

30th Grizzly Final Race Info

Sunday 12th March 2017

Please read this information carefully

Axe Valley Runners welcome you to the 30th Grizzly which is held under Association of Running Clubs rules with permit numbers ARC 17/065 (Grizzly & Cub) and 17/066 (Junior Race & Fun Run). This is the Grizzly's Pearl Anniversary - over the previous 29 years, there have been approximately 80,000 completed runs, with over £335,000 of race proceeds being donated to numerous different charities!

IMPORTANT: PARKING IS AGAIN EXPECTED TO BE A PROBLEM THIS YEAR. Parking marshals will be on hand to direct you to available parking. We strongly recommend that you arrive early, as it may take a time to get parked and get to the start. Please share a car if you can. **Please note that several of the EDDC pay and display public car parks will no longer offer free parking for the day.** Further details below.

New Grizzlers be warned: The Grizzly has over 3,500' ascent in its 20 miles; don't trust the elevation profile on Map My Run since it misses nearly two thirds of the climb. There are two sections of beach, totalling well over a mile; 2 energy-sapping bogs, where runners are often up to their waists in water and mud; and the infamous "Stairway to Heaven", a steep path up the side of a cliff (beware if you suffer from vertigo). Some of the descents are steep and often very slippery, so please take care. It will take roughly your road marathon time, perhaps longer if conditions are grim.

The DOs, DON'Ts and THANK YOUs

PLEASE DO:

- Enjoy the race and stay safe - only run it if you are physically and medically fit and not intending to walk most of the route.
- Let us know if you've obtained someone else's number (ideally using the [change of runner form](#) before race weekend).
- Check out our [accommodation list](#) if you are still looking for somewhere to stay.
- See the [Seaton town map](#) to locate where everything is.
- Check the timetable below to make sure you are in the right place at the right time.
- Complete the reverse of your race number with contact info and any medical details.
- Wear your race number on your front and have it visible at the finish – please do not tamper with the timing chip attached to the back of your number.
- Dress for the occasion - Grizzly weather varies year to year from very warm to bitterly cold and wet.
- Keep to the marked route - especially going around field edges.
- Please be patient if there is a queue - there may be some constrictions and you may be held briefly at road crossings to ease traffic flow.
- Please respect the decisions and follow the instructions of the marshals at all times. **Anyone disobeying instructions or being horrible to marshals/back-markers will be deemed to have retired from the race and asked to hand over their number, and may receive a possible ban from future AVR events, including the Grizzly.** There is a certain time gap between runners (see below) and at these points everyone then-on will be shortcutted (at the earlier points) or withdrawn from the race (at the later points), if marshals feel that runners are not in a fit state to continue. Anyone failing to follow marshal instructions to cut-off or withdraw from the race will no longer be insured and will effectively be trespassing on private land. Please note that short-cutted runners will still be able to claim their T-shirt.

- Read the full race rules ([rules](#)).
- Wear shoes with very good grip and tie the laces well.

PLEASE DON'T:

- Park in the supermarket car parks other than allocated spaces as directed by parking marshals. We have been allocated certain space in Tesco car park **for runners only**, but if you park outside these for more than 2 hours you may incur a fine. Parking anywhere in the Co-op car park for more than 3 hours (ticket required) will incur a fine. Park considerately at all times and don't block someone's driveway.
- Use any private part of the Grizzly course at other times.
- Cut-off Seaton beach in the first mile earlier than indicated by race markings and marshals.
- Wee in front of members of the public - available toilets en route are on the [course map](#).
- Drop litter, especially gel sachets - marshals should have carrier bags so hang on to any litter until you reach them (drink cups within the water station area is acceptable).
- Take dogs into Cliff Field Gardens or Seafield Gardens in Seaton (otherwise you may be fined).
- Run with dogs or walking poles.
- Start before the official race start or without a race number.
- Expect to complete the course without running any of it (you WILL be pulled out).

THANK YOUs

To enable this race to go ahead, many, many thanks go to the sponsors, landowners and more than 500 members of the support crew, obviously too many to mention, but here are our supporters in no particular order (apologies if we've forgotten anyone):

- Scimitar Sports (T shirts)
- East Devon Sports Therapy & General Injury Clinic (race numbers and banners)
- Tesco, Seaton (car parking and bananas)
- Photo-fit.net (Event Photography)
- Axminster Tools (postage)
- SAK Logistics (van hire)
- Quicks Engineering (SW) Ltd, Axminster (trophies)
- Axe Skip Hire (waste skip at finish)
- Seaton Town Council (Marshlands building – First Aid centre)
- Safeguard GB (traffic management)
- Branscombe Cricket Club (runner pick-up vehicles)
- Axe Yacht Club (safety barriers)

INFORMATION

Race HQ - At Seaton Town Hall - known as "The Gateway". Here you will find the info desk for any race queries and number issues (no number changes after 10.00 a.m. on race day). There will also be a stall selling Grizzly merchandise (hoodies, snoods, beanies and car stickers) and a shop run by Run Venture selling bargain priced items of clothing and shoes together with running accessories. See below for opening times and further details. **Note** that this year, entries on the Saturday for the Fun Run and Junior Grizzly will be in the Hook & Parrot on the Esplanade from 10.45 up until 13.45.

GRIZQUIZ – the popular Grizquiz will again be held on the evening of Saturday 11th March at The Gateway, Seaton Town Hall, 7 for 7.30pm, with local quizmasters Nigel and Sue Shuell. Teams of 8 max, licensed bar (including bar snacks), prizes for winning team. Tickets from Gateway box office, £3 per

person. Visiting runners can ring the box office to reserve tickets, tel: 01297 625699. Don't miss this great fun social evening.

TIMETABLE

Day	Time	What and when
Sat 11th March	10:00-15:00	Artisan Market opposite Town Hall
	10:30-16:00	Information desk, AVR sales and running shop (Run Venture) open in Seaton Town Hall.
	10.45 – 13.45	Entry desk open at the Hook & Parrot for Fun Run and Junior Grizzly.
	14:15	2K Family Run start/finish on the Esplanade (outside Hook & Parrot). Entries on the day in the Hook and Parrot.
	14:45	4K Junior Grizzly start/finish on the Esplanade (outside Hook & Parrot). Entries on the day in the Hook and Parrot.
	19:00 for 19:30	Grizquiz at The Gateway, Seaton Town Hall - Tickets from the Gateway Box Office (Tel: 01297 625699). See above for details.
Sun 12th March	08:00	Grizzly Cafe open for breakfast at The Gateway, Seaton Town Hall.
	08:30-15:30	Information desk, AVR sales and running shop (Run Venture) open in Seaton Town Hall. Note Info desk is upstairs today.
	09:00-10:20	Pre-race massage available near start/finish line, courtesy of East Devon Sports Therapy & General Injury Clinic.
	09:30-16:30	Baggage store open at Race HQ.
	10:30	Grizzly and Cub start together on Esplanade; finish in same place.
	18:00	Race HQ closes – please ensure all belongings are collected from Race HQ before this time.

PRE-RACE:

PARKING – As stated above, parking will be at a premium, so lift share if you can. Please note that this year, the East Devon District Council car parks at Orchard, Seaton Town Hall, Jurassic Visitor Centre and the new facility at Underfleet West long stay will **NOT BE FREE**. A £2 ticket purchased at any time on Sunday 12 March 2017 from any of these pay and display car parks will be valid until midnight on that day, regardless of the expiry time actually printed on the ticket. Please note - this offer is valid through the payment machines only - unfortunately it cannot be extended to parkmobile (pay by mobile phone) customers.

We have a number of allocated spaces in Tesco car park **for runners only**, but you are likely to get a ticket if you park other than in the allocated spaces as directed by parking marshals (unallocated parking spaces have a maximum stay of 2 hours). Follow the parking marshal instructions and car share if you can! Please park considerately and don't block driveways etc.

BAGGAGE STORAGE –will be at Seaton Town Hall. There are no changing, washing or toilet facilities available. Please note that all baggage must be collected from the Town Hall before 6.00 p.m. on race day.

TOILETS - Marked on the town map, public ones at Tramway, Opposite Town Hall, West Walk and supplemented by portable loos on the esplanade near the start/finish.

REFRESHMENTS – there will be plenty of places in Seaton, including Race HQ, where runners and spectators can enjoy refreshments before, during and after the race.

THE RACE

The Course – it is the same route as last year. See this [hand-drawn map](#) with distances, water stations, good spectator points and more, and also the [interactive one](#) on Map-o-Meter.

Terrain - The usual tough and uneven terrain and lots of "girt" big hills, some steep and/or slippery. It will be very muddy in places - you may struggle for grip in some places so wear suitable footwear and take care, especially on the steep downhill sections.

The race starts at Seaton Esplanade before doubling back for your first run on our lovely pebbles. Please note that runners must stick to the race markings on the beach and must not cut off the beach any earlier than indicated.

The route then follows Beer Road (largely) on the way out of Seaton. The road will be closed to traffic outbound but since it is a fairly major route it will need to be re-opened promptly. Anyone walking the whole route to that point will not make it through ... be warned. It will be open to traffic for the return run so please keep inside the cones. Remember that vehicles have right of way.

Bogs – It has been well over knee deep in the past, so tie your shoe laces tight - be warned.

Drinks - There will be nine water stations on the Grizzly and three on the Cub Run, all serving water only.

Dropping Out – hopefully you won't get ill or injured, but if you do need to drop out, contact the nearest marshal and, if you are able, make your way to the nearest water station or designated pick-up point – the marshal should be able to tell you how to get to the nearest one. Mobile phone signal is poor/non-existent at some points on the course but water stations will all be in contact with race control and first aid is available at most.

Finish – We have chip timing again this year which will hopefully make the results more accurate and quicker to compile. Please still have your number clearly visible on your front at the finish. **Do not cross the finishing line a second time** eg with your mates, as this can play havoc with the recording and may lead to a ban for future races.

Post Finish - After the finish line, pick-up your water/banana/flapjack, collect your well earned technical T-shirt and get a hose-down by Seaton Fire-fighters on The Esplanade. You can also have a massage, courtesy of East Devon Sports Therapy & General Injury Clinic <http://www.eastdevonsportstherapy.co.uk> (£5 for a local charity). Pre-race massages are also available near the start/finish line from 9.00 a.m. on race day.

Results – Provisional results should be available on-line at our timing provider's website [Results](#). It may still take a while to sort out anomalies etc. More information about results will be posted on our website near race day. Results for all years (including age-grading) are on the main AVR [results page](#).

Memorial - If you would like to remember someone, something or a special occasion, you can bring a ribbon to tie to the memorial. We will endeavour to have this on the beach at Branscombe again at 16-17 miles (5-6 miles for the Cub), but this may change at short notice.

Photos – Official photography will again be provided by Photo-Fit.Net (photo-fit.net). You can register with them to be notified when the photos are on-line and can search with your race number. Prints and downloads will be available. We will also e-mail all entrants when the photos are available. Please support them as we benefit from every sale. We don't condone any freeloaders selling photos of the race.

Race Video – As part of the 30th anniversary celebrations, a race video will be filmed by Wovenfilms (wovenfilms.co.uk). The video will be available for runners to purchase with further details on price and how to purchase the video to be provided closer to race day. Filming and drone operation will be taking place during the day and by competing in the race, runners are automatically giving their permission to be filmed. Please contact the Race Director at tony.smith@axevalleyrunners.org.uk by Friday 3rd March at the latest if you would prefer not to be filmed.

Cub Split - At Branscombe Mouth beach - anyone switching from Grizzly to Cub en-route should appear in the Cub results providing they ensure their race number is marked by the marshal (no guarantee so, ideally, please tell us before if you're switching).

Trophies – Will be awarded to the first 3 male and first 3 female finishers in the Cub and the Grizzly races as they finish or soon after (ie there is no formal awards ceremony). There are no race medals for participants in either run, just the Grizzly T-shirt for all finishers. It's the taking part that counts!

SHORTCUT/CUT-OFF POINTS

The Grizzly is just under 20 miles and the Cub Run 9 miles. The Cub split is at the slipway onto the beach approaching Branscombe Mouth (so no water crossing). There are shortcuts/cut-offs on both routes, saving marshalling time. All post-Cub split shortcutted runners will still get the bog. The cuts will be applied when there is a certain gap between runners as, due to conditions, we cannot predict absolute time at each point.

Race Time Distance Location

distance gap saved

1.1 m	-	Pull-out	Start/Finish – anyone who has made no attempt to run the first mile or more than 20 mins elapsed time
5.3 m	4 min	10.3 m	Branscombe Mouth Cub split - onto Cub back to finish
8.4 m	6 min	1.5 m	Elverway Farm – turn left in the yard to Beckham woods rather than carry straight on.
12.3 m	9 min	1.2 m	Exit from lower bog onto lane beneath Hole House - turn left to water station at Hole House
14.1 m	11 min	Pull-out	Fountainhead
15.6 m	12 min	Pull-out	Branscombe Mouth

SPECTATORS

Allow plenty of time to drive anywhere around Beer or Branscombe since the roads are very narrow and become congested, particularly where the race route crosses them, and there will be some road closures/diversions in place. The best points are:

- Esplanade (start & finish) or on top of the Moridunum.
- Beer Head Car Park (now paying) or near the Anchor Inn in Beer (3m & 18m).
- Sea Shanty at Branscombe Mouth in paying car park (5m & 16m).
- Branoc (Branscombe) Village Hall (6m).
- Fountainhead pub in Branscombe with almost no parking but great beer! (14m).

Note that Beer Head car park charges all year.

Note that the Branscombe Mouth car park has a camera operated payment system using car registration.

Lots of cheering, clapping and encouragement essential!

All enquiries to Tony Smith (tony.smith@axevalleyrunners.org.uk).

BUT MOST OF ALL, ENJOY YOURSELF!