

Race the Sun Coniston 2021 Saturday 18 September

raising funds for
action medical research
for children

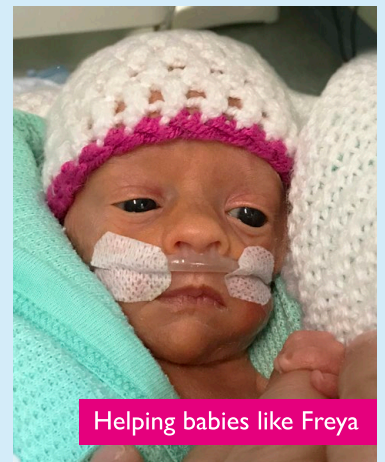


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We are a UK-wide charity funding vital research to help sick babies and children. We're on a mission to save and change children's lives through medical research, developing treatments, vaccinations and cures.

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?



Helping babies like Freya

The challenge

Tackle this incredible team challenge whilst taking in the stunning views of rugged peaks and meandering streams of the globally renowned Lake District National Park. Push yourself to your limits to complete the course of cycling, kayaking and hill walking between dawn and dusk – **racing the sun!**



Friday 17 September

7pm – You will need to arrive at the John Ruskin School in Coniston ready for event registration. You'll be able to store your bike here so that you are ready for a quick start on Saturday morning. At 8pm there will be a welcome from Action Medical Research and a full event safety briefing. This is a great chance to meet other teams and ask any burning questions!

Saturday 18 September

Dawn

6am – At the start line there will be breakfast rolls available before teams will start setting off on their bikes. Throughout the course of the day you will:

Bike 17 miles – around the famous mountain bike trails of Grizedale Forest

Hike 7 miles – to the summit of the Old Man of Coniston, and

Kayak 2 miles – navigating the course as a team on Coniston Water on twin sit-on-top kayaks

NB: 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

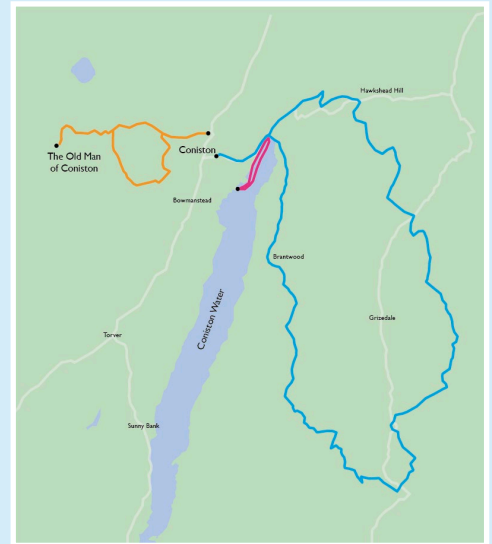
@actionevents @amr_events @actionevents

Route Overview

The challenge is based at the John Ruskin School in the village of Coniston. Here is where your event briefing will take place the night before and where you'll start from in the morning and (quite a bit later that day) cross the finish line!

This 'event base' will be where you return after each activity, so all changes of clothes or equipment can be carried out here throughout the day.

First thing, you will complete the mountain biking challenge in Grizedale Forest before returning to Coniston to start the hike. Once you've conquered the mountain, it will be down to Coniston Water and time to get in the kayaks to complete this section before the short walk back to the event base and the finish line. Please note: Depending on final numbers for this event, the order in which you undertake these activities may vary.



Bike — **Hike** — **Kayak** —



Distance – 29 km / 17 miles
Total ascent – 855m
Highest point – 266m
Highlights – Sandwiched between Coniston Water and Lake Windermere, the forest offers great views over Helvellyn. You can also witness some of the famous outdoor sculptures that dot the area.

Bike

From a staggered start (of 1-minute intervals), your first challenge is the mountain biking route around Grizedale Forest.

This is a fully sign posted and marshalled 17 mile route that follows some of the toughest mountain bike trails in Grizedale



Forest. Don't be deceived by the distance, mountain biking on off-road trails is a serious challenge. The ride starts with a steep ascent from Coniston up into the forest before you complete a loop of this famous biking area before descending back down to the lake and returning to Coniston.





Distance – 12 km / 7 miles

Highest point – 803m TBC

Highlights – Overlooking the small town of Coniston, the extensive view from the summit on a clear day includes much of the southern Lake District, Morecambe Bay, Blackpool Tower, Winter Hill in the Pennines, the Lancashire coast and the Isle of Man.

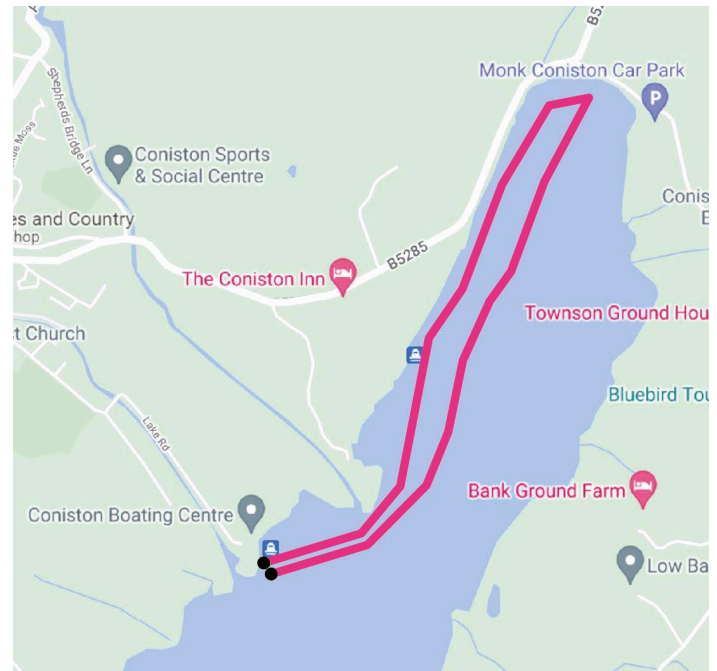
Hike

After having a chance to change into your hiking clothes you will then begin the ascent of the Old Man of Coniston, one of the Lake District's most iconic (and steepest!) peaks. At 803m it might not be the highest peak in the National Park, but you will ascend this height in under 2.5 miles of walking, so it's a seriously steep test of your endurance! From the summit you will have spectacular views over the lake to Grizedale Forest and beyond. You then descend back down, through the old quarry works to Coniston. It's a 7 mile, lung busting trekking route!



Kayak

Coniston Water is one of the Lake District's most famous lakes, and its size has made it the site of many famous water speed record attempts over the years. You will be given instructions by our fully trained kayak instructors before setting off on your journey. Using twin, sit-on-top kayaks the challenge will be to navigate around a 2 mile course on the lake. All safety equipment is provided for you and you will be fully supported throughout by trained instructors. (No kayak experience is needed). Upon completing the kayak section, it is a short walk back to the finish line to celebrate your achievement.



Distance – 3 km / 2 miles

Approx time – 1.5 hours

Highlights – The lake is half a mile wide, close to 5 miles long and 184 feet deep. Coniston Water has three small islands (owned by the National Trust) which prove important habitats for natural wildlife.

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 Coniston, 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 Coniston 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 18th 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 Coniston 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?

Due to the logistics of this challenge, you can leave any changes of clothes or equipment at the event base where you return between each activity.

What about bikes?

You need to provide your own bike and only mountain bikes are suitable for this challenge. 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 spare inner tube each and one pump per team. There will be a bike mechanic on hand at the event briefing and on the day to deal with any urgent repairs. If you don't have your own mountain bike, then the Lake District has a whole host of hire options available. We would recommend booking a bike with [Bike Treks](#), who are located in nearby Grizedale Forest.

Do I need kayak experience?

Kayak experience is not necessary for this challenge. Your team of four will use two-seater sit-on top kayaks. The kayaks, paddles and buoyancy aids are provided, and we also have qualified kayaking 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 mountain biking, you must wear a helmet and bring your own bike. For the trekking section, walking boots or fell-running trainers are advised. It's a good idea to also carry a small first aid kit just in case. All specialist equipment for the kayak 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 teammates you can then get them registered via the online booking system

What about accommodation and parking?

Parking at the event base in Coniston is free so you can pull right up to the event base without having to worry about where to go. With a choice of hotels, private rentals and a youth hostel within a few miles of Coniston, you can stay close by and enjoy all the beauty of the Lake District. If anyone would like to camp at the event base on Friday and Saturday night, then this can be booked at the time of registration. Facilities at the school are limited, but it's a handy location for the early start on Saturday morning!

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.