**Slawit Slog - Runners Brief**

please note our measurements are not exact, this is trail running not road running. We try to get as near to the exact measurement as possible. However you will usually get a little bit more for your money. We can only put our lovely marshals and feed stations where it is feasible to put them by transport. Thank you for your understanding.

**The Important Stuff:**

**SATURDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| Distance | Registration Open | Race Brief (start line) | Race Start |
| Marathon | 08:30 – 09:45 | 09:50 | 10:00 |
| 20 Miler | 08:30 – 09:45 | 09:50 | 10:00 |
| Half Marathon | 09:30 – 10:15 | 10:20 | 10:30 |
| 10k | 10:45– 11:45 | 11:50 | 12:00 |
| 5k | 12:00 – 12:45 | 12:50 | 13:00 |

**GETTING TO US:**

Registration is at ‘Waves’, 5 Upper Mills, Slaithwaite, Huddersfield, HD7 5HA.

The start and finish area is just outside the Waves Centre on the side of the canal.

**PARKING IS VERY LIMITED, YOUCAN PARK ON THE STREETS AROUND THE VILLAGE**. If you could car share that would be great.

**Race Numbers and Registration and Loos**

**Please note – with regards to toilets, only use the toilets at waves. there are 2 sets, one set is in the registration building and the other set is in the mill building 30 metres up the canal (ask a marshal). Do not use the toilets in the homemade bakery, unless you are a customer.**

Please pin your race number on the front of your race garment, writing contact details and any medical conditions onto the back of your race bib.

**Please don’t leave it to the last minute to collect your numbers we want everyone to enjoy their day and stressing in a queue minutes before the race isn’t a great start.**

Race registration will close promptly as the times stated above. We need to make our way to the start/finish area.

**NUMBER EXCHANGE, withdrawal, deferrals, refunds, changes on the day entries.**

We have hundreds of entrants to manage on race day and whilst we want you all happy things invariably get hectic at Grim HQ, as a result:

We want to try and do everything we can to get you running and so we ask that you also give us two weeks’ notice if you want to transfer your place to another runner or change the distance you are running. However we will TRY to accommodate some of these changes on race day. This will be at the committee’s discretion and numbers will be released 30 mins before race start. This cannot be confirmed beforehand as it is dependent on a number of factors.

We hope to have a ‘Change and On the Day’ desk, due to limited volunteers there will only be one person staffing that desk so it could get busy and we’d hate you to be late for your race.

**BAG DROP**

All bags, coats etc can be left in the WAVES building, we will do our best to keep an eye on them but we cannot be held responsible.

**THE COURSES**

Maps are available on The Grim up North Website and on Grim up North’s Strava.

5k x 1 out and back towards Marsden.

10k x 1 out and back towards Marsden.

Half Marathon – 1 out and back towards Huddersfield, turnaround towards Marsden, turnaround and run back to the start and finish area.

20 Miler – Same route as the half marathon with an extra out and back towards Huddersfield.

Marathon – 2 loops of the Half Marathon..

The route is a mixture of good canal towpath and not so good canal towpath. The not so good canal towpath does become muddy after wet weather.

**ROAD CROSSINGS: Dependant on which route you are doing there is one major road crossing and 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 and feed stations along the route approximately every 3 – 4 miles.

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

**RACE SHOES**

Dependant on the weather prior to the event but more than likely trail 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 assist officials by making sure your number is visible.

We don’t own the race path on the day ☺ please be courteous to other users, smile and try to keep left. The path should easily be wide enough for everyone to use it and we are staggering the starts to prevent congestion.

There is a 6 hours 30 mins cut off for support on the runs. If you think you will take longer than 6 hours 30 mins then you can arrange to start early but the marshals will stand down assuming a 6 hours 30 mins runner. If you think you may take longer then:

1. Let us know prior to the event, so we can arrange to start you early [diane.shaw132@gmail.com](mailto:diane.shaw132@gmail.com)
2. Carry your own food, water, warm, spare clothing, and charged mobile phone.

We do not want to spoil the enjoyment of the event for the competitors but we do not endorse the use of I pods or similar devices **(bone conduction headphones can be used)** for the following safety reasons:

Runners cannot always hear the marshals’ instructions.

Runners may not hear cyclists behind them and stray into their path.

**WATER**

**We are cup free** – please help us by bringing your own re-usable cups and/or drink bottles or you can buy one of our branded eco cups for £5 at registration.

Jugged water and squash will be available at all drinks stations, there will also be food on the course. Water will be available approx. every 3 miles and at the start/finish. You may place your own drinks, gels etc. at the water stations, please mark them clearly with your name. Bottled water is available at the end.

**Please don’t litter**, we run in beautiful locations and it’s always a shame that we have to pick up cups and gel wrappers after every event, have a stern word with yourself☺.

**RECYCLING**

We have bins at the start and finish area:

Green for cardboard, plastic bottles but not plastic cups and anything else that you can recycle.

Black for food waste, plastic cups and anything else that will not recycle

A pink bucket for glass.

**WEATHER AND CLOTHING**

Please keep an eye on the forecast and dress appropriately. We love you and only want the best for you, so, if it’s minus three, snowing and you are dressed in vest and shorts we probably won’t be letting you start. Similarly sun cream is always wise in sunny weather.

**SOCIAL vs E-Mail.**

Well, we are a very social little group and we love our Twitter and Facebook, there is also a Facebook chat group where you can ask questions such as what trainers to wear, what’s the elevation like, any tips, recommendations, all from other runners as well as ourselves or if you just want to chat, we really recommend you use this rather than messaging/emailing in, as most of the time the query can be resolved on there. At times we get inundated with emails and messages asking the same questions which ties us up and means we can’t deal with things that need dealing with like permits, new race routes and baking cakes and fudge etc. We really do understand your races are important days to you. We love seeing smiles and watching runners enjoying themselves, that’s why we do it! Please just help us to help you.

We look forward to welcoming you on the day.

The Team Grim X