



## 2015 Race Briefing Pack



Dear runners,

Welcome to the 2015 Glenmore 24 Race Briefing Pack. This is the same pack whether you are running the 24 hour, 12 hour or the relay event and contains all you need to know about this year's race.

Amazingly, this is the fifth year of the event and it continues to go from strength to strength. We had 27 runners take place in the inaugural event in 2011, so its incredible to see just what the race has become in a short period of time.

First things first... This year's pre-race party theme is "Cowboys & Indians" on the Friday night & fancy dress is mandatory! Last year's Pirates-themed party was a great success and this year we've even added a bucking bronco in to the mix for runners and crew to have a go on. And there will be spot prizes for the best outfits.

The "Hayfield" is our base camp for the weekend and you can pitch your tent here from Friday morning. Race staff, medical assistance & your support crews will be located here. There will also be hot & cold water available as well as toilets.

Each competitor in the race will be able to pitch their tent in the middle of the Hayfield. Its first-come first served and once pitched we'd like you to take your cars back out & park them on the side of the road to give everyone as much room as possible. It also means that if we get the odd shower of rain, we won't have problems getting cars back out.

- The race loop is four miles long and will be fully marked.
- There will be a manned water & aid station at the halfway point of the loop.
- All the races start at 12 midday on Saturday 5th of September.

If you need any further information, do not hesitate to contact us between now and race day. You'll find our email address, Facebook page details and mobile phone numbers below. If your query is urgent, please give one of us a call as we have less and less time available to be online as race day approaches.

We hope your training has gone well and we look forward to seeing you in a few weeks time to help us celebrate our 5th Birthday!

Best of luck,

Bill, Mike & Cat

BaM Racing

telephone: 0131 660 3000

website: <http://www.runyabam.com>

email: [info@runyabam.com](mailto:info@runyabam.com)

facebook: <https://www.facebook.com/pages/Glenmore-24-Trail-Race/126320747426373?fref=ts>

Bill 07920 254 145

Mike 07860 158 682

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## Timeline for Race Weekend

### ***Thursday 3rd September***

PM Race team on-site.

### ***Friday 4<sup>th</sup> September***

15:00 - 18:00 Race Registration

18:00 Cowboys & Indians Party! All welcome, fancy dress required!

18:00 - 20:00 Bucking Bronco!

20:00 - Late Party!

### ***Saturday 5<sup>th</sup> September***

09:00am Race Registration

10:30am Marshal briefing

11:00am Race registration closes

11:30am Pre-Race Briefing for Runners – MANDATORY!!!!

12:00 midday Start of 12 & 24 hour races

00:00 midnight 12 hour race finishes

### ***Sunday 6<sup>th</sup> September***

12:00 midday 24 hour race finishes

13:00 Prize-giving at the Hayfield

18:00 Drinking and merriment in Aviemore, location TBC.



## Health & Safety Notes

It is **STRONGLY RECOMMENDED** that each runner has at least one person in attendance for the duration of the event to act as their support crew. It is not mandatory, but as anyone who has taken part in an ultra marathon can testify, a support crew plays a vital part in each runner realising their goals.

If you are on your own, there will be tables available for you to put some food and drink out-on to pick up when you run past.

Your health & safety is our prime concern. Sean Stone will again be providing medical cover for this year's race. He will be based at the start/finish area and will also be patrolling the course on a regular basis. If Sean feels that a runner is unfit to continue, his decision is final and must be respected.

A number of our marshals are also trained first-aiders not to mention ultra runners – they will be at the start/finish area and at the water station. In addition, members of the race team will regularly be out on the course on foot and bike.

Jenny Cochran will be at base camp again as race Physio, she does a sterling job at keeping people moving.

With all of this in mind and the short length of the loop, you should never be far away from someone if you need assistance. Please keep an eye on your fellow runners and alert a marshal if you are concerned about someone's state (be it physical or mental!).

**If you decide to finish your race before the 12/24 hours are up, you or someone from your support crew must inform a marshal that you are done.**

**If you decide to go for a rest or sleep in your tent during the race, you or your support crew must inform one of the marshals in the start/finish area**

We've attached a suggested/minimum kit list, but please just use your common sense. In 2011's race pack we said the following.....

"...bear in mind that even if the outlook is dry, the temperature could dip quite significantly at night".

We were spoiled with good weather for the majority of the 2011 race, but the temperature went below freezing at night! So **PLEASE** bear this in mind and pack lots of layers to wear during the race as well as warm clothes and a sleeping bag for your tent.

Please remember that you're going to be running for up to 24 hours, at altitude in the Scottish Highlands in September, so chances are you're going to get cold and wet.

Every runner must complete the following medical form and exchange it for your race number at registration. This form will be held by our medical team for the duration of the race and then destroyed.

After the race is over, please make sure that you have fully recovered, had some food and warmed-up before you attempt to drive. Ideally, runners should have someone available to drive them home after this sort of endurance event.



## Glenmore 24 Trail Race 2015 - Medical Form

### PERSONAL DETAILS

Forename		Surname	
Date of Birth		Race Number	

Your race number can be found here: <http://runyabam.com/glenmore-24/g24start-list/>

### EMERGENCY CONTACT DETAILS

Name	
Phone Number	
Is this person with you at the race?	

### MEDICAL DETAILS

<p>Do you take any medication? If YES, please list drug and dosage.</p> <p>Remember to bring your regular medication with you to the race!</p>	
<p>Do you have any drug allergies or allergic reactions? If YES, please provide details.</p>	

### MEDICAL HISTORY

Do you have any previous history of the following conditions?			
Heart problems	YES / NO	Irregular heart beat	YES / NO
Asthma	YES / NO	Diabetes	YES / NO
Epilepsy	YES / NO	Collapse during exercise	YES / NO
Low sodium levels	YES / NO	High blood pressure	YES / NO
Susceptible to heat-stroke?	YES / NO	Kidney problems	YES / NO

## Recommended Kit-List

Tent suitable for you and your support crew

Folding chair - take care when choosing to sit down mid-race as you may not get back up!

Sleeping bag

Thermarest or inflatable mattress

Food & drink for the duration of the event. Remember to include a nice mix of food and snacks so you don't get sick of eating the same stuff for 24 hours. Also remember about replacing your electrolytes as well as keeping your energy levels topped up.

Head torch and spare batteries. \*\*\* MANDATORY KIT \*\*\*

Warm clothes.

Waterproof jacket and trousers.

Spare trainers

Spare clothes

Hat & gloves

Small First aid kit

Foil blanket

Small table – for your own feeding spot

Sunglasses & sunblock (don't laugh!)

Any current prescription drugs you may be taking

A sense of humour

Your crew in particular will appreciate this at about 3am on Sunday morning when you're really not wanting to go out for another lap and can't understand why they haven't read your mind in advance and got steak & chips ready for you at base camp

Anything else that will make your race more enjoyable (within reason!)



## Race Rules

- Solo runners have 12 or 24 hours to complete as many four mile loops as you can in the time available.
- After 11pm in the 12 hour race and 11am in the 24 hour race, runners will have the option of going for one more full lap, or alternatively join the short laps around the Hayfield. If you take the option of going for one more full lap, you must complete it by 12, otherwise it won't count.
- Golden rule number 1.... Look out for your fellow runners and give them all the help & support you'd wish if you were struggling yourself!
- Pacers are not allowed. Anyone found with a pacer will incur time or lap penalties.
- Runners outside of the top 10 places in each race category are allowed to have a single support runner run with them for the occasional lap after the halfway point in the 12 or 24 hour race.

Remember, this is an endurance challenge for solo runners!

- Runners are not allowed to run with dogs. This is a condition of our event insurance.
- Runners can use iPods if they wish, but please be aware of fellow runners, marshals issuing instructions and also members of the public who may be on the course.
- The decision of either Race Director regarding the race, results or the safety of any runner is final.
- Similarly, the decision of our race medic Sean Stone regarding runner safety is final.
- When you enter & leave the tented area to meet with your support or get something from your tent, have a rest/sleep etc, they must do so by the **designated entrance** from the start/finish straight. Any runner seen to be leaving by another point (effectively cutting that lap short) will have that lap discounted from their overall total. Any runner doing this for a second time will be disqualified.
- As this is an event run under Scottish Athletics rules, the use of walking poles is prohibited.
- There will be a "sleep sheet" for you to let us know if you're off for a wee nap so we know why you've not been lapping.
- Try not to lock your car keys inside your car before the race has even started.....
- Muling is not allowed - runners must carry their own items of food, water and any kit on each lap.
- Rules may be added if and when circumstances arise. These rules are for the safety of everyone involved.



- When coming through the start/finish area, please clearly state your race number by shouting it to our timekeeping Boss Ada. She will confirm that she's heard & recorded it.
- Any runners or support crews found to be littering will be fed to the coyotes.
- **Relay runners...** Your team of four has 24 hours to complete as many laps as possible. This should mean that each of you will be running for approximately 6 hours each.
- As with the solo race, come 11am on Sunday, you have a choice to make as to whether or not you can fit in another full lap or not! If you go for it, you must make sure to finish it before 12. Alternatively, you can join the fun and games of the short laps around the Hayfield, but here, you won't swap runners.
- Each member of your team should complete a lap in turn.. Runner 1, then 2, 3, 4.. then repeat. You'll be given something to carry which must be passed from runner to runner. This ensure a level playing field for all teams.
- Teams must finish with four runners to be considered for the placings.
- Please try and remember what your race number is as well as having it pinned to the right leg of your shorts or on the front of your vest. It also helps Ada if you can remember your own name, particularly if you're identical twins. *Not looking at anyone in particular Pauline.....*
- No-one, either runner or support crew is allowed to go in to the timing tent. This area will be taped-off and anyone found going in there will see a lap/ time penalty applied.

The reason for this is that Ada needs her absolute attention devoted to recording times, laps & dishing out abuse to anyone seen to be slacking off. This rule is non-negotiable. You don't know how much work goes in to this part of the race and we couldn't put it on without Ada's annual dedication to staying awake for the duration of the race.

Oh, and you may have heard about her motivational cattle prod. For those of you wondering, yes, it is a real one.

We are looking at a new method to try and provide regular updates on everyone's progress in the race and will give you more info about that on race day.





## Anything Else Worth Knowing

- Drinking water and hot water will be available in base camp & at the midway station for the duration.
- Some tables will be setup in base camp for use by runners wishing to leave food/drink out & within easy reach. If you don't have a support crew, its well worth bringing your own so you can setup a mini feeding station for yourself without having to go back and forth to your tent.
- There will be toilets available in the start/finish area and will be signed for men & women. We'll also have urinals available for the mean this year. Please respect the signs on the loos & don't swap them over, we're wise to that game.
- When you go on to the short laps round the Hayfield after 11pm/11am, in order to get an accurate distance for each runner, you'll be given a marker to stick in the grass to record your finishing point. Absolutely no support crews are allowed to go on to the small loop as it just causes chaos.
- Internet access from the Hayfield isn't very good at all, so there won't be much in the way of online updates over the course of the weekend.
- Post-race, we'll make lots of photos available on the Facebook page for download.
- There will be some spot prizes this year. As usual the categories are a closely guarded secret, but you can be sure that there will be stiff competition for the "Coelho-MacKay-Knox Van Winkle" award. This one is awarded to the runner who spends the most time sleeping instead of running. There will also the annual "Johnny Fling Dedication Award" for the runner who turns up with the best intentions of setting a cracking distance but ends up instead spending far too much time on the floor at the Friday night party after having a few wee drams.
- There will be large refuse bins provided but space is limited and the race itself generates a lot of rubbish, so wherever possible, please take your rubbish home with you. And please don't leave the race team to have to deal with things like tents, camp chairs and anything else you don't feel like taking home with you! Thank you!
- The horn! You'll get the horn when you hit the magic 100 mile mark.
- After the race is over, we'll clear the area and meet up in Aviemore on Sunday night for some food, drink and also to see who from the race team can stay awake the longest on what will be day three without much sleep.



## How To Get There

If you put “Glenmore” in to your sat nav the chances are you will end up in the wrong place, so instead use “Aviemore” and then follow the directions below.

Our contact details are on the first page of this document, so please get in touch if you need help finding us or would like collected from Aviemore.

### ***From the South:***

From the A9, take the turn-off for Aviemore.

At the first roundabout, take the B9152 (off to the **right**) and follow signs for Glenmore Village/Cairngorm Mountain National Park for approximately 7 miles.

You know you’re getting close to the race start when you pass Loch Morlich and a large campsite on your right hand side, followed by Forestry Commission buildings on your left.

Around the corner from here, the Hayfield is a large, open, grassy area on your right hand side. We’ll be setting-up from early on Friday morning so will be hard to miss.

### ***From the North:***

From the A9, take the turn-off for Aviemore.

At the first roundabout, take the B9152 (off to the **left**).... Rest of directions are as above.

### ***Other Options***

Bus	<a href="http://www.stagecoachbus.com">www.stagecoachbus.com</a>
Train to Aviemore	<a href="http://www.scotrail.co.uk">www.scotrail.co.uk</a>
Inverness Airport	<a href="http://www.hial.co.uk/inverness-airport/">www.hial.co.uk/inverness-airport/</a>

