



## Hop Run 2019 – Athlete Briefing

8<sup>th</sup> June 2019

Firstly.... A HUGE thanks to you for your support. We hope you enjoy the combination of running on great trails and recovering with award winning beer in an actual brewery. We know very clearly that we don't have an event without you all entering and showing up. So.... thanks!

Secondly..... there's loads of info below to help you get the most from your Hop Run experience. Please pay attention in particular to registration and bus timings, we don't want anyone to miss out due to a missed bus! Please take 10 minutes to read and understand this briefing. Help us to help you 😊.

Thirdly..... Hop Run is a trail-run. There are a few short tarmac sections, but the majority is off-road, please come prepared, and choose footwear accordingly. The course distance is approximate and intended as a guideline for you to estimate the nature of the event.

The contents of this guide are;

- Volunteers (Help Needed!)
- Race HQ
- Race Weekend Timeline
- Golden Rules
- Course Description (inc. Footwear, Cut Offs, Compulsory Kit, Relay Teams)
- Aid Stations
- Coach Transport
- Facilities at Starts, Bag Transport
- Finish
- Stewart Brewery Party
- Transport & Accommodation
- Thanks

### Volunteers – (Help Needed)

Hop Run requires a small number of folks to make it happen – course marshals, road crossing marshals, aid station teams, registration and finish crew.

Do you have friends, family or clubmates that fancy coming to help make this event happen, volunteering will give them a unique view of the course and enable them to shout abuse (oops! I meant 'encouragement' 😊) at you along the way. If so.... **we need them!** Please email [info@durtyevents.com](mailto:info@durtyevents.com)

In exchange for their help we offer an event T-shirt, a free beer, a whole heap of fun with like-minded people, our deep appreciation, and a warm fuzzy glow of being an essential part of making it happen. If you can bring a group of people (e.g. club, community organisation etc.) we can also make a donation to your cause.

## Race HQ

Thanks to our partners at Stewart Brewing, we will be using the Brewery as our race HQ. It will house registration, coach pick-up and the finish line.

## Race HQ Venue

Stewart Brewing HQ (Race Registration, Finish Line & Party Venue 😊)  
Bilston Glen Industrial Estate  
26a Dryden Rd  
Loanhead  
EH20 9LZ

## Race Weekend Timeline

The critical bits of the schedule for the weekend are below;

<b>Sat 8<sup>th</sup> June</b>	10.00am	Registration for all waves Opens at Stewart Brewing HQ
	12.00pm	Wave 1 Registration Closes
	12.00pm	Wave 1 Bus Loading
	12.10pm	Wave 1 Bus Departs
	12.30pm	Wave 1 Runners Start
	12.45pm	Wave 2 Registration Closes
	12.45pm	Wave 2 Bus Loading
	12.55pm	Wave 2 Bus Departs
	13.15pm	Wave 2 Runners Start
	13.30pm	Wave 3 Registration Closes
	13.30pm	Wave 3 Bus Loading
	13.40pm	Wave 3 Bus Departs
	14.00pm	Wave 3 Runners Start
		16.45pm

**NB. When registration is closing for each wave runners competing in that wave may be called forward, please let them in front, we don't want anyone missing their bus.**

## Golden Rules

**No Litter. Anywhere. Full Stop.** This includes the car parks. It specifically includes gel wrappers, banana skins, plastic cups etc. If you've got any of these, either bring back to the finish with you, or hand to a marshal or use one of the bins at the Aid Station. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!

**Report to the Finish**, whatever happens to you. Otherwise we're coming looking for you and we won't be happy 😊

## Course Description:

The course will be fully way-marked.

The course includes sections on minor public roads that will not be closed – there are pavements alongside the road in these places – it is **mandatory** that you use them and do not run on the road please. It is possible that you will encounter vehicles and other road users. Please stick to the Right Hand Side of the road (i.e. facing any traffic) and be prepared to step into the verge if necessary.

You are also likely to encounter other users and members of the public, please be courteous – they have exactly the same rights as you to be there. ‘Race Head’ will not be an acceptable excuse for being nasty!

Surfaces vary from rough twintrack to sections on tarmac road (both public and private), and all stops in between. There are some steeper and rougher sections of footpath alongside the river in places – please take extreme care. A bit of everything, just what you’d expect from a trail race!

### **Course Maps:**

The Course Map can be viewed [here](#) prior to race weekend.

**Footwear:** We suggest that trail running shoes will be the sensible choice, road flats are not recommended. Whilst the course is generally on good surfaces, there are sections that are less good and a little more challenging.

### **Aid Stations**

There will be an aid station on the course at approximately the halfway point, this will be stocked with water, bananas, and sweet snacks.

No Litter. Anywhere. Full Stop.

### **Road Crossings - IMPORTANT**

The course crosses a road in 2 places these roads will not be closed for the race. You **MUST** follow the instructions of marshals. Not doing so will be an instant DQ!

When you approach each crossing, you will ‘dib’ your dibber/timing chip into an electronic station (either held by a marshal, or on a stake at the side of the trail accompanied by a ‘DIB HERE’ sign. This will stop the race clock, you can then cross the road under marshal instruction without the pressure of time. You will then ‘dib’ again after crossing the road and the race clock will restart for you.

Important: this is the same for everyone, no-one gets an advantage. You DO NOT need to hurry to cross the road, please follow marshal instructions. Please remember our marshals have no powers to stop traffic.

### **Coaches**

Runners must travel to the race start using the coaches provided by the race organisers. They will leave Stewart Brewing HQ at the times outlined above. **There is no car parking for runners at Rosslyn Chapel.**

### **Facilities at the Start Line**

There will only be basic facilities (limited shelter, limited portaloos) at the start – please use the facilities at the brewery before boarding the coaches. **Please do not try to use the facilities within the visitor centre at Rosslyn Chapel.**

We advise that if you feel it is necessary that you take a bit of clothing with you to stay warm pre-start, that you please have a small carrier bag size (at the largest) bag labelled clearly with your name and race number. We will bring kit bags back from the start to the finish for you however please note:

- We don’t accept responsibility for the kit
- We don’t guarantee it will be back to the finish before you
- You are responsible for collecting your kit after the finish. We’re not going to post it back to you if you forget!

### **Finish + Prize-Giving**

After you finish make sure you collect your custom medal (which handily double up as a bottle opener!) and your hard-earned beer.

You must make sure you **DOWNLOAD** (we'll show you what this means at the Finish) your dibber (aka: timing chip) and return (or we'll charge you £60 to replace it) your dibber after the finish line.

Prize-Giving will be at the Finish as soon as possible. Relax, have a beer on us and claim your prize (or cheer on those that did win a prize!)

### **Post-Race Party**

Our race Partners at Stewart Brewing are putting on a party there will be food vendors and live music on site so you can relax and recover after the race. Last orders will be at 10.00pm, please enjoy.

### **Car Parking/Public Transport/Accommodation**

There is plenty of parking at the brewery, however think of the planet and car share/take public transport if you can. Please follow signage and marshals instructions on arrival.

Public transport – please see: <https://www.lothianbuses.com> for more info.

For accommodation options, this is a good starting point: <https://www.visitscotland.com/accommodation>

### **Charity Partner**

Stewart Brewing have teamed up with local charity Bright Sparks Play group, if you have some spare change they'd be very grateful for your donation. For more information on this charity see; <https://mydonate.bt.com/charities/brightsparksplaygroup>

Phew, we think that's it. See you at the race.

Cheers,

Paul & Sarah  
Durdy Events