

RunBelievable Challenges

BLACK HUGIN Challenge!

Saturday 12th August 2020 9.00AM

Welcome to our first ever event we're thrilled you could join us!

After what seems like a lifetime and with a very unwanted interruption from the "C" word we're finally ready to go with our first event - The Black Hugin! It may not be at Pegwell and the only glimpse of the Viking ship will be when you receive your medal but we hope regardless this'll be an event to remember. All the information you need regarding this event should be below, if after perusing this email (and please do, there is a bit of important stuff including changes due to social distancing etc) you still have unanswered questions, please do not hesitate to contact us via Facebook or [Email](#).

Please ensure you read the little paragraph about going "cupless" and our zero waste vision.

Location :

Betteshanger Park Sandwich Rd, Deal CT14 0BF

Registration :

Will be open from 9.00am

You can start running anytime from 9.30am to avoid crowding

[More info about this event can be found at our website here.](#)

Weather : Looking ahead at the weather for Saturday, hopefully we'll get sunny intervals with a moderate breeze - no mention of rain, but we all know a lot can change in a week!

Getting there : No issues that we are aware of. However the park only opens up at 9.00am which is the same time that we can get in, Please try and give us a few minutes to set up, you can run any time from 9.30 till 10am ish so if a slightly later start is more suitable for you this will really help us out too! We need to try and avoid congestion getting into Betteshanger and around the registration area.

Course : We're going to be flexible with deciding the route! Mainly as it will depend on the conditions on the day. But the A plan is a 4.37 mile route, which you can decide to run as many as you like. The surface is a high quality gravel surface in the main with the odd patch of potentially muddy bits if they're wet but overall it's an excellent running surface and should produce some fast times. The route is viewable on [MayMyRun here](#).

There are slopes rather than hills, so it's not totally flat, each loop has maybe 60 feet of elevation rise, but there are some lovely woods to run by, ponds, grasslands, wetlands and some wildlife to spot too! If it's wet there might be a chance of some mud but the trails are high quality and drain well.

The route is suitable for either road or trail shoes.

Time Limits : You have six hours from when you decide to start (between 9.30 and 10.00am) to run as many or as little laps as you like. As long as you are on your final lap before 5 hours, 59 minutes and 59 seconds then you are good to go out for one more. Please be aware that the park shuts at 5pm and we will need to be off the site by this time. So for example if you start your last lap at around 4pm you'll have an hour to complete it, collect your medal and leave the park.

Parking: There is lots of parking available, however this is in the overflow of the overflow car park. As you drive down to the roundabout it's the first left and then left again. You should see our green gazebo and it'll be signposted as well. Please note parking is Pay & Display. (Currently £3 for an all day ticket) which is payable before you leave the park. They use an ANPR system and even if you forget you can pay afterwards for up to 48 hours.(You can find out more information at [their site here](#)) Base camp is the black circle.



Toilets : There are toilets located in the middle of the car park.

Numbers : You'll pick this up on race day from the race base camp. (Any elite SVN runners please could you bring your elite number)

Lap Counting : To make sure we're adhering to social distancing rules, instead of clipping lap tags we'll be manually counting them instead so we ask that each lap you make sure we can see your number/name so we can mark off your lap. When you decide to finish just give us a wave and a shout and we'll press stop on our timing app

Runbelievable/SVN miles : Any miles run with us will also count towards your SVN mileage as well as contributing to the [RunBelievable club](#). And for those of you who have earned an elite number through SVN, never fear you can still use it with us too! In fact we ask that you do bring your elite number.

Aid station : Due to Covid restrictions there will be no aid station as such, just Kim or one of the girls (Amy or Sophie) with jugs of water or juice to refill your bottles. There'll also be no table to leave your drinks so please use your car or bag to keep your drinks. Before the race you will be given a well filled goody bag - this is essentially your own personal aid station to use as and when required!

Bag drop : Again to follow social distancing regulations there will only be a small bag drop area and this is solely for people that have walked to the event - if you have a car please use it!

Doing our bit.... Our plan for our events is to be 100% rubbish free. We will be completely "cupless" which means we will not be supplying any bottles or plastic cups, instead we ask can all runners bring their own named bottle or cup which can be replenished freely at the water station. If after the event any runners or spectators have anything to dispose of, please please could you take it home with you!

We are really committed to this and believe together we can all make a difference, so we thank you all in advance for helping us eliminate waste and plastic usage!

