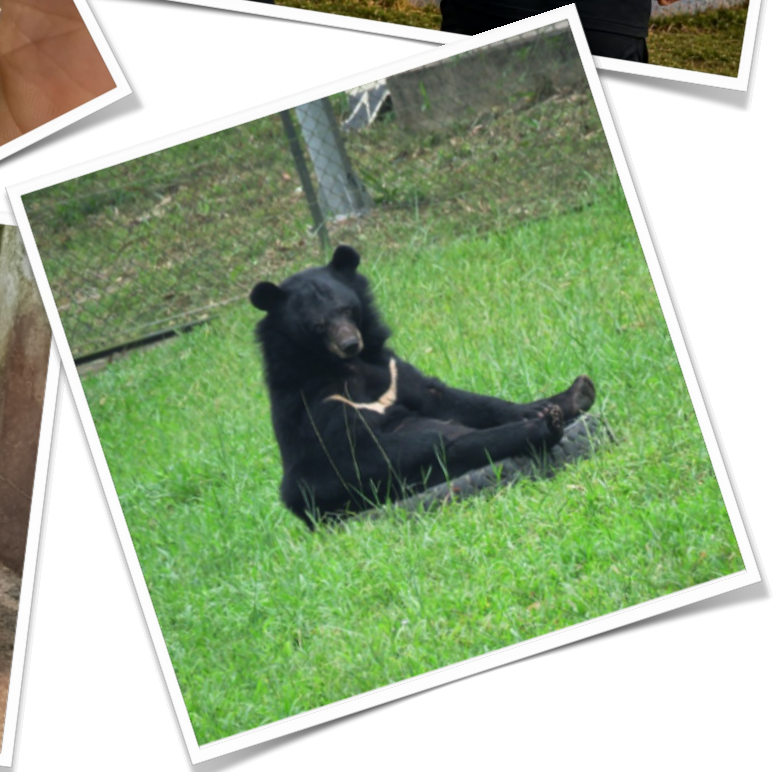


Sunday 16th August 2026 10:00



The Big Bear Run 10k 2026



Welcome !

We are delighted to bring you the first ever Big Bear 10k

Working with Askham Bryan Wildlife and Conservation Park every stride you take will help raise vital funds for Project Moon Bear, their conservation partner dedicated to rescuing and rehabilitating Asiatic black bears in South Korea.

Held on closed roads, you will head out from the lovely grounds of Askham Bryan Wildlife Park & College towards the pretty local villages, Askham Richard and Bilbrough, before heading back to the finish line back at the Park.

At the finish line we will have the fabulous bear themed medal waiting for you, along with a couple of sweet treats! After the event you can spend some time in the Wildlife & Conservation park (included in your ticket, and you can add on more tickets for your pals)

We can 'bearly' contain ourselves and can't wait to see you all there!

Curly's Athletes is a community and charity focused event management team, who believe everyone is an athlete. We're a small team with a non profit focus and a drive to 'do good' (that takes many different forms)

We're here to help you find your next challenge, give you a bit of support and plenty of encouragement!

Our goal is to promote active lifestyles by providing people with inspirational, fun, great value and professionally run physical challenges. We know the benefits of this to the individuals and community are huge (both in terms of physical and mental well-being :)

If you would like to look for your next challenge or find out more about Curly's Athletes then pop along to our website: <http://www.curlysathletes.co.uk> or Facebook page: <https://www.facebook.com/curlysathletes/>

Finding Askham Bryan Wildlife & Conservation Park

Car parking is free and you will be directed upon arrival to the relevant car park. As always, we would like to encourage you to car share if possible. This not only helps us be that little bit greener, it also helps ensure there is no traffic congestion or subsequent delay getting you to the start line. A win-win in our eyes!

**Askham Bryan Wildlife & Conservation Park, Askham Bryan College,
Askham Bryan, York, YO23 3FR**

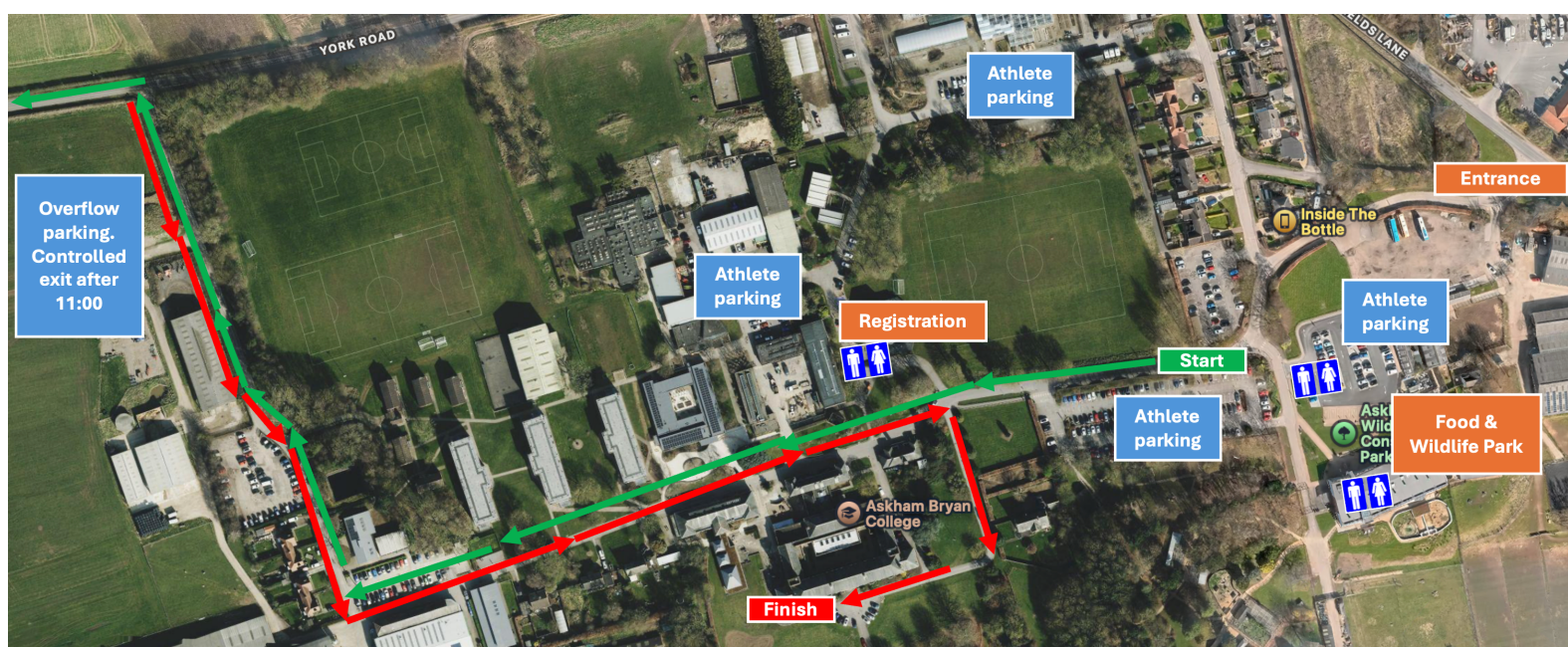
What3words [///moves.proud.remove](#)

Road closures will be in all place from 09:30 on Sunday morning, so you will need to ensure you are here before that time to access the car parking area :)

Car park important note: The car parks are spread across the event venue and you'll be directed, so please pay attention to the friendly car parking helper (or follow the signs). We have an unlimited overflow car park should we fill the main car parks. Should we pop you into the overflow car park then exit won't be available until 11:00 (60 mins after event start) and from 11:00 onwards it will be a control exit by our team as it crosses part of the run course.

Oh and you can find a handy site map (scroll on!).

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Registration

All numbers can be collected on Sunday from registration which will be clearly signposted once you are in the park. We will be there from 08:00 to 09.50

Your pack contains your race bib and pins, and a wristband for Wildlife Park access after the event. If you have bought spectator passes, these will also be in the pack .

If you wish to purchase a spectator pass on the day, you can get one from the Wildlife Park Shop.

KNOW YOUR NUMBERS - numbers are allocated in surname order but it helps for a super smooth registration if you know your number, these can be found in the final few days before the event on the website [HERE](#) (we will send a note out when they are published).

Check the list, find your number, then shout it out to us at registration and we will give you your race pack - simple :)

You can also pick up friends/team mates/family members numbers. Just come armed with their surname and post-code so we can verify :)

PLEASE DO NOT SWAP NUMBERS! - this is to protect our runners, and in case of an emergency, we know who we're looking after. We have a great LATE MATE system that helps you do this up to 48 hours before :) <https://curlysathletes.co.uk/late-mate>

Event t-shirts - If you have ordered one of our fab bear themed t shirts it will be available for collection with your number.

If you would like one but have not already ordered one, we will have limited stock available for £11 to purchase on the day.

Profits from t-shirts help us do our 'good stuff' from making direct donations to charity chums, hiring an open athletics tracks to runners (for free) and supports our free kids coaching sessions amongst many other things :)

Bags - We will **not** have a bag drop at this event, we recommend leaving bags in your vehicle or with your spectators

Toilets - you will find toilets in the registration building and there will be portaloos near the wildlife park building:

What3words [///dozed.custom.chips](https://www.what3words.com/lookup/rozed.custom.chips) and there are also a few toilets in the wildlife park building.

Most answers to queries can be found in this information pack, or on our website www.curlysathletes.co.uk, but for anything further please get in touch. contact@curlysathletes.co.uk It's much better to get in touch ahead of the day rather than leaving it for event morning - we run to really strict timing plans, so we will always be helpful, but we may just be a tad busy :) PS: we will be out of office 48 hours before the day setting up the event.

Curly's Shop!

OUR NEW SHOP THAT DOES 'GOOD THINGS' will also be popping up at registration or you can order online and pick up on the day :) www.runninggifts.com

Wouldn't it be wonderful if the kit we bought to get active also helped others get active - by buying this kit, you'll help us make a start in 'moving with purpose'. When you buy lovely things from us, you're creating micro-grants that help people get active. These are focussed on the local area based on where you collect, buy the item from or have the item delivered to (delivery options coming soon!)

When you buy something from us, 10% of the price you pay goes directly into our micro-grants. Which we award locally. We're starting with a specially designed hoodie, a snuggly bobble hat and our snood :) ... appreciate its mid August so you may not want a bobble hat (were working on summer things!)



Event timings

Sunday

08:00- 09:50 - Registration

09:45 All runners to have arrived as roads will be closed

09:50 - Head to start line

10:00 The Race starts!

10:30-10:35 est First runner across the line!

Athlete well-being

- Medics-our expert medical team will be on hand throughout the event, on the course and at the finish.
- Dress for the weather-please ensure you dress appropriately for the weather conditions and always bring a change of clothes for after the event.
- Water- We will have water in compostable cups available at the half way point. Please be mindful where you dispose of your cup (it needs to be as close to the aid station as possible so that we can clear them away :) Water (again in compostable cups) will be available at the end of the race and there will be a refill station :)
- Rubbish, if you decide to run with a water bottle or gel please ensure you bring everything away with you that you take onto the course. We will disqualify anyone for intentional littering.
- Headphones are ok as were on fully closed roads, but we recommend bone conducting ones and please remain aware of your surroundings as we may be bringing through emergency vehicles or support residents to access their properties.
- Pacing! Know your target and don't set off any quicker than this pace, if you want to run a quicker race then you need to negative split ... meaning start relaxed and get quicker. Setting off too quickly is the most common reason for bad times!

Spectators & Local Community

Spectators are welcome to attend the event with you, but please try to arrive in the same vehicle as the runner. If a spectator wishes to enter the wildlife park after the event then they can buy a wristband on the day from the park.

The nearby villages of Askham Richard & Bilbrough are great places to watch the runners out on course!

What's going on at the Park

Our pals from **Cadence Run Shop** will be joining us, and will have a fab range of running goodies for you to browse and purchase. They are also kindly donating some gift vouchers for prizes - BIG THANK YOU!



Refreshments

The Hive - the parks onsite cafe will be open for range of refreshments - delicious!

Caseys Coffee Mobile truck will also be on site serving a delicious selection of hot & cold food & drinks - yummy!



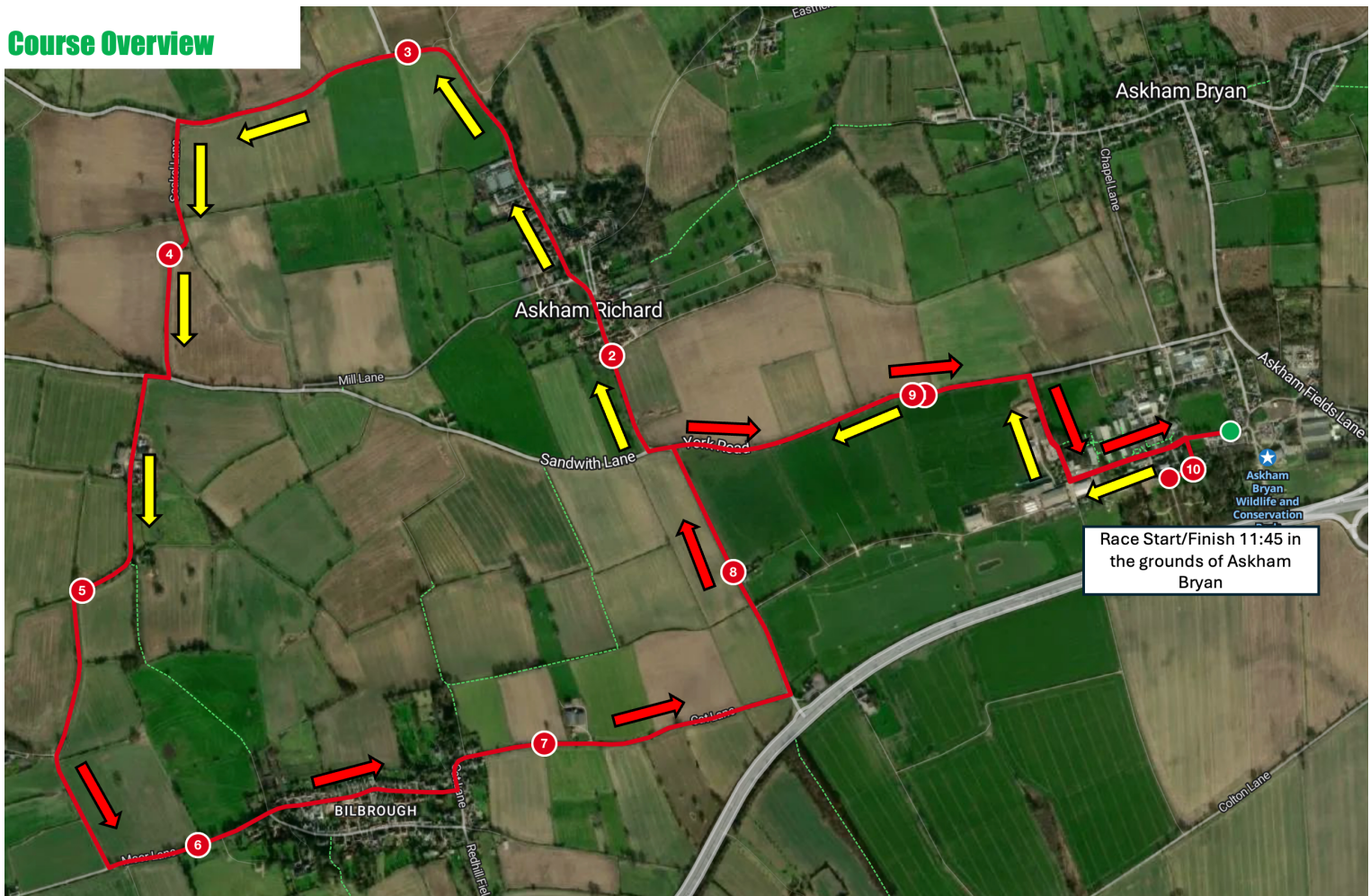
The Main Event

We've attached a route map and a map of the start / finish area with key event areas highlighted and a route walkthrough. You can find an interactive map of the route on the event web page (just scroll down). It will be staffed by our support team, signposted and sectioned off where needed ... so you shouldn't get lost!

On the morning we will highlight anything urgent if required via the start of race briefing.

Please be aware this run has full closures in place for the running route but with access / exit built in in some places for residents. Please treat the route as though you are running on public roads so please keep left and keep alert. You may find vehicles on the road as we support residents to move about, operate our safety vehicles or move our team and volunteers around.

Course Overview



Presentations, Photos & Results

Race winners, category winners and any spot prizes will be given (where possible) during the race. So check the results, hang about and come and find us if you're not sure :)

Photographers will be down on the day and the photos will be shared on Facebook firstly on our Athlete Chat page, you can join here: <https://www.facebook.com/groups/1916283308685045>

We also encourage you to share your photos throughout the day in our Facebook group (Curlys Athletes Chat group).

As the event is chip timed, we will have the results ready straight after the event, you'll find them here: <https://curlysathletes.co.uk/results>

The week following the event we will also e-mail out a summary including a link to the results, any photos and anything else we think you might be interested in from the day, so don't worry- you won't miss anything !

Find us on Facebook here: <https://www.facebook.com/curlysathletes/>

We are really looking forward to this event - we can 'bearly' contain our excitement!

So whether you're here to race (remember it's fully England Athletics licensed and distance certified) or you're just having a bit of fun, then our courses are always designed that they can be raced or walk/ jogged, and of course, we will support you all the way round with our amazing support crew x

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HAVE A GREAT EVENT, THANK YOU & WELL DONE!

From all of the team at Curly's Athletes & Askham Bryan Wildlife & Conservation Park / Askham Bryan College, we wish you the very best of luck and we will see you on the day :)

Go check out all our events currently open for entry here: <https://curlysathletes.co.uk/running-events>

Find all our Terms and Conditions and our Frequently Asked Questions here:
<https://curlysathletes.co.uk/questions%3F>



Terms and Conditions of Entry

- As an adult participating in an Adult event, I declare that I am 18 years of age or over on the day of the event
- As a junior participant under the age of 18 taking part in an event, I declare that a responsible adult has authorised my participation in this event and has read and accepted all the terms and conditions of the race on my behalf.
- I declare that I will not compete in the race unless I am medically fit on the day of the race.
- I enter this race entirely at my own risk. The organisers will not be liable for any personal injury or death, no matter how it was caused.
- I accept that the organisers and sponsors of the race, or any of their agents, will not be liable for any loss, damage, action, claims, costs or expenses which may arise in consequence of my participation of this event.
- Any belongings deposited at a bag drop are left at the owner's risk.
- I am fully aware of all associated risks involved with participating in this event
- By entering this race, I give my permission to Curly's, its sponsors, assignees & licensees to use or authorise others to use photographs, motion pictures, recordings, data or any other record of my participation in this event for any legitimate purpose without remuneration.
- I will listen to and respond to the advice given by race officials and marshals.
- Headphones must not be worn (unless otherwise stated.)
- Event Cancellation: If for reasons beyond the control of the Promoter, including an 'Act of God' due to unforeseen, naturally occurring events that were unavoidable, the event which applicants have entered is cancelled or postponed, the Promoters will issue a full Race Credit to the value of the original entry fee or transfer the applicant's entry to another race/events where requested. Alternatively, if an event is cancelled by the Promoter for non 'Act of God' reasons, the Promoters will offer a full refund.
- In the event of adverse weather or any other prevailing circumstances mean that the race is to be cancelled, details will be recorded on the web site and on the Facebook page.

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Our refund policy is as such: We will refund entry costs to the value of 100% 90days prior to the event, 75% for 60 days before and 50% up until 28 days before. After this date, we are unable to process refunds.

By entering this race, I am confirming that I have read and understood the above