

# THE saucony® GRIZZLY 2009

## Sunday 8th March from 10:30 am

HELD UNDER ASSOCIATION OF RUNNING CLUBS RULES, PERMIT NUMBER ARC 09/17.

### EXECUTIVE SUMMARY

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Race HQ will be Seaton Town Hall (not Winston's).

Do not use any part of the course at other times unless it is a public right of way.

Number transfers are permitted only if we are informed of the new runner's details.

This is a tough event with rough terrain - run only if you are physically and medically fit.

Complete the form on the reverse of your number and X the "medical" box on the front if you include details of a medical condition.



This is a run - cut-offs and shortcuts will be enforced.

No dogs permitted on the course.

Use the "No photos" sticker if you don't want Jim Pyne and his merry (wo)men to photo you.

Massage courtesy of Bend It Like Becky.

Edible goodies at the finish courtesy of Honeybuns.co.uk, ForGoodnessShakes.com and Co-op.

Collect Saucony spot prizes from Race HQ any time over the weekend, not the finish.

Remember that many thanks are due to the sponsors, landowners and marshals.

### THE GRIZZLY BECKONS

### BECKON THE GRIZZLY

Welcome to the Axe Valley Asylum's Grizzly information sheet; it's nearly as infamous as the race itself! Never run the Grizzly before? Wonder what we are talking about? Read on and all may become as clear as the water in the bogs ...

### ENQUIRIES & CHANGES

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Number changes before the weekend to Susie - 01297 21696 / Susie.Pitt@AxeValleyRunners.org.uk / Lynwood, Old Beer Road, Seaton, EX12 2PX. All other enquiries to Garry (LMRB) - 01297 34604 / Garry.Perratt@AxeValleyRunners.org.uk. On the weekend go to the info desk at Race HQ.

If you've bought, begged, borrowed or stolen someone else's number you must let us know (on pain of disqualification if you don't) and change the emergency info on the reverse.

### WEEKEND ACTIVITIES

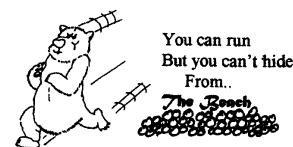
### ACTIVITIES FOR YOUR WEAK END

The event centre will be at Seaton Town Hall in Fore Street, open Saturday afternoon and all Sunday. The main hall downstairs will be home to the AVR info desk, spot prize collection, Ironbridge Runner and Saucony running shops and hopefully a Charity Corner where those running for charity can have some publicity; please contact Garry (LMRB) if you want to make use of this facility.

Upstairs, Bend It Like Becky will once again be offering massage in return for a £10 donation to the Multiple Sclerosis Resource Centre, again on both days. You can book in advance by calling Becky on 07515 395452.

Dave King will give a talk at 8pm on Saturday evening about his book *Around the British Isles in 80 Races*. (Not the same Dave as last year!) A couple of barrels of beer and some soft drinks will be available in return for a donation to the Hampshire Autistic Society. Entry to the town hall for the evening will be by showing your race number (non-running other halves, children, etc. can come in with you). Please email Garry if you expect to attend so we can plan for the numbers.

The Seaton-Colyton tramway will give a 10% discount to runners showing their number.



### THE HOLE-AXE CHALLENGE

### CHALLENGING THE WHOLE AXE

For a spot of exercise on Saturday afternoon follow the stampede in a 2K charge, stagger or crawl along as much of Seaton beach as is accessible. Entry is free and open to all, young or old, including supporters. Join the infamous DungBean outside the town hall at 15:30 for a gentle jog to the start then take to the beach at your own pace.

## PRE-RACE

## RACE PREP

**Parking** is free on Sunday for Grizzly competitors in East Devon District Council's car parks - that's the big one on the east side of the Underfleet by the tramway and Orchard off Beer Road but not the Co-op or private one on the west side of the Underfleet. We will also have free parking on the Esplanade (but only east of Beach Road - see map), in the Riverside Industrial Units and at St. Clare's College. Please follow parking marshals' instructions to help us get everyone parked up as quickly as possible and car share if you can. Overflow parking on the east side of Axmouth road alongside the river if necessary but take care there.

**Baggage storage** will once again be at The Grove nightclub - see map.

Pin, staple, glue or nail your **number** to the front of your vest or shirt. Rambo might as well tattoo it directly onto his chest and we'll just give him the same one each year. (For the benefit of those of you lucky enough not to know him, he runs bare-chested in all but the most inclement weather.) Do not mutilate it (your number, that is - Rambo can do whatever he likes to his chest) and please ensure that the reverse has been completed appropriately for whoever is running with it. (Rambo can write that info on his bum if he really must, like he did last year ... not a pretty sight, I assure you.)



**Dress for the occasion.** You will be exposed to the elements for some time so consider wearing or carrying thermals, leggings, hat, gloves, emergency life-raft and/or waterproof as the weather dictates. Conditions underfoot can vary from day to day and will vary over the length of the course from unyielding tarmac to very yielding mud. When it's dry the speed merchants might find racing flats okay but under most conditions we recommend footwear with good grip such as trail shoes or fell studs. Not spikes though cos it's very stony in places (the beach for starters).

## THE RACE

## IT'S SHOWTIME!



**The Grizzly and Cub Run will start together on the Esplanade** near The Hook and Parrott. The Grizzly will be 20 miles and the Cub Run 9 miles. There will be seven **water stations** with the largest distance between them being 4 miles. There's a link to the course map on our website.

**Medical cover** will as usual be by St. John Ambulance and a GP; comms by Raynet; collapsed runner pickup by The Landrover Experience Westcountry.

The route varies from year to year and sometimes more frequently following shipwrecks, landslips, mudslides, flooding and personal whim. The Lean Mean BogStalker has changed his mind so frequently that he can no longer remember exactly where it goes so just follow the tape and marshals and we're sure you'll end up somewhere.

**Be nice to the marshals** since they're giving up their own time so you can enjoy the Grizzly experience. **Keep to the marked route**, especially where it goes around field edges, since many of them are not public rights of way and we are dependent upon the goodwill of local landowners for access.

There will be some constrictions and potential hazards. If there is a queue please be patient, have a rest and check out the scenery. It really is quite nice apart from the smell of sweaty runners. Please do not drop litter.



Both of the races will be hilly and include rough ground, much of it steep, slippery or both, and some of it exposed to the elements. The terrain will include roads, tracks (some very stony), paths, shingle beach, fields, woodland and a bog. Runners have been up to their thighs in mud and waist deep in water (we're not kidding). Blame or thank the Dungbeetle as you see fit; it's not all his fault but you can blame him anyway. (Don't worry, he's used to it.) The Grizzly may take nearly your marathon time if it's very wet and muddy.

**No dogs**, on pain of disqualification.



The **Cub Run split** will be immediately upon reaching the beach at Branscombe Mouth at five miles; it will also diverge from the Grizzly route upon leaving the beach. Anyone who switches from the Grizzly to the Cub Run at the Mouth will have their numbers marked and will hopefully appear in the Cub results but no guarantees. There will be a number of **Grizzly shortcut/cut-off points**; any runners more than a certain time behind the one in front may be shortcutted to

give 'em a chance to get back on time but very late arrivals at these points will be pulled from the race. The times will be proportional for the distance around the course, equivalent to 10-15 mins by the finish.

Runners may be held briefly at road crossings to ease the flow of traffic. Anyone who disregards marshals' instructions to wait will be disqualified.

If you would like to remember someone, something or a special occasion at the **memorial sculpture** then please bring along a ribbon and tie it to the memorial as you pass. We may or may not be able to provide a small supply ourselves.

**Dirty photos** will once again be provided by **James Pyne Photography** (jamespyne.co.uk / 01395 567709) so don't forget to smile for the cameras. If you don't want him and his merry (wo)men to photo you then put the "No photos" sticker from his flier over the "Photo me" box on your number.

## POST-RACE

## RACE TO THE POST

There should be bins at the finish to receive rubbish for recycling - card, glass, cans, plastics.

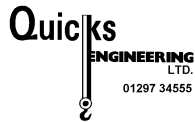


**Washing up.** There will be no showers unless it rains (or hails!) but there will be the usual high-pressure hosepipe, courtesy of the Seaton Fire, Rescue and Runner Hosedown Service. A large, solar-heated, saline bath is also available adjacent to the finish, complete with wave machine.



**T-shirts** and various edible goodies can be collected past the finish line as usual - flapjacks from Honeybuns, recovery milkshake from For Goodness Shakes and FairTrade bananas from the Co-op. You'll be able to go around the whole lot again after scoffing that lot!

**Bend It Like Becky** will be offering massage upstairs in the town hall in return for a £10 donation to the Multiple Sclerosis Resource Centre ([msrc.co.uk](http://msrc.co.uk)). You can book in advance by calling her on 07515 395452.



**Results** will be posted in the town hall and should be at **The co-operative membership** [axevalleyrunners.org.uk](http://axevalleyrunners.org.uk) by early evening. For a paper copy please write your name and address on an envelope at the info desk.

**Prizegiving** will take place in the town hall at 2pm. Trophies handcrafted by Big Dave Braunton at Quicks Engineering.

## EATING AND DRINKING

## DRINKING AND EATING

There are plenty of eateries and drinkeries in Seaton - chippies, caffs, pubs, restaurants, etc. **The Four C's chippy** in Harbour Road level with the start/finish will be offering 10% off fish and chip orders to runners showing their number.

## SPECTATORS

## SPECTACLES



**The start** can be viewed from the Esplanade or on top of the Moridunum. The race does an initial loop via the beach and Esplanade before heading over to Beer via Castle Hill. At **Beer** you can view the race both outbound and return near the Anchor Inn on the sea front or from Beer Head car park. There's not enough time to see the start as well as runners outbound from Beer. The **Sea Shanty at Branscombe Mouth** is a good viewing place out and back (there are paying car parks there and in Branscombe village, about a mile's walk inland). The route also goes through the **Donkey Sanctuary** which has easy access and good parking (follow the brown tourist signs). There will be the usual festivities at the **Fountain Head pub** in Branscombe but limited parking. This year's **bog** is on private land and not accessible to spectators. Allow plenty of time to drive anywhere around the course since the roads are very narrow and become congested, particularly where the race route crosses them.

## ACCOMMODATION

## BEING ACCOMMODATING

If you're still looking for accommodation then try Seaton Tourist Information Centre on 01297 21660 (or Axminster, Honiton or Sidmouth TICs, of course).

## CHARITIES

## BEING CHARITABLE

As well as giving runners a challenging experience, the Grizzly raises significant amounts for many charitable organisations, mainly in East Devon or at least the Westcountry. We've averaged about £18,000 over the past five years with a total of somewhere around £150,000.

This year's main beneficiary will be the new Reese Strawbrige Youth Centre just up the road in Colyton which will provide facilities for a number of youth organisations and others.

## AND FINALLY ...

## ... AD INFINITUM

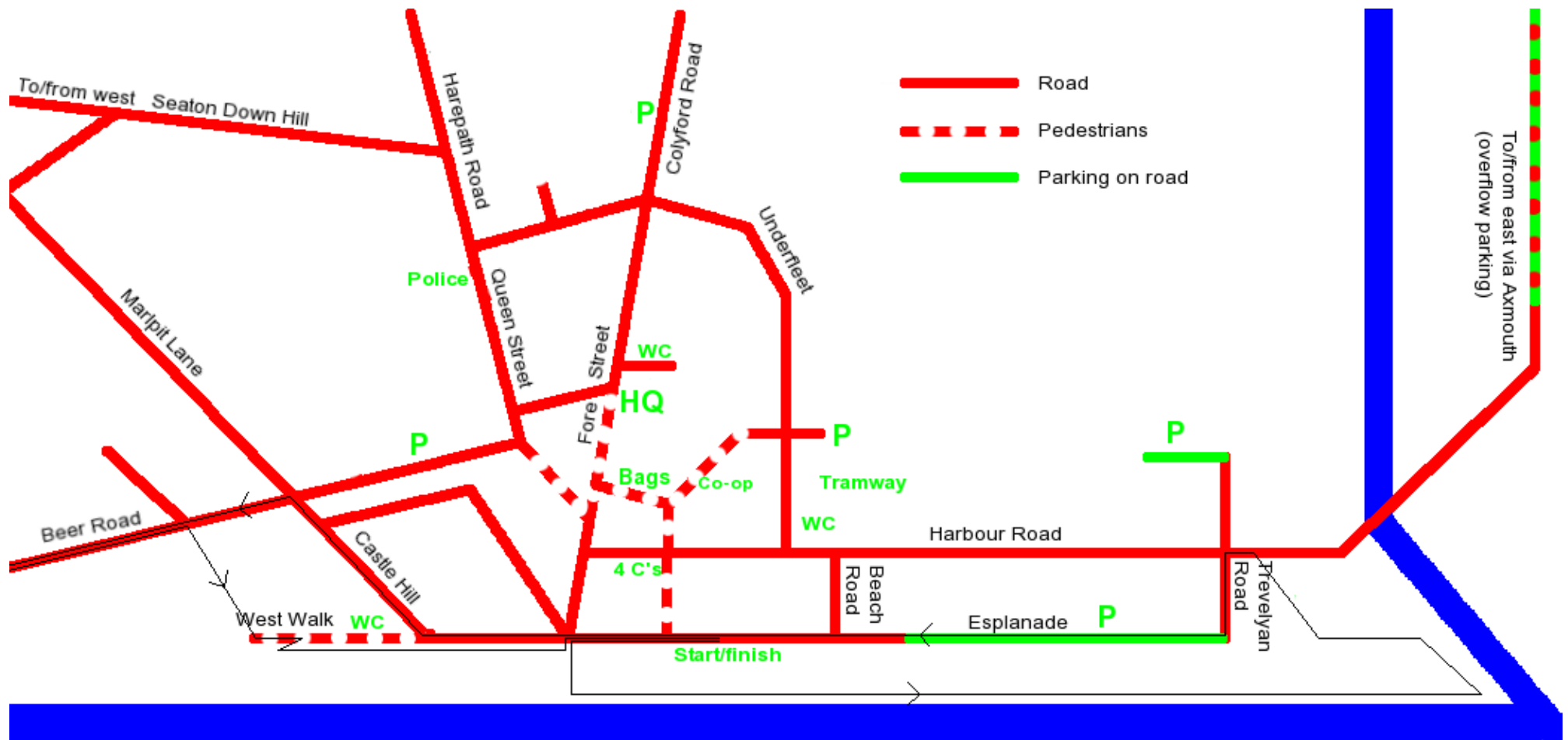
So follow me, follow ...

Down to the hollow ...

And there we shall wallow ...

In glorious mud!





### WHAT'S WHERE?

**Race HQ** - Seaton Town Hall - info desk, Ironbridge Runner and Saucony shops, Bend it Like Becky's massage, Dave King's talk.

**Parking** - Where I've P'ed on the map. (Those which are not free to Grizzly runners are not shown.) Please follow marshals' instructions so that our cunning plan can be implemented and everyone get safely parked. (It's so cunning that it's not even telling us what it is.)

### WHERE'S WHAT?

**Start and finish** - The Esplanade - just keep heading south until you get wet then swim left or right towards a large crowd of people, emerge and crawl up the beach.

**WC** - Where you will want to P.

**Bags** - The Grove nightclub.