Hop Run Athlete Briefing – 合跑运动员简报

Location 比赛地点

比赛地点为 The race venue will be Stewart Brewing HQ, Bilston Glen Industrial Estate, 26a Dryden Rd, Loanhead, EH20 9LZ (比赛注册、终点线和派对场地 Race Registration, Finish Line & Party Venue)

Parking 停车

酿酒厂附近的工业区有很多停车位。然而，请为地球着想，如果可以的话，请共享汽车或乘坐公共交通工具。抵达时请遵循指示牌和指挥员的指示。There is plenty of parking around the industrial estate near the brewery. However, please think of the planet and car share/take public transport if you can. Please follow signage and marshals instructions on arrival.

How to get there 如何到达那里

公共交通是前往比赛的可行方式。请参见

Public transport is a viable way of getting to the race. Please see: https://www.lothianbuses.com

Schedule 时间表

以下是所有活动的时间安排--为了活动的顺利进行，我们必须遵守这个时间表。Below is the timing schedule for everything – it is important for the smooth running of the event that we stick to this.

1000 Registration for all waves opens at Stewart Brewing HQ
1200 Wave 1 Registration Closes
1200 Wave 1 Bus Loading
1210 Wave 1 Bus Departs – the bus will not wait for latecomers
1230 Wave 1 Runners Start
1230 Wave 2 Registration Closes
1230 Wave 2 Bus Loading
1240 Wave 2 Bus Departs – the bus will not wait for latecomers
1300 Wave 2 Runners Start
1300 Wave 3 Registration Closes
1300 Wave 3 Bus Loading
1310 Wave 3 Bus Departs – the bus will not wait for latecomers
1330 Wave 3 Runners Start
1330 Wave 4 & 5K Race Registration Closes
1330 Wave 4 & 5K Race Bus Loading
1340 Wave 4 & 5K Race Bus Departs– the bus will not wait for latecomers
1400 Wave 4 Race Starts
1405 Wave 4 5K Race Starts
1400 Wave 5 Registration Closes
1400 Wave 5 Bus Loading
1410 Wave 5 Bus Departs – the bus will not wait for latecomers
1430 Wave 5 Race Starts
1500 Prize Giving
1530 After Party Starts – Hoping to have lots of runners and their supporters staying for some great music, pizza and most importantly some award winning beers!

1000 在 Stewart Brewing 总部开始所有浪潮的登记。
1200 第一波报名结束
1200 第一波巴士装载
1210 第一波巴士出发 - 巴士不会等待迟到的人
1230 第一波选手开始
1230 第二波报名结束
1230 第二波巴士装载
1240 第二波巴士出发--巴士不会等待迟到的人
1300 第二波选手开始
1300 第 3 波报名结束
13:00 第 3 浪的巴士装载
1310 第 3 波巴士出发--巴士不会等待迟到的人
1330 第三波选手开始
1330 第 4 波和 5 公里比赛报名结束
1330 第 4 和第 5 公里比赛的巴士装车
1340 第 4 和 5 公里比赛巴士出发--巴士不会等待迟到的人
1400 第 4 组比赛开始
1405 第 4 轮 5 公里比赛开始
14:00 第 5 轮比赛报名结束
14 点 第 5 轮比赛的巴士装载
1410 第五浪比赛巴士出发--巴士不会等待迟到者的到来
1430 第五波比赛开始
1500 颁奖
1530 赛后派对开始 - 希望有很多选手和他们的支持者留下来听音乐，吃披萨，最重要的是喝一些获奖的啤酒

Course Description 课程描述

Both courses will be fully way-marked and marshalled so you need to pay attention to the signage to stop you from going the wrong way.

两条赛道都有完整的路标和警戒线，所以你需要注意标志，以防止你走错路。

The course includes sections on minor public roads that will not be closed. There are pavements alongside the road in these places and it is mandatory that you use them and do not run on the road, please. It is possible that you will encounter vehicles and other road users. Please stick to the Right Hand Side of the road (i.e. facing any traffic) and be prepared to step into the verge if necessary.

10K - 该课程包括一些不会被关闭的小公共道路的路段。在这些地**方**，**道路旁**边有人行道，你必须使用这些人行道，请不要在路上跑。你有可能会遇到车辆和其他道路使用者。请坚持走道路的右侧（即面对任何交通），并准备在必要时步入路边。

You are also very likely to encounter other users and members of the public. Please be courteous, they have exactly the same rights as you to be there. Being in your 'race zone head' is no excuse for lacking courtesy.

你也很有可能遇到其他用户和公众成员。请保持礼貌，他们和你有完全相同的权利在那里。处于你的 "竞赛区的头 "**并不是缺乏礼貌的借口**。

The Hop run is a trail run so you need to wear appropriate footwear, we suggest trail shoes with a bit of grip to stop you sliding on slippy sections. It will be muddy so save your sparkly clean road shoes for another race. Surfaces vary from rough single track paths to sections on tarmac road and everything in between so please take care. There are some steeper, muddy and rougher sections of footpath alongside the river in places. A race with a bit of everything, just what you'd expect from a trail race through beautiful countryside ☺

Hop **跑是一种越野跑**，**所以你需要穿上合适的鞋子**，**我**们建议穿有一定抓地力的越野鞋，以防止你在湿滑路段滑倒。比赛过程中会有泥泞，所以把你那双干净的公路鞋留到另一场比赛中使用。路面情况各不相同，从粗糙的单行道到柏油路段以及两者之间的**所有路段**，**因此**请注意。在河边有一些比较陡峭、泥泞和粗糙的人行道路段。这是一场什么都有的比赛，就像你所期望的那样，在美丽的乡村进行越野赛。

The course distance is an approximate and is intended as a guideline for you to gauge your training by. We are not too concerned with what Garmin says ☺

课程距离是一个近似值，目的是作为你衡量你的训练的一个准则。我们并不太关心 Garmin 说什么

Road Crossings – **IMPORTANT** 过马路 - **重要提示**

There are two road crossing on this route and because your safety is paramount to us we have removed any pressure to cross the road in a hurry. When you get to the road you will dib your dibber in the electronic station and this will stop the clock for you. You can then listen to the marshal advice to get you across safely and then dib again at the other side to restart the clock.

No rush, no pressure and everyone gets back to enjoy pizza, music and beer! The marshals have no powers to stop traffic so you may need to wait a bit but with the clock stopped you are under no time pressure to get across the road quickly. The marshals do have powers to disqualify people who don't listen to them though but please don't make them use them ☺

这条路线上有两个十字路口，因为你的安全对我们来说是最重要的，所以我们已经消除了任何匆忙过马路的压力。当你走到马路边时，你将在电子站内点燃你的 Dibber，这将为你停止计时。然后你可以听从管理员的建议，让你安全过马路，然后在另一侧再次点火，重新开始计时。

不急不躁，没有压力，每个人都可以回去享受比萨饼、音乐和啤酒! 警卫员没有权力阻止交通，所以你可能需要等待一下，但由于时间已经停止，你没有时间压力，必须快速通过道路。执勤人员确实有权力取消那些不听话的人的资格，但请不要让他们使用这些权力。

Aid Stations **援助站**

There will be an aid station on the course at approximately the halfway point, which will be stocked with water, bananas, and sweet snacks. Please bring your own collapsible cup, we will have a stock of these available to buy at the start if you think you will need one.

在大约半程的地方会有一个援助站，里面会有水、香蕉和甜食。请带上你自己的折叠杯，如果你认为你需要的话，我们会在起点处准备好这些杯子供你购买。

Coaches **教**练员

Runners must travel to the race start using the coaches provided by the race organisers. They will leave Stewart Brewing HQ at the times outlined above. There is no car parking for runners or spectators at Rosslyn Chapel.

参赛者必须使用比赛组织者提供的教练车前往比赛起点。他们将在上述时间离开 Stewart Brewing 总部。在 Rosslyn Chapel **没有**为参赛者或观众提供停车位。

Race Information Continued **比**赛信息续写

Facilities at Stewart Brewing **斯**图尔特酿酒厂的设施

There will be a bag drop facility at Stewart Brewing, bags will not be supervised and are therefore left at your own risk. Please do not leave anything valuable in your bags.

Freshly baked Pizzas as well as meat and veggie hot dogs will be available on site from 12pm, the perfect accompaniment to your free can of Stewart Brewing Beer at the finish line!

The post-race party will begin at 3pm after the prizegiving so sit back relax, enjoy the music and get refreshed with Stewart Brewing's award winning selection of beers.

在 Stewart Brewing **将有一个放包**设施，包不会被监督，因此风险由你自己承担。请不要在你的袋子里留下任何有价值的东西。

新鲜出炉的比萨饼以及肉类和素食热狗将从 12 **点开始在**现场供应，是您在终点线上免费饮用斯图尔特啤酒的完美伴侣！

Facilities at the Start Line 起跑线上的设施

There will only be basic facilities (limited shelter, limited portable toilets) at the start. Please use the facilities at the brewery before boarding the coaches. We are unable to use the facilities at the visitor centre at Rosslyn Chapel so please don't try.

There will be no bag drop/transfer facility at the race start or on the buses. If you take additional clothing to the start, you will need to carry it yourself to the finish. If the weather is bad enough to need extra clothing for the few minutes you will be at the start, it would be a good idea to also have it with you during the race. Long sleeved tops and jackets can easily be tied around your waist.

起点处只有基本的设施（有限的庇护所，有限的移动厕所）。请在登上大巴之前使用啤酒厂的设施。我们无法使用罗斯林教堂的游客中心的设施，所以请不要尝试。

在比赛起点或大巴上不会有存包/转包设施。如果你带了额外的衣服到起点，你将需要自己把它带到终点。如果天气不好，你在起点的几分钟内需要额外的衣服，那么在比赛中最好也能带着这些衣服。长袖上衣和夹克衫可以很容易地系在腰间。

Golden Rules 黄金规则

No Litter. Anywhere. Full Stop. There will be bins at the aid station, if you use a gel whilst running then just stick the wrapper in your pocket until you can dispose of it. There's a bin in the car park at the chapel if you eat a banana on the bus. Carry any litter to the finish if you haven't used the bin at the aid station. Please don't put our goodwill with the landowner in jeopardy by there being litter on the course.

Report to the Finish whatever happens to you, we need to know that you are safe and well. Any missing runner involves a search party that won't be happy if you got your Mum to pick you up somewhere on the route.

不乱丢垃圾。任何地方。句号。救助站会有垃圾桶，如果你在跑步时使用了凝胶，那么就把包装纸塞进你的口袋里，直到你能把它处理掉。如果你在车上吃了一根香蕉，在小教堂的停车场有一个垃圾桶。如果你没有使用救助站的垃圾桶，请将任何垃圾带到终点。请不要因为赛道上有垃圾而影响到我们与土地所有者的友好关系。

无论你发生什么事，都要向终点报告，我们需要知道你是否安全和健康。任何失踪的选手都会牵涉到一个搜索小组，如果你让你的妈妈在路线上的某个地方接你，他们会很不高兴。

Please don't leave valuables in bags. We do not accept any responsibility for lost or stolen items. 请不要把贵重物品放在袋子里。我们对丢失或被盗的物品不承担任何责任。

Registration, Timing and Finish line 登记、计时和终点线

Race results will be available at www.durtyevents.com/results. Race Photographs will be published on our social media channels as soon as possible after the event. 比赛结果将在 www.durtyevents.com/results。比赛照片将在活动结束后尽快在我们的社会媒体渠道上公布。

Registration 注册

You'll receive your timing chip (Sport Ident 'dibber' type) and you race number at registration. The race number needs to be pinned on your front on your torso. Please do not fold or pin it to your leg as it makes it very difficult for marshals to read. The timing chip goes on your wrist. Please make sure you dib your dibber as you cross the finish line, this stops 'your' clock. You then take off the dibber and put it in the 'dibber bucket'. There will be people there to help but having an idea of what happens on the finish-line before you get there will help and also save us chasing you as you walk off with your dibber still on your wrist. If you do somehow manage to evade our efforts to get your dibber then you will have no finish time, will not be given a result and will incur a replacement charge of £35. Don't be that person ☺

您将在注册时收到您的计时芯片（Sport Ident 'dibber'类型）和您的比赛号码。比赛号码需要钉在你的前胸上，在你的躯干上。请不要将其折叠或别在腿上，因为这样会使裁判员很难读懂。计时芯片放在你的手腕上。当你越过终点线时，请确保你将你的计时芯片点亮，这将停止 "你的 "时钟。然后，你要摘下计时器，把它放在 "计时器桶 "里。那里会有人帮助你，但是在你到达终点之前对终点发生的事情有一个概念会有帮助，也省得我们在你带着你的手杖离开时追赶你。如果你以某种方式设法逃避我们的努力，那么你将没有完成时间，不会得到一个结果，并将产生 35 英镑的更换费用。请不要成为这样的人。

Finish + Prize-Giving 完赛+发奖

After you finish the race make sure you collect your custom made Hop Run medal which handily doubles up as a bottle opener for your hard-earned beer. Prize-Giving will be in the Finish area as soon as results are available. This is your opportunity to relax, have a beer on us and claim your prize or give a cheer to those that did.

在你完成比赛后，请确保你领取你定制的 Hop Run 奖牌，它可以作为开瓶器，为你辛苦赚来的啤酒提供方便。颁奖仪式将在结果出来后立即在终点区举行。这是你放松的机会，在我们这里喝杯啤酒，领取你的奖品，或者为那些获奖的人喝彩。

Post-Race Party 赛后聚会

Our race Partners at Stewart Brewing are putting on a party for you all starting from 3pm, so don't make any plans that you need to rush away to. There will be good music, beer, hot dogs and the pizza kitchen will be open. Unfortunately there will be no changing facilities available on race day but there will be toilets portable in in-house at the Brewery.

We will have portable toilets, and the bar will be open within the brewery during the event. Hot Dogs & Pizzas will be available to order from the bar from 12pm, please note all purchases are card payment only

我们的比赛合作伙伴 Stewart Brewing 将在下午 3 点开始为大家举办一个派对，所以不要制定任何需要赶时间的计划。届时将有美妙的音乐、啤酒、热狗和比萨饼厨房将开放。遗憾的是，比赛当天没有更衣设施，但在啤酒厂内部会有便携式厕所。

我们将有便携式厕所，酒吧将在活动期间在啤酒厂内开放。热狗和披萨将从下午 12 点开始在酒吧供应，请注意所有的购买都只能用卡支付。

A Greener Hop Run 更加绿色的合跑

In our efforts to be more environmentally friendly we have decided to stop providing cups at feed stations. As previously mentioned you need to bring your own cup or, if you don't have one of the collapsible/easy to carry variety we will have some available for purchase at registration. You then carry this with you and use it on the course if you wish to get water at the feed station.

为了更加环保，我们已经决定停止在喂食站提供杯子。如前所述，你需要携带自己的杯子，或者，如果你没有可折叠的/易于携带的杯子，我们将在注册时提供一些杯子供你购买。如果你想在补给站取水，你可以随身携带并在赛道上使用。

Volunteers 志愿者

No races can happen without volunteers and our events are no different. At the Hop Run we need help at registration and finish, on the course, road crossing marshals and aid station teams.

Do you have friends, family or clubmates that fancy coming to help make this event happen?

Volunteering will give them a unique view of the course and enable them to provide valuable support and encouragement along the way. In exchange for their help we offer an event T-shirt, a free beer, a Pizza or Hot Dog, a whole heap of fun with like-minded people, our deep appreciation and a warm fuzzy glow of being an essential part of making it happen. If you can bring a group of people e.g. club, community organisation then we can also make a donation to your cause.

Please get them to contact us by email info@durtyevents.com

没有志愿者就没有比赛，我们的活动也不例外。在 Hop Run 中，我们需要在注册和终点、赛道上、过路警戒线和援助站团队方面的帮助。

你是否有朋友、家人或俱乐部的朋友想来帮助这个活动？

志愿服务将给他们一个独特的视野，使他们能够提供宝贵的支持和鼓励。作为对他们帮助的交换，我们提供一件活动 T 恤、一杯免费啤酒、一份比萨饼或热狗、与志同道合者的一大堆乐趣、我们深深的感激和作为实现这一目标的重要组成部分的温暖的光芒。如果你能带来一群人，例如俱乐部、社区组织，那么我们也可以为你的事业做出捐赠。

请让他们通过电子邮件与我们联系 info@durtyevents.com

Accommodation 住宿

For accommodation options, this is a good starting point:
https://www.visitscotland.com/accommodation

关于住宿选择，这是一个很好的起点：https://www.visitscotland.com/accommodation

Rosslyn Chapel 罗斯林教堂

If you are interested in learning more about the history of Roslyn Chapel please have a look at their website. We would definitely recommend a return visit where you can take a tour of the chapel and enjoy all that the coffee shop provides.

如果你有兴趣了解更多关于罗斯林教堂的历史，请看一下他们的网站。我们肯定会建议你再次访问，在那里你可以参观小教堂并享受咖啡店提供的所有服务。