

GLENMORE 24 Trail Race

1st September 2018

Runner's Information Pack

Scotland's 24 Hour Trail Race, Glenmore Forest
www.runyabam.com | info@runyabam.com



Welcome one and all to this year's Glenmore 24 Trail Race.

This information pack should contain everything you need to know, so please read it from start to finish. If you have any questions or need clarification about any of its content, please email us on info@runyabam.com before the race.

2018 is the (lucky) seventh running of the event and it we're delighted to see that it continues to prove such a popular race both with those new to the ultra scene and those more experienced heads.

If any friends and family are wishing to come along and spectate, the last hour or so of the 24 hour race gives a great chance to see all the runners doing their short-loops in the Hayfield. There's lots of parking in the surrounding areas, so they can easily park-up and walk along to the Hayfield.

Important Notes

- Please print off the last page of this pack, fill it in and bring it along to race registration where you'll exchange it for your number. This information will be held by our medical team for the duration of the race before being securely destroyed afterwards.
- The use of any NSAIDs (such as ibuprofen, naproxen, celecoxib, mefenamic acid, indometacin, high-dose aspirin, diclofenac) during the race is strictly prohibited. If you are unsure about any medication, please check with your GP ahead of race day or with our medical team before race.
- All runners will have a timing chip put on their wrist at registration. At the end of each and every completed lap, you put the chip in to a timing station at the start/finish. The station will light up and beep - this means your lap has been recorded. It is your responsibility to make sure you do this to ensure your laps are counted by the system.

We look forward to seeing you in a few weeks time in the Hayfield!

Sláinte!

Bill, Mike & Cat.

website: <http://www.runyabam.com> | email: info@runyabam.com
facebook: <https://www.facebook.com/pages/Glenmore-24-Trail-Race/126320747426373?fref=ts>
twitter: <https://twitter.com/Runyabam>

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Where?

- The “Hayfield”, Glenmore Forest, Aviemore.
- Post code is **PH22 1QY**.
- To get there, take the B9152 from Aviemore. GPS coordinates for your favourite map app are:
57°09'48.9"N 3°41'16.1"W

When?

Friday 31st August

- 15:00 - 18:00 Race Registration
Don't forget your completed medical form!!
- 19:00 - Late Pre-race party, this year's theme is “Hawaiian”! Fancy dress is required!

Saturday 1st September

- 09:00am Race Registration
As per race rules & insurance, runners must be aged 20 years old or over, so when you collect your number please bring some photo ID with you.
Every runner needs to have their completed medical form which is part of this pack. In exchange for your medical form you will be give your race goodies, any merchandise you've ordered and your race number with timing chip affixed.
You must wear your number for the duration of the race, either on your right thigh or on the front of your running t-shirt.
- 10:30am Marshal briefing
- 11:00am Race registration closes
- 11:30am Pre-Race Briefing for Runners at the start line – MANDATORY!!!!
- 12:00 midday Start of 12 & 24 hour races
- 00:00 midnight 12 hour race **finishes!**

Sunday 2nd September

- 12:00 midday 24 hour race **finishes!**
- 13:30 Prize-giving at the Hayfield for all runners
- 18:00 Food & drink in Aviemore, La Taverna restaurant.

Health & Safety

The use of any NSAID whilst taking part in this even is straitly prohibited due to the dangers associated with its consumption during endurance events.

In addition, please ensure you drink to thirst. If this is your first event of this nature, don't be tempted to come up with a strategy ahead of time in terms of how much you must drink per hour based on something you've read on Facebook. Listen to your body and drink to thirst at all times as there are potentially fatal consequences of drinking too much water over the period of an ultra marathon.

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.

A number of our marshals are also trained first-aiders not to mention ultra runners – they will be at the start/finish area, the water station and on the course itself.

If you require medical assistance, please come over to the medical tent to speak with Sean.

As with all our races, our goal is to see as many of you finish the race as possible (although here it's all about how many miles you can cover). However, your safety is paramount, so if Sean feels that a runner is unfit to continue, his decision is final and must be respected.

Jenny Cochran will be at base camp again as race Physio, she does a sterling job at keeping people moving, so don't hesitate to ask for her help.

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!).

A few of the basic ultra-distance tips which are well worth repeating..... start slow; drink to thirst; remember to replace electrolytes; eat frequently from the start of the race; have a wide variety of food & drink available and if you're having a low moment, don't do anything rash. Have a wee seat, get some food down your neck, then man up and get back out there.

If you decide to finish your race before the 12/24 hours are up, you or your support person must inform a marshal that you are done. They will remove your timing chip from you and supply a printout of your lap splits - this is also a safety check as it shows you are no longer on the course.

If you decide to go for a long rest or sleep in your tent during the race, you or your support crew must update the "sleep sheet whiteboard" at the marshal's tent. You only need to do this if you're going to be off the course for the sort of time it normally takes you to complete a lap.

We've included a suggested/minimum kit list, but please just use your common sense. We've seen very big temperature differences between morning and night so **PLEASE** pack lots of layers to wear during the race as well as warm clothes and a sleeping bag for your tent.

You are 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. Don't underestimate just how cold you could get. This warning isn't just for you southern softies, its something everybody needs to remember!

Please check the weather forecast in the lead-up to the event and pack appropriately.

After the race is over, please make sure that you have fully recovered, had some food and warmed-up before you attempt to drive. With the races finishing at midnight and midday, there's adequate time to get your head down and have a kip if need be before heading off. We won't be chasing you away from the Hayfield, so take your time.

Race Format

The race itself is quite simple.

- Complete as many laps of the four mile course within the 12/24 hours.
- We call these “long laps”.
- At the end of each long lap, “dib your dobber” - put your timing chip in to the timing station to register a lap. It is your responsibility to make sure you do this!
- At 11pm on Saturday night, the “short lap” course around the Hayfield opens up for 12 hour runners.
- At 11am on Sunday morning, the “short lap” course around the Hayfield opens up for 24 hour runners.
- At this point, runners have two options. Continue doing long laps, or move on to the short laps.
- If you take the decision to go for another long lap, you must get back to the finish by the end of the race. If you do not make it back by the end of the race, that lap won't count.
- For those doing short laps, as the clock closes in on the finish of the race, you'll be given a peg with your race number on it. When the final horn goes for the end of the race, put your peg in the ground where you finish. This gives us an exact distance to measure which will be added to the number of long laps you've run.

Podium positions have been won and lost on these short laps, so every one does count!

The course will be fully marked with yellow directional signs, so by the time darkness comes you'll be well aware of which way the course goes!

All of the course is on well established forest trails and tracks, but there's a couple of sections which are a bit rooty, as you'd expect... Just take some extra care here when you're familiarising yourself with the course - the first section when you leave the base camp area is probably the most “technical” so take care, particularly at night.

There are also a few steps down when you exit the forest to come back on to the home straight. Again, you'll get a chance to familiarise yourself with this section during daylight hours and I'm sure you'll be cursing them come the early hours of the morning.

Rules & Important Info

Here's the rules which we expect all competitors and support crew to abide by. These rules get reviewed after each one of our races... some are removed, some get changed & some are added. The thinking behind them is all the same – to ensure that there's a level playing field for all competitors and that the race crew can concentrate fully on runners for the duration of the event.

The one **Golden Rule** we have at all our races is... **Don't be a fanny!**

Every solo runner can have one member of support crew with them and will get one car parking permit. These limits have to be respected because of the limited space and facilities available to us on the day.

There are **no support runners/paces** and absolutely **nae dugs** accompanying runners on laps. This is to ensure a level playing field for all runners in what is a solo endurance event.

The race loop has been measured at 4 miles long. Your distance during the main part of the race is measured on this basis. So after 25 laps you will have done 100 miles and join the elite club of people who've got the horn from Ada!

Just remember though, as with any ultra marathon, the distance you record on your GPS device will differ slightly every lap due to the exact route you take. Your device will also record the distance you walk while going for a pee, when you go to your tent to get some food etc. Over the 24 hours, those little extras will start to add-up!

When coming through the start/finish area, please clearly state your race number by **shouting it** to our timekeeping Boss Ada. She will confirm back that she's heard & recorded it. If she doesn't respond back, please repeat it. Obviously for the first couple of laps it might be a bit manic until the field spreads out.

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. Unlike Ross locking his keys in his car, this has definitely happened more than once.....

We'll say it again, please remember to dib your dobber each and every time you come round to complete a lap.

Look out for your fellow runners and give them all the help & support you'd wish if you were struggling yourself!

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.

Remember to use the **sleep sheet** whiteboard in the marshal tent to record if you plan on being off the course for a period of time. This is a very important part of our health and safety plan.

Try not to lock your car keys inside your car before the race has even started. It's only happened once so far but its funny enough that we like to remind Ross Moreland he did it each and every year.

Rules may be added if and when circumstances arise. These rules are for the safety of everyone involved.

Any runners or support people found to be littering will be fed to the wolves.

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. In addition, we have timing equipment in this region and every time a runner goes through, in any direction, there's the chance your time will be recorded.

If you have a crew member with you, it can be very helpful to get them to count the number of laps you've done, especially if you have a target distance in mind! There will be a monitor available showing the current race leaderboard at the tented area on the start/finish straight.

On the subject of spot prizes, I don't want to give anything away, but there's always a couple of hotly-contested ones, with my own personal favourite being the annual "Coelho-MacKay-Knox Van Winkle Award" to the runner who manages to spend more time sleeping than running. The current record set by Jenni stands at just under 12 hours....

Our chief timer Ada needs her absolute attention devoted to recording times, laps & dishing out abuse to anyone seen to be slacking off. 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 best part of three days.

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

So, the area around the timing tent and start/finish arch will be out of bounds to any runners once the race starts. Any race queries should be addressed to one of the marshals who will be wearing high-vis and be in the region of the marshal tent.

Camp Rules

We have some bins onsite, but please take your own rubbish home with you as the race itself generates a lot of rubbish and we need the space in those bins. We don't have any magic way to transport rubbish back with us and in the last few years its become a real issue post-race for us where we've had to try and dispose of runners broken tents, picnic furniture and black bags full of rubbish.

The race crew just don't have any spare space to take home your rubbish, so please take it back with you!

There are **no fires** allowed within the base camp area. We must leave this area exactly as we find it and open fires will damage the grass.

There are no generators permitted on site other than those being used by the Race Crew.

If you leave your car in the Hayfield, you will need to be patient if you want to leave mid-race.

There is **no parking** allowed on the opposite side of the road from the Hayfield by the small woods. There are a number of small car parks within walking distance of the Hayfield and also alongside the main road headed back towards Aviemore.

You must flush the toilets **BEFORE & AFTER** use, otherwise they will get blocked up quickly.

Mandatory & Recommended Kit-List

All runners **must have** a head-torch plus enough spare batteries to get through the expected hours of darkness. Check out the expected sunset and sunrise times for the area.

You **must have** full waterproof cover with you in case the weather turns wet or downright Biblical.

The race loop is four miles long with water available at the two mile mark. As part of our efforts to reduce waste, we have stopped providing plastic cups at BAM events, so if you think you might need water mid-loop, please have something you can use to top-up from our bowzers! Some people like to run with a handheld bottle, but you could even just put a rolled-up soft flask in your pocket or a 99p collapsible cup!

You **must have** a tent/car/camper which can provide you shelter and a dry place to store your spare clothes and food.

There will be hot & cold water available at the start/finish area.

There will be toilets available in the base camp area.

You must flush the toilets **BEFORE & AFTER** use, otherwise they will get blocked up quickly.

Go easy on the loo roll people! We only mention this because we're in a field with no running water or facilities, so stuff like this ends up taking race crew away from the job of looking after runners and keeping everything running smoothly.

Here's some recommended items.....

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

Sleeping bag w/Thermarest or inflatable mattress

Food & drink for the duration of the event for both you and your support crew

Full waterproof cover

Spare trainers & clothes including hat & gloves

Midge protection

Small First aid kit

Loo roll ;-)

Foil blanket

Small table – for your own feeding spot. You can leave this on the perimeter of the camping area and have it stocked with food and drink to save you having to go back to your tent

The new anti-midge merkin which has finally banished these things once and for all. (I hear the inventor is now living in a solid gold house).

Anti-Haggis spray if you're allergic to their hair

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!)

Your completed medical form which is on the next page!!!

See you at Glenmore!

Bill and Mike and Cat



Race Number:

BAM Racing Medical Form

Every runner **MUST** complete this form & submit at race registration. The form will be held by our first aid coordinators for the duration of the race before being destroyed by the Race Directors.

All runners should remove rings from fingers before the start of the race in case of swelling during the event.

Personal Details

Forename		Surname	
Date of Birth			

Emergency Contact Details

Name	
Phone Number	
Relationship to runner	

Medical Details

Do you take any medication? If YES, please list drugs and dosage	
Do you have any drug allergies or allergic reactions? if YES, please provide details	

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

THE CONTENTS OF THIS FORM WILL NOT BE SHARED WITH ANYONE OTHER THAN MEDICAL STAFF IN THE EVENT OF AN EMERGENCY.

IF YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH AND ABILITY TO COMPLETE THE RACE, PLEASE TALK WITH YOUR GP AHEAD OF THE RACE, OR WITH OUR MEDICAL TEAM AT RACE REGISTRATION.