

**CURLY'S
ATHLETES**

The Big Green Scunthorpe 10k - VIRTUAL INFORMATION PACK

VIRTUAL





Thanks for joining us virtually!

Thank you all for joining us for the Big Green Scunthorpe 10k, this is a quick handy guide on how to complete the event virtually for this who have entered as a virtual entry.

It's a great way of joining in with the challenge, meaning you can take part from wherever you are and you've got a week to complete the 10k, so you can join in when you want.

At Curly's, our goal is to promote active lifestyles by providing people with inspirational, professional and fun challenges. We know the benefits of this to individuals and to the community are huge, both in terms of physical and mental well-being.

For our new Big Green Events, we're also working on our green plans as part of event. This is something we've tried to do previously as event organisers, but the nature of organising events simply took over... hence we dedicated a series of events to our Green project, allowing us to focus and it's already providing us with great ideas on how to do things better :)

BE BETTER - NOT PERFECT, you'll see our motto all over the place. This represents our approach to our Big Green objectives. We're delivering 'normal' events you would expect... but trying with each element to do it a little bit better.

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/>

What's the challenge ?

- 1) Join us (virtually of course:-) and walk, jog run your way round your 10k!
- 2) Complete your 10k anytime from the until midnight on the 25th of May, wherever you wish.
- 3) ... you can also submit your results through and join the leaderboard. Don't worry if you don't wish to share.
- 4) We post out your medal after the event main day on the 19th of May.

Fantastic Scunthorpe themed wooden medal!

The best 'Green medal' ever, we've been working for months with medal companies to produce something great for runners and great for the environment. (2023s is shown as an example)

Charity & community friends- A Donation from each entry goes to support the local running club, the App Frod sports & Social club and the wildflower meadow project in Scunthorpe Central Park.



Results

- Our result system has been enhanced, and now includes a live position leaderboard. All found here (only for those who choose to submit a result)
- <https://etchrock.com/leaderboard/the-big-green-scunthorpe-10k-19th-may-2024>

Delivered to your door

- All entry prices include delivery. We will be posting out medals on MONDAY after the event weekend (second class)

Join in the fun!

Please tag us in your social media, share your pictures, post on our Facebook page, or in the event page on Facebook.

MORE INFO

RESULTS

Submit your results here: www.etchrock.com - simply select the event ticket and you'll see the option 'submit evidence under options.

When you visit this link you can either;

- a) Choose 'honesty result'-perfect if you don't track your run. You will appear on the results on our website, but you won't be eligible for prizes or 'ranked' in the final results.
- b) Choose 'evidence based result'. This requires you to provide a link of your activity from the fitness device that you used (Strava, Garmin, Fitbit, Endomondo etc.) You can also upload a picture of your run if your technology is not having a good day!

Details on the process is here: <https://etchrock.zendesk.com/hc/en-us/articles/360011213578-Participant-Submitting-evidence-for-a-virtual-event->

RESULT TIPS

- If something has gone wrong, don't re-submit or try to correct, just use this form to get in touch so we can help; <https://curlysathletes.co.uk/results#49538bed-4d75-4f72-a1b0-13aec5668ccd>
- RUN THE DISTANCE- we don't mind you doing it in stages or run further. If you do this then please submit as a honesty result. If you run further, be sure to send us the time for the 5k of your run vs a marathon :)
- DON'T BE LATE-if you do wish to share your results then the last day for results to be submitted is midnight on the 21st of May.
- When entering your time, it is hour first, then minute, then seconds so 45 minutes and 10 seconds would be 00:45:00. 1 hour and 10 minutes 15 seconds would be 01:10:15 :)

Where can I see the results?

The leaderboard can be found here: <https://etchrock.com/leaderboard/the-big-green-10k>

Queries / Questions?

Please email us at contact@curlysathletes.co.uk with any further questions/ suggestions/ comments .

Have a brilliant (virtual) race!

Race numbers?

To help reduce waste we won't be posting out race numbers for the event (it's not normally something we do for virtual events)

Keep up to date post event: <https://www.facebook.com/curlysathletes/>

HAVE A GREAT EVENT

AND FIND YOUR NEXT ONE HERE: <https://curlysathletes.co.uk/>

From all of the teams at Curly's Athletes, we wish you the very best of luck and thank you for your support :)

Terms and Conditions of Entry (please note these are for our physical events :))

*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.

Our refund policy is as such: We will refund entry costs to the tune of 100% 90 days 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 conditions.