



## Participant Information

### Number collection and event start

It is really important you arrive in time to collect your event pack.

Number collection opens at 9.15am. This pack will include your event number (which **MUST** be clearly displayed on your front to enable you to take part) and a headscarf for you to wear on the day! You can wear this however you like...how will you wear yours?!

There will be an event briefing and a group warm up from 9.50am. The event will then be officially started by Peter Levy promptly at 10am. Runners will be set off first followed by walkers. Remember this is not an officially timed event so if you want to record your time you need to do this independently.

### Safety

Following instructions from the Humber Bridge Board, the following must be adhered to at all times.

- No climbing on the webbing (this is the side sloped sections of the bridge)
- No climbing on the rails
- No dogs (assistance dogs are permitted)
- No scooters
- No bikes

### The route

The route is an out and back across the Humber Bridge. There will be volunteer marshals on route to support and cheer you on! Children (under 15s) must be accompanied at all times and remain the responsibility of the adult taking part with them. Please keep to the left as you cross the bridge to allow people to pass you.

### Facilities

- Public Toilets are located behind the Wellbeing Hub.
- Hot drinks/snacks will be available from local vendors on the day.
- Water will be available on your return and water bottles can be refilled inside the Wellbeing Hub.
- Parking is available on site, please follow the directions of the volunteer marshals.

### Medical cover

We will have the support of Vie Medic Services Ltd on the day. Please remember to fill in the back of the event number with any relevant medical information that may be required.

### Safe Space

The Humber Wellbeing Hub is a dedicated safe space. This means if you need any support on the day, you become upset or emotional you can find a quiet space in the Hub to either be alone or to chat to one of their volunteers. There will also be a selection of sanitary products in the Hub for use if needed.

Our volunteer team will be working hard to make this a fabulous event – we couldn't do this without them. On behalf of us all we wish you a wonderful run and walk. **Most importantly have fun!**