**Virtual B-M 2020**

The purpose of this series is keep in touch with the friends we normally see at races and club sessions. To keep some level of motivation for running , which can be hard when all your goals have vanished over night

It's fun racing , not all out racing. Unless you are going out early or somewhere very quiet ( or even in these circumstances) you may need to stop, change to a different path etc. A lot of the more elderly people I see out and about are very worried and stressed..I stopped to talk to a couple who had had been frightened by people running up behind them. They had poor mobility and hearing. They were really pleased I had stopped was seen to be considerate. Think about Stiles, gates what you touch. I think this has been slightly overdone , but I would avoid going directly through farmyards if possible. Be especially mindful of this wearing your brown vest,

There is some evidence that running hard can have a negative impact on the immune system. You don't have to be the fastest to win races, the series, Nicky will be using all her well known deviousness to spread the prizes as much as possible. Think on, is it really the time to be throwing yourself down steep descents to get a pb or beat a mate? Run within your capabilities on the descents especially. You don't want a Mountain Rescue call out.

Some of us are having a fairly relaxing time so far, working from home, others are doing long hours in demanding key worker jobs, a variety of caring responsibilities, maybe recovering from illness injury. We still want you to take part and enjoy the series. We will endeavor to make what adaptations we can to make this possible, whether that's racing at a different time or just doing a particular rave slightly differently. Stay safe, stay home and have fun!

**How to run these events**

**a) Devise a route that starts at your house or within runnable distance of your house. It wants to be as near to 4 miles/1000ft as possible. This will be the route of the Wednesday and Saturday events.**

**b) Once you’ve run an event either post photos/evidence on Facebook or email me on** **nicky9@runbg.co.uk** **your time/evidence. Evidence is usually time/distance and then other requested information.**

**c) Paul Elliot will compile the Results which will be posted on fb and on** [**www.runbg.co.uk**](http://www.runbg.co.uk)

**SENIORS**

Saturday.

You can run your Designated route whenever you like and let us know your Results.

Sunday is a Score Event.

You will have ONE HOUR to collect as much/as many of what is required. Sometimes distance will be included in the results calculation, sometimes not. Time starts from your front door and there will be time penalties for going over the hour. You can run the event anytime on Sunday.

Wednesday is “Extra Dimension” day

I will let you know what this “Extra Dimension” is 24 hours or so beforehand so you have time to prepare. You can run this event anytime you like.

**JUNIORS**

Saturday - as it’s a Fun event I can leave it to Parents to decide whether their children can do the 4 mile option but we could have a 2 mile option with 500ft/150m option for younger runners. And then even a 1 mile option?

Sunday - I probably need a little guidance here. But initially I would go with one hour for the Junior event too as the time limit. The controls would also be different some weeks. I’ll run a few ideas passed parents as time goes on.

Wednesday – I think the Juniors will be able to do the same “Extra Dimensions” that I set the Seniors.

**WALKERS**

A separate prize category for walkers (and I won’t make you wear boots!) but the same distances and time limits as the Senior Runners I think.