

# WORCESTERSHIRE BEACON RACE (not as we know it!)

# VIRTUAL



PLEASE READ BEFORE MAKING ONLINE ENTRY

## Worcestershire Beacon Race – Saturday 10<sup>th</sup> October 2020

It is with great sadness and regret that Worcester Athletic Club have cancelled the 2020 Beacon Race. Following the recently published UKA guidelines on road and multi-terrain events it has become clear that it is not possible to organise and produce a race that would do justice to the event's long history as a competitive race.

This would have been the 65<sup>th</sup> running of the event that started in 1953. In commemoration we are staging an alternative "virtual" race on the original course that was used prior to changes made in 1995.

## Virtual Beacon Race

This is a free event for England Athletics affiliated runners only. PLEASE donate at least £5 to ACORNS CHILDREN'S HOSPICE - <https://www.justgiving.com/fundraising/runworcesterac>

1<sup>st</sup> Male, 1<sup>st</sup> Female and 1<sup>st</sup> Team (3) will be declared - there are no prizes, only bragging rights!

Age categories will be acknowledged.

Runners must upload their recorded GPS watch/device times directly into the Opentrack® race platform, using Strava or Garmin Connect apps as evidence for their race times. You will need to create an Opentrack profile (an England Athletics' registered name should appear via a dropdown menu; club colours can be added).

Further details on how to create an Opentrack profile and upload data can be found below.

## RACE RULES

Runners times may incur amendment, a time penalty or even deletion if the rules and guidelines are not adhered to. Adjudications are final.

1. **Age: Runners must be over 18**
2. **Run and time upload must take place between 9.00am Saturday 10th October and 8.00pm Sunday 18th October 2020**
3. **Social distancing and all government and EA rules/guidance must be adhered to at the time of your run.**
4. **Runs should be solo.** Where runners need to be accompanied for reasons of security or safety, there must be social distancing and no more than six in a group.
5. **Times recorded must be the "MOVING TIME"** (contrary to normal virtual race rules), in the interests of safety we are accepting "moving" time evidence.
6. **Only one upload may be posted.** Multiple runs may be timed, but only one run that is within the race dates/times may be input into the Opentrack platform.
7. **Runs must follow the published route.** Time penalty may be added to entries where the "evidence" suggests short course.

## NOTES

- The original course utilised roads that can today be congested and very busy. We have allowed 9 days to complete the event so that runners can select safer days and times to run. *Do not attempt this run on the normal day and time!*
- Virtual race normal practice is to require "elapsed time" data evidence. We have decided to use MOVING TIME data for the Virtual Beacon Race as this will allow runners to pause devices to make safe road crossings.
- Runners must be responsible for their safety, and the safety of others at all times.
- Participants are strongly encouraged to consider weather and traffic conditions as well as the presence of others before setting out. Additionally, it is good practice to tell someone where you are going, and likely return time - consider carrying ICE details, and a mobile phone.

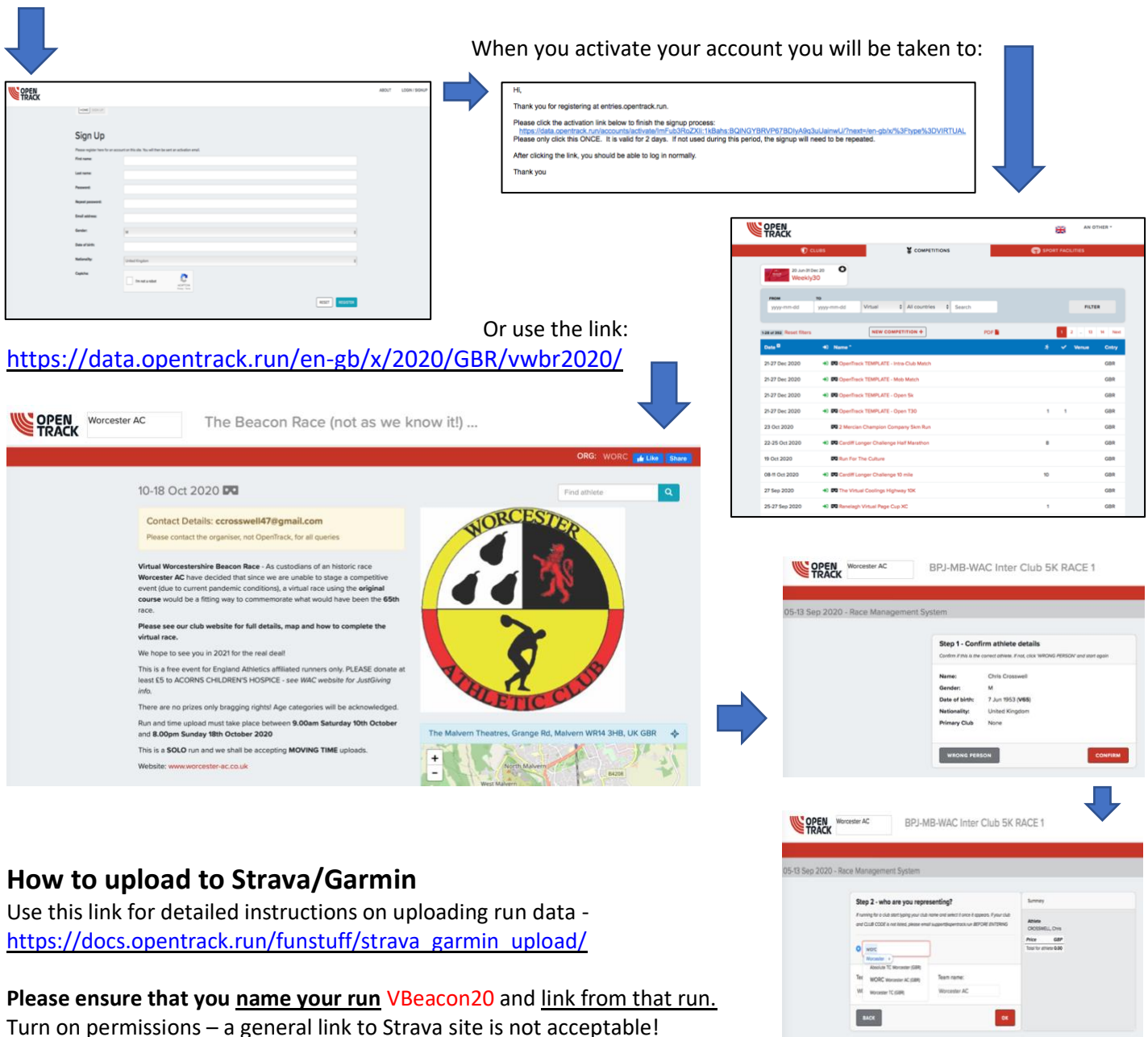
We hope to see you on 09/10/2021 for the real deal!

PLEASE SEE OVER FOR COURSE MAP – **A DETAILED ROAD MAP and STRAVA route will be published in the week before the event. See club website from 06/10/2020**



## How to set up an Opentrack® account - Enter the Virtual Beacon Race - Upload a Strava/Garmin time

You will need to have/open an Opentrack account – Here: <https://opentrack.run/product/virtual-racing.html>



## How to upload to Strava/Garmin

Use this link for detailed instructions on uploading run data - [https://docs.opentrack.run/funstuff/strava\\_garmin\\_upload/](https://docs.opentrack.run/funstuff/strava_garmin_upload/)

Please ensure that you **name your run** **VBeacon20** and **link from that run**.  
**Turn on permissions** – a general link to Strava site is not acceptable!