



# DARK SKIES RUN

## @GRASSHOLME 5K - 2024

In association with:



TRAIL OUTLAWS  
TRADING POST



Please read the pre-race information carefully and bring a copy with you on race day. If you have any questions about the race, then please contact [info@trailoutlaws.com](mailto:info@trailoutlaws.com) or phone 07734309500 Tim 07483267785 Hannah

Please read this document in full.

## **RACE INFORMATION**

This is the 1<sup>st</sup> annual running of the Dark Skies Run @ Grassholme. We are strange now position in that the first year's event will now be at Derwent Reservoir. As stated in the email we sent you, it is beyond our control. Whilst we are also disappointed to not hold it at Grassholme this time, we are excited as our alternative venue, Derwent Water, is fantastic! Fortunately it is only 20 minutes away from Grassholme, so it is not far to travel, or you can choose to do the race as a virtual option challenge.

Please just run the required distance with 2 months of the race day and email [admin@trailoutlaws.com](mailto:admin@trailoutlaws.com) and we will then mail your medal and any race merchandise you purchased as well.

Please refer to the mandatory kit list – you need to bring everything on it!

We look forward to watching and hearing about your experiences at the event.

## **BEFORE THE RACE**

Consider taking out personal insurance against accident or injury whilst participating in sporting activities. Bring appropriate footwear for the race conditions.

## **RACE NUMBERS**

Please note that race numbers will be given out at race registration on the day of the race.

**You must clearly pin your number to the front of your top so it is visible to the event marshals at Check points who will be taking numbers for safety reasons.**

## **EVENT REFRESHMENTS**

### **TRAIL OUTLAWS TASTY TREATS TUCK SHOP**

Will be providing refreshments set up before, during and after the events for most of the weekend providing hot and cold drinks to purchase, including tea, coffee, hot chocolate, soup, pop, etc. There will also be a range of sweet and savoury snacks on sale. Please bring pound coins, we take card payments if you spend over £5.

The internet connection can be intermittent, therefore, we recommend that you bring some cash for this – as well as for **TRAIL OUTLAWS TRADING POST**-where we will be selling a range of fabulous **TRAIL OUTLAWS** clothing, cups, head torches, etc. Please come and have a look. You can also purchase these items through our website.

## **MEDICAL COVER**

Full medical cover is provided for the event by AED Medical.

## **REGISTRATION AND TIMINGS**

Please pay very close attention to timings.

**Saturday 13<sup>th</sup> April 2024**

### **Derwent Waterside**

Race registration: 18.00 to 19:30  
Race Briefing: 20:00  
Race Start: 20:05  
Prize Giving: 21:30  
Race Closes: 21:05

All runners must register before the registration closes at the venue below.

**Derwent Waterside Park,  
Edmundbyers,  
Consett,  
Durham,  
DH8 9TT**

[Map for Derwent Waterside Park](#)

## **EVENT HQ**

### **START / FINISH AREA**

**HQ will be the Derwent Waterside park (there will be signage on the day)**

## **RACE PARKING**

Parking will be at Derwent Waterside Car Park. We will have marshals there to guide you to the correct parking area.

Please follow the instructions of the marshals when parking to help ensure we can park everyone efficiently.

It is a short walk from the car park to the race registration and start area.

## RACE ROUTE

The route will be marshalled, signed, taped and flagged with high visibility reflective tape (being you are all using head torches, it should light up like cats' eyes!).

We always spend a lot of time diligently marking out our marked events, but as always navigating a trail course remains the runner's responsibility, so please make yourself familiar with the race route.

## RACE FINISH

To finish the event you will be required to arrive in the event HQ located at the Derwent Waterside visitors centre where you registered. Your number and time will be taken and you will be given your finishers medal .

You must ensure you get your number taken at the finish to appear in the results.

## TRAIL ETIQUETTE

As trail runners we pride ourselves on respecting the trails.

We would ask you to do the same, please respect, be polite and give way to other users of the trails during the event.

Previously we had a lot of litter on course after the event around the CP's where runners had clearly ran away from CP's with cups and thrown them to the side of the path. This is not the Great North Run! Please put any litter or anything you don't want in the bins provided.

**Keep to the marked route.**

## FINAL WORD

## CHECKPOINTS

### Checkpoint 1 – 1.5 miles

Water / Sweets / Cola

**The above is meant to supplement your own race nutrition, please do not rely solely on the CP's to get you around the course.**

We know that this will not supply all with their requirements ie special diets eg Gluten Free, Vegan.

- We suggest if you have any special fuel requirements during or post event that you carry your own.

### MANDTORY KIT

- Head Torch
- Whistle
- Survival Bag / Foil Blanket
- Hat and Gloves (Hat not Buff)
- Quality Waterproof Jacket
- 500ml water carrying capacity
- Emergency Food (Mars bar etc)
- Mobile phone fully charged
- **Waterproof Trousers \***
- **Leggings \***
- **Spare Base Layer \***

**\*Suggested extra kit should forecast weather conditions require.**

## MANDATORY KIT & SAFETY

Please take note of the kit required, this is all **mandatory**. This may seem a lot. But trust us, every runner in the 2016 event was very thankful when the storm hit. Please also don't think that mild weather is less of a risk. We actually had more acute cases of hypothermia in dry mild weather than we did in the storm.

No matter the conditions on the day you will be at a higher risk of hypothermia when you stop. If you do need to DNF at any CP please follow these very simple guidelines to reduce your risk of hypothermia:

- If you have any wet clothing on (particularly your top) remove it and dry if possible.
- Put on any dry layers you have you are not already wearing. This includes hat and gloves.
- Keep moving around, even slow moving will help to generate heat that will keep you warm.
- Get out of the wind/elements in a car (all CPs will have vehicles at them).
- Take out your foil blanket and or bag and get in it or wrap it around you.

We will be carrying out random kit check for the top five finishers and randomly for other finishers. Anyone not carrying full mandatory kit, could be subject to disqualification

**We are really excited for this race. This is the first year that we are hosting a number of new races in different locations. Following on from our extremely popular and well-attended Trail Outlaws Dark Skies Race @ Kielder our new Dark Skies series 2024 continues with a slightly different then planned 10K due to the weather conditions damaging part of the path at Grassholme. Northumbria Water have deemed it impossible. Instead of the disappointment of having to cancel or postpone, we negotiated to host it at the site of our other new Dark Skies Series race at Derwent Water. This is a really stunning location, we have visited, camped and enjoyed time getting to know Derwent water and we know you will love our Dark Skies Trail Races from here. Hannah and I have stayed at Derwent in our VW Camper, Alice, and we recommend staying if you have a camper, it is only £10 for the night and really beautiful.**

Thank you for choosing to run with us here at Trail Outlaws.

We look forward to meeting you all at Derwent. There is always a great atmosphere at the end of this race and this is thanks to you and the marshals.

**So now it's time to put your feet up, check your maps, triple check your kit, panic about your training, panic more about your training, check the weather forecast on the hour every hour for the next week, buy that anti chafing cream you've been meaning to get and finally read this document at least a dozen times!**

**See you all Soon!**

# TRAIL OUTLAWS TRADING POST

The following items will be available to purchase at the race. Please come and have a look in our shop!

## TRAIL OUTLAWS HOODIES £40



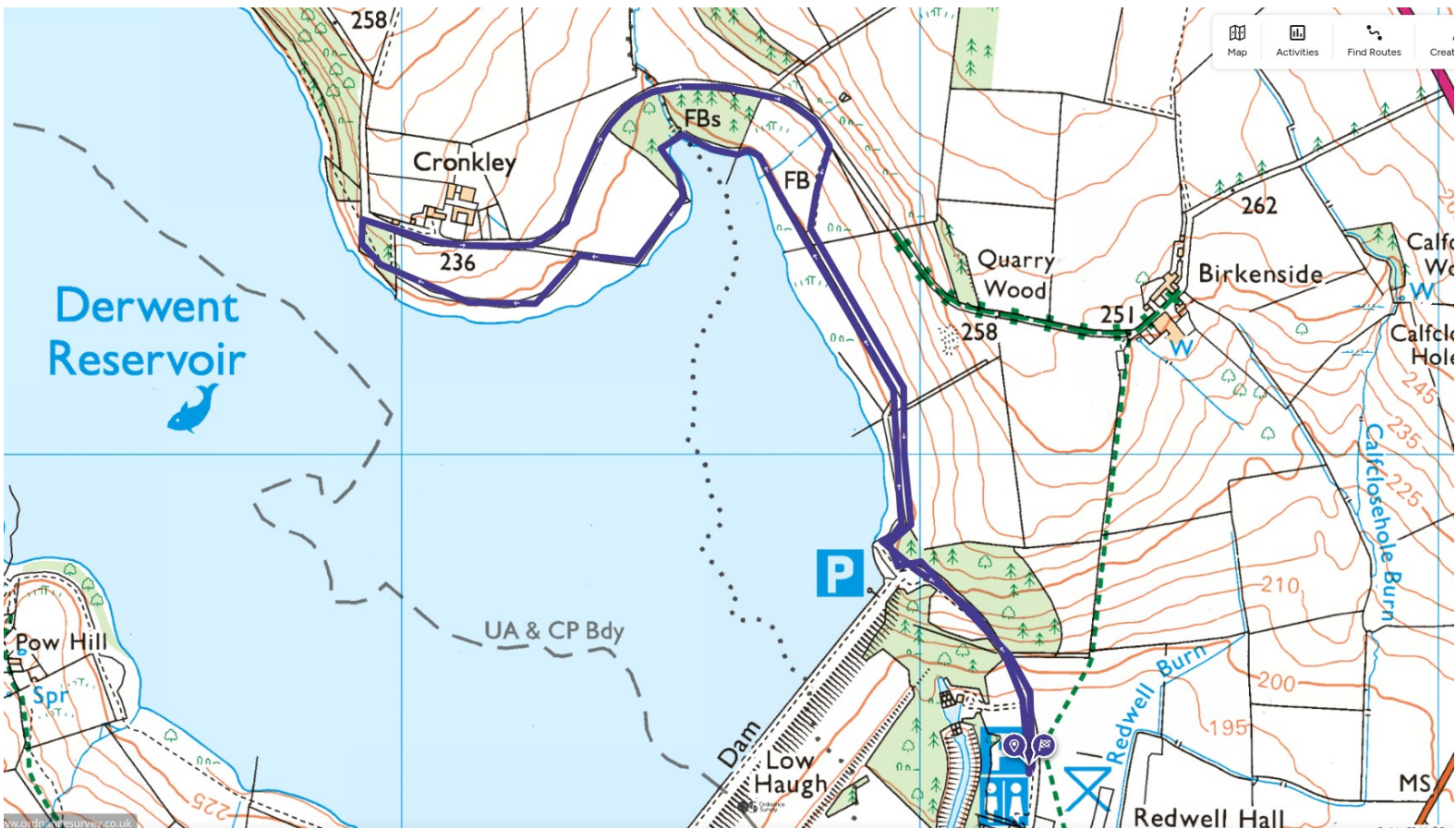
## TRAIL OUTLAWS VESTS £15.00 WOMEN'S AND MEN'S FIT



**TRAIL OUTLAWS  
CAPS, MUGS,  
COLLAPSIBLE CUPS,  
HEAD TORCHES,  
BUFFS, STICKERS,  
KEYRINGS & MORE.....**



## DARK SKIES RUN @ DERWENT 5K ROUTE @ DERWENT RESERVOIR:



RACE WEBSITE :

[HTTPS://WWW.DARKSKIESRUN.COM/](https://www.darksiesrun.com/)

RACE ENTRIES LIST/RESULTS :

[HTTPS://WWW.TRAILOUTLAWS.COM/RESULTS](https://www.trailoutlaws.com/results)

RACE RULES :

[HTTPS://WWW.DARKSKIESRUN.COM/DARK-SKIES-DERWENT-10K](https://www.darksiesrun.com/dark-skies-derwent-10k)

TERM AND CONDITIONS :

[HTTPS://WWW.TRAILOUTLAWS.COM/TANDC](https://www.trailoutlaws.com/tandc)