

# RunBelievable Challenges

## The Tolkien Run!

**Saturday 7th July 2021 8.30AM**

Runbelievable are back at the beautiful Jeskyns community woodland for the Tolkien 8 hour challenge run. Jeskyns was operating as a farm until 2005 when it was purchased by the forestry commission with the purpose of returning the land to its original environment of orchards, meadows and woodland. Runbelievable and the Gruffalo look forward to welcoming you to another day of running.

All the information you need regarding this event should be below, if after perusing this email you still have unanswered questions, please do not hesitate to contact us via Facebook or [Email](#).

### **Location :**

Jeskyns community woodland, Henhurst Road, Gravesend DA123AN

### **Registration :**

Will be open from 8.00am

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**[More info about the Tolkien Run event can be found at our website here.](#)**

**Weather :** It's currently looking like highs of 20 degrees with a very slight chance of rain. However it is supposed to be August, so be prepared for it to get higher!

**Getting there :** No issues that we are aware of.

**Course :** This route is mainly on high quality bike paths/trails with the remaining part of the course being pretty decent quality trails. [View the route here on MapMyRun](#)

The loop is 3.28 miles long, 4 laps will get you to half marathon, 8 laps for a full marathon and any more and you have completed yourself an ultra!

**Time Limits :** This bit is pretty simple, basically you have 8 hours instead of the normal 6 to complete as few or as many laps as you like. Only rule is you must be out on your last lap by 7hrs 59mins 59secs, no more full laps can be started after this time. What will you try and achieve with the extra time!?

**Parking:** There is lots of parking available close to the start finish area to the very left as you enter Jeskyns. There will be a Runbelievable parking sign to guide you. Parking costs £3 per day and is payable at anytime via the parking machines or the RingGo app.



**Toilets :** Due to continued restrictions on the number of runners allowed we will be using the onsite toilets which do not open until 9:30am so be sure to use services en route!

**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 :** We'll be manually counting the laps so we ask that each lap you make sure we can see your number/name so we can mark you off . We're super excited, as for the first time ever we will be have our, "RunbelievaBell", when you've finished give it a good old ring and we'll press stop on our timing app.

**Mass start :** We're almost there with mass starts but not quite yet, so we will get you all started as close to 8:30am as possible but will stagger a few seconds between you. This is to keep Jeskyns happy that we are still observing social distancing and also to stop there being too much congestion as the first part of the course is quite narrow.

**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 :** For anyone that has run with us or SVN at Jeskyns before the start area has been moved slightly, we are now no longer in the car park but in a fenced off area in front of the normal parking area just look for a bright red event shelter and you can't go wrong! As Covid cases seem to be increasing we have chosen to remain cautious, so there will be a small aid station to top up the goody bags given in advance. Kim or the girls will be readily available to replenish your drink with jugs of juice or there will be a water dispenser you can use to refill your bottles. 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 :** Due to the slightly different start area we are able to have a bag drop area for you to store your bags, drinks etc. Please note, although it will be close to the event shelter we cannot be responsible if things go missing. Please also feel free to bring your own chairs to use, we have quite a bit of space at the side of our base camp that can be used.

**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!**