



The Great Sprout Scuttle & The Pyjama Express & Rudolphs Revenge!

Information pack



**Singleton
Birch**





It's Christmas!

So a great excuse to put off the shopping and help Santa (it's more fun!)

December 15th is a day of events that's got us even more excited than the big day itself!

At Curly's, 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/>

This year we're partnering up once again with our charity friends at Lindsey Lodge Hospice :)

How to support Lindsey Lodge!

1 - Take part and tell others!

You can run for Lindsey Lodge with free spaces we've provided and fundraise for them, or simply enter as normal and fundraise as you wish :)

2 - Fundraise

You can donate when you sign up or just pop along to the Lindsey Lodge website (link on our webpage) and make a donation ... they'll also be down on the day with stalls.

3 - Get involved (like us!)

If you're a business or an individual who would like to get more involved, through sponsorship or volunteering, then please get in touch, we sure can find plenty of ways for you to get involved. :)

Thanks to the event sponsors!

We are thrilled to announce that Singleton Birch, based in Melton Ross for over 200 years, is proudly supporting Lindsey Lodge Hospice through its dedicated community fund.

We've lots of other supporters to thank who are joining us on the day from our many fun filled stations on the Pyjama Express!



Finding us, registration and parking

Car parking is free, and you will be directed upon arrival to the relevant car park. The venue is well signposted as you head to Normanby, so you won't miss it! **Normanby Hall Country Park, Normanby, DN15 9HU**. Where you can, please arrange to share a car journey-this helps reduce impact on the park, and one less car on the road is always good :)

Registration is open on Saturday 17th December from 09:30-11:00 and on Sunday from 10:00 until 11:15 for Sprout and then 13:30 - 15:00 for Pyjama Express & 15:30-16:45 for Rudolphs Revenge.

The Great Sprout Scuttle 5k & 10k - Just come armed with your personal details, and we will issue you with your race number. We will also have safety pins :)

The Great Sprout Scuttle 5k 'dog runner' as above but you guys will be setting off 10 minutes ahead of the main run at 11:20. Please ensure you bring poo bags, keep your dog on a lead at all times and give way to runners should they catch you. Overtaking runners have the priority and single doggy only please :)

The Pyjama Express- If you're the 'ticket purchaser' simply remember your name and details-you'll then be handed all the tickets you purchased :) Wave times you selected will be on the website by end of Friday and we will have them pinned up in the windows. Each participant will get Christmas card (wear it on your front - like a race number!), it has a sticker attached with your name and wave on it :)

Rudolphs Revenge - Just come armed with your personal details, and we will issue you with your race number. We will also have safety pins.

SUPER SANTA! - Yup we built in an option so you could do all three events ... and it's been really popular, in fact it sold out (crazy people). Anyway, you lot will get a number for each event when you pop in for reg, and you can join whichever Pyjama Express wave you want from 14:30-15:10... bring a change of clothes!!! (Probably a few) and wear everything you own as you'll be hanging about at times :)

Event timings

Saturday 14th

09:30-11:00 Registration

Sunday 15th

10:00-11:15 Registration open for Sprout Scuttle

11:20 5k DOG WAVE Sprout Scuttle

11:30 5k & 10k Sprout Scuttle

13:30 - 15:00 Registration open for Pyjama Express & Rudolph.

14:30-15:10 Pyjama Express, waves every 10 mins (check your wave on the webpage)

15:30-16:45 Rudolph's registration

17:00 Rudolph's Revenge starts!

Curly's 'Emergency' Christmas shop

So we know not everyone is 'festive ready' so we're bringing an emergency collection of Christmas goodies to make your run just that little bit more festive. The shop is open the same time as reg, but if you're after our special Christmas tops we recommend the Saturday if you can. Please fetch correct cash for this if you can - we do have a card machine, but the mobile reception is very patchy at Normanby!

Athlete 'Elf & Safety'

If you feel **unwell or injured** then it's your responsibility to withdraw from the event, please don't put yoursELF at risk. On the course we will have plenty of manned Marshall points and a water station at lap 1 for the 10k event.

- **Medics**, our expert medical team based on course and at the finish
- **Dress for the weather (AND WEAR PJ's FOR THE PYJAMA EXPRESS!)**, please ensure you dress appropriately for the weather conditions and always **bring a change of clothes for after the event**. We hope for great weather but foil blankets do not keep you warm and are for emergencies only! **We won't have a bag drop at registration**. Ideally please leave your belongings in the car or with a spectator (ideally one you know!) it's only a short walk.

- **Water and rubbish**, we have a very lively water station on the 10k courses and will be handing out water in bio cups at the finish of all events. **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. You can drop the bio-degradable drop cups straight after the water station but please don't leave anything where we may struggle to find it! ... littering does not help our animal chums and **we will DQ any intentional litterers** :)
- **Headphones**, we are enforcing a strict Christmas tunes policy on the day, and for anyone not listening to Christmas music will be subject to a £5 fine payable to our charities:) ... also we will have Christmas music everywhere!!!
- **Christmas policy**, have fun...dress up, be merry and bring everyone! Our team are there to enjoy ourselves and do something great for Lindsey Lodge (who are even more excited than us!) We're aiming to make it a relaxed fun filled festive day.

SPROUT Safety on the course: 'IT MAY BE COLD!'

- Bring a change of clothes, always best to wrap up straight after the event, whether you're hanging around or not. We don't have a bag drop but the car park is super close :)
- MUD, if the temperature warms we're going to have mud ... so we 100% recommend trail shoes.

RUDOLPH Safety on the course: 'ITS DARK!'

- **Head torches** (or torch/chest torch) are mandatory for the 10km event, the route will be lit up in places, but not that much ... Christmas lights aren't renowned for their high visibility on trail runs.
- **Please keep left at all times**-we do have some crossover elements on the main park road, and you may lap / be lapped, so this allows runners to clearly pass.
- **Head torches** be courteous to your fellow runners where you look, they shine and it's easy to dazzle your fellow runners... so look at where your feet are going, glance up to check direction, and cover when you look at people!
- The **course will be uneven** in spots, and as a rule follow the natural path, unless it's clearly indicated for you to turn. Parts will be muddy if it's been raining, and whilst we do our best to clear the water and have selected the driest route... you may be faced with an occasional puddle. **Be careful of the paths in the grounds of the park, as these do have lots of leaves on them, and the terrain is uneven (with a drop off the edge of the path!)**
- Be aware of where you're running. Whilst we've done our best in marking out the course, **if you don't pay attention, you can go off course as it's dark!**

- If you **find yourself lost**, then keep your torch on, and head for the nearest light source ... you will see & hear us / other runners. If all else fails, then remember that episode of Ray Mears survival training programme and we will pop back out after Christmas :)
- **If you're injured** please let your closest marshal know. We are also patrolling the course. You may have to request to one of your fellow runners to indicate to the next marshal, as we won't be able to see any falls or injuries. So look out for each other !
- **Do not go over any jumps / into any water.** The course is designed to avoid these and they are slippery/ cold / deep
- **Try NOT to wear reflective clothing...** this makes things worse when running with a head torch, not for you, but for runners around you as the torches pick up the reflection :)

The Course! - Sprout Scuttle

Starting in front of the Hall you head out on the lovely internal park road before we take off into the wilderness!

The course is very flat... so to make sure we don't get any complaints about it being too flat we've added in some man made hills :) (see how nice we are), these are short shape rises in the course.

The surface is a mixture of a tarmac start and finish, grass, trail, sand, mud and of course some optional water crossing (if we deem it as safe, it's currently knee height)

5k/10k switch points, in the course there are two points where as a 5k or 10k runner you'll need to make a decision.

The first switch point will be around 2.5 k and it will indicate left for the 10k and right for the 5k.

The second switch point & 10k lap point is just before you return back to the main park road at around 4.3km, for the 5k runners it's left and straight back to the finish. **For the 10k runners it's right for your second lap, once you've done that then the next time you come to this point it's left to finish.** As always these points are manned and the course is well marked.

10k runners complete two laps on the main off road course before heading into the finish :)

At the finish you'll be met with 'cake' plus our awesome event medal :)



The Course! - The Pyjama Express

All in the main grounds of the hall and in the main park woods... the route is around 3k in length and can be walked, jogged, ran, and it's pushchair and wheelchair friendly :)

Bring the family, the dog, the grandparents and everyone for this 3k festive walk, jog, wheel, woof or run (it's wheel chair, buggy and friendly dog friendly) ... and don't forget your Jim Jams!

Get ready for fun themed stalls on the route!

- Grab your candy cane
- Snaffle your cookies!
- Pick up your take away hot chocolate gift!
- Get your ticket stamped (and visit our very own train!)
- Then pick up your well deserved BIG Christmas medal (maybe through the snow!)

The event is set off in waves of up to 200 throughout the afternoon.

*We asked that under 9's on the course are accompanied, we also ask that everyone joining in the run purchases an entry ticket, ho ho ho :) ... and don't forget your Jim Jams!



The Course! - RUDOLPHS REVENGE

Two 5k laps of 'traily' nighttime goodness :)

Starting in front of the Hall you head out on the internal park road for about 1/2 a mile before heading off into the wilderness and past the Deer field !

Glow-sticks, arrows, reflective cones and tape will be your markers... but we're aiming to keep things easy for you to navigate, as it's really annoying trying to find lost runners :)

Once you've looped around the far woods we bring you back into the park before taking you back past the finish and out onto your second lap (It creates an incredible spectacle of lit up Rudolph runners heading out for lap two!

The surface is a little weather dependant. Trail shoes are 100% recommended as it may be boggy.

WATCH YOUR FOOTING... try to avoid stepping at the edge of paths especially in the park. In the park grounds from 2.5 to 3 miles these are 'edged' paths so take extra care :)

We're going to have plenty of Christmas decorations, music and very excited volunteers out on the course... **and don't forget your headtorch!** At the finish you'll be met with 'cake' plus our awesome Rudolphs Revenge event medal :)

Things going on

Christmas, Throughout the park there are Christmas activities taking place

Curly's mini shop, We will have a few Curly's running items based in registration, perfect for those who haven't come festively dressed to pick up a Santa hat!

Refreshments, The park café will be open on Race Day

Lindsey Lodge, will have a stall down on the day so pop and say hi, along with some festive things to help keep you entertained :)

Toilets, are open next to the main car park, just off the main grass and in the park cafe

Spectators, The best spot for viewing is right in front of the main hall on the grass

Photos, We will have a few lovely photographers around the course, so do give them a wave! We would also love you to share any of your photos from the day with us too. Find us on Facebook at <https://www.facebook.com/curlysathletes>.

Results, are chip timed these will be pretty much live straight away on our website (the Pyjama express isn't timed :))

Prize giving & trophies (Sprout & Rudolph), Takes place as the winners cross the line. We have trophies for Rudolphs Revenge & Sprout for **First 1,2,3 male & female and first in each age group (every five years!)**

ALL ABOARD!!! - The kind people at **The Scunthorpe Society of Model Engineers** who run the miniature railway at Normanby Hall have agreed (weather permitting) to give each child that presents a golden ticket at the Pyjama Express run a free ride on their train! Please be super patient with this as trains can only take so many people at a time, and they could well be super overwhelmed if everyone went at once! ... so be patient, be nice to the volunteers, and if you get a chance... enjoy the ride !

HAVE A GREAT EVENT!

From all of the team at Curly's Athletes and Lindsey Lodge Hospice we wish you the very best of luck and we will see you on the day :)

Keep up to date with all our events on facebook @curlysathletes

WWW.CURLYSATHLETES.CO.UK



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

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

** see entry system for full terms and conditions or get in touch :)