



40 MILE ULTRA MARATHON

10TH AUGUST 2019

RUNNER INFORMATION PACK



Welcome to the very first running of the Thieves Road Ultra. We've been wanting to put a race on in this area for some time as it's been my local stomping ground for years. When we finally got the route sorted, we decided to not bother waiting until 2020, so here we are. We've been blown away by the response to the race given the short notice and we can't wait to hear what you think of it.

We'd like to make a special note of thanks to Mrs Mary Coltman who owns the Haystoun Estate outside Peebles. She's very graciously given us permission to run on her land.

In addition, we'd like to mention Friends of the Pentlands (<https://pentlandfriends.org.uk>), a charitable organisation who work to ensure that the Pentland Hills are accessible and enjoyable for all. You'll see some of their recent handiwork in the first few miles of the route where they've been installing new sleeper-bridges across the open countryside at Little Vantage.

Whether this is your first, 100th or 147th (just ask Ray McCurdy) ultra, please take the time to read this race information pack from **start to finish**. By collecting your race number at registration, you are certifying that you have read & understood everything in this briefing. If you have any questions about the content, please ask us **before** the event.

As with all our races, any important changes to the content of this information pack will be emailed to all runners as well as being uploaded on our website, Twitter and Facebook pages.

There's lots of parking available at race registration in Peebles, but please car share wherever possible. There is **NO** car parking available at the race start and there's no space for supporters cars.

We've also had a couple of people asking about being dropped-off at the start, but we've had to rule this out for a few reasons - the main ones are that you'll miss the pre-race briefing and that there's no way to get your drop bags back to Peebles.

Whatever else you take from this race pack, please remember the golden BAM rule - **Don't be a fanny!!!!** If you can apply that to all aspects of your race day, I'm sure you'll have a braw time.

Important Medical Information

The use of **any NSAIDs** (such as ibuprofen, naproxen, celecoxib, mefenamic acid, indometacin, high-dose aspirin, diclofenac) during the race is strictly prohibited as these can cause very serious medical issues if taken during an endurance event. If you are unsure about this or any other medication you're taking, please speak with your Doctor or get in touch with us via email or phone.

You shouldn't be taking any painkillers during a race as they will only mask pain which is clearly an important sign in the whole self-preservation and staying alive thing. We understand that many of you will want to have some painkillers as part of your first aid kit, so paracetamol is the "safest" option to go for. If in doubt, speak to your doctor.

Also, when you've finished the race, please ensure you check yourself for ticks!

And Finally...

We couldn't put this race on without all the volunteers who give up their time to marshal, so please remember to greet them with a smile or a wave whenever you see them out and about on the course. Also, if you fancy seeing an ultra marathon from the other side and want to volunteer at one of our races next year, please drop us an email. Volunteering at a BAM race also gets you free entry in to one of our races.

If you have any questions about the race, please drop us an email - info@runyabam.com

Slainte mhòr!

Mr Mike

<https://www.facebook.com/runyabam/> | <https://twitter.com/Runyabam> | <https://www.runyabam.com>

RACE DIRECTING TEAM NUMBERS - PROGRAMME THEM IN TO YOUR PHONE!

Bill - 07938 242 730 | Mike - 07860 158 682 | Cat - 07789 441 416

There is very good mobile reception along the vast majority of the route, but please bear in mind that this may vary from provider to provider.

Where & When?

Edderston Farm, Edderston Road, Peebles, EH45 9JE

Saturday 10th August 2019

Race Registration - 06:45 - 07:45

Race Briefing - 07:45

Bus departure - 08:00

*You will need photographic ID to collect your race number.
Runners must be 20 years or older on the day of the race.
Please complete the contact & medical info on the back of your race number.
Leave your drop-bag here for collection when you run through.*

We will be doing random checks on photo ID and mandatory kit.

There will be ample car parking at race HQ in Peebles. We won't have any onsite camping in place for this year but do plan to have something in place for 2020.

There will be portaloos at Edderston Farm for use at registration, during and after the race.

You will then hop on-board a bus to the race start. There are no portaloos at the race start location.

The pre-race briefing will happen on the bus.

Route Info & Navigation

The route you will be running is from Little Vantage outside Balerno, to **West Linton** and then on to **Peebles**. You are then going to be running out to Glensax and around some of the hills there.

The first part of the route is marked all the way with traditional markers and also discs like these which are on small posts, fences, telegraph poles etc.



We will be supplementing these markers with yellow marker signs and biodegradable, temporary orange paint on the road at a few sections after West Linton, just to make things easier to follow when running. As you get closer to Peebles, the signposts tend to become larger and are in a better state of repair, so you'll see less of our markings.

After Peebles, we will have signs up to direct you to the start of the Glensax section and around it. This is also on an established walking route.

Basic navigation is part of an event like this but don't be daunted, its never been easier to make sure you're on the right track (pun intended) whether your route is marked or not.

GPX files can be imported to your GPS watch and smartphone (via free apps like Viewranger). These will allow for turn-by-turn navigation or just for reference. We would **strongly recommend** all runners make use of one of these options.

You can download a full GPX of the race route from our website here - <https://runyabam.com/race-information/thievesroad/>

We've tested the GPX with Suunto, Garmin (need to use Garmin Connect and import it as an activity via a Mac/PC) and various GPX/GPS viewers.

You can't go wrong on the first section from Little Vantage to West Linton. Thanks to the recent work by Friends of the Pentlands, this section is very well marked and we'll point you in the right direction when you get off the bus. *Hint... You're running straight between those two hills you can see in the distance.*

Normal trail/ultra rules apply when it comes to navigation - do not deviate from your current direction of travel unless you see a sign!

Its easy to get caught up chatting to other runners to the point where you just assume they know where they're going and you follow them. Do this at your peril! Don't switch-off and blindly follow other runners when it comes to a change in direction! If you're not sure, stop, look around and if in doubt, use your phone or watch.

Road Crossings

There are a couple of road crossings on the course, the main one being as you come in to West Linton. This one will have a marshal at it. There's also some small sections of pavements/roads between the off-road sections including one in Peebles itself. All headphones **must** be removed when approaching road crossings and for the entire time when you are running on the road.

The race team have no authority to stop traffic, but will ensure its safe for you to cross the road. You **must wait for their instruction to cross**.

If you ignore instructions from Race Crew asking you to wait before crossing, or you try to cross at another point instead of waiting, you are likely to suffer terrible consequences as well as possibly being hit by a car.

But seriously, you **will** be disqualified from the race.

Safety

Our race checkpoints will have trained first-aiders on-hand in case of any minor scrapes. There will also be first-aiders at the finish along with first-aid kits and a defibrillator. We highly recommend you carry some first-aid essentials as part of your race kit so you can deal with blisters, cuts and the like.

If you come across somebody having a medical emergency on the course, call 999 immediately.

Emergency services will need to know your location - chances are you won't be sure of your exact location, so please consider downloading an Ordnance Survey app called "**OS Locate**" for your phone - this gives your location in the form of a grid reference.

Alternatively, please know how to get your exact position from your GPS watch.

These aren't just good to know when racing, but for any time when you're out on the hills or in an unfamiliar location.

Once you have spoken with emergency services and followed any instructions, or put your own first aid training to use, please call one of the race directing team.

Please remember that it's each runner's own responsibility to make sure you are fit and healthy to take part in this race. Please do not be tempted to start the race if you have any concerns over your health - it's just not worth the risk. If you wish to talk to our race medic about any concerns, please get in touch with us.

You will never be far from other people out on the course - be it fellow runners, members of the public or our sweepers who will be following at the back of race.

If you are withdrawing from the race, you must inform a member of the race crew. Otherwise we may end up sending out search parties and/or Mountain Rescue looking for you at the end of the day when you're sitting with your feet up in the local pub. This won't end well for anybody involved.

The decision of any member of the race crew is final and must be respected. Our crew at checkpoints are all experienced marshals (and many of them ultra runners themselves) who want to make sure you all finish the race, but your health & safety is their number one priority and as such they will be making sure you're fit to continue.

Look after each other out on the course. If you see somebody who is struggling, please take the time to have a word and make sure they're ok before you carry on. If you're concerned about them, let the race crew at the next Checkpoint know, or even better, run in to the next CP with them.

When you finish the race, keep moving around! If you suddenly stop or sit/lie down, your body won't thank you for it as it needs some time to normalise after all that running. One of the most common causes of people "going doon" at the end of an ultra is because they decide to sit down having crossed the finish line.

Also, be sure to pack some warm clothes for after the race which you can obviously leave in your car at the race base in Peebles.

Chip Timing

When you come to registration, you'll be given your race number and timing chip which will be fixed to your wrist with a Tyvek band.

This timing chip is to be used at **four points** in the race but you don't need to do anything at race start. Distances are

Checkpoint 1 - West Linton
Checkpoint 2 - Edderston Farm
Timing Station 1 - Dun Rig Trig Point

Finish - Edderston Farm, Peebles

We'll show you how to use the timing chip at registration – its really simple, you just dip it in to a wee hole in the timing box.

At each timing point, you'll see signs reminding you to "dib your dobber here" as you approach the timing point.

Once you cross the finish line, you must "dib your dobber" again to get a finish time.

Once you've crossed the finish line, we'll cut the timing chip off and exchange it for your race memento and goody bag along with a print-out of your race time.

Cutoff Times

We don't have formal cut-off times for this race, but please remember that it is most definitely a running event, not a walking one. A good rule of thumb is that we expect you to be able to do about 4mph average across the course. The majority of the climbing is in the second half, so we expect everybody's times will dip a bit as a result, but there's a lot of good running on the rest of the course.

In the event of runner injury or extremes of weather, we may have to withdraw runners for the safety of all concerned. However, given the nature of this route and the time of year, we don't foresee having to do this.

Race Information

Full race rules can be found on our website. Here's a reminder of the biggies.....

You can't run with your dug, your mate on his bike or your friend who just wants to run a wee section of the race with you and promises not to get in the way or carry any of your stuff for you, even if you get really tired. This is to ensure a level playing field for **all** runners in the race. The whole ethos of ultra marathons is that they're solo running challenges, just you against the course.

It should go without saying that littering is not permitted on the course. We want to leave the countryside exactly as we find it. If you do have litter you don't want to carry, please deposit it in a public bin or at a race checkpoint. If you are found to be littering, you will be fed to the wolves.

The race is run on public footpaths and trails, so please be courteous to anybody you come across out on the route and be particularly careful when you run through Peebles as it will be busy with people and traffic.

The race crosses open countryside and a number of working farms. You must **ensure gates are closed securely behind you**. Some gates are spring-loaded ones, but not all of them will shut automatically due to disrepair.

There's quite a few gats which are not spring-loaded, typically when you enter fields. Many of these have a chain of some description which needs to be fastened behind you. Some of these fields have sheep or cows in them, so you **cannot leave the gates open** for the next runner.

Lambing season has passed and any sheep you come across will no doubt scatter, but please take care around all livestock. There's a couple of fields of coos and calves en-route - all hopped up on the delicious grass which has been growing out of control thanks to the very strange weather we've had so far.

Give the coos a wide berth and don't get between them and their young. By the time the race comes around, they'll be a good bit older. If they're blocking a path through a field, you're well within your

rights to find a safe way, away from the path to avoid them. There's signs up on at least one of the two fields with coos in them which will remind you to take care.

We will have sweepers at the rear of the race who are there for safety reasons. They are not there to harass you, so please don't feel pressured by them. They will be happy to keep you company and have a natter, or happy to hold back and let you do your own thing, so if you do find yourself in this position, please just let them know which you'd prefer.

Compulsory Kit

This kit must be carried for the duration of your race. And it must be carried by you! There's no muling allowed.

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 make in being able to keep an injured runner warm until help arrives is simply incredible. Even in warm weather, if a runner is injured and forced to lie on the ground, they can cool down to a dangerous level very quickly.
2. **Water**, an amount appropriate to your expected pace, but enough to see you between checkpoints - i.e. a running vest or rucksack with bottles, soft flasks or a bladder. For 99% of the field, this translates to at least **one litre of water**. We provide water at the checkpoints detailed later in this document for you to refill. There's also shops in West Linton and Peebles if you're craving something different to eat or drink.
3. **Food** for energy! This is something which is a very individual thing, but if this is your first ultra, you want to be eating little & often, grazing and drinking from start to finish in order to keep your energy up. Its also worth packing something as "emergency" food, should you get injured or if the wheels come off.
4. Walking poles are not allowed - this is a condition of our race insurance.

We won't be providing plastic cups at any race checkpoints as we are trying to reduce waste at all our events.

We strongly recommend carrying a **working mobile phone** with the Race Directing team's numbers programmed in to it. Mobile reception is very good across the entirety of the route and there's lots of nice scenery for you to take pictures of.

A popular question we see online is about footwear selection. This route is comprised of grass, trails, drove roads, paths, fields... a real mix. Pay attention to the weather forecast in the week leading up to the race and pick your shoes accordingly.

Same goes for your clothing.

And if its going to be hot, don't forget the sunblock, something to cover your napper and maybe even extra water as there's some sections of the course which will be unforgiving in the sun.

The highest part of the route is after Peebles, so you can leave some clothing options in your drop bag or even your car if need be.

When you're packing your food & kit, always bear in mind the following..... If you get lost between checkpoints or have a bad fall and break your leg, do you really want to be left with only a couple of peanuts and a foul-tasting gel until help arrives?

Race Checkpoints and Drop Bag

There will be two formal checkpoints on the route; one water station and one un-manned timing point.

Each checkpoint will have water available and will have BAM crew in attendance who will be wearing yellow high-vis. There will be trained first-aiders at each location.

When you approach a checkpoint or a water station, please shout out your number clearly so that we can check you through for safety reasons.

Checkpoint 1 - West Linton

Circa 8.5 miles

Timing point

Water available

Small shop available on the main street

Checkpoint 2 - Edderston Farm, Peebles

Circa 25 miles

Timing Point

Drop-bag point

Water available

Shops available when you run through Peebles

Water Station - Start of Dun Rig Section

Circa 28 miles

Water available

Timing Point - Dun Rig Trig Point

Un-manned

Timing point only

Finish - Edderston Farm, Peebles

40-ish miles

Timing point

If you need first aid or are concerned about a fellow runners, speak with a member of race crew who will be easily identifiable by their high-vis yellow vest.

One of the key ways you can maximise your chances of completing any race like this is to keep your body hydrated & fuelled. To save you carrying all of this stuff from the start, you can, if you choose, use a drop bag, which you can collect at Checkpoint 2 on your way to the Dun Rig/Glensax section.

Your drop bag must be clearly labelled with your race number which will be available on SiEntries about a week before the race.

Any kit left at the checkpoint or stations will be transferred back to Peebles once the checkpoint has closed.

Just one more thing.....



Here at BAM we love ultra marathons. We love organising them, most of the race team take part in ultras themselves and its very rewarding to see each & every single one of you completing one of our races. We firmly believe that there's no other sort of running which is as relaxed, welcoming to runner's of all abilities 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 all 40 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 ultra marathons 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 with your newest and bestest BFF, your position will be decided by the race team on the flip of a coin.

Its either that or we'll run you up and down the hill behind the farm. Because at the end of the day its still a competitive event and you can sit around lacing daisies in to each other's hair once the race is over.

All that's left is for us to wish you the best of luck and we look forward to seeing you in a few weeks time!

Bill & Mike & Cat
BAM©

