

The Grind Lab - 5k Run

DATE: Saturday, October 18, 2025

LOCATION: London, England, GB

Event Description

The Grind Lab - 5k Run is a premier community event in London. This event attracts visitors from around the world and significantly impacts local hotel demand, creating opportunities for strategic revenue management and guest experience optimization.

Key Information

Category: community

Importance Rank: 22/100

Expected Attendance: 42 people

Event ID: G65wWrMyA2pv92idpP

Hotel Demand Indicators

ADR Impact Index: 3.4x baseline (varies by property tier & location)

Occupancy Impact: +60 percentage points over baseline

Booking Lead Time: Demand begins 30 days before event

Impact Radius: 15km from venue

Estimated Room Nights: 17 across all properties

Note: Actual impact varies by property location, star rating, and local market conditions.

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<https://becircadian.com/events/the-grind-lab-5k-run>

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