

OFFICIAL EVENT GUIDE



OCTOBER 2021



WELCOME



WELCOME TO “PORTH PRIDE” VIRTUAL 5 & 10K EVENT. THIS EVENT WAS SUPPOSED TO BE A PHYSICAL EVENT ALONG ST IVES BAY, BUT FOR SOME REASON THERE WASN’T MUCH INTEREST IN THE ACTUAL EVENT, WHICH WAS A SHAME. WE TOOK THE DIFFICULT DECISION TO CANCEL THE PHYSICAL EVENT DUE TO OBVIOUS FINANCIAL REASONS AND THEN DECIDED TO KEEP THE EVENT A VIRTUAL ONE, ALLOWING PEOPLE FROM ALL OVER A CHANCE TO EARN A WONDERFUL MEDAL AND CELEBRATE LOVE BEING LOVE FROM FAR AND WIDE.

THE IDEA OF THIS EVENT WAS TO BE CORNWALL’S FIRST EVER PRIDE RUNNING EVENT, CELEBRATING HUMANITY AND A SHARED PASSION FOR DIVERSITY AND EQUALITY IN SOCIETY AND WITHIN THE RUNNING COMMUNITY ALL OVER THE WORLD.

IT DOESN’T MATTER WHAT YOUR BACKGROUND OR YOUR LEVEL OF RUNNING. WE CAN ALL GET TOGETHER VIRTUALLY TO FLY THE FLAG AND TO SAY THAT IT’S OKAY TO BE WHOEVER YOU WANT TO BE.

PLEASE REMEMBER THAT A PORTION OF YOUR ENTRY FEE WILL GO TO ‘CORNWALL PRIDE’ IN ORDER FOR THEM TO CONTINUE TO DO THEIR GREAT WORK IN THIS THIS WONDERFUL COUNTY.

BYS VYKEN EVENTS & CORNISH TRAILS IS A PROUD SUPPORTER OF THE LGBTQ+ COMMUNITY, DIVERSITY AND A CHANGE FOR A BETTER, EQUAL WORLD WHERE NOBODY CARES WHO YOU LOVE, WHO YOU ARE WITH OR WHO YOU WANT TO BE WITH.

WE ARE ALL HUMAN.

JOIN US AND #RUNWITHPRIDE



CORE VALUES, MISSION & VISION

POSITIVE DIALOGUE

Facilitate meaningful and positive dialogue between LGBT & wider communities, eliminating discrimination

SIGNPOSTING

Facilitate signposting and support awareness for LGBT and wider communities

PROMOTION

Promote inclusion, acceptance and Equality and Diversity in the community and challenge where necessary

COLLECTIVE VOICE

Provide and facilitate a collective voice for all to share experiences, challenge discrimination and foster good relations

UNDERSTANDING

Promote the understanding of the Equality Act 2010 and Public Sector Equality Duty

A SAFE PLACE

Provide a safe place to all that attend Cornwall Pride events where you can be yourself as well as have fun!

VISIT: CORNWALLPRIDE.ORG

March 5th 2022 - ST PIRAN'S DAY



Photo by St Just Miners' Chapel

CLASSIC JACK 18 MILES
BYSVYKENEVENTS.VPWEB.CO.UK

BYS VYKEN EVENTS
AND CORNISH TRAILS

Sat 30th & Sun 31st Oct 2021 8am - 8am CLOCKS GO BACK AT 2AM ON SUNDAY!



7 B & 25 Hrs A loop within a loop!

UDR 24 + 1

BYS VYKEN EVENTS
AND CORNISH TRAILS

BYSVYKENEVENTS.VPWEB.CO.UK

ABOUT THE CHALLENGE



YOU CHOOSE YOUR LOCATION AND YOUR METHOD OF ACTIVITY, IE RUN OR WALK, AS LONG AS YOUR CHALLENGE IS COMPLETED USING ONE OF THOSE ACTIVITIES ONLY. NO CYCLING OR SWIMMING. THE DISTANCES NEED TO BE A 5K (3.1 MILES) OR 10K (6.2 MILES) MINIMUM. YOU HAVE TO DO THIS IN ONE RUN AND AS A MINIMUM DISTANCE. YOU CAN CHOOSE TO RUN FURTHER IF YOU WISH.

YOU CAN RUN, WALK, OR EVEN DONATE IF YOU DON'T WANT TO GET INVOLVED WITH ONE OF THE LISTED ACTIVITIES.

YOU CAN RUN YOUR ROUTE AND CHALLENGE EITHER ON YOUR OWN OR WITH OTHERS (COVID RESTRICTIONS NEED LOOKING AT FIRST).

YOU WILL HAVE THE WHOLE MONTH OF OCTOBER 2021 TO COMPLETE YOUR CHALLENGE TO RECEIVE A LIMITED BYS VYKEN EVENTS PRIDE BESPOKE MEDAL. ALL YOU HAVE TO DO IS LOG YOUR DATA USING A SCREENSHOT OR STRAVA/GARMIN INFORMATION ON THE RUN TO THE WEB PAGE THAT WILL BE SENT IN THE DAYS BEFORE THE EVENT.

THERE WILL BE A LEADER BOARD FOR WHICH A PRIZE WILL BE GIVEN FOR THE ONE WHO TOPS IT AT THE END OF OCTOBER (31ST).

YOU CAN DONATE AT: WWW.CORNWALLPRIDE.ORG

LOOK FURTHER INTO THE GUIDE FOR THE COMPLETE TERMS AND CONDITIONS OF THE CHALLENGE.

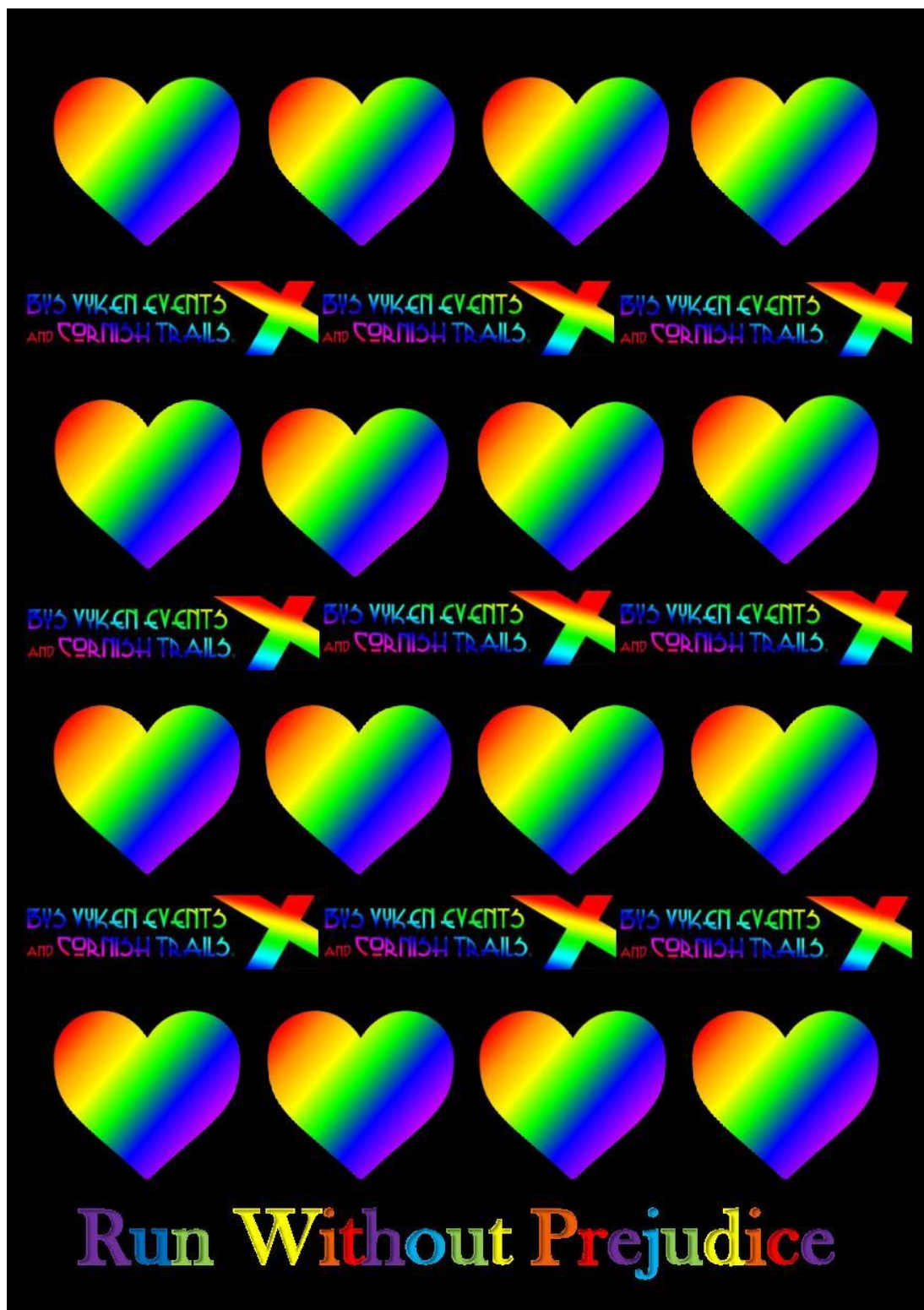
ANY QUESTIONS ABOUT THE CHALLENGE AFTER YOU'VE READ ALL OF THE INFORMATION THEN PLEASE EMAIL US AT:

BYSVYKENCORNISHTRAILS@GMAIL.COM

#runwithoutprejudice snood

£10 + £2P&P

AVAILABLE TO PURCHASE ONLINE OR
BY EMAILING US

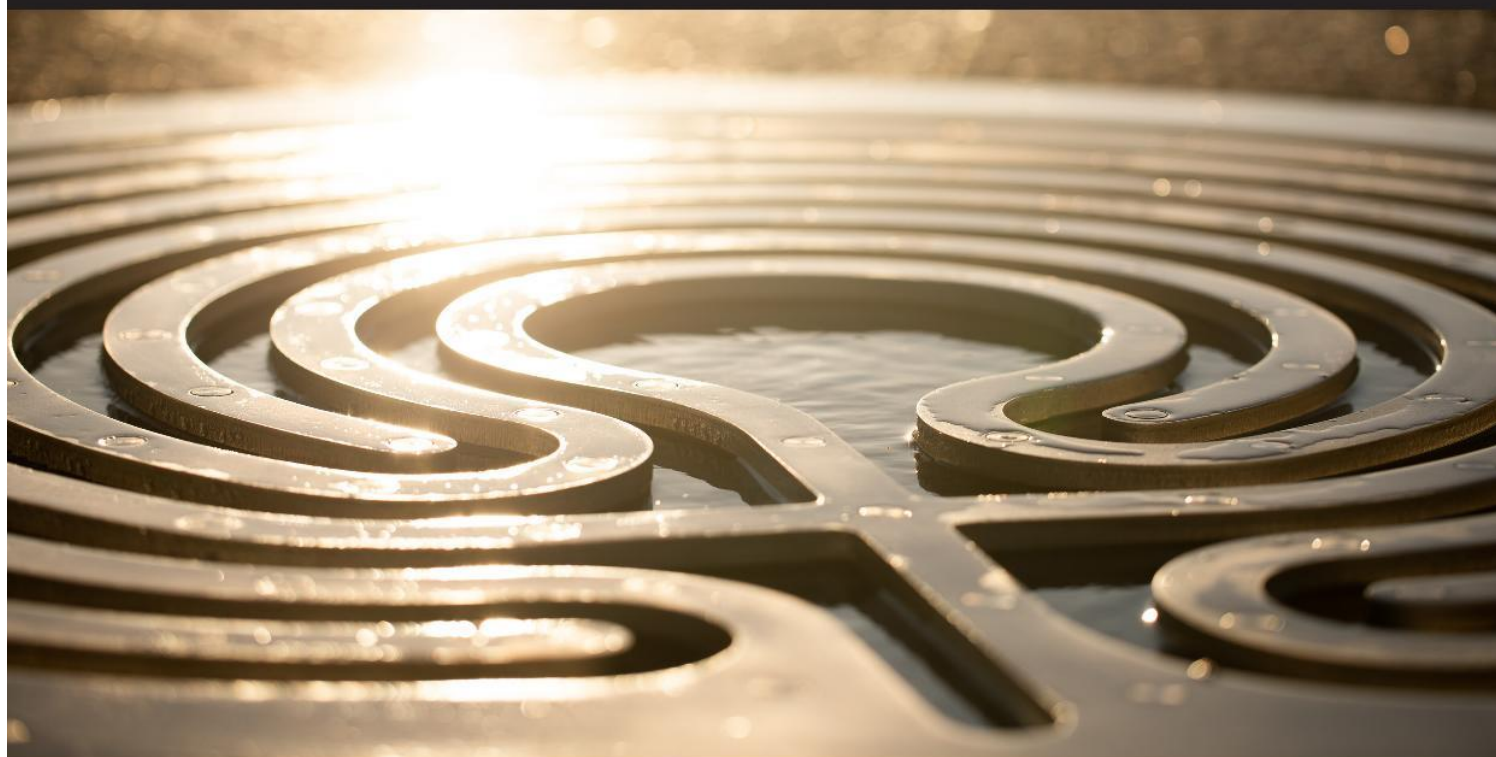




KERDROYA

The Cornish Landscape Labyrinth

BE PART OF SOMETHING TIMELESS



On Bodmin Moor the classical labyrinth is emerging and

£220

buys you a yard of Cornish Hedge with a plaque.

A gift for a special birthday or an anniversary, celebrating a marriage or the birth of a baby, in memory of a loved one, your favourite place in Cornwall or lucky number or ... just because.

www.hedgepledge.co.uk

Masterminded by
 **GOLDEN
TREE**

RUNVENTURE

RUNNING HUB

HELSTON-HONITON-TAVISTOCK

- *Fully stocked running shops in Launceston, Tavistock, Honiton and Helston*
 - *Running specialists*
 - *Gait analysis & injury advice*
 - *Race & event management*
- *Navigation & running workshops*
 - *Running groups*



WWW.RUNVENTUREONLINE.COM

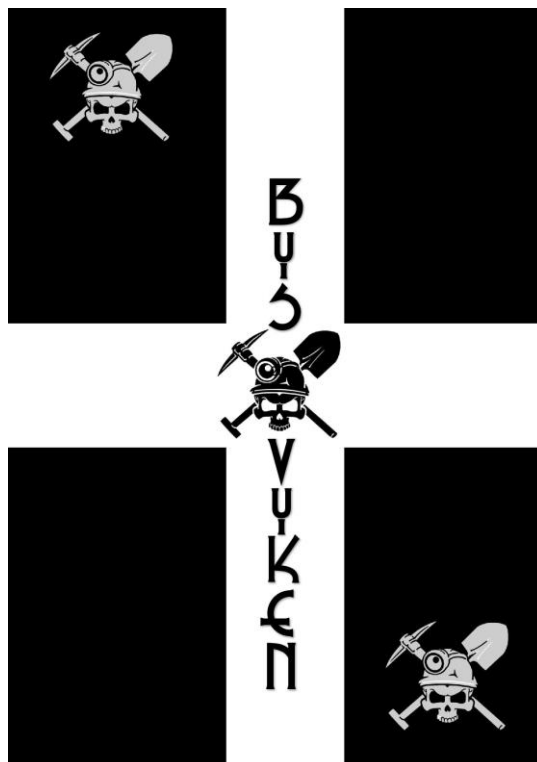
BYS VYKEN MERCHANDISE



VISORS



BEANIES



SNOODS



TERMS & CONDITIONS

Your challenge must be completed at any time between 1/10/21 and 31/10/21. You must do a minimum, but are not limited to a 5K (3.1 Miles) or 10K (6.2 Miles), depending on what you have signed up to. You can either run or walk. You cannot include cycling or swimming for this virtual event. This challenge is about getting you outside and achieving whilst raising money for the amazing 'Cornwall Pride'. Details of donations and how to donate are online and within this guide. You can do this challenge by running an organised running event/race if you wish, or a social or training run/challenge for yourself. If you are partaking in another virtual challenge from us or another company/running organisation, you can include these miles for that challenge also.

All participants will receive a link for a separate webpage (differs to the one you entered with) so you can upload your data to the leader-board on one of the Bys Vyken pages. You can use screenshots of your data and/or upload the links to your activity from Strava/Garmin/Run Keeper or the like. You'll get a prize/trophy for 1st place overall. (This applies only to those who have correctly used the leader-board system). Only data and/or photo to will be accepted as qualification for a bespoke 'Pride' medal. Any data sent and posted via Instagram, Facebook, Twitter or email will not be counted. These have to be logged by you on the link sent by our tech support guru, Adrian. You can still share your runs on social media along with photos, but you need to use the leader-board to upload the run/walk.

You can send photos including that of you wearing your printed bib if you want to (you're responsible for bib printing and ink and energy costs) on our Facebook pages. There will be a group page set up and a link to that page should have been made available to you upon receiving your bespoke bib number. Please note that even though this isn't an actual race, you are advised to still write emergency information and your name on the back of your bespoke number in case of an emergency.

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. Even though some restrictions may have been lifted for some, it's currently for the best due to the ongoing pandemic and severe U-turning from the UK government that we have experienced in the last 18 months. WE ARE NOT RESPONSIBLE FOR YOUR GENERAL HEALTH WHEN YOU ARE A PART OF THIS CHALLENGE. BE SMART AND BE SENSIBLE AND IF YOU ARE SICK AND/OR SHOWING SIGNS OF COVID – 19 THEN PLEASE DO NOT RUN. WE ENCOURAGE TESTING AND THE RECORDING OF YOUR TEST RESULTS PRE AND POST-RUN.

YOU ARE ADVISED TO SEEK WHAT YOU CAN AND CANNOT DO IN TERMS OF RESTRICTIONS WHEREVER YOU ARE IN THE WORLD.

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 you decide to take on. You can use treadmills on this challenge if you want to, particularly if you feel that being at home is something you must do because you either need to shield or self-isolate.

You are advised to keep to **ALL** public rights of way only and are advised to respect the basic environmental codes of closing **ALL** gates and not littering anywhere on your chosen route and respecting all landowners and their livestock, if any.

You are advised not to run on main busy roads or lay out signage for your own challenge. If you do (because you think it will add fun to your challenge) then please **DO NOT** put any writing or moniker on the signage that suggests it's anything to do with Bys Vyken Events & Cornish Trails or Cornwall Pride, as we do not condone the littering of anywhere on any route(s) you choose and do not want to be associated with said littering.

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 and/or walking your selected distance.

Even though there will be leader-boards on the challenge, not everybody will be running or walking the same routes and same places/distances. By completing what you set out to do means you've won regardless anyway, no matter what. You will all achieve something great come the end of this challenge, and it's all about this great charity and understanding that you should be free to be who you want to be.

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(s) 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, health or death whilst pursuing this challenge. The Chordoma Foundation are not responsible for the organisation of this event. They are merely the charity in which we are raising money for. 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 all places. It's recommended that you figure out where you're going before leaving your 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 advised to read the do's and don'ts on the [Gov.uk/coronavirus](https://www.gov.uk/coronavirus) site (if in the UK. Please check your own Government site wherever you are in the world if anywhere outside of the UK). 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 an actual event held by us or any other virtual challenge held by us or anyone else. IN THE EVENT OF AN EMERGENCY DIAL 999 (IN THE UK. PLEASE CHECK EMERGENCY SERVICES NUMBER IF YOUR'RE OUTSIDE OF THE UK) 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/walk (as previously stated within these terms).

Downloading 'what3words' may help with your positioning if you get lost and need assistance from emergency services.

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 any money for charity or profit is declared.

We are not responsible for the supply of any PPE in your challenge. Be sensible and stay safe and remain and stay alert and be respectful to others on your challenge. Please take PPE with you if you feel that you need it when out on your activity.

Medals are subject to availability and will take 5-7 weeks to arrive to the 'Bys Vyken House of Creative Arts'. Medals should arrive to UK runners by early November and everyone outside of the UK by mid – late November. Please allow extra time due to the ongoing pandemic and the delay in expected delivery times.

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

We thank you for taking the time to read. Enjoy your adventure and remember to #RUNWITHPRIDE!

Love,

Dave & Sally Ann

XXXX ☺



5K NUMBER DESIGN



10K NUMBER DESIGN



MEDAL DESIGN



GOOD
LUCK,

LOVE
TIMMY THE
T-REX
XXXX