

# Race the Sun

## Coniston 2022

### Saturday 16 July

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



[w action.org.uk/coniston](http://www.action.org.uk/coniston) [t 01403 210 406](tel:01403210406) [e events@action.org.uk](mailto:events@action.org.uk)

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

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 and Unesco World Heritage Site. Push yourself to your limits to complete the course of cycling, canoeing and hill walking between dawn and dusk – racing the sun!

The week before the event you will have your start time confirmed and have an online safety briefing to run through everything that's in store for you on the day. There will also be an opportunity to ask questions.

### Friday 15 July

**Evening** – You'll arrive at the John Ruskin School in Coniston at pre-allocated timeslots to register for the event and drop your bags and bike. There will be dinner available to purchase.

### Saturday 16 July

#### Dawn

**From 6am** – Following breakfast of pastries and fruit, 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.

#### Throughout the course of the day you will:

**Bike 22 miles** – on an off-road route out of Coniston\*

**Canoe 2 miles** – navigating the course as a team on Coniston Water in 2-person open canoes rafted together\*

**Hike 5.5 miles** – to the summit of the Old Man of Coniston\*

\*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

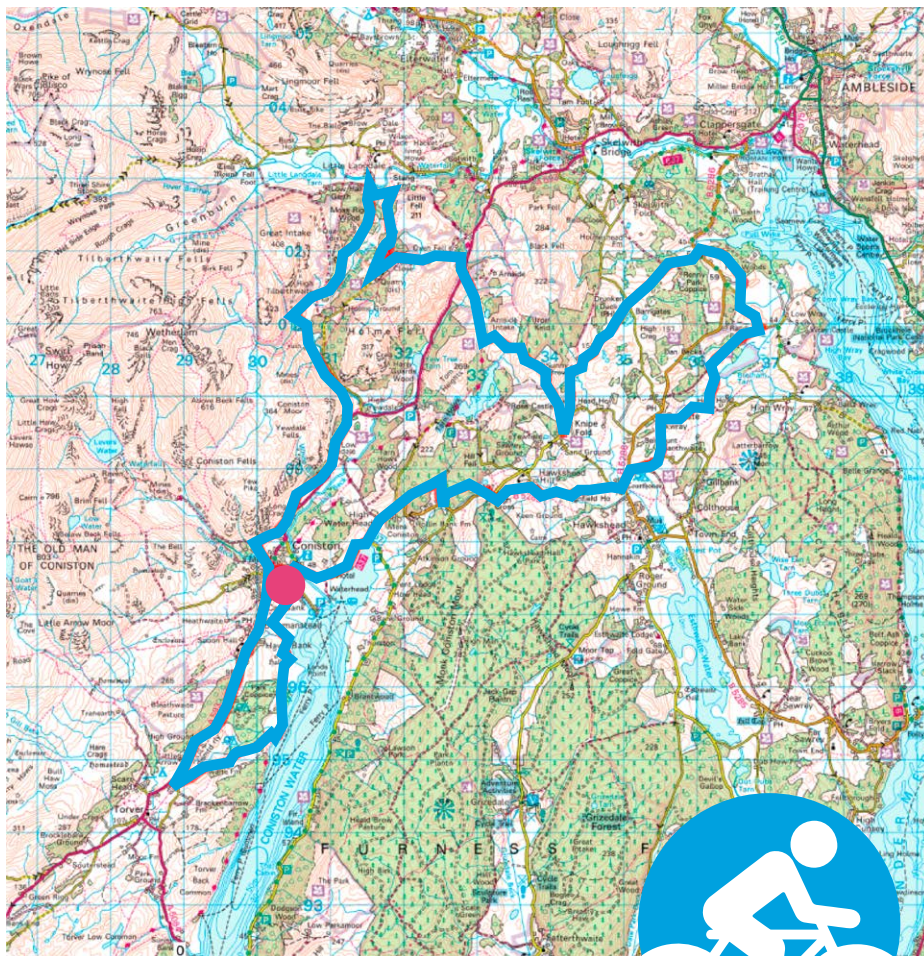
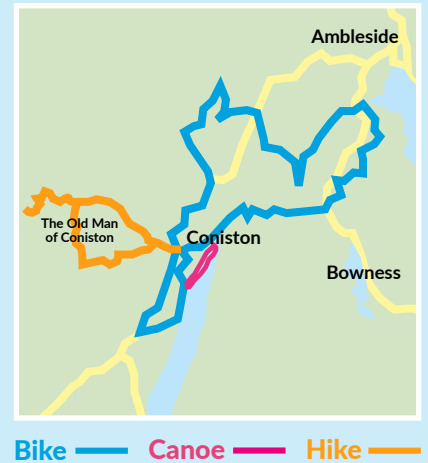
Action Medical Research is a registered charity:  
England and Wales no. 208701; Scotland no. SC039284

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

@actionevents @amr\_events @actionevents

# Route Overview

The challenge is based at the John Ruskin School in the village of Coniston. This is 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 before heading down to Coniston Water to complete the canoe section. Next it is time to conquer the mountain 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.



Distance – 35 km / 22 miles

Total ascent – 693m

Highest point – 266m

Highlights – Exploring a variety of landscapes and features, you'll cycle the shores of Coniston Water before venturing into the old quarry area of Tilberthwaite and on through forests trails and flowing single tracks towards the shores of Windermere before a challenging climb over Hawkshead Hill and back towards Coniston.

## Bike

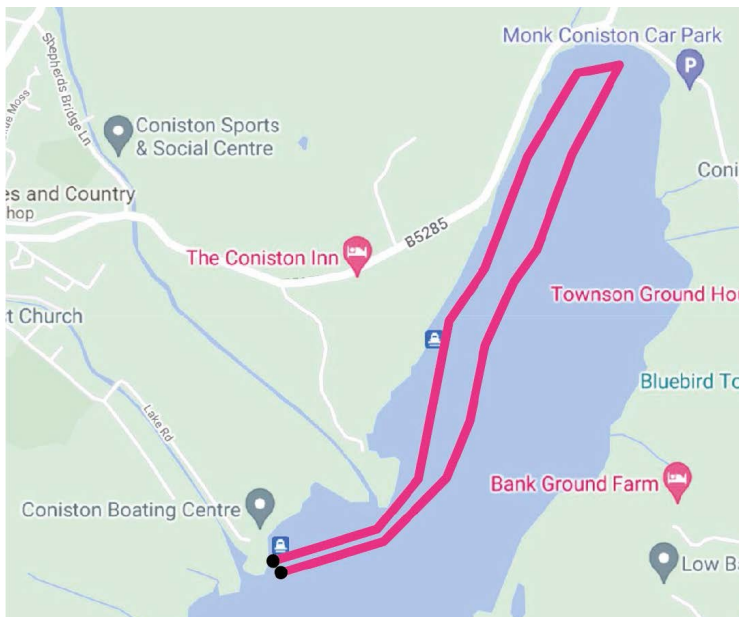
From a staggered start (of 1-minute intervals), your first challenge is the off-road bike route through an interesting mix of terrain and environments.

The fully sign posted and marshalled 22 mile loop out of Coniston is approx. 75% off-road and 25% on-road. With single-track and double-track with some interesting technical sections just to increase the challenge further (all technical sections can be walked if needed).

The route has been designed perfectly as a challenging gravel bike ride, but is equally suited as an easy mountain bike route.

Don't be deceived by the distance; biking on off-road trails is a serious challenge. The ride takes in a range of trails, environments and technicalities with some flowing single track, gravel forest tracks and testing ascents.





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.

## Canoe

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 canoe instructors before setting off on your journey. Using 2-person open canoes rafted together, you 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 canoe experience is needed).

Upon completing the canoe section, it is a short walk back to the finish line to celebrate your achievement.



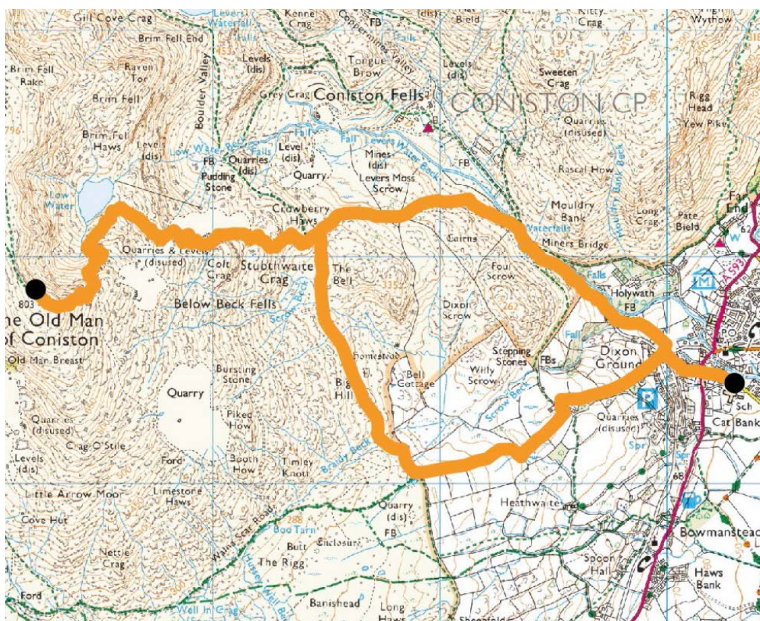
## Hike

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 5.5 mile, lung-busting trekking route!



Distance – 9 km / 5.5 miles  
 Total ascent – 803m

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.

## 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 16 May 2022. 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!



Hi, I'm Lucy and your Event Manager for Race The Sun. I'm here to help you achieve your challenge and support you along the way. I'm also here to answer any questions you might have about fundraising, training or the challenge itself.

You can contact me on [lholloway@action.org.uk](mailto:lholloway@action.org.uk)



### Beatrice's story

Aged just eight and previously healthy, Beatrice suffered the terrifying effects of autoimmune encephalitis, which caused her to lose the ability to walk or speak for several months.

By taking part in Race the Sun and fundraising for Action, you are helping fund new research which studies how advanced brain scanning techniques can help children like Beatrice by predicting outcomes early on and personalise treatments.

## Team awards

Just completing the 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 All Male Team

Fastest Mixed Team

Best Dressed Team – non compulsory option to get creative!

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 to the team who raises the most.



# Frequently Asked Questions

## What happens if COVID-19 restrictions affect this event?

We are planning full steam ahead for this event! But, as this is an uncertain time, we want to reassure you that if we cannot go ahead with the event due to COVID-19, we will offer you a number of options. We'll either postpone your event to a later date, you can join another similar event or transfer your place to another person.

## 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.

## How old do I need to be to take part?

You must be a minimum of 18 years old on the challenge date. 16-17yr olds may also participate in the challenge, with the agreement of Action and our Events Partner, when accompanied on the challenge by their parent or guardian.

## 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 John Ruskin School where you can access your kit and refresh ready for the next stage!

## What bike do I need and what mechanical support will there be?

The route is a mixture of terrain with approx three quarters off road on single and double track trails, and the other quarter on road. It has been designed with gravel bikes in mind but would equally be rideable on a cross country/hard tail/short travel mountain bike, although it would be slower on a mountain bike.

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 2-person open canoes 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 off-road 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. 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. You will need to book your own accommodation near Coniston.

### What food is included in the event?

There will be pastries and fruit provided in the morning, we recommend eating a heartier breakfast before arrival. Lunch, snacks and water will be available at a changeover station during your challenge and when you've crossed that finish line there will be a BBQ and drink of bubbly or IPA waiting for you! There will also be water and snack stops along the route. This is all included in the event.

At the registration the night before, there will be food available to purchase - more details of this will follow nearer the time.

### What do I wear for best dressed team?

This is not compulsory but just a fun award for participants to get creative, no matter on your ability! You can dress up or simply co-ordinate themed accessories with your team. Please note that your outfit choices must be safety conscious and not hinder your ability on the challenge - no full body suits or inflatable costumes please!

### How will Action Medical Research help me fundraise?

You will have your own dedicated contact at Action Medical Research who will be on hand with telephone and email support to provide you with tips and guidance on how to fundraise for this challenge event, even during a pandemic! You can always get in touch if you need any extra fundraising help - [events@action.org.uk](mailto:events@action.org.uk)

### Why is there a 50% sponsorship deadline?

We ask that you raise 50% of your fundraising target 2 months before the event (£900). Fundraising is something that is always done on a goodwill basis. The 50% deadline is there to make sure everyone puts effort in to fundraise for their place on the event. It also reassures us that we can pay the practical event costs relating to the team's place on the event, knowing that the charity will not be out of pocket.

### What if we don't raise 50% of our £1800 fundraising target by the deadline?

We rely on the conversations that we'll have with Team Captains in the lead up to the deadline date to understand your team's fundraising plans as you cook up different wonderful fundraising ideas! However please be aware that if you do not raise 50% of the fundraising target two months before the event then your team's place may be at risk. Although it's a shame to lose any of our participants, unfortunately, we may not be able to confirm you on the event if we don't feel confident that you will meet your team's target which also covers the costs to us as a charity. Please do bear in mind you have until six weeks after the event to raise the remaining 50% and we feel the overall target is achievable in the timeframe. We will always do our best to support you with fundraising ideas so we'll stay in touch to see if we can lend any help if needed.



# Rules of the event

- 1 Each team will carry a GSM tracker. This will give the Event Marshals 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, as well as checking in and out with your allocated dibber between each section.
- 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 Marshals' 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: 14:00. 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 17:00, 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.