

**CURLY'S  
ATHLETES**



**VIRTUAL**



**RUDOLPHS REVENGE**  
**10k night running adventure!**  
**20th to 28th of December 2020**



HO HO HO

# Don't fear the Deer!

# and don't forget the head-torch!



We are very excited to be back with Rudolph's Revenge Night Time 10k! . . . but as per many things in 2020, it's going to be a little bit different, but just as awesome :)

Another excuse for 2020 to put off the shopping and get running (it's more fun!)

\*ELF YOURSELF - This event is normally ran on the same day as our Elf Yourself Event with our friends at Lindsey Lodge Hospice. Sadly, we decided this event wasn't suitable for moving to virtual for 2020, so we will be moving all those entered into 2021's event. We will send you an email on this shortly.

RUDOLPH'S REVENGE-ALREADY ENTERED THE 'REAL' EVENT? Don't worry, we will be also sending you a note out but . . . we will automatically transfer you to the virtual event for this year (with some amazing goodies!) or you can move to 2021, or obtain a refund :)

## A 10k night time festive run! (trail if you prefer)

A super Christmas theme, plus every ticket helps support Lindsey Lodge Hospice-but don't let the good deeds stop there. . . you can also fundraise further :)

It's not called Rudolph's Revenge for no reason!.. It's festive, fun and we want you to join in as much as you dare!

We're asking you complete the run 'at night' , and even better if you can head off road! (\*please make sure you stay safe though!)

To make it even more Christmassy, don your best Santa (or deer or elf outfit!)

We're working again with the amazing team at Lindsey Lodge Hospice (100% of any donations and fundraising will go to the charity plus a donation from every entry :))

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 individuals and the 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/>

# GET THE INFO



## What's the challenge ?

- a) Join us on December the 20th, and complete your 10k (virtually of course-this is our main event day, so we will have lots of activity going on during event weekend!) This can be walking, jogging, running or wheeling (for our wheelchair and handcycle athletes, plus our friends in buggies... but not bikes)
- b) Or you can complete the distance by midnight on December the 28th :)

BUT REMEMBER ... we're asking you to do the event 'at night' (we would love it if you go off road, but we don't mind if you go on the paths instead... just stay safe and keep moving... The deer could be just around the corner!!!!)

**\*STAY SAFE\*** - stick to the socially distancing guidelines and we recommend don't go out alone :) You're allowed to meet up with one other person, so please link up with a running buddy.

£12.50 for medal based entries

£21.50 for a medal, a very cool winter wooly hat and an ELF snood ... a perfect combo for any wannabe Elf!

You can also add on a tech long sleeve event specific running top for just £15.00

\*If you were already entered into the Rudolphs Revenge 'physical event', then you'll be automatically moved across to the £21.50 option. You can, of course, move to any of our 2021 events or obtain a refund ... but we will have sent you a note about this with more detail :)

- **Fantastic medal**- Reindeer Themed! (Design to your right —>)
- **Charity friends**- A Donation from each entry goes to support Lindsey Lodge Hospice (in addition to 100% of any donations and fundraising.)
- **GET THE TORCH OUT!**-Yup, that's right we're wanting you to complete your run 'as night falls' ... (or when it gets to around 4pm, which is practically night time at this time of year! Get in touch if you want some suggestions of where to go!
- **Results**-Our result system has been enhanced, and now includes a live position leaderboard. All found here: <https://etchrock.com/leaderboard/rudolphs-revenge-elf-yourself-1>
- **Prizes**-We have a great collection of prizes for those more competitive amongst you!
- **Delivered to your door**-all entry prices include delivery (everything starts to be sent out from the 14th of December ... so please enter before this date or you may not get before xmas :))



# MORE INFO

## RESULTS

Submit your results here:

<https://etchrock.com/leaderboard/rudolphs-revenge-elf-yourself-1>

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!

More 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 10k of your run vs a marathon :)
- DON'T BE LATE-last day for results to be submitted is midnight on the 28th of December.
- 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 :)

### When will I receive my medal (and other items)?

All those entered ahead of the 14th of December, we will get in the post from that day. As people can still join the event up until the 27th of December, we will then be posting items out the day after you order. We clearly will do our best with the Xmas post, hence we're recommending entering before the 14th (as it's going to be a busy postage year!)

### What about prizes or trophies?

Yup, we have them to help recognise overall winners (1,2,3 male/female). We may think a little more smartly, and try to get electronic prizes where possible (we annoy our local post office enough as it is ;) )

YOU WILL ONLY BE ELIGIBLE IF YOU SUBMIT EVIDENCE BASED RESULTS (see above for how)

Prize categories (roll down once 1,2,3 positions taken out)

First 1,2,3 male & female... any other categories will be confirmed once we know how many people enter :)

### Where can I see the results?

The leaderboard can be found here: <https://etchrock.com/leaderboard/rudolphs-revenge-elf-yourself-1>

Our master results (the list with everyone entered) will be finalised and updated after the last result submission day. This is where we take the prize winners from, and they can be found here (once the event has finished) <https://curlysathletes.co.uk/results#3d3cf1bd-e347-4e44-a576-df15b97ddef9>

After midnight on the 28th , we won't be adding anymore results we haven't received!

### 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.

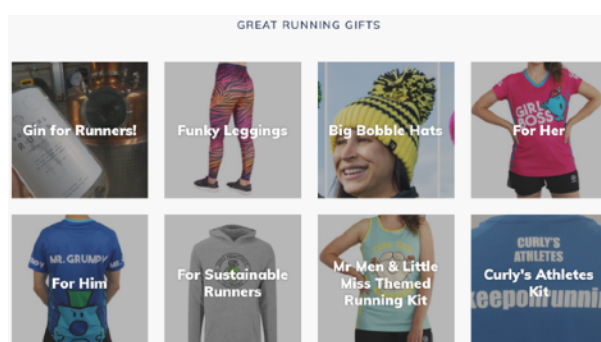
**RUNNING GIFTS** <https://runninggifts.com>



Great gifts for runners, Running Gifts is Curly's super special shop for run

We combine fantastic suppliers and products with our love of running. Running Gifts also 'gifts' back to our charity friends. All profits from Running Gifts support over 20 amazing charities!

We sponsor not for profit charity running events, give free race tickets to charity runners, make direct donations and support plenty of amazing projects :-)





## Our Charity Friends and our approach :)

It's been a tough year for many of our charity friends ... one of our own in house favourite quotes is pretty fitting in this instance;

'running can't fix all the worlds problems, but it's a great place to start'

Money from every entry goes to Lindsey Lodge Hospice, who in 2019 we joined forces with, to bring an amazing 'super christmassy event day and night event'. So with the postponement of the ELF Yourself event we're doing what we can with Rudolph's Revenge!

Curly's operate with a not for profit ethos, but we of course have to cover our costs and team wages.

100% of any donations you make (minus any external card processing costs etc) and 100% of any fundraising goes straight to the charity ... if you didn't know, most large run organisers take a percentage of this, which we think is a little wrong.

You can, of course, run for any charity you wish to, but we would love you to pick one of our amazing charity friends.

Find out more about how to help here: <https://curlysathletes.co.uk/the-great-sprout-scuttle>





## FAQ's?

What if I don't run or submit my result?

We will still send out your medal and any additional items :)

I already entered the virtual event, but now I want a hat and a snood!!!!

Fear not, just drop us a note at the address below and we can arrange an upgrade (assuming we have some left! :) )

Queries / Questions?

Please email us at [contact@curlysathletes.co.uk](mailto: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) but have no fear... we will be putting online some self print race numbers :) Just visit the following link, print and fill in your name or make up a number!  
<https://curlysathletes.co.uk/rudolphs-revenge#8d5d2bd6-625e-40c9-b9a1-a7db8fce4ff8>

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 & Lindsey Lodge Hospice, 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