

## Participant Information

Thank you for registering to take part in the Headscarf Hustle and in doing so supporting a great local cause. Please read the following information to prepare yourself for the event.



### Number collection

On arrival please collect your event number from the Number Collection gazebo. 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). Recycling containers will be available on the day for the disposal of envelopes – please use these.

**Please note: without an event number you will not be permitted to take part.**

### Event momento

Instead of an "end of event" momento, you will find a pink headscarf to particularly link to the Headscarf Revolutionaries. We would love you to wear your headscarf – in whatever way you like. How will you wear yours?

### Event Start

There will be an opening speech by Emma Hardy MP at 9.40am followed by an event briefing and then 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. Please follow the instructions of the marshals so that runners are lined up at the front and walkers to the rear.

Please note this is not a timed event – so remember to use your own timing devices if you want to record your time for completing the event.

### 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 spectators are allowed on the bridge, there are benches near the start/finish area and refreshments in the event HQ area.

### The route

The route is out and back across the Humber Bridge. There will be volunteer marshals on route to support and cheer you on! Children (under 16s) 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 near the Wellbeing Hub.
- Hot drinks will be available to purchase from the Coffee Cart.

- A water station will be near the finish line for when you return from the bridge. Water bottles can be refilled inside the Wellbeing Hub.
- Parking is available on site, please follow the directions of the marshals. There will be no parking directly around the Wellbeing Hub for safety reasons.

### **Medical cover**

We will have the support of Yorkshire Medical Services on the day. Please fill in the back of the event number with any relevant medical information that may be required.

### **Weather**

Please dress appropriately for the weather conditions – remember it can be windy on the bridge.

### **Safe Space**

The Humber Wellbeing Hub is a dedicated safe space. This means if you feel overwhelmed, upset or emotional on the day 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.

### **After the event**

As you come across the finish line please help yourself to a drink and a snack at the water station and then enjoy the atmosphere watching people finish. You could visit the Memory Gazebo and write down a reflection about an inspirational woman in your life or anybody you want to particularly remember on the day.

This event, hosted by Fitmums and Friends is a fund raiser which will contribute toward the Headscarf Revolutionaries Statue Campaign. This aims to raise funds to build a statue in memory of the Headscarf Revolutionaries, Mary Denness, Yvonne Blenkinsop, Christine Jensen and Lillian Bilocca. Funds raised (once expenses are deducted) will be shared between the Headscarf Revolutionaries Statue fund and Fitmums and Friends.

Thank you for supporting these organisations by attending this event!

This event is kindly supported by The Humber Wellbeing Hub, The Humber Bridge Board and Curly's Athletes. You can find out more about all organisations involved on their social media channels below:

Headscarf Pride: [Facebook](#)

Fitmums and Friends: [Facebook](#) or [Website](#)

Curly's Athletes: [Facebook](#) or [Website](#)

Humber Wellbeing Hub: [Facebook](#) or [Website](#)

Humber Bridge: [Facebook](#)

**Finally, we hope you have a wonderful day and most importantly have fun!**