

“THE GOAT”

TERMS & CONDITIONS

Your challenge must be completed between 1st August 2020 and 1st November 2020. There is no specified distance to run. There's only specified elevation gain in which you must complete to qualify for a medal. There are 2 entry types. These are 'The Buck' and 'The Kid'. 'The Buck' is an elevation only challenge based on covering the elevation of 40 hills chosen by 'Bys Vyken Events & Cornish Trails'. 'The Kid' is an elevation challenge based on covering the elevation of 20 hills chosen by 'Bys Vyken Events & Cornish Trails'. You cannot do the challenge by running an organised running event/race. This must be a social or training run/challenge for yourself. You won't find many actual events at the moment anyway, but this is just in case rules are further relaxed in the future relaxed in the future.

The elevation for the challenges are as follows:

TOTAL ELEVATION FOR 40 HILLS (“THE BUCK”) = 11,426M/37,604.987FT/7.12 MILES

TOTAL ELEVATION FOR 20 HILLS (“THE KID”) = 7,051M/23,133FT/4.38 MILES

PLEASE REMEMBER THAT THE ELEVATION RECORDED IN THIS GUIDE IS THE HEIGHT ABOVE SEA LEVEL. IT ISN'T THE ELEVATION OF THE CLIMB FROM THE NEAREST ACCESSIBLE POINT. HOWEVER THE CHALLENGE IS RUNNING THE HEIGHTS ABOVE SEA LEVEL ADDED TOGETHER. FOR INSTANCE, 'TRENCRUM' IS 557FT ABOVE SEA LEVEL. THE CLIMB FROM THE FIRST ACCESSIBLE POINT TO THE TOP IS JUST OVER 200FT. YOU'LL NEED TO STILL RUN THE ELEVATION ABOVE SEA LEVEL, SO IF YOU DO RUN THIS HILL PHYSICALLY THEN JUST NOTE YOU'LL PROBABLY HAVE TO RUN UP IT A FEW TIMES.

Only uploading data and a photo to prove that you completed your challenge with your e-bib will be accepted as qualification for a bespoke 'The Goat' medal. Data from GPS watch/phone or app accepted and you must send this by uploading each segment/section of your journey onto this link:

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You will be able to keep track and progress of your journey at that link and by completing the checklist attached in your pre event guide (if you wish to keep track using that method)

You will be placed onto a 'Strava' – like leader board. The person who has achieved their chosen elevation and run the least amount of miles will be declared 1st. This is how the results will be judged. If you run 1000 miles to complete then that's great but if you do it in 100 miles then that would obviously be the smarter way to complete the virtual event.

THERE WILL BE BESPOKE TROPHIES FOR 1ST, 2ND AND 3RD IN EACH ELEVATION EVENT. THESE WILL BE PRESENTED TO THE WINNERS AFTER THE CHALLENGE HAS ENDED, CIRCA 2ND NOVEMBER.

YOU DO NOT HAVE TO PHYSIACLLY VISIT AND RUN EACH HILL, OR ANY OF THE HILLS FOR THAT MATTER. YOU CAN COMPLETE YOUR CHALLENGE AT HOME, NEAR TO HOME OR ANYWHERE YOU LIKE, AS LONG AS YOU MAINTAIN AND OBSERVE SOCIAL DISTANCING AND FALL WITHIN CURRENT GOVERNMENT GUIDELINES.

Head to www.gov.uk/coronavirus to find out the latest information.

Please send a photo including that of you wearing your printed out bib (you're responsible for bib printing and ink and energy costs). 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! You are advised to keep away from built up areas and are advised to maintain 2 metres (6ft) of distance between yourself and anyone else.

If you are taking on major hills and peaks then you are advised to where the correct kit and be responsible for yourself and others whilst doing so. You are advised to use the correct maps and a compass if you know how to use one. If you don't know then learn to know.

TREADMILL RUNNING WILL COUNT. CYCLING WILL NOT!

This is not an actual race! This is a personal challenge. You will be responsible for picking your own routes/paths/journey and the number of miles if you plan on running more than your specific entered elevation entry type. THIS MUST BE A COMPLETED WITHIN THE 3 MONTH TIME LIMIT AND IF YOU ENTER LATER THAN 1ST AUGUST 2020 YOU'LL STILL ONLY HAVE UNTIL 1ST NOVEMBER TO COMPLETE IT. You are advised to keep to public rights of way only and are advised to respect the basic environmental codes of closing ALL gates and not littering on your chosen route.

All information about the actual hills in Cornwall are found within the pre event info along with all grid references and the Ordnance Survey Explorer maps that you will need to find these locations. This is only if you want to choose this way of completing the event. Once again, YOU DO NOT NEED TO ACTUALLY VISIT THESE PLACES.

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 and healthy. 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, but not limited to, cycling (As stated above but needs too mentioned more than once just in case)

Not everybody will be running the same route and same sections or chunks of elevation at the same time or even in the same places. The leaderboard is only for added fun.

Bys Vyken Events & Cornish Trails and their race directors, David Andrewartha & Sally Galsworthy, 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. You are responsible for yourself and recommend that challengers under the age of 16 should be accompanied by an adult.

You are ultimately responsible for sticking to the Government guidelines surrounding what we can and cannot do during the Covid-19 pandemic/crisis.

You are responsible for any and all PPE you may need during your challenges.

You are advised to read the do's and don'ts on the Gov.uk link in your initial email (the one that includes these terms and your bespoke number for the challenge) and on the first page of the terms.

By reading this and entering, you are accepting liability.

ALL PHOTOS/IMAGES THAT ARE POSTED BY YOU ON OUR SOCIAL MEDIA AND/OR EMAILED TO US WILL MEAN YOU GIVE US PERMISSION TO USE THEM FOR PUBLICATION AND PROMOTION OF THIS AND FUTURE EVENTS. YOUR IMAGES MAY BE USED TO ADD TO CERTAIN FACEBOOK ALBUMS BUT WILL NEVER BE SHARED TO ANY OTHER PAGE THAT'S NOT OWNED BY BYS VYKEN EVENTS & CORNISH TRAILS OR WITH ANY INDIVIDUAL. BY SENDING TO US, POSTING ON OUR PAGES OR TAGGING IN SOCIAL MEDIA POSTS, YOU GIVE US PERMISSION TO USE YOUR IMAGES/LIKENESS'.

There will be a no refund policy in place and you will not be allowed to transfer or defer to any actual physical 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 along with mountain rescue if you should need their assistance. Please respect the environmental code. Close all gates behind you and do not litter the area where you run (as previously stated within these terms).

You must understand that your event fee will be used for the administration of your entry and your medal and posting of said medal before money is declared a profit.

No charity that you are raising money for with this challenge will NOT be responsible in exactly the same way that Bys Vyken Events & Cornish Trails and those sole trading as Bys Vyken Events & Cornish Trails are. This is in case you're planning on using this challenge to raise money for good causes.

Medals are subject to availability, despite choice.

These terms & conditions were assembled by the Governing Event Director of 'Bys Vyken Events & Cornish Trails, David Andrewartha.

You are responsible for all people and animals you take on your challenge. You should take responsibility for yourselves. We are not responsible for you and for anything you do on this challenge.

We thank you for taking the time to read. Enjoy your adventure! X