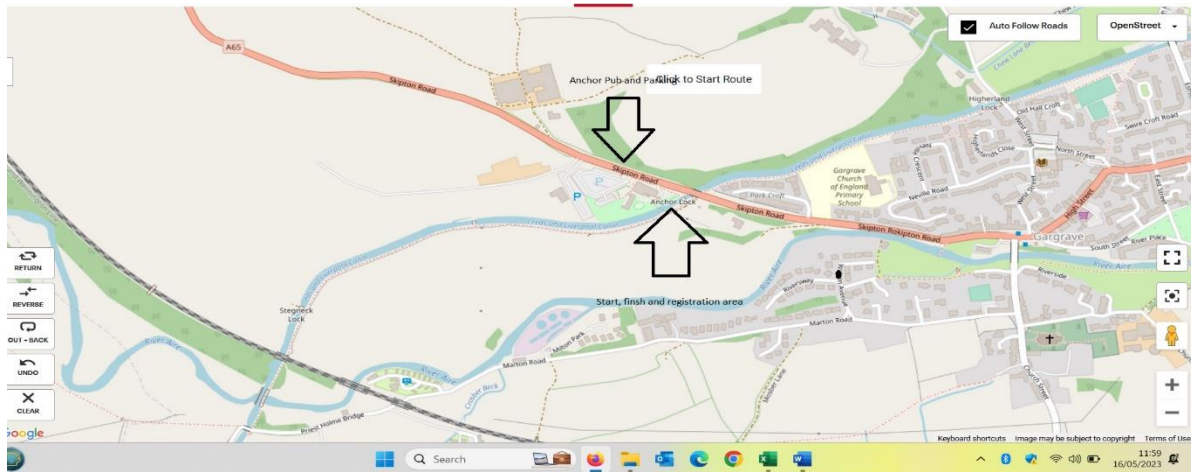
Its Grim up North Running – Glorious Gargrave

GOVERNING BODY: The Trail Running Association

Sunday 4th June

RACE HEADQUARTERS:

Anchor Inn, Hellifield Road, Gargrave, Skipton, BD23 4AJ



GETTING TO US AND PARKING

The Premier Inn is very easy to find, just drive through Gargrave on the A65, go through the village as if you were heading towards Settle and the Premier Inn and Pub is in on your left-hand side, just after a small brow of a hill.

There are limited parking spaces at the Anchor Inn, there will be a charge of £3.00 for parking at the Anchor Inn and this will go to the pub's charity. Otherwise, we request that you park sensibly around the village. Someone will be available from 08:00 at in the carpark and they will direct you to the registration point and the start of the race.

FACILITIES

Toilets are available within the parking area.

GRIM MESSAGE

Adam will be available for both pre-race and post-race massage. He is 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
Ultra	08:45	09:30
Marathon	08:45	09:30
20 Miler	09:30	10:00
Half Marathon	10:00	10:30
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 route is measured by Plot-a-route and Garmin.

ROAD CROSSINGS: There are a couple of road crossings on this route, please take extra care. Signs will warn you the runner about the crossing and signs will be placed warning other road users

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

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 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 2/3 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

BURGERS and hugs.

Become a Hero.

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.