



“I DINO WHAT I'D DO WITHOUT YOU”

VIRTUAL 10K

## TERMS & CONDITIONS

Your challenge must be completed on or between the time period of September 1<sup>st</sup> 2019 and November 1<sup>st</sup> 2019. It must be a minimum of ten kilometres/6.26 miles. It is not just limited to this. You can incorporate it into a longer run if you wish. You cannot incorporate it into an organised running event/race. This must be a social or training run or a paired challenge run only. THIS MUST BE COMPLETED AS A PAIR MINIMUM.

Only data and a photo to prove that you did it with your e-bib (sent via email after you sign up to the challenge and must be worn on your challenge and shown in photo) will be accepted as qualification for a bespoke 'Timmy & Clyde Buddy' medal. Data from GPS watch/phone or app accepted and you must send this via the event Facebook page, business Facebook page (Bys Vyken Events) or via email to [www.bysvykencornishtrails@gmail.com](mailto:www.bysvykencornishtrails@gmail.com). This must be done no later than 11:59pm on November 1<sup>st</sup> 2019, but not before 00:00 on September 1<sup>st</sup> 2019.

Please send a photo including that of your printed out bib. Please note that even though this isn't an actual race, you are advised to still write emergency info and your name on the number in case of an emergency or should the ultimate hazard of dying mid run occur!

This is not an actual race! This is a personal and paired challenge. You will be responsible for picking your own route/path/journey and the number of miles if you plan on running more than 6.26 miles/10k in one go. THIS MUST BE A COMPLETED IN ONE SINGLE ATTEMPT AND NOT MULTIPLE.

Upon signing up for this challenge and adventure you are agreeing to all these rules and regulations laid out in these terms and conditions and declare yourself fit and capable of running or walking at least a 5k/3.13 mile run or walk.

This challenge is open to all those wishing to walk as well as run. It is not eligible for any other method of transportation including cycling.

There will be no race leader board. This isn't Strava and the like. We won't be publishing your times so everybody can look at everybody else's. Not everybody will be running the same route and some people will be choosing to walk their journey.

Those who choose to run their challenge on coast path anywhere in the UK will also qualify for an autographed photo hand signed by either Timmy or Clyde as an extra bonus to the medal.

Bys Vyken Events & Cornish Trails and their race directors, Bys Vyken Race Team, every landowner, tenant or charity responsible for maintaining the area in which you decide to run are not responsible for the route you take, the gear that you wear whilst doing so, the nutrition and hydration, or lack of that you take with you or indeed your injury or death whilst pursuing this challenge. We will have no marshals or aid stations or maps on your route. This is YOUR route remember. We have no say over where you go or how fast you do it in. You assume complete responsibility of yourselves and your own environment. Sticking to public rights of way and taking and reading a map is advised and essential in lots of places. It's recommended that you figure out where you're going before leaving the home.

There will be a no refund policy in place and you will not be allowed to transfer or defer to an actual event held by us. IN THE EVENT OF AN EMERGENCY DIAL 999 where you will be able to contact ambulance, police, fire and coastguard services. Please respect the environmental code. Close all gates behind you and do not litter the area where you run.