



## Dumble Bimble Race Instructions

It is even easier to take part this year and you still have two options of a 2K and a 5 mile run costing £2 for under 16 and £5 for adults where all profits will go to Weldmar. Remember this is a fun run so these distances are more for guidance and we won't be checking, it more about your enjoyment and sense of achievement.

To register just sign up online via

<https://www.timingmonkey.co.uk/virtual/DumbleBimble2020/registration.html>

You can even print of your individual running bib number once you have registered. You will receive an email with a link for you to enter your time once you have completed your run.

You then have from the 10<sup>th</sup> August to 6<sup>th</sup> September to complete your run and then record it on the virtual scoreboard. On completion of your race and the entering your time, you will be able print out your personal certificate of achievement.

We suggest if you want to track your run, download a fitness app to track your progress, such as Run keeper or Strava. Remember, this is a fun run so a stop-watch is just as good. The main aim is to get active and have fun whilst raising money for such a worthwhile charity.

You pick the route, the time and then walk, run skip around the route. If you want to plan a route with an exact distance before setting of you can use apps such as map my run or google earth to name a couple. When selecting a route please consider the time of day and how busy the route may be. Keep away from busy roads and where possible use open areas. Please apply social distancing to stay clear/give priority to pedestrians and people using public spaces. An early morning run is one of our favourites, before it gets too busy or hot and nothing beats being out in the early sun and the sense of achievement once ou complete your run, to give you a great start to the day.

You may be running solo or with family and friends, but you are certainly not alone. Please follow all the relevant guidance from the government, police and as published on our Facebook page, when participating in the event especially in regards to COVID. All under 16,s must be accompanied by an adult.

Virtual runners are not only part of our community, but they also give back to their communities, with all monies raised from this event going to Weldmar.

So, if the race itself isn't motivation enough, you can pick up the pace knowing your efforts are helping to make a real difference.

We have even set up a [Facebook Group](#) so you can engage and interact with other participants in our Virtual Dumble Bimble, remember we love a selfie or action shot so don't hesitate to share your photos and join in with the fun.

With your help, we can continue to support Weldmar in such challenging times, whilst having a great time doing the event, not forgetting that amazing sense of achievement you will experience as you cross that virtual finish line.

Have a great run everyone, we can't wait to hear your stories and see you pictures, please share these on our Facebook page <https://www.facebook.com/royalmanorofportland/>

Many thanks from Jan, Andy and the team at RMPAC