



VIRTUAL

# THE GREAT SPROUT SCUTTLE

## 5k & 10k festive trail adventure!



### 12th to the 21st of December 2020





## We admire your commitment to sprouts and joining us virtually!

Hi, we are very excited to be back with The Great Sprout Scuttle! . . . but as per many things in 2020, it's going to be a little bit different, but just as awesome :)

So it's time for another year of all things festive and sprout based!  
Another excuse for 2020 to put off the shopping and get running (its more fun!)



**A 5k and 10k off road virtual trail event** and a super sprouty

Christmas theme, plus the opportunity to fundraise for the event neighbours at the RSPCA re-homing centre ,or even to find out about their adoption process.

It's not called the Great Sprout Scuttle 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 'off road' and find as many puddles and don your best Santa (or sprout outfit)

We're working again with the amazing team at the RSPCA Doncaster re-homing centre (100% of any donation and fundraising will go to the charity plus a donation from every entry :) )

This RSPCA team do an amazing job in rescuing and rehoming animals (in fact we adopted our office Guinea Pigs- Alan and Jeff from them :)

So feel free to get involved further and fundraise, make a donation or adopt an amazing animal (it's hard not too!)

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 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 13th, and complete your 5k or 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 complete the distance by midnight on December the 21st :)

BUT REMEMBER ... we're asking you to do the event 'off road'

Entry fees (for both the 5k & 10k):

£12.50 for medal based entries

£21.50 for a medal, bespoke event t-shirt and postage friendly cake!

You can also add on a tech long sleeve event specific running top for just £15

\*If you were already entered into the Sprout Scuttle 'physical event', then you'll be automatically moved across to the £21.50 option (we will send you a question out about t-shirt size in the next few weeks). 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**- Sprout Themed!
- **Charity friends**- A Donation from each entry goes to support the RSPCA Doncaster (in addition to 100% of any donations and fundraising.)
- **GET OFF ROAD**-Yup, that's right we're wanting you to complete your run 'off road' ... the muddier the better! 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://curlysathletes.co.uk/the-great-sprout-scuttle>
- **Prizes**-We have a great collection of prizes for those more competitive amongst you, plus some sprout based spot prizes!
- **Delivered to your door**-all entry prices include delivery (everything starts to be sent out after the main event day on the 13th of December :)





## RESULTS

Send us your results here:

**10k:** <https://etchrock.com/leaderboard/10k-the-great-virtual-sprout-scuttle-2020>

**5k:** <https://etchrock.com/leaderboard/5k-the-great-virtual-sprout-scuttle-2020> .... 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 21st 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)?

We get everything packed up on the main event weekend and in the post as soon as the post offices open :) As people can still join the event up until the 20th of December, anyone joining the event after the 12th of December will receive their items after the 21st of December :)

### What about prizes or trophies?

Yup, we have them to help recognise overall winners, age group winners and spot prizes. 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 are enter :)

Where can I see the results?

The leaderboard can be found here <https://curlysathletes.co.uk/the-great-sprout-scuttle>

Our master results, 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 21st, we won't add 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>

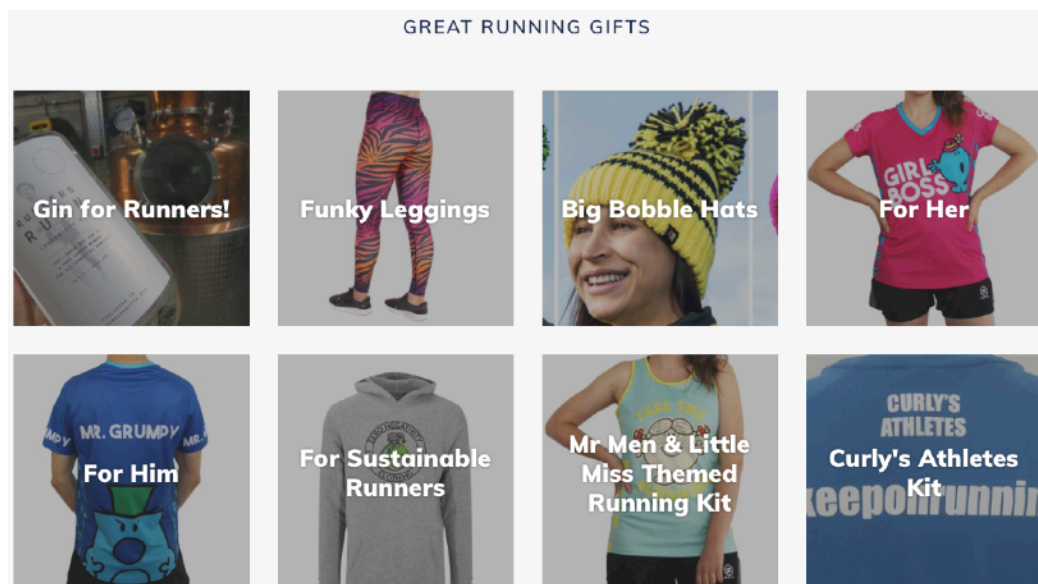
Great gifts for runners, Running Gifts is Curly's super special shop for runners!

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 ... now 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 the RSPCA Doncaster Rehoming centre (which is based next door to where we usually host the event from). We operate with a not for profit ethos, but we of course have to cover our costs and team wages.

And 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 % 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 :)

### 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/the-great-sprout-scuttle#f86fc9ea-ae4e-4b68-91ad-643f925e7e35>



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 & RSPCA Doncaster, 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