

The Great Glen Ultra 7th July 2018

Runner's Information Pack

Race registration - Friday 6th July, 22:00

Race start - Saturday 7th July, 01:00

71 Mile Ultra Marathon, Fort William to Inverness
www.runyabam.com | info@runyabam.com



Ahoy-hoy everyone!

Firstly, a very big thank you for entering and supporting the Great Glen Ultra. You're in for a real treat as the scenery along the route is simply stunning.

This is one of four ultra marathons we organise annually in Scotland, along with the Glenmore 24, Glen Ogle 33 and the Glen Lyon Ultra (we have a thing for Glens)..... Bill & I (hence "BAM" which is also a Scottish term you can look up for yourselves) are both keen ultra runners and so our aim has always been to put on the best races we can in some of the best locations Scotland has to offer. Catriona aka Office Monkey prefers horses to running.

This race is designed to be run unsupported, with runners utilising system of "drop bags" to ensure they have their preferred food and drink available along the race route. We also believe that running a race like this unsupported is in the true spirit of ultra running where its just you against the course. Due to the remote nature of some of the race checkpoints with very poor vehicular access and limited space, this also helps safeguard the future of the race.

The only checkpoints suitable for friends & family to cheer you on are those within car parks at Invermoriston, Fort Augustus and Drumnadrochit as well as the finish at Inverness Stadium.

Please ensure you read **ALL** of this race briefing pack from start to finish.

The most important thing to remember which is in place to safeguard the future of the race is that the race is designed to be run unsupported.

Runners must not receive any assistance from their "crew" anywhere else on the route!

If there's anything you are unsure of or you feel any instruction is vague, please email us at info@runyabam.com before race day to ask your question.

Alternatively, give one of the race team a call on the numbers you can find on the last page.

Finally, we just want to say thanks to all the marshals who give up their time for free to help make this race possible. Without their help, there would be no race, its as simple as that, so please give them a cheery hello whenever you see them out on the course.

All the best and good luck!

Bill and Mike and Cat
BAM© Racing.

Where and when?

Race registration & Start

Kilmallie Community Centre, Station Road, Corpach, PH33 7JH, Friday 6th July, 22:00 - 00:30.

Bus Departure

Inverness Leisure Stadium Car Park, Inverness, IV3 5SS, Friday 6th July, 21:30.

Prize Giving for All Runners

Inverness Stadium, IV3 5SS, Sunday 8th July, 10:00.

When you finish the race, please let us know if you won't be able to make the prize giving so we can give you your race memento.

Where to stay?

Finish

Inverness has lots of hotels and B&Bs within 10 minutes walk (maybe 20 minutes given the usual post-race, ministry of silly walks due to fatigue, blisters and/or cramp etc) of the Stadium.

Important Information

The use of NSAIDs as a race day painkiller is not permitted. These include ibuprofen, naproxen & diclofenac as examples as all products in this group of drugs are harmful to kidney function in an ultra environment.

If you have a prescription for anything within this class of drugs and plan to use it on race day, please inform the race medics through your declaration form at the end of this pack. For clarity, Paracetamol is acceptable and topical gels such as Voltarol are not a problem.

Please remember to check for ticks as soon as possible after finishing and if in any doubt, go and see our medic for advice on this and on Lyme disease. Please make sure that you are aware of the advice published on the 'check for ticks' pages of the Forestry Commission website.

In addition, please ensure that you drink "to thirst". The dangers associated with over-drinking far outweigh those from dehydration and can lead to a very serious condition called hyponatremia. So please do not think you must drink x litres of water per mile, per hour etc. Listen to your body, drink to thirst and you'll have a grand day out.

We would recommend the wearing of eye protection on ultra runs, helping to reduce the likelihood of developing ultra-runners' or 'cloudy eye' or other damage.

Mandatory Kit

This kit must be carried for the duration of your race and there will be spot-checks done.

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 overstated.
2. A working mobile phone with the race control number in it - **07398 242 730**. Mobile reception is limited at times, but is always worth carrying. You will never be too far from another runner or member of the race team.
3. A means of carrying 1 litre of water - i.e. a running vest or rucksack with bottles, soft flasks or a bladder.

Other Kit

Please consider the following points when planning your kit & drop bags. But above all, use your common sense!

First and foremost, check the weather forecast for the area. So far this year its been a typically Scottish summer - with temperatures in the 20s one weekend and torrential rain & storms the next. Check the forecast and pack accordingly.

The second half of the route in particular can be very unforgiving in the heat and if we get a couple of dry weeks in the lead-up to the race there might not be much water available from the streams.

- Think about whether you're going to need a head-torch for the latter stages. You will need one at the start, but please check the sunset times and plan accordingly.
- If its forecast for heavy rain and you're not expecting to be a podium finisher, you're probably going to need your waterproofs.
- Walking poles are not allowed at any stage of the race as per UKA rules.
- When you're packing your food & kit, always bear in mind the following.... If you get lost between checkpoints or have had a bad fall and broken your leg, do you really want to be left with only a couple of peanuts and a foul-tasting gel until help arrives?
- We provide water at the checkpoints, so runners should carry some form of water container. For a race of this length, most runners will wear a race vest or rucksack with a couple of bottles which should let them carry at least one litre of water between CPs.
- There are some shops along the route as well as an honesty box after the water stop at Grottaig, so its worth carrying some cash on you in case you have a sudden hankering for a nice cold can of coke.
- For those of you who won't be at the sharp end of the field, remember that you will be on your feet for a very long time and possibly in to the dark on the Saturday night where temperatures will drop, so again, please take some extra layers in your race rucksack/drop bags. You wont notice the weight of a hat, buff and pair of gloves in your rucksack, but they can really make a difference when you're moving slowly.
- We can transport a finish bag back to Inverness for you, but please try and keep it small!

Race Registration - Friday Night, 22:00 - 00:30

Please bring photo ID with you for registration which shows your date of birth, confirming you are 20 years of age or over. In addition, on the last page of this race briefing there is a **medical form**. Please **print it off, complete and bring to race registration**. You will then exchange this for your race number.

The medical forms will be held by our race team for the duration of the event before being destroyed.

On the back of your race number, there is also a space for your medical information and emergency contact information, so please fill this in too.

Race Briefing - Early hours of Saturday morning, 00:50....

Race Start - 01:00

We will herd you all up at about 00:45 and walk over to race start by the canal (please don't fall in). Please don't miss the briefing as this is our chance to give you any important last-minute information.

Race Timing

At race registration, you will be issued with a timing chip to be worn on your wrist. You do not need to do anything with this at the race start, but at most checkpoints, you'll be asked to dib the chip in to a race timing station. Marshals will remind you to do this and there will be signs up reminding you to "dib your dobber".

When you cross the finish line, you will also be asked to dib the chip in to the station. This will ensure your finish time is recorded.

The timing chip will then be cut-off your wrist. Please don't lose your chip or go home with it as you will be charged the replacement cost of circa £30!

Race Navigation

For the most part, the race route follows the way-marked Great Glen which has these distinctive **blue** posts. You are following those all the way to Inverness.



We will supplement these with fluorescent signs at some points along the way, but apart from one at Laggan Locks advising you to go left instead of following the way markers to the right, they're just **in addition** to the blue posts.

Remember that you are heading in a kind of northerly direction all the way (or "straight up" as Bear Grylls or Ray Mears call it when map-reading) which means all the big bits of water will be on your **right** hand side all the way. Our checkpoints are at the main villages along the route, so if you know your checkpoint names, you'll have the added comfort of recognising them on local signage which should also allay any fears about navigation. You are running **from Fort William to Inverness**.

Any change of direction will be marked with the above blue markers or our own fluorescent yellow arrows. So the usual trail/ultra rules apply.... don't change direction unless told to!

You should always be running with the big lochs on your right hand side! So if you can see Nessie on your left, you've taken a wrong turn.

The race takes the **High Route** along the Great Glen which offers even more incredible views. The High Route is sign-posted as an official Great Glen Way option (see the pics below) and we'll put in our own yellow markers here, but be sure to take the HIGH ROUTE and not the LOW ROUTE (aka The Easy Route for Big Jessies).

We have also put a GPX file on our website under Race Info. This can be downloaded in to your GPS watch to help with navigation.

For those of you who want some extra reassurance about the route, Harveys do a waterproof map of The Great Glen Way - <http://www.harveymaps.co.uk/acatalog/Great-Glen-Way-YHWRGG.html>.

Here's the first section of High Route outside Fort Augustus:



And here's the second one just outside Invermoriston:



And here's the end of the high road. You should take a left, as per the waymarker... Don't carry on running all the way down to the bottom of the hill as you'll just have to come all the way back up.



Race Checkpoints & Cut-Off Times

Please note that distances are approximate as both the course and the checkpoint locations may vary slightly year to year depending on what work is occurring on and around the race route.

When coming in to a checkpoint, please **shout your number** to a marshal.

The following cut-off times are there for your own safety. These times have been based on runners' times from previous years. Please remember that this is a **running** race, not a walking one.

When enforcing these cut-off times, the marshals will use their own judgement and take the other race-day factors (for example, extremes of weather.... where a runner has stopped to aid a fellow competitor etc) in to account when making a decision.

The times below are when runners must arrive **into** each checkpoint.

Checkpoint 1 - Clunes, 10.5 miles

2 hrs, 45 minutes (03:45 am)

PH34 4ES, 56.954313, -4.959960, 56°57'15.5"N 4°57'35.9"W

Checkpoint 2 - Laggan Locks, 20 miles

4 hours, 30 minutes (05:30 am)

PH3 4EB, 57.047822, -4.802822, 57°02'52.4"N 4°48'10.2"W

Checkpoint 3 - Fort Augustus, 31 miles

7 hours, 30 minutes (08:30 am)

PH32 4DF, 57.146991, -4.681299, 57°08'49.2"N 4°40'52.7"W

Checkpoint 4 - Invermoriston, 40 miles

10 hours (11:00 am)

IV63 7WE, 57.213645, -4.617451, 57°12'49.4"N 4°37'02.2"W

Water Station 1- Grottag, 49miles

NO DROP BAG HERE

Checkpoint 5 - Drumnadrochit, (54.5 miles)

14 hours, 30 minutes (15:30 pm)

IV63 6TX, 57.334933, -4.479828, 57°20'05.8"N 4°28'47.4"W

Checkpoint 6 - Loch Laide (62 miles)

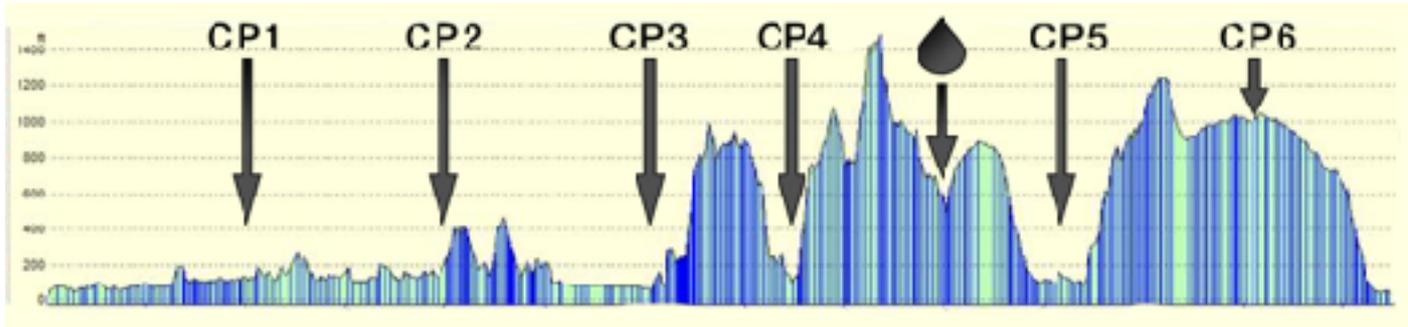
18 hours (19:00 pm)

IV3 8L, 57.385248, -4.430570, 57°23'06.9"N 4°25'50.0"W

Finish!! Inverness Stadium

22 Hours, (23:00 pm)

Here's the course profile with checkpoints overlaid.



Drop Bags

At the community centre for race registration, there will be large tarpaulins laid-out for drop bags. These will be labelled appropriately from CP1 to CP6. There will also be a place to leave your FINISH bags which will be transported to Inverness Stadium. Please don't make your finish bags too big!

Race numbers are available from SiEntries here - https://www.sientries.co.uk/list.php?event_id=3943. Please ensure that no matter what else you write on your drop bag, that your **race number** is big, **bright**, **bold** and centre on both sides.

In terms of size of drop bag, ultra-running Legend Fiona Rennie says it better than we ever could....

"Just a wee polite hint that the bag on the right is an ideal drop bag and not to be confused with a bag of your weekly messages (bag on left) but I do realise that if you have support that they are not allowed into this checkpoint and you may want a bit more than a wee sweetie, please bear in mind that my car is small and the boot is not a Tardis, also it is your responsibility to ensure your support know where they can and can not go, last year a handful of support turned up pleading ignorance, I will have no qualms withdrawing a runner if their support disregard the race rules.

Your loving checkpoint marshal xxx"



Anything you leave to eat or drink at a checkpoint will be made available for runners and sweepers behind you to eat as the race progresses. Please don't leave clothing at checkpoints! Any lost and found items will be available to collect at the prize giving.

There are public toilets available at Checkpoints, 3, 4 & 5 as well as at the finish. If you do need to relieve yourself along the course, please try and do so discretely so as not to alarm/amuse passers-by. And I think I should be congratulated for my restraint in not making some cheap joke about the Loch Ness Monster there.

Race Finish

You have 22 hours to complete the full race distance. The finish is on the track at Inverness Stadium. Once finished, you can collect your finish bag and go and make use of the showering and changing facilities, unless you want to get off to your accommodation. Runners will receive their goody bag when they cross the finish line and you will get your race memento at prize giving the following morning.

We will have our race medic on-hand at the end, so please don't leave if you are not feeling 100%. When you finish, keep moving and keep warm.

Safety

We ask that you adopt a sensible approach to your race. Your safety and well-being is paramount to us and the future of the race.

At each CP the Lead Marshal will have the power to remove a runner from the race as will the sweepers if they are of the opinion that the runner is not fit to carry-on and could risk the safety of themselves or others.

Runners must follow & respect the decision of any of the race staff as it is FINAL and is for your own safety.

Remember to drink to thirst and graze... eat little & often from the start to the finish.

All runners **must** carry a space blanket. One of the biggest dangers to injured runners is the risk of hypothermia if they are on the ground and cannot move. Even on a hot day, you would be amazed how quickly the body can chill down to dangerous levels if you've been very active and suddenly find yourself lying on cold ground.

If you think you're going to be out in darkness on Saturday night, please bear in mind that the temperature could drop quite a bit compared to the day and plan to have some warmer layers available.

Please look after each other out there - if someone is in difficulty, please stay with them until the CP or call ahead to let the marshals know they are struggling. In the event of a medical emergency, please call 999 in the first instance and then inform race control.

We'd also highly recommend that all runners download and install the "OS Locate" app for their smartphone. This free app converts GPS coordinates from your phone in to Ordnance Survey National Grid references and doesn't need any sort of mobile signal to function.

We also recommend registering your phone for the Emergency SMS text service - <http://www.emergencysms.org.uk>. Again, this is a great service to have setup on your phone for this race and for any future outdoor adventures.

There will be sweepers on bikes and on foot for the duration of the race, all of whom are very experienced ultra marathon runners. They are all there to help you to the next CP or finish and are a friendly bunch, so don't feel under pressure if you find yourselves around them. If you'd rather they hung back a bit from you, just tell them.... and if you'd rather they kept pace with you to chat for a bit, just say.

Runners must complete a medical information form in order to receive their race number. This form will be handed over to our first aid team who will hold it at the finish line in case of any problems. After the race, the Race Team will securely dispose of all medical forms.

You must **remove earphones at road crossings** and listen to instructions from marshals.

The same applies to **any section where you are running on a road**. There are some sections of the route which run on very quiet B roads, but please take care when running on them. Remove your earphones so you are aware of any cars approaching from any direction.

We recommend that all runners remove rings from hands and toes before the race starts. This is in case you experience any swelling which can happen over the course of an ultra marathon. We realise we can't *make* you do this and appreciate it may never have happened to you on a race before, but all we're saying is that it *could* happen to you on this race for the first time.

All we're saying is, you have been warned!!!! If us or the emergency services have to cut cherished rings off you at the finish, we don't want to hear you moaning about it!

Canal and Swing Bridge

Please stay away from the canal which is very deep and very cold... If in the event that someone does fall in the canal there are life buoys located along the side of the tow path... Please stop/Raise Alarm and help where possible.

Under a mile from the race finish, you will have to cross a swing bridge over the Caledonian Canal. If the bridge is closing, you **MUST** wait for the operation to complete and obey any instruction from the waterways staff. Do not try to jump on to the bridge or duck under the barriers once the lights and alarms are sounding.

And please don't make plans in advance to swim across if you're being caught by another runner as its that sort of stuff that makes us Race Directors really nervous. Not mentioning any names Mr Raffan....

Rubbish

Please deposit rubbish in the bins at the CPs as littering will not be tolerated.... It is also paramount that rubbish is not dropped on the route. Anyone seen littering may have a time penalty applied.

Support Crews

The race is designed to be run self-sufficient. This is to ensure we don't impact local roads and villages by an influx of cars following the race and is a stipulation of us gaining permission to run the event in the first place. There's also a health & safety element to this rule and it also helps to massively reduce the carbon footprint of the race which is something those responsible for managing The Great Glen Way are very keen on.

We are aware that some runners do like to be met at CPs so please note the following.

1. Fort Augustus, Invermoriston & Drumnadrochit are the **only** checkpoints which have public car parks available and where you can have someone meet you or spectate.
2. You must not receive support at **any** of the other checkpoints or locations along the race route. We do not expect to see any support "crew" at any other checkpoints or in between checkpoints. Unsupported means exactly that! We believe this means the race is run in the true spirit of ultra running and also ensures a fair and level playing field for all runners.
3. Supporters must park in Public Car Parks and also follow instructions from the race crew.
4. Any supporters found to be causing traffic issues will have their runner removed from the race.
5. Any runner found to be meeting their supporters at the other race checkpoints or in between may suffer a time penalty or be removed from the race.
6. Runners are not permitted to have someone "pace them" along the course. This applies to all runners, not just those in contention for the podium places.



Just One More Thing....

Here at BAM we love ultra marathons. We love organising them, most of the race team & helpers take part in ultras themselves and its very rewarding to see each and every runner completing one of our races. We firmly believe that there's no other sort of running which is as relaxed, welcoming and has such a great sense of camaraderie as well as being a good laugh.

We totally understand that lots of you will make new friends during our races and share some miles together. It might just be a few miles or 70 miles....maybe you've just exchanged some encouraging words as you pass on the trail... or maybe had a wee moan when you're next to each other at a checkpoint in the pouring rain, *pure drookit* and questioning why either of you entered, but we totally get it. Its one of the things that makes ultras so special.

However, if you have the chance of finishing in a podium place and claiming all the fame & wealth* which comes with it, you need to realise that if you cross the line holding hands, your position will be decided by the race team on the flip of a coin. Its either that or we'll setup some hurdles on the 400m track and the place goes to last man/woman standing. Because at the end of the day its still a competitive race and you can sit around lacing daisies in to each other's hair once the race is over.

** No monetary wealth but hopefully some cool prizes*

Race Rules - The Small-Print

- This is a running race for solo runners only. You are not allowed any outside assistance, no support runners/ cyclists/walkers/dragons and you are not allowed to run with your dug.
- This is not a walking event.
- 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.
- Walking poles are not permitted as this is an event run under Scottish Athletics Race Rules.
- There won't be any disposable cups at checkpoints.
- 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.
- 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](#).

Race Number:

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

Any more questions?

The race Facebook Chat Page is a good place to check for more info and some commonly-asked questions - <https://www.facebook.com/groups/1406018166290093/>.

Our email address is info@runyabam.com.

Our phone numbers are:

Bill - 07398 242 730

Mike - 07860 158 682

Cat - 07789 441 416

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