

Sunday, 20 December 2020



ELF Yourself & Rudolphs Revenge!



It's Christmas!

So a great excuse for 2020 to put off the shopping and help Santa (it's more fun!)

December 20th is a day of events that's got us even more excited than the big day itself!



ELF YOURSELF

3k of Family fun!

13:00 (with a wave setting off every 10 minutes)

We start the day off at 13:00 with the ELF YOURSELF family festive fun run for Lindsey Lodge Hospice. The event was 'amazing' in 2019 and for 2020 Curly's team are back running the event with the Lindsey Lodge team :) Your mission is to help Santa get all of his presents back to his sleigh, and as you walk, jog or run around the 3k route, you'll visit stations to pick up your Elf t-shirt, Elf hat, get your cheeks 'rosy', pick out your Elf name before grabbing your present to deliver to Santa and been awarded with your Elf service medal! Open to all ages, the course is wheelchair & pushchair friendly



RUDOLPHS REVENGE

... then as darkness falls we head out for a 10k head torch trail run! - 16:30

A night time winter wonderland in a fantastic country park setting (we hope it's not too spooky!)

Heading out of Normanby Hall and into the woods outside of the main park you disappear off into a winter wonderland past the deer park for the first of two 5k loops, returning to the main hall before heading out once again.

It will be an amazing spectacle of lights and tinsel!

Expect a few surprises out on the course and of course a whole world of festive fun. and ... DON'T FEAR THE DEER!

We then welcome you back into the finish with a well earned 'sweet' reward, incredible medal and mulled drink :)

At Curly's our goal is to promote active lifestyles by providing people with inspirational, fun, great value and professionally ran 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/>



Situated in the heart of North Lincolnshire, Lindsey Lodge Hospice has been providing high quality, specialist palliative care to local people and families living with life limiting illnesses for over 27 years.

Every year, our dedicated team of staff and volunteers touch the lives of hundreds of people, either directly as patients, or by supporting family members or carers, before, during and after one of the most difficult times in their lives. We are an independent charity working across North Lincolnshire and provide a wide range of services including symptom management, physiotherapy, a lymphoedema service, complimentary therapy, nursing care, and end of life care along with bereavement and family support services.

How to support!

1 - Take part and tell others!

All entry fees from the ELF YOURSELF event go to Lindsey Lodge Hospice :)

2 - Fundraise

Enter Rudolphs Revenge or Elf Yourself and help by fundraising ... we are confident you know people who would be happy to pay for you to run 10k around a scary dark wood at night!

A downloadable fundraising form will be available soon or you can join just giving on the event webpage

3 - Get involved (like us! - Curly's)

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 :)

Finding us 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 :) You will need to display your car parking pass on the day (just print of the last page of this information page)

Registration

Registration is open on Sunday 22nd December from 12:00 - 15:45 for everyone. Access to the park for registration is free inside these times but please display your parking ticket (at the back of this info pack)

Elf Yourself - If you're the ticket purchaser simply remember your name and details, you'll then be handed an envelope with all the tickets you purchased :) On the sticker you will find the participants name, wave time and t-shirt size.

Rudolphs Revenge - Just come armed with your personal details and we will issue you with your race number. We will also have safety pins for your race number and if you pre-ordered any event clothing we will have it bagged and ready for you ! We also have a timing chip need to fasten on to your trainers :)

Event timings

ELF YOURSELF First wave starts at 13:00 in front of the Hall (please remember your selected wave time and we will publish these on the website on the Friday before event day :))

- Each wave sets off every 10 minutes, before each wave you'll get a short brief!
- Once you've finish we will have a few things happening so please stay and watch the spectacle of 500 runners setting off into the night! They would love a bit of Elf support!

RUDOLPHS REVENGEplease turn up early and cheer on the Elves!

- 16:20 Briefing, in front of the main hall
- 16:30 10k of Trail fun begins
- 17:10 first finisher (ish! Prizes will be presented as we go along through the event and we have no time limit for people to complete the event.

Athlete well-being

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**, 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 course and will be handing out water bottles at the finish for both events. Please ensure you place your bottles in the **correct recycling bins** this way the plastic ends up in the right place, recycled and re-used rather than out in the sea :(**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 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 hedgehogs and **we will DQ any intentional litterers** :)
- **Headphones**, you can if you want but 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 Lindsey Lodge:) ... 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. Also we're making the race director dress up as an Elf and haven't told him yet :)

RUDOLPH Safety on the course: 'ITS DARK!'

- **Head torches** (or torch, or night vision if you're James Bond or an international assassin...) 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 **on a serious note please don't use night vision or you'll be blinded within about five minutes!*
- **Please keep left at all times**, we do have some crossover elements on the main park road and you may get lapped / 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 rained and while we do our best to clear the water... you may be faced with an occasional puddle :)
- Be aware of where you're running and while 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 have a sweep runners and are 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... we save that for March's adventure race event !
- **Try not to wear high vis/reflective clothing...** this can actually make things worse when running with a head torch, not for you but for runners around you as they're torches pick up the reflection :)

The Course! - ELF YOURSELF



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 :)

Setting off in front of the main hall you head off on your journey to become a fully fledge Elf and get Santa his presents!

Each station is manned by amazing volunteers (Santas other little helpers!) who will help you on your journey.

You're now a fully fledged Elf!



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 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 people :)

Once you've looped around the far woods we bring you back into the park and the park woods before taking you back through the finish and out onto your second lap (this is mainly so your spectators and the Elves get to see an amazing spectacle of lit up Rudolph runners heading out for lap two!

The surface we expect to be good, but it is a little weather dependant. Trail shoes are recommend as it may be boggy in places... and don't worry we aren't sending you over the horse obstacles or into the water!

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 Mulled (non-alcoholic) wine (and water) plus a 'cake' based snack plus our awesome Rudolphs Revenge event medal :) ... oh and lot's of Elves!



Things going on

Christmas, Throughout the afternoon there will be a Christmas Carnival outside the Hall with Music, Snow machines, Choirs, Mulled wine, hot food and much more.

Refreshments, The park café will be open on Race Day and we will also have Lindsey Lodge caterers on the lawn in front of the hall serving hot food.

Toilets, are open next to the main car park and in the park cafe (while the main cafe is open) Some additional ones will be on the main lawn.

Spectators, The best spot for viewing is right in front of the main hall on the grass, feel free to bring chairs & shelters. We will have some mini marquees set up. If you're in one of the surrounding villages then please come out and support the runners or drop us a note and we can get you involved on one of the water stations or marshal points!

Photo's, We will have our photographer Mark around the course so do give him a wave! We would also love you to share any of your photos from the day with us too and welcome your comments about the race! Find us on Facebook at <https://www.facebook.com/curlysathletes>.

Results, we're fully chip timing this event so results will be available online straight after the event.

Prize giving & trophies (RUDOLPHS REVENGE), This will be taking place as the winners cross the line we have trophies for Rudolphs Revenge in the following categories.

First 1,2,3 male & female

First junior <23, Senior, VET, SUPER VET, male & female

HAVE A GREAT EVENT!

From all of the team at Curly's Athletes, Lindsey Lodge Hospice & Normanby Park 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



I'm here for Santa :)

CAR PARKING PASS

ELF YOURSELF & RUDOLPHS REVENGE

20th December

Valid for parking 12:00 onwards on event day.

Changes may apply outside of these times... if my car is still here on the 21st please come and find me, I may be lost :(

...or I have decided to live among the deer and have given up all my worldly possessions. I am now to be known as the Deer Runner !

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 authorize 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. No refunds are available for ELF yourself as 100% on the entry fee goes to the charity.

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