

# VIRTUAL

19<sup>TH</sup> - 25<sup>TH</sup> OCTOBER

# DERBY10K

The virtual Derby 10K offers you the opportunity to be part of the event between 19<sup>th</sup> and 25<sup>th</sup> October from your home or wherever you are, on a course of your choice.

Everyone who completes the virtual event will be able to collect their well-earned finisher's medal and T shirt (if you haven't received yours already).

**These can be collected from the Fan Park Marquee in the Pride Park Stadium car park at the below dates and times:**

- Monday 26<sup>th</sup> October, 10:00am – 12:00pm
- Tuesday 27<sup>th</sup> October, 12:00pm – 2:00pm
- Thursday 29<sup>th</sup> October, 4:00pm – 6:00pm

**All participants will be asked to upload their results and evidence through a simple form:**  
[derby10k.co.uk/virtual-10k](http://derby10k.co.uk/virtual-10k)

While you do not have to upload evidence if you haven't used a tracking device, we recommend using a simple app such as Strava which can be downloaded for free. This will ensure your results can be counted in our official virtual results table.

We will aim to create the usual race day categories for participants' results but please note there will be no prizes associated to the virtual event.

After race week, all runners will be sent a link to our virtual goody bag which includes discounts from partners and sponsors.

We would love to see you taking part in the virtual race and encourage you to tag us on social media wearing your 10K T shirts. **You can find us on:**

 DerbyCountyCommunityTrust

 @DCCTOfficial

 @DCCTOfficial

## HEALTH AND SAFETY

- Please follow the current government guidelines on social distancing and exercise and only run if it is safe to do so
- Please do not attempt to run the official Derby 10K course as there will be traffic on the roads
- Participants are encouraged to create their own course and run from home or wherever they may be
- Be visible - in low light conditions wear bright or reflective clothing
- If running alone inform someone of where you are running and check in with them on your return
- Do not run if you feel unwell
- Stay hydrated during your run



HUUB