



## Virtual BvH Leafy 10km 2020 Race Rules and Briefing

Race Licence: 2020-41072

### RULES:

- Ensure your route measures 10km. That is 6.2137 miles. It is ok to go over slightly, but try not to be under!
- To avoid any advantage or disadvantage through elevation, try to make your route end in roughly the same place as it starts. If this is not practical for you, then ensure you do not have a net downhill elevation as reported by your Strava / Garmin account.
- Try to avoid running lots of very short laps, as this can make your GPS less accurate. Extra kudos for running a multi-terrain route.
- Submit your result here: <https://data.opentrack.run/en-gb/x/2020/GBR/leafy10k/>
- When submitting your result, please report ELAPSED time taken, and ignore "moving time" or similar information.
- When submitting your result, provide a Strava / Garmin Connect / etc link to your performance, or an app screenshot, or a photograph of your watch showing distance and elapsed time.

### BRIEFING:

- Please adhere to all current Government guidelines on social distancing
- Carefully plan your route and apply social distancing measures to give priority to pedestrians and people using public spaces

- When planning your route please consider access, elevations and multi terrains
- Please consider the time of day in which you are planning to carry out this event, ensure you have enough daylight and that you are considering “peak times” for any parks or public areas you will be visiting to help with social distancing
- As this is a virtual event, we will not be providing first aid cover so please ensure you have checked your route prior to running it, inform someone of where you are going and make sure you have your emergency contact details with you
- In case of an emergency please contact 999 and clearly state the nature of the emergency and your current location.
- Make sure to check local weather conditions for the day and time you plan to run and make necessary preparations for more fluids if in extreme heat or suitable layers in extreme cold
- Please ensure you are wearing the correct sportswear for this type of event
- You should understand that participating in any exercise there is the possibility of injury. If you engage in this activity you agree that you do so at your own risk and you are voluntarily participating in this event, as well as assuming all risk of injury to yourself