



Participants

Event Information Pack

Are you ready to earn your Hero status?

Sat 22nd July 2017

Duncombe Park

Helmsley

North Yorkshire

YO62 5EB

We're nearly there

The Dirty Hero Challenge is rapidly approaching and now is the time to finalise your travel arrangements to the Greatest Obstacle Course in Yorkshire. Below you will find everything you need to know to make your day an amazing experience.

When is Dirty hero?

Saturday 22nd July 2017

Where is it?

Duncombe Park, Helmsley, North Yorkshire

Postcode: YO62 5EB

Follow the event signs from the A170 in Helmsley. Please park only in the official car park as directed by the car park marshals. Please note that there is a £5 car parking fee to pay when you enter the car park. Please help the marshals by having your £5 ready when you arrive.

What time should I arrive?

We recommend you arrive at least 1 hour before your start time.

[Click here to view your start time](#)

This will give you plenty of time to park, register, get your bearings, have a warm up and get to the start line. Registration and the Start are both close to the car park, so there are no long walks. Registration will open at 08:00 if you want to get there early

What do I need to bring with me?

Please print off a copy of the Dirty Hero event waiver form, sign it and bring it with you to Registration that will be located in the Marquee.

[Download a copy of the Dirty Hero event waiver form](#)

We will have spare copies of the waiver if you forget to bring yours with you. Everyone who takes part must sign and hand in a copy of the waiver document before they will be allowed to start.

Don't forget to bring some clean dry clothes to change into and some money in case you want to buy something to eat or drink after you finish

What should I wear?

Some Dirty Heros will dress up for the occasion in fancy dress, others will choose to wear sports kit. The choice is yours, but remember that you will need to be able to climb over, under and through many of the obstacles. You will get wet and you will get muddy, so wear clothes that you don't mind getting filthy.

Wear trainers with a good grip for climbing over obstacles and up muddy banks.

Please no studded football/rugby boots or running spikes, these can be dangerous to other competitors and will not be allowed on the course.

Where do I go when I get there?

Follow the signs to Registration in the Marquee

Here we will check your details against our start list and collect your signed waiver document.

Then you can collect your race number and Dirty Hero headband.

All runners must wear these at the start of the run.

What do I do next?

We advise you to lock your clean kit and any valuables in your car. If you don't have a support crew with you, you can leave car keys in a sealed marked envelope at the manned key drop in the Marquee. We can accept some bags, but would prefer you to lock your own bags securely in your car during your run.

The Start

We have split the field up into separate wave starts.

Please start only in the wave that you have been allocated. There will be a 15 minute gap between waves to avoid bunching at the early obstacles. Please go straight to the start compound as soon as the wave before yours has started.

Is it timed?

Dirty Hero is not about the time it takes you, it is about the experience you have completing the course, so we will not be timing anyone and there are no prizes for the fastest times. That is not what Dirty Hero is about. We know that some people will want to know how long it takes them. If this is you, please time yourself as you complete the course.

Some obstacles will require team work to overcome them and true heroes will help others before thinking of themselves.

We hope that you agree and ask all Dirty Heros to join the Dirty Hero spirit and let's see everyone make it to the finish line.

How far is it?

The full route is around 10 miles

There are 3 cut off loops where you can miss out part of the course and if you miss them all you will complete a little over half the full course distance.

The choice is yours. Do everything, miss out 1 loop, miss out 2 loops or miss out all 3 loops.

Decide when you get to the cut off points. Each route will be clearly signed & they all join up again further on.

Do I have to tackle every obstacle?

No.

Only tackle an obstacle if you feel you are capable of safely negotiating it. If you are not happy tackling an obstacle, go around it

What do I do if I feel unwell or want to stop during the run

If you can safely continue to the next obstacle, go there and speak to the marshal. They can call for assistance if required. Stay on the course.

If you can't continue, stop and wait where you are for the next runner to reach you and tell them that you cannot continue.

If you see anyone stopped, please ask them if they are OK. If they need help, report it to the next marshal point you come to so that we can send out a recovery team.

At all times stay on the course. Do not take any short cuts. If you stray off the course and get into difficulties we will not be able to find you very easily.

What do I do at the finish?

As you cross the line, you will be given your Dirty Hero finishers tee shirt and finishers medal. Wear them with pride you have deserved them. Have a clean up and put on something dry clothes, then head to the Marquee for a celebratory beer and something to eat while watching your fellow Dirty Heros make it to the finish.

Remember we want everyone to finish, so give them your full support

Photos

Our team of photographers will be out on the course capturing some amazing images of the event. They will try to capture images of everyone and I hope they get some great shots of you at some point on the course. All images can be viewed at

www.dirtyhero.co.uk/photos

You can download any images for FREE to keep and show to your friends. All we ask is that you share the best ones to your social media friends and help us to spread the word about Dirty Hero

Medics

There will be several teams of medics at Dirty Hero. If you need any medical assistance, please go to any of the ambulances or report to any of the many marshals that we will have all around the course.

Social Media

Don't keep it to yourself. Tell everyone what a great time you have at Dirty Hero

#DirtyHero

Finally

As I am sure you are aware, setting up a course like Dirty Hero takes a lot of time and effort. We will be based out on site at Duncombe Park for a full week building the obstacles. I hope we have answered all your questions here and would ask that you only contact us if you absolutely have to in the last week before the event. We will only have limited access to email during this time and will all be working full time on the build. If you have to ask us anything, we will try to get back to you as soon as we can, but would ask for your understanding and patience if this takes a little time.

See you on the 22nd July

Dirty Hero Support Crew
