



Thank you for entering the:-

# WASHINGTON TRAIL 10K -2021

In association with:-



<p><b>RACE INFORMATION</b></p> <p>Please read the pre-race information carefully. If you have any questions about the race, then please email <a href="mailto:info@trailoutlaws.com">info@trailoutlaws.com</a>. Or message us via Facebook.</p> <p>This year as you can imagine, we have had to change things to fall in line with current guidelines around COVID-19, so please read this document fully. As we will outline what changes to the event have had to be made.</p> <p><b>COVID-19 GUIDANCE</b></p> <p>There is a full list of guidance that we ask all runners to abide by later in this document. Please make yourselves familiar with this. We ask that all runners attending the event abide by the guidance that we have to impose.</p> <p>This is being done for your safety and the safety of our staff and volunteers. It is also being done to ensure the event is not seen in a negative light by the authorities and local residents.</p> <p>After all, it just takes one poorly timed photo on social media to bring the house down!</p> <p>We will have several hand sanitizer stations at event registration and at the start/finish area. Please sanitize your hands before picking up your number prior to the event, and upon completion prior to picking up your medal (just don't mistake this for the water we will be giving out ;))</p> <p>Face Coverings must be worn at event registration and at the start / finish area, before and after completion of the event. It is your responsibility to ensure that you have your covering with you. Please carry it during the event also (it does not have to be worn).</p> <p>Spitting and snot rocketing must not be done at race registration, start / finish area. This will result in immediate disqualification.</p> <p>Please do not congregate in large groups prior to event, during or immediately after the event. If you have any symptoms please do not attend the event. If you develop symptoms at the event please use your face covering and seek help and advice from our medical team. See Appendix for further information.</p>	<p><b>RACE START</b></p> <p><b>Race Start 08:30 – 10:30 hrs</b>  <b>Race Finish 12:30 hrs</b></p> <p>We will be operating a continuous event start from 0830 to 1030. This means that as you arrive to the start/finish area race ready, we will be asking you to start the run immediately.</p> <p>There will be no waiting in the start / finish area before, during or after the run.</p> <p>If you wish to run with others please arrive at the start area at the same time, race ready.</p> <p>The race bibs will have chip timing attached so your times will be recorded accurately no matter what time you arrive to start. Once you approach the start gantry you must continue through and begin the event as the chip timing will register you as starting and this will be unable to be adjusted or rectified on the day or at a later date.</p> <p>The event this year will be operating as a time trial style event with the guidance on mass starts not being allowed and the practicalities of administering and policing 400 runners in 6 runner waves is not feasible at this event.</p> <p><b>Shepherds Way Car Park</b>  <b>Shepherds Way</b>  <b>Washington</b>  <b>NE38 8SG</b> <a href="#">Map</a></p> <p><b>RACE FINISH</b></p> <p>The race finishes at the same place as the race start above.</p> <p>As per the start of the event, once you have finished we will kindly ask that you collect your medal and your New Trail Outlaws Nylon Kit Bag and vacate the start / finish area.</p> <p>Medals and your new kit bags will be on a marshal manned table after you finish for you to collect your own. We will not be handing out anything to runners in person at the finish of the event.</p> <p>On this occasion we cannot have runners waiting for friends, family etc in this area unfortunately.</p> <p>There will be no official prize giving at the event this year. This will be done remotely after the event has taken place.</p>	<p><b>RACE REGISTRATION</b></p> <p>Registration will take place on <b>Sunday 25<sup>th</sup> April between 0815 -1015</b>. You must collect your own number.</p> <p>Registration will take place at the same location as previous years, at Biddick Academy School (details below).</p> <p>We ask that you come straight to registration race ready. You will <b>not</b> be required to show ID to collect your number at this event.</p> <p>At registration you will be given your race number. This number must be pinned to the front of your top and visible throughout the event.</p> <p>This is always our busiest time, so please plan what time you want to arrive and start the event, by yourself or with friends as per current outdoor gathering guidelines.</p> <p>Once you have collected your number, you will be required to make your way straight to the start / finish area approximately 5-10 minute walk from registration, ready to start your run as soon as you arrive. You must not congregate at the registration area, start/finish area.</p> <p>There will be no race briefing prior to starting this year.</p> <p><b>Biddick Academy School</b>  <b>Biddick Lane</b>  <b>Washington</b>  <b>Tyne and Wear</b>  <b>NE38 8A</b> <a href="#">Map</a></p> <p><b>T-SHIRTS</b></p> <p>If you have entered the Urban Trail Series using the Season Ticket option you can also pick up your free T-shirt at registration.</p> <p><b>MEDICAL / FIRST AID</b></p> <p>First Aid cover at the event is being provided by AED Medical.</p> <p>There will be First Aid responders and Paramedic located at the event finish area should anyone require first aid / medical assistance at the event.</p> <p>Should you get into difficulty on the course please alert another runner or marshal who will be able to pass on any information and alert us for help.</p>
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<p><b>RACE PARKING</b></p> <p>There will be limited event parking at Biddick Academy as per previous years.</p> <p>After this is full we ask that you park in the surrounding areas responsibly i.e no blocking of drives, no parking illegally, park with consideration of local residents.</p> <p>The only exception to this is that you must not park in the street/housing estate directly opposite the entrance to Biddick Academy.</p> <p>This is due to previous complaints made by local residents to Biddick Academy, and our future use of the venue for further years relies on this understanding.</p> <p><b>BEFORE THE RACE</b></p> <p>Consider taking out personal insurance against accident or injury whilst participating in sporting activities UKA and TRA membership include insurance.</p> <p>Please wear appropriate footwear. Light trail shoes would be our recommendation.</p> <p><b>STAFF AND MARSHALS</b></p> <p>Just like yourself, the staff and marshals at the event will have some trepidation and anxiety regarding the event given the past 12 months. Please respect all staff and marshals during the event and their personal space.</p>	<p><b>RACE ROUTE</b></p> <p>Please make sure you are familiar with the route, as shown here <a href="#">Washington Trail 10k route</a> The route will be fully signed with flags, signs and numerous marshals on route, but as with any trail running event navigating the route is the runner's responsibility.</p> <p>A map of route is attached below.</p> <p><b>RACE NUMBERS</b></p> <p>Please note that race numbers will be given out at race registration on the day of the race.</p> <p><b>RACE DAY SHOP</b></p> <p>At this present time there will be no race day shop. This is being done to reduce the need for social contact during the event. The shop will return later in the year once guidelines ease.</p> <p><b>POLITE REMINDER</b></p> <p><b>No headphones to be used or dogs to run during the event.</b></p> <p><b>Race Day Partners</b></p> <p>We would like to thank all our race day partners. See the full list on the next page including exclusive offers that are available to you.</p>	<p><b>TOILETS</b></p> <p>There will be no indoor toilet facilities at the event in Biddick Academy as per previous years. We have hired portaloos that will be situated at the start / finish area.</p> <p><b>SPECTATORS</b></p> <p>There are no spectators allowed at the event this year as per current event guidance.</p> <p>This means that anyone in the start/finish area that is not beginning or finishing their run will be asked to vacate the start/finish area.</p> <p>This is also to protect the volunteers who will be marshalling the event.</p> <p><b>CHECK POINTS &amp; REFRESHMENTS</b></p> <p>Due to current guidelines there will be no official Check Points this year.</p> <p>There will also be no refreshments available during the course of the event. If you require any refreshments i.e water. Then these must be brought and carried by yourself during the event.</p> <p>We will be offering single use bottles of water to take away, upon completion of the event at the finish area. This has been done to reduce the risk of any cross contamination.</p>
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### HAPPY STUFF

Our last event we were able to host physically was way back in November 2019. The fact that we are now able to host our first event of 2021, is all down to you the runners. You have steadied the course, stuck with us, and now we are able to run again !!!!!

We cannot begin to describe how much this means to us as a team/company, and also more broadly as part of the running community.

Thank you from the bottom of our hearts, it truly does mean the world.

For the time being, we are not able to have our usual group style event, we will still make the event as fun, accepting and safe as we usually do.

So let's get ready to come and run again on the trails and pick up our medals, chat to our friends as we hit the trails and see those familiar faces.

We may have to hold off on the high fives and hugs for the time being, but there will still be no shortage of applause and encouragement from our awesome marshals and fellow runners.

## WITH THANKS TO:



Thanks to Active Root who are providing winners awards and age category awards. These will be sent out by post after the race. Find out more about sports nutrition that's easy to stomach at their website.

<https://activeroot.co.uk/>



physiotherapy

We are delighted to announce a new partnership with Newcastle Physiotherapy who provide first class physiotherapy, sports massage, acupuncture, pilates and nutrition services. They are going to be providing a £30 voucher that can be used per treatment session. We will be providing an email with this voucher after the race.

<https://www.newcastlephysioclinic.com/>

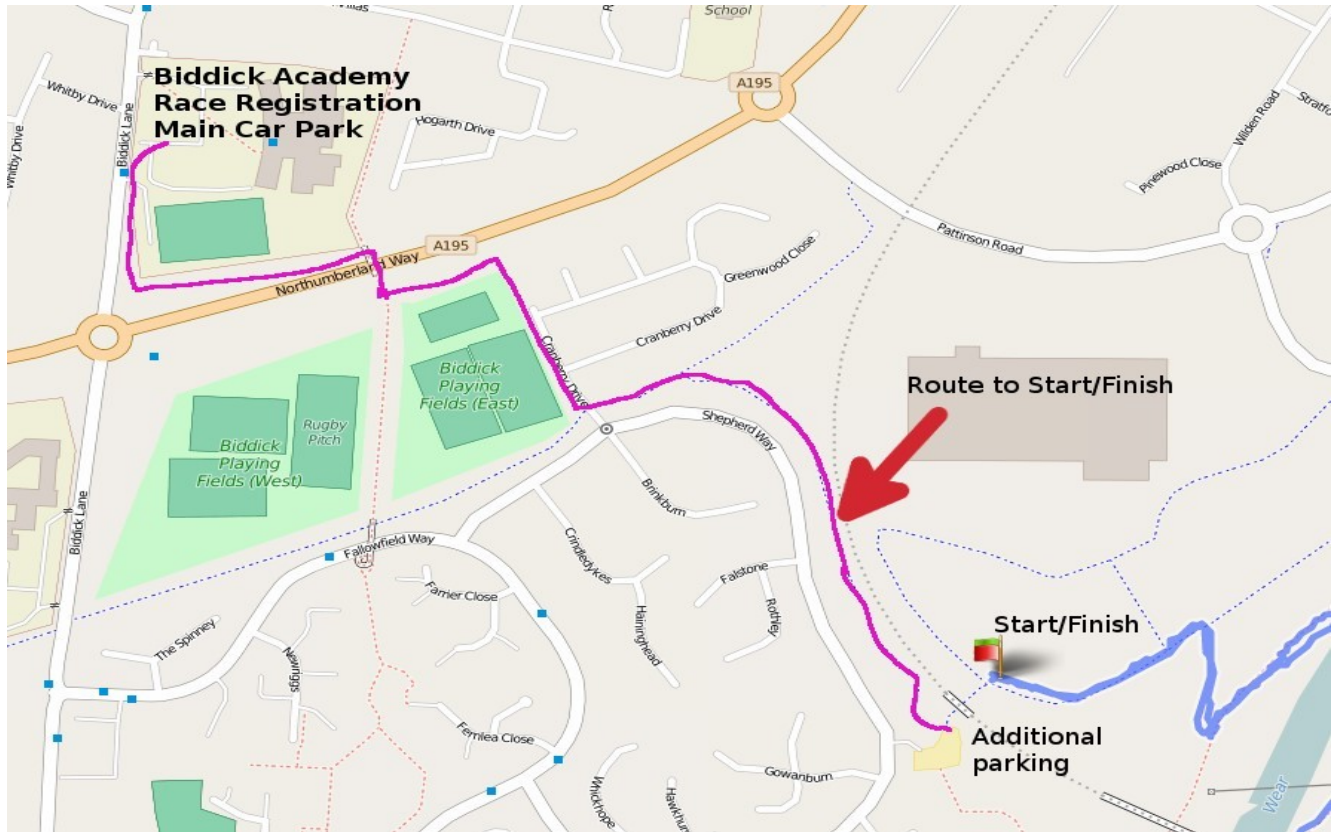


A big thanks to Scott Sports again for supporting the series and for everyone from the team who is also taking part in the races. They will be offering the male and female winners of the series a pair of Scott Trail Running shoes.

<https://www.scott-sports.com/gb/en/sports/running>



## ROUTE FROM BIDDICK ACADEMY TO START (will be signposted on the day)



# TRAIL OUTLAWS

## Participant Code of Conduct Appendix

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Runners should not turn up at the event if you are showing any symptoms of covid-19 as outlined by the NHS
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible
- Come alone if you can
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the event
- Be prepared to bring your own water and food and carry it with you during the race and please dispose of rubbish responsibly
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race.
- Bring your own hand sanitizer and face mask
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

## **OTHER UTS RACES**

**DURHAM TRAIL 10M** [www.urbantrails.co.uk/durham](http://www.urbantrails.co.uk/durham)

**PENSHAW HALF MARATHON** [www.urbantrails.co.uk/penshaw-hm](http://www.urbantrails.co.uk/penshaw-hm)

**BRANCHES & BAYS 10K** [www.urbantrails.co.uk/branches-and-bays](http://www.urbantrails.co.uk/branches-and-bays)

**PENSHAW 10K** [www.urbantrails.co.uk/penshaw-10k](http://www.urbantrails.co.uk/penshaw-10k)

## **RACE INFORMATION**

**RACE ENTRIES/RESULTS** [urbantrails.co.uk/washington-results-2021.php](http://urbantrails.co.uk/washington-results-2021.php)

**RACE RULES** [www.urbantrails.co.uk/washington](http://www.urbantrails.co.uk/washington)

**URBAN TRAILS WEBSITE** [www.urbantrails.co.uk](http://www.urbantrails.co.uk)

**TRAIL OUTLAWS WEBSITE** [www.trailoutlaws.com/](http://www.trailoutlaws.com/)