



## **GRIM Final Information**

### **Please read thoroughly**

**Any questions? email – [info@209events.com](mailto:info@209events.com)**

#### **GRIM Start Time**

**4m - 10:00am**

**8m - 10:10am**

We suggest you plan to arrive 60-90 minutes before the event to allow time to park and pick up your race number and your chip. You will need to show your confirmation of race entry to gain access to the car park.

Race HQ/ Registration will be open for collection from 08:30am. It is only a very short walk from the car park so you can stay warm in your car until runners are called to the start for the briefing at 09:45am.

#### **How To Get There**

##### **What3words///.**

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

Entrance Gate to The Grim Challenge Car Park: **///serves.part.rainy** or **///fuels.model.globe**

Race HQ/ Registration Tent: **/// plays.hidden.merit**

Start/ Finish: **///horn.mason.third**

Toilets: **///hero.flip.asking**

Spectator Area: **///pulse.hits.comet** This gives the general location for Spectators – Please also pay careful attention to signs and marshal instructions/ directions.

##### **GPS Sat Nav 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 Eelmore Driving Circuit and The Grim Car Park. We would however encourage you to use the What3words method of navigating your way to and around the event.

##### **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 60-90 minutes before the race start to allow enough time to collect your race number.

## **Parking**

There are plenty of parking spaces available at the site. Please note that while we can park you right at the venue, there is only one entrance and exit 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 and have your registration confirmation ready to show to gain access to the Event.

## **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 label in your race pack which has your race number pre-printed and secure it to your keys or bag carefully. You **MUST** have your race number with you to collect your belongings.

## **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. It WILL get wet!

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 MP3 players. 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 head for the loose logs and crawling 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**

ATW will be timing our event this year. Timing chips will be issued with your race number and need to be secured around your ankle. This will give you your time from the second you cross the line to the second you finish. The system is extremely accurate and it means that results can be posted on our website within 24hrs of the race.

Please ensure that you attach your timing device securely with the red chip facing outwards. They are your responsibility after you have collected them together with your race number. These devices are not disposable and **MUST** therefore be returned to us at the end of the race to avoid incurring a replacement charge of £25. There will be marshals in place to assist you and collection bins clearly marked at the finish line.

## **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 Start and finish area.

## **Water**

Water and High 5 plus 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**

### **Individual**

The first 3 men & first 3 women across the line will be awarded prizes on the day at the venue.

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

## Hot Food & Drink

A variety of items will be available for purchase within the Start / Finish area.

## Merchandise.

We may have some additional merchandise to purchase on race day. We are unable to take card payments so if you want to purchase items on the day, please plan ahead and bring cash!

## Military Debris

Please be aware that GRIM is held across military training areas and as such, there may be 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.

## 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](mailto: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.

## DON'T FORGET

- Your Number pinned to your top
- A full change of clothing
- Money for tea / coffee / food / kit
- 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!

