

# Race the Sun Lake District 2021 Saturday 11 September

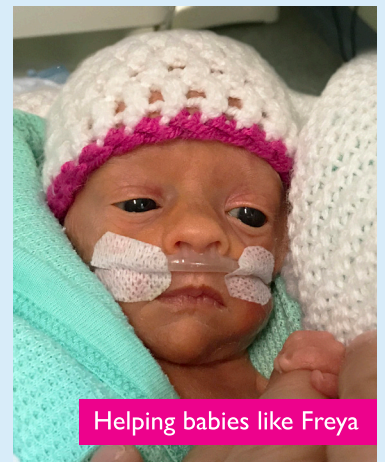
raising funds for  
**action** medical research  
for children



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We are a UK-wide charity funding vital research to help sick babies and children. We're on a mission to save and change children's lives through medical research, developing treatments, vaccinations and cures.

By taking on this triple challenge not only will you have a great experience but by fundraising for Action you will be helping us save and improve the lives of babies, children and young people. How amazing is that?



## The challenge

Take on an incredible team race which journeys through majestic mountains and sprawling lakes in the heart of the beautiful Lake District National Park, a UNESCO World Heritage Site. Push your limits to complete the course of cycling, canoeing and hill walking between dawn and dusk – **racing the sun!**

### Friday 10 September

**6pm** – You'll arrive at the Rawnsley Centre in Keswick ready for event registration and there will be dinner available to purchase.

**7.45pm** – You will be given your start time and fully briefed on everything that's in store for you on the day. This is a great chance to meet other teams and ask any burning questions!

### Saturday 11 September

#### Dawn

**6am** – Following breakfast, teams will start setting off on bikes.

After you've completed each challenge, you'll be back at base with access to your kit bags and the chance to refuel before starting on the next section.

**Bike 40 miles** – around Skiddaw mountain and the incredible winding roads and lanes\*

**Canoe 2 miles** – navigating the course as a team on Derwent Water in open top canoes\*

**Hike 11 miles** – to the summit of Skiddaw, one of the highest mountains in England at 931m\*

\*all distances are subject to weather conditions on the day

#### Dusk

Push on to the finish line and collect your hard-earned medal, have a drink on us and enjoy your well deserved celebration BBQ!



Team registration £195  
Fundraise £1,800 as a team

Action Medical Research is a registered charity:  
England and Wales no. 208701; Scotland no. SC039284

Register online: [action.org.uk/lakes](https://action.org.uk/lakes)



@actionevents



@amr\_events



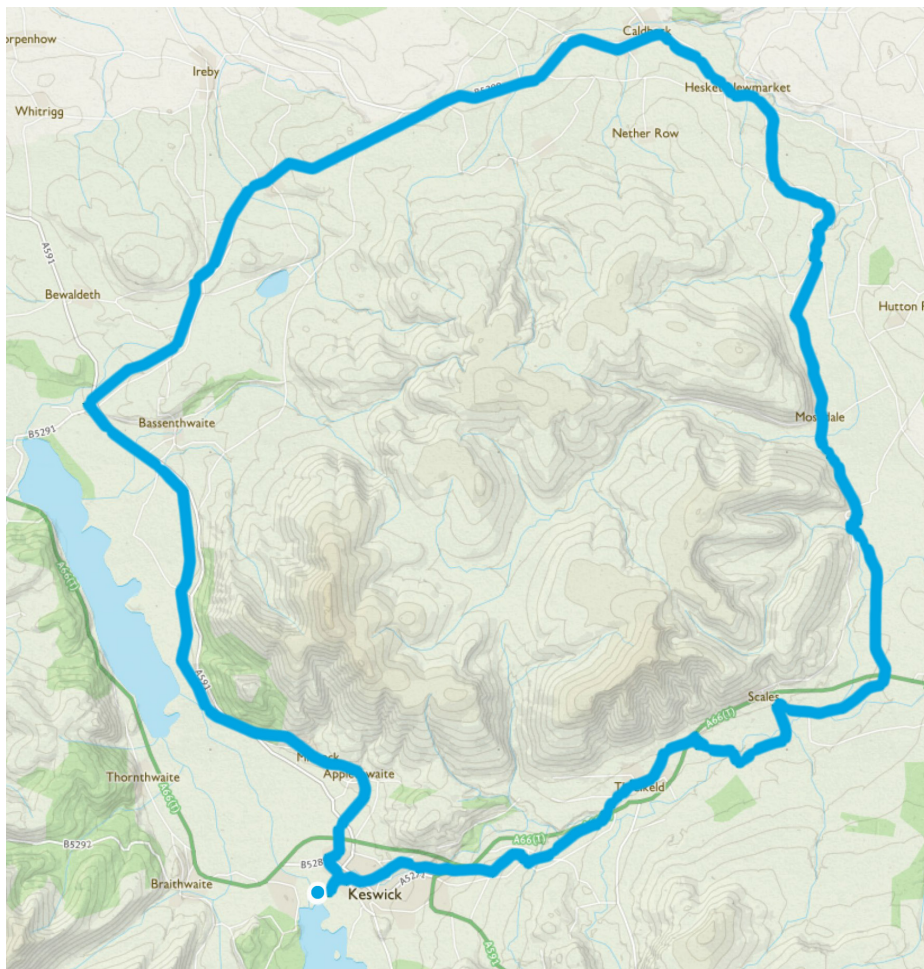
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## Route Overview

All phases of the challenge are based from our event hub in the thriving market town of Keswick in the North West Lake District. Here you'll have access to facilities of the Rawnsley Centre and be able to leave clothes and equipment whilst you prepare for each phase of the challenge. Event Hub Marshalls will help to keep you motivated and assist you with your bikes, and keep energy levels high with snacks, water and a hearty packed lunch.



**Bike** — **Canoe** — **Hike**



Distance – 60 km / 40 miles

Total ascent – 1044m

Highest point – 296m

Highlights – Circumnavigation of Skiddaw  
Traversing the banks of Bassenthwaite Lake.  
Exploring some of the quieter areas of the Lake District National Park.

## Bike

From a staggered start (of 1 minute intervals), you will cycle the first phase of the challenge, sign posted and marshalled 40 miles around Skiddaw. Skiddaw sits at 931m and is the 6th highest mountain in the UK. With Skiddaw dominating the sky line you'll be riding in the shadow of this striking mountain, knowing that later in the challenge you'll be climbing to the peak.





Distance – 4 km / 2.5 miles  
 Approx time – 1 hour  
 Highlights – One of the most spectacular lakes in the National Park.  
 Views of the Skiddaw mountain you have climbed.

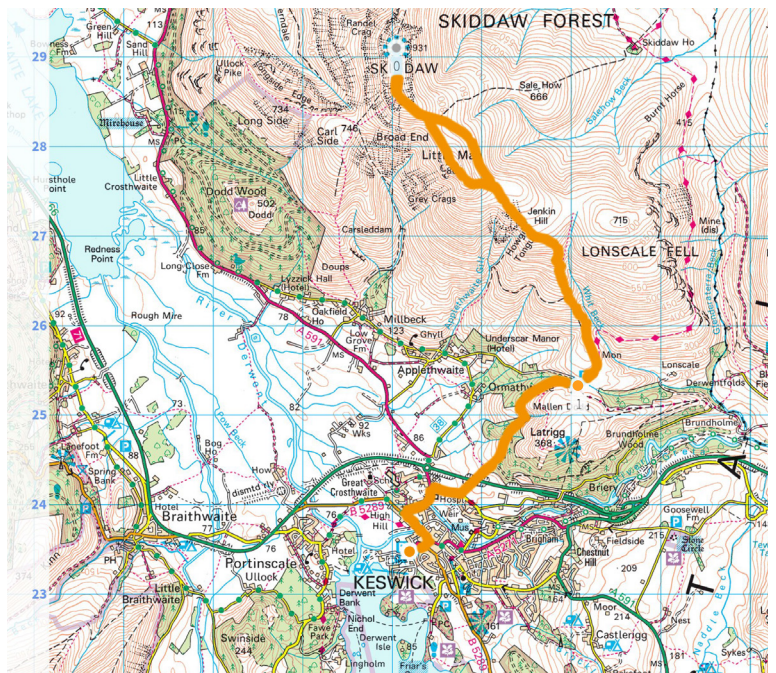
## Canoe

Having circled Skiddaw on your bike through the stunning undulating country lanes and winding roads, you'll now leave your bikes at the event hub and transition on foot to the Canoe phase. Derwent Water is a 3 mile long lake nestled in the glorious valley of Borrowdale. Using open canoes rafted together so there is space for your four team members, the challenge will be to navigate around a 2 mile course on the lake. Our powered safety support boats will assist in keeping you safe and offer guidance on steering and paddling technique. (No canoe experience is needed).



## Hike

Finally, it is time to tackle Skiddaw, an 11 mile round trip to an altitude of 931m. The mountain has been tempting you all of the way through the challenge so far, now you can set foot on the slopes. Changing in to your walking boots, you'll begin to climb towards the first check point at Latrigg, a small hill on the outskirts of Keswick. From here the slopes get steeper as the path zig zags upwards. The mountain safety team stationed along the route will be there cheering you on and motivating you to 'keep on pushing'. Before long you will be standing on the summit looking out over the whole route you've completed. You will have a birds eye view of the cycle route surrounding you and Derwent Water below which you explored by canoe.



Distance – 17 km / 10.5 miles  
 Height gain – 1123m  
 Highest point – 923m  
 Highlights – Beautiful views across the North fells.  
 Views towards Scotland.  
 Third highest peak in England.

# How we support you

## Fundraising

The Events Team at Action are here to help you achieve your challenge and we'll support you all the way. We're here to answer any questions you might have about fundraising, training or the challenge itself.

Once your team has registered for Race the Sun Lake District, your team captain will be sent a welcome pack which includes challenge information and fundraising advice. It will also include details about setting up your JustGiving page for the event. But if you're raring to kick-start your fundraising already then simply search for Action Medical Research on JustGiving.com, click fundraise for us, and choose the event: Race the Sun Lake District then follow the steps to get your page up and running.

As a team, you're asked to raise a minimum of £1,800 for Action Medical Research and in order to be confirmed on the challenge, your team must have reached £900 of fundraising by 11 July 2021. With your support we can fund more vital research for sick babies and children, so we really encourage you to raise as much as you can!



## On the day

The team will be there to support you from dawn to dusk! We'll be there to make your challenge as enjoyable as possible and help you with every step, paddle and pedal of the way. You will have loads of encouragement at all the check-in points along with drinks and snacks to keep you going!



### Jack's story

When Jack was born more than three months prematurely, his parents were told he had a fifty-fifty chance of surviving. His early arrival was a terrible shock. He was delivered by emergency caesarean section, weighing just 11lb 15oz.

**Jack needed oxygen, help with his breathing and feeding tubes to survive. He suffered a collapsed lung and brain bleeds, and contracted the potentially deadly bowel infection necrotising enterocolitis (NEC).**

Now four, Jack is doing well but has experienced some developmental delay. He has chronic lung disease, due to the oxygen needed in his early months, and there are concerns about his eyes. He may also have epilepsy.

His mum Jenny says: "Anything that helps identify why women go into labour too soon is vital. Without research, we wouldn't have medical advances, and Jack probably wouldn't be here today."

## Team awards

Just completing the Dawn to Dusk Challenge is tough enough in itself, but if you want to push yourselves even more, there are awards on offer for...

- The Fastest Team
- 2nd Fastest Team
- 3rd Fastest Team
- Fastest All Female Team
- Fastest Mixed Team

Golden Oldies (teams with a combined age of 200+ can enter this!)

Best Team Spirit – this will be awarded to the team that triumphs over adversity, supports each other and other teams and has a lot of fun doing it!

Top Fundraising Team – this is awarded after the challenge



# Questions and answers

## How fit do I have to be?

Race the Sun Lake District is achievable by people with a reasonable level of fitness who are prepared to put in plenty of training beforehand. The more you train, the more you'll enjoy the challenge. It's a great incentive to get fit and work a load of different muscles, whilst knowing you're raising funds for an excellent cause at the same time.

## Do I have to carry all my stuff?

The good news is that all you need to take with you when you set out is what you'll need to get round that part of the challenge. Each separate element of the event finishes back at the Rawnsley Centre where you can access your kit and refresh ready for the next stage!

## What about bikes?

You need to provide your own bikes and we would suggest a road or hybrid bike for this challenge as the route is all on-road (for those of you who have taken on this challenge before, we've taken out the off-road sections so that road bikes can be used). Your bike must be well maintained and in good working order and we recommend a thorough service before the big day. You should carry a puncture repair kit and pump with you, along with a spare inner tube.

There will be a bike mechanic on hand at the event briefing and on the day to deal with any urgent repairs.

## Do I need canoe experience?

Canoe experience is not necessary for this challenge. Your team of four will use two-seater sit-on-top canoes that are rafted together. The canoes, paddles and buoyancy aids are provided and we also have qualified canoeing instructors to brief and help you out if needed.

## Do I need special equipment?

This is a tough event and you really need to come prepared with the correct equipment for the challenge and know how to use it. We will provide you with a full kit list but this can give you an idea: For the cycling, you must wear a helmet and bring your own bike, fitted with front and rear lights, in case of fog or if you start or finish in the dark. For the trekking section, walking boots or fell-running trainers are advised. It's a good idea to also carry a first aid kit just in case. All specialist equipment for the canoe section is provided.

## What if I don't have a team of four yet?

Don't worry if you haven't confirmed your team of four yet; you can register now to secure your place anyway! When you manage to secure your other team mates you can then get them registered via the online booking system.

## What about accommodation and parking?

Your parking is covered by us, so you can pull right up to the event base without having to worry about where to go. Keswick is a market town with a lot of choice of accommodation, so you can stay really close by and enjoy all the town has to offer.

## Rules of the event

- 1 Each team will carry a GPRS tracker. This will give the Event Marshalls your location on the route at any given time. The tracker must be carried by one of your team on all stages of the event.
- 2 Timings for the event will be recorded as follows:
  - a **Overall event time:** is the total time taken to go from the start of the event to the end of the event, having completed all sections i.e. it is sum of the time taken to complete each section plus all intervening periods, changing time etc.
  - b **Section time:** is the time taken to complete each section. The time starts when all team members check in for the section and finishes when all team members report in at the end of the section.
  - c Times are recorded when the last team member arrives at the section finish.
- 3 Teams must remain together in such a way that all team members can communicate with each other.
- 4 Marshalls' instructions must be followed. If teams or individual team members are asked to leave the event by a marshal, they must do so immediately.
- 5 If the event is stopped or suspended, and there is no prospect of a section being completed, teams will be awarded a time for each incomplete section equivalent to the average time for that section achieved by teams so far (if no teams have completed the section in question, then the average time from last year's event will be used).
- 6 If you present yourself ready to start a leg, but you have to wait (eg. a canoe is not available, or the event has been temporarily suspended), the time you wait will be deducted from your team's overall time.
- 7 The mountain stage will be the final section of the event. The latest time anyone will be allowed to start this stage will be: 15:00. There will also be cut off times on the mountain. Based on teams speed and energy levels. If it is felt a team will not reach the summit by 18:00, they will not be able to continue, regardless of their position on the mountain. The Marshal's decision is final.
- 8 If any team member retires from a section of the event, the remaining members may continue at the discretion of the Marshal. Only complete teams of four will be eligible for the awards.
- 9 Team members must use the same bikes for the entire route.
- 10 Teams must bring all items on the kit list. At the safety briefing the night before, you will be informed of the weather conditions for the challenge and any kit that you won't need to take with you for the day.