

The Glen Lyon Ultra 7th May 2016

Runner's Briefing Pack

Saturday 7th May 2016
Race registration - 07:30
Race start - 09:30

30 Mile Ultra Marathon
Glen Lyon, Perth & Kinross
www.runyabam.com | info@runyabam.com



Thank you for entering the first ever Glen Lyon Ultra 2016. We hope your training has gone well and that you're looking forward to the race whether this is your first or 50th ultra marathon. This is the race briefing document and it contains lots of really important information, so please take the time to read **ALL** of this document.

We have kept the format nice and simple which should make everything easy to understand.

If you still have questions, please email us at info@runyabam.com. As we get closer to race day, we will have less time to check on our Facebook page, so for anything urgent please drop us an email.

A couple of final important reminders....

- Please have photo ID at race registration to prove you are over 21 years of age.
- Do not attempt to take any other road to Glen Lyon other than the one signposted Bridge of Balgie and Ben Lawers.
- Race start is at **09:30 am**.
- The race team will have satellite phones to ensure we have comms for health and safety. Please can you programme in the number for race control to your mobile and keep a note of the second number on your person or in your phone somewhere it can be easily retrieved.
- To call race control mobile:
 1. Call **0870 288 1455**
 2. When prompted, enter **8816 4149 4310**
- You can call the satellite phone directly with **00 8816 4149 4310** but it is significantly more expensive than the two step method.

We look forward to welcoming you to the race in a few days time!

All the best,

Bill, Mike & Cat.

Where and when?

- Glen Lyon, PH15 2PX
- Saturday the 7th of May

Where to stay?

- Killin is the closest main village, approximately 23 miles away. Killin is a fabulous wee village and has loads of places to stay the night before and after the race.

Getting to the race start

- Please car share wherever possible to minimise the impact on the local area, to make the best use of what parking is available and its also a good idea to have company before and particularly after the race when driving.
- For sat nav, online maps, phones etc, use the post code **PH15 2PX**. This will show up as Pubil or Glen Lyon. You should easily be able to identify you're in the right place as there's a whopping big loch on the map.
- **Whether coming from the north or south, you should be on the A827 until taking the road signposted for the Bridge of Balgie and Ben Lawers.**
- Whatever you do, do not try and take any other road to Glen Lyon - there is something on the map which claims to be a road via Glen Lochy - this road is **NOT PASSABLE**.
- This road is a proper Highland single track road, twisty, turny and with passing places. So please factor this in to your travel time. If you use something like Apple or Google Maps for directions, you'll see that they estimate nearly an hour to travel those 23 miles if you're coming from Killin.
- Please take care on this road - take your time and watch out for other traffic and wandering wildlife. You'll be up there early, so watch out for frost/ice as well.
- With the race being on, most traffic on the road will be heading in the same direction both before and after, so just be patient.
- When you get to Glen Lyon you will be directed to the best place to park by one of the race team.

Race Registration, 07:30 - 09:00

- This will be in a very obvious place in front of the big dam (which was recently seen in the recent BBC show Stag which you should definitely check out, but if you're of a nervous disposition and don't trust Bill, maybe don't do it until after the race).
- You will be given a number at registration which has space on the back for your medical details. All runners must complete this information.

Mandatory Kit

This kit must be carried for the duration of your race:

1. A foil blanket which has not been cut down to the size of a postage stamp. This is a vital piece of safety kit which is cheap as chips and incredibly lightweight and should be part of your running kit whenever you head for the hills. The difference these can make in terms of keeping an injured runner warm until help arrives cannot be understated.

2. A working mobile phone with the race control number in it. Mobile reception is limited up there but depending on your location its always worth carrying. You will never be too far from another runner or member of the race team.

In addition, please dress for the weather conditions. Check out the the local forecast in the lead-up to the race and pack sensibly. If you're not sure, take a few options up with you and you can decide on the morning. This is a very remote and high area of Scotland so it can be very cold at any time of the year.

You could also be on your feet for a very long time, so take some layers in your race rucksack. You wont notice the weight of a hat, buff and pair of gloves in your rucksack but they can help keep you warm if its a cold or windy day.

Runners Briefing, 09:15

- This will take place in the area in front of the dam.

The Race, 09:30

- The course is 30 miles long.
- [Here](#) is a .GPX route file you can upload to your GPS device or mapping website.
- This is a race for solo runners only. You are not allowed any outside assistance, no support runners/cyclists/walkers/unicorns and you are not allowed to run with your dug.
- These points are NOT negotiable. They ensure that it is a fair and level playing field for all runners and also to ensure your safety as well as the future of the race.
- Littering will not be tolerated! We pride ourselves on leaving the area exactly as we find it - come Sunday morning there should be no trace of the race having been on.
- The course WILL be marked with small luminous yellow arrow signs where required.
- There will be water stations at approximately every 8-10 miles on the course if you need it.
- Walking poles are not permitted as this is an event run under Scottish Athletics Race Rules.
- There won't be any cups, but its a chance to refill your plastic bottles, fiddly Camelbak bladder or soft flasks. There's also a shed load of water all over the course in the form of the rivers and streams you cross so nobody should run out of water.
- There will be the option to leave a drop bag at the start/finish area which you'll pass through at approximately 17 miles. This is because there's a few wee river crossings when you run round the loch, so some of you might want to leave a dry pair of socks to change in to, or for those of a more extravagant nature may even want to have a dry pair of shoes here. Ada is planning to sweep the race so feel free to do this without any fear of being called a big jessie for changing in to dry stuff.
- If you choose to have a drop bag, please ensure it has your race number clearly marked on the front of it. You can find your race number [here](#) after race entry closes on the 24th of April.
- On the course there will be marshals at the water stations and a number of sweepers on bike and foot who will be there to help make sure you all finish safely.
- Something we encourage at all of our races is that you look out for your fellow runners and say hello when you pass and if it looks like they're struggling, have a word, make sure they're ok and if you're concerned about their condition, notify a marshal or sweeper as soon as you can.
- As this is the first year of the race, we don't have any cut-off times in place as we need to see how everyone does on the course. The only thing we ask is that you keep on moving steadily and are responsible enough to let a marshal know if you're really struggling and need to withdraw.

- If you do withdraw, you must let a member of the race team know (they'll be easily identifiable by their yellow high-vis vest). This is an extremely important health and safety issue to ensure we know where you all are and don't call out Mountain Rescue unnecessarily.
- You must obey any instruction issued by marshals and follow direction from them or the race directors. The race directors' decisions regarding the race are final and must be respected.
- The full race rules are available on our website [here](#).

After the Race

- Please have some warm clothes to change in to when you finish.
- You will get given your goody bag and race memento when you finish.
- We will provide some hot soup, but please don't hang around in the cold without getting changed and warming up!!!
- When you finish a race like this, your body takes a while to readjust, so please keep moving, go get changed and then get some soup.
- Please take your litter home with you as we don't have the luxury of a bin lorry or recycling bins due to the remote location of the race.

Ultimately, we hope you all have a great time and remember to enjoy yourselves and also the stunning views!