

THINGS YOU SHOULD DO - PLEASE:

- Read the full race rules - [Rules](#)
- 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 (using the [change of runner form](#) before race weekend).
- Look at the [Seaton town map](#) to locate where everything is.
- Check the weekend timetable to make sure you are in the right place at the right time.
- Dress for the occasion - Grizzly weather varies year to year from very warm to bitterly cold and wet.
- Look out for and assist any other runners in difficulty – if you spot another runner who is injured and/or in need of assistance, then please stop, assess the situation and notify the nearest marshal. After all, you are all in this together!
- Keep to the marked route - especially going around field edges.
- Please continue running straight ahead unless you see any obvious exits or marking/arrows directing you otherwise.
- 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.
- Respect the decisions and follow the instructions of the marshals at all times. **Anyone disobeying instructions (especially regarding short cutting or withdrawal from the race) or being rude 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.**
- We reserve the right to enforce shortcuts (at the earlier points) or withdrawals (at the later points) of slower runners. In the event of good weather on race day, these cut-offs will be based upon absolute times of runners at certain points around the course. In the event of inclement weather, due to the impact that the weather can have, we will not use absolute time cut-offs but will enforce shortcuts and withdrawals based upon the time gap between the final runners and the runners ahead at certain points of the course. Both the absolute cut-off

times and the time gaps to be used can be found in section 7 below. Anyone failing to follow any Race Officials instructions to shortcut or withdraw from the race will have their race numbers taken from them, will no longer be insured and will effectively be trespassing on private land.

- Thank the marshals who give up a lot of their time and make the race possible.
- Wear shoes with very good grip and tie the laces well.
- Be careful when running along the cliff tops.
- If you park in the Axe Vale Caravan Park, please note that the gate will be locked at 5pm on Grizzly Race Day so please remove your vehicle before then.

THINGS YOU SHOULDN'T DO – PLEASE:

- Don't wear headphones . **All runners must be able to hear instructions from marshals at all times.**
- Don't go into the Axe Yacht Club building at any time (as this is for members only) – any baggage should be left with and collected from a volunteer outside the right hand entrance to the building.
- **Any runner found urinating within the grounds of the Axe Yacht Club will be immediately disqualified from the race and all future Axe Valley Runners races.**
- Don't use any private part of the Grizzly course for training at any other times.
- Don't cut-off Seaton beach in the first mile earlier than indicated by race markings and marshals.
- Don't drop litter, especially gel sachets - marshals should have carrier bags so hang on to any litter until you reach them.
- Don't take dogs into Cliff Field Gardens or Seaford Gardens in Seaton (otherwise you may be fined).
- Don't start before the official race start or without a race number.
- Don't expect to complete the course without running any of it (you WILL be pulled out).

URINATING IN PUBLIC PLACES

- Don't wee in front of members of the public - toilets are shown on the [Seaton town map](#) and on the [course map](#).
- **Any runner found urinating within the grounds of the Axe Yacht Club will be immediately disqualified from the race and all future Axe Valley Runners races.**