

GRIM Final Information for Runners

Please read thoroughly

Any questions? email – info@209events.com

GRIM Challenge
Sunday 3rd December 2023
Start Times
8 mile - 10:00am
4 mile - 10:10am

We suggest you plan to arrive 45 minutes before the event to allow time to park, walk to the Race HQ and drop your bag.

The majority of numbers will be sent out in the post, those who entered after November 19 have to collect their numbers on the day .

Race HQ/Registration will be open for collection from 08:30am.

How To Get There

What3words///:

What3Words is the simplest way to talk about location. Download the app to your smart phone where the world has been divided into a grid of 3m x 3m squares and it has assigned each one a unique 3-word address. You can enter any given three words then use your built-in maps to navigate to that location. It is so good even the emergency services use it!

Car Park 1 Entrance: **///fuels.model.globe**

Car Park 2 Entrance: **///cabin.crops.linen**

Race HQ Tent/ Number Pick up Point: **///began.glad.envy**

Toilets: **///valve.waters.cases**

GPS Sat Nav directions if travelling by Car

If using a sat nav, the nearest address is Fleet Road, Aldershot, GU11 2HL. As you get closer, look out for signs into the Eelmoor Driving Circuit and The Grim Car Parks. This year there are TWO car parks. Please follow marshal instructions into the car park when you arrive.

By Train

What3words location: **///fault.robot.brush**

The nearest train station is in Aldershot. Walking distance is 2.2 miles from the station to the entrance gate to the car park for the event. There is a taxi rank outside station. Please allow enough time for your journey. We suggest that you arrive at least 45-60 minutes before the race start.

Parking

There are plenty of parking spaces available at the site. This year there are TWO car parks. Both Car Parks can be accessed from Fleet Road, Aldershot.

Car Park 1 Entrance: **///fuels.model.globe**

Car Park 2 Entrance: **///cabin.crops.linen**

There is a short walk from the far end of both car parks to the race. We advise that you arrive 60 minutes before the start of the race to allow yourself time to get yourself ready or 90 minutes if you have to collect your race number from the Race HQ tent.

Please note that while there is plenty of space to park at the venue, there is only one entrance and exit to both car parks so there might be a short queue while you exit the site. Parking will be controlled by Car Parking Marshals. Please follow their directions carefully and park considerately to allow all runners space to attend and enjoy the event.

Supporters & Spectators

Spectators are very welcome to come along to support you completing the Grim Challenge. The best spectator area location can be found at what3words: ///loves.woof.fishery. This location is a short walk from the race village. There is plenty of space to stand and watch alongside (one of the many) water features that runners of both the 4 and 8 mile events will pass through.

Volunteers/ Marshalls

We are still in need of some marshals and volunteers for race day. If you have any friends or family who can spare a few hours on event day and are happy to get involved, please ask them to get in touch with us as soon as possible. We even offer our marshals the choice of payment or a free entry into one of our UK events!

Email us at info@209events.com to find out more!

Keys/ Baggage

If you have travelled by car, it will be safer and we would really encourage you to leave your bags and valuables in your car and simply leave your car key at the key/ baggage drop. Although we cannot guarantee the security of your belongings, there will be a manned baggage area for you to leave your keys/bag. Please use the baggage tag attached to your race number to secure it to either your bag or keys carefully. You **MUST** have your race number with you to collect your belongings after the race.

Changing

Men and Women's changing marquees will be available. You should arrive in your running clothes but please bring another complete set of warm clothing with you. Do not go home in any wet clothing. Please note, there are no showers. We are conscious of our footprint and waste management so please bring a bag and plan to take any unwanted items of clothing home with you to wash or dispose of.

What to Wear?

Clothing

You will get dirty and wet. We recommend that you wear a synthetic T-shirt or long sleeve shirt on your upper body and possibly some running tights on your legs. The materials should ideally wick away sweat and dry quickly when wet. Cotton is not good at this. Technical breathable fabrics are perfect for this event and are strongly recommended. Remember, cotton gets heavy when wet.

Footwear

Off-road running shoes would be ideal for the varied terrain but a normal road running shoe will be suitable if you do not have an off-road shoe. No Spikes please.

iPod, MP3's, phones?

Some people fall in the puddles, others actively dive in. You **WILL** get wet and so will anything you carry! We strongly discourage the use of any equipment that acts as an impediment to hearing or concentration when competing. This includes, but is not limited to, mobile telephones, personal stereos, iPod's and other mobile devices. 2:09 Events cannot be responsible for accidents resulting from racing with such equipment.

Course

This land is used to test Army vehicles so expect it to be interesting!

There are sections with loose rocky hills as well as soft muddy ones and the odd boggy path for good measure; and you know what they say, "what goes up must come down". You will descend into more than one water filled ravine, over puddle- strewn, muddy paths before you navigate wooded paths and crawl under camouflage netting. You'll enjoy man-made mounds (made for tanks!) before arriving at and running through some **MORE** rather large puddles. Expect to get very wet! You'll run on to the fast vehicle driving circuit where it is rocky underfoot. This brings you to some more large areas of water and the finish area.

Timing

The race is chip timed. Timing chips will be attached to the back of your race number. The chips are robust and will record your time from start to finish. Please take care when securing your number to the front of your running outfit that you do not bend/ fold the chip as it may damage it resulting in your time not being recorded. There will also be an additional wrist band attached to your race number.

PLEASE ENSURE YOU SECURE IT TIGHTLY AROUND YOUR WRIST. This will be utilised in the event that your number becomes detached/ lost or damaged whilst on the course.

Military Debris

Please be aware that GRIM is held across military training areas and as such, and while unlikely there may be some military debris on the course. If you see debris likely to cause runners a problem, please report it to the nearest marshal. Above all, do not touch it.

Rubbish

There are bins/ bags within the race village and at the water station on the 8 mile course for you to dispose of your waste/ gel packets/ water cups etc. If you walk back to your car with any rubbish, please take it home with you to dispose of and do not leave your litter on the ground!

Dogs

We love them but we are not licensed to have dogs on site so we politely ask you to leave your furry friends at home.

First Aid

Medical support will be present on the course and at the finish. You should be relatively fit and have no known medical conditions. Please note – you must not attend the event if you exhibit any COVID-19 symptoms and we strongly advise against running this event with a cold or flu. This can be extremely dangerous. Please seek expert medical advice if you have any health concerns prior to the race.

Toilets

Toilets are located in the Race Village area - What3words location: **///valve.waters.cases**

Water

Water, HIGH5 energy drink and energy gels will be available once on the 8 Mile course and at the finish. Please bring your own water to drink prior to the start.

Prizes

The first 3 men & first 3 women across the line for each distance will be awarded prizes on the day at the venue. Prizes are wooden trophies.

The First M40, M50, M60, F40, F50, F60 will also win a prize. These prizes will be sent out to winners after the event.

Photos

There will be a photographer on the route to capture you in all your muddy glory! Don't forget to smile! The cost of photography is included in your race entry. Race photos will be free to download in the days following the event from www.21cphotos.com

Hot Food & Drink

A variety of items will be available for both runners and spectators to purchase within the Race Village.

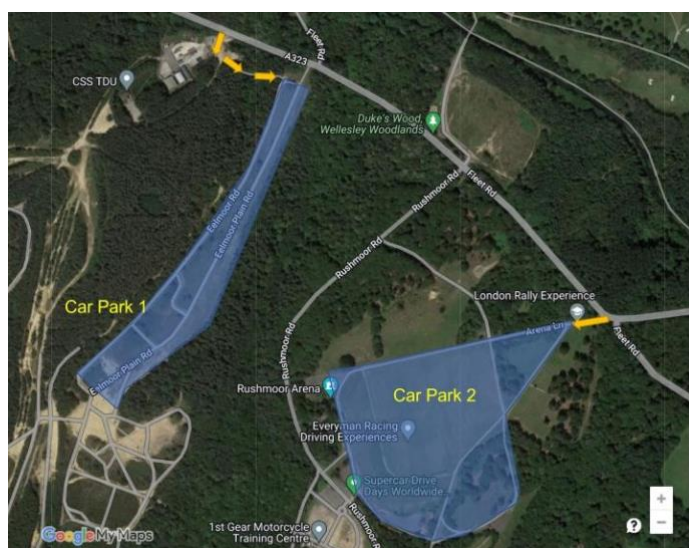
Deferrals/ Transfers

As per our terms and conditions; in order to transfer or defer your entry you need to send an e-mail making the request to transfer@209events.com as soon as possible but no later than 48 hours before the race takes place. Requests made after this time will not be accepted.

Grim Challenge Merchandise

If you have pre-purchased a T-Shirt or Grim Headscarf, you must collect it from Race HQ after you have finished the race.

Route & Parking Maps



Share your experience!

We love to see you enjoying the event. Don't forget to share your photos and videos on social media and tag us using: #grimdownsouth **Instagram** @209_events **Facebook** @209events

DON'T FORGET

- Your race number pinned to your top
 - A full change of clothing
- Money for tea / coffee / food / merch (T-Shirts £15/ Headscarf £5)
- To eat a healthy meal and to avoid alcohol the night before the event
- To eat something light and drink plenty of water prior to the event
 - To leave enough time to get there with plenty of time to spare
 - Your sense of humour!

Still have questions? email – info@209events.com