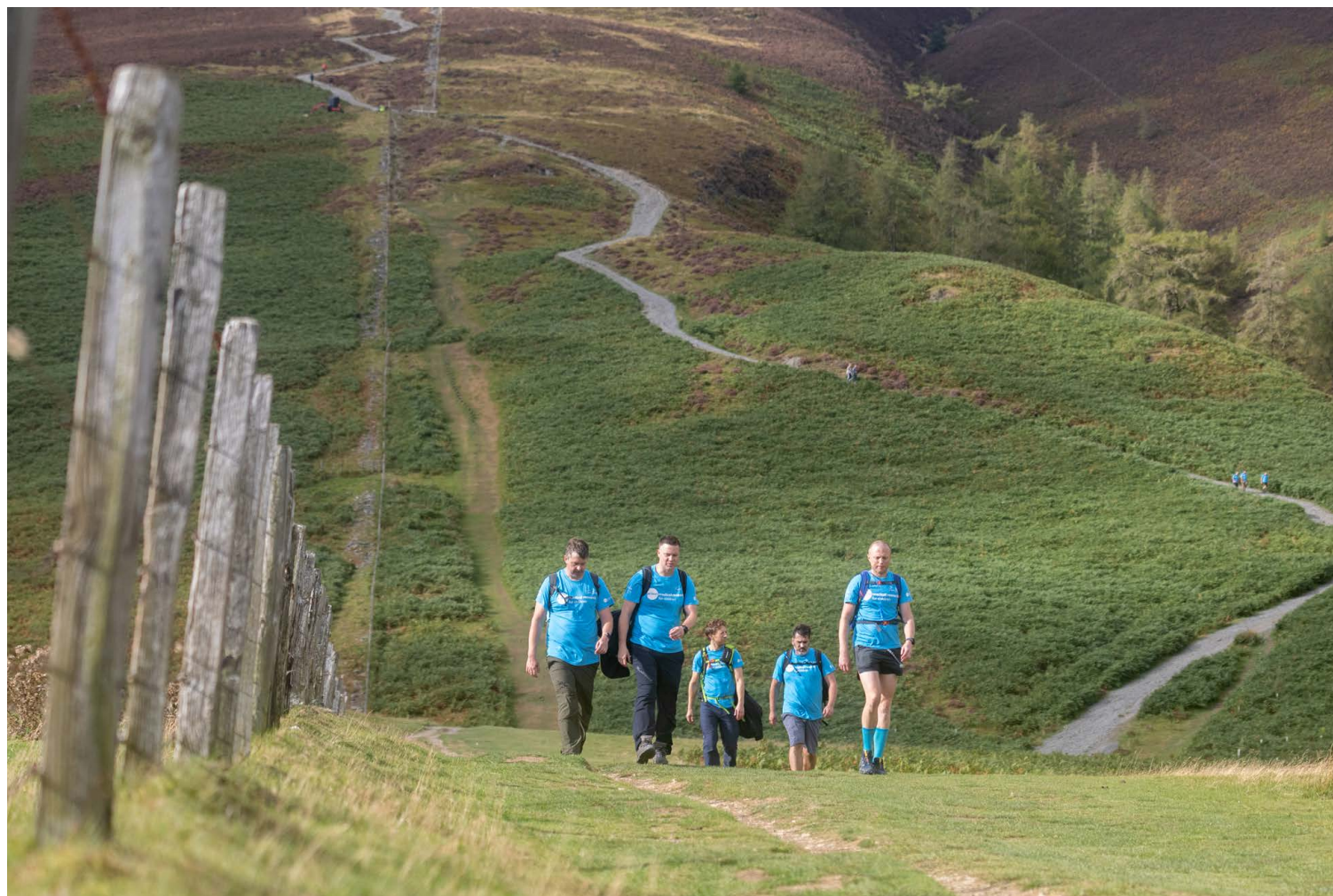


# Race the Sun

## Lake District 2022

### Saturday 10 September

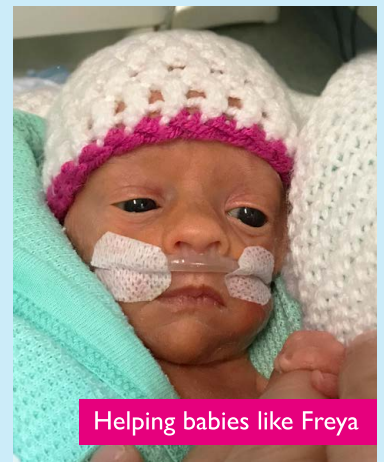
raising funds for  
**action** medical research  
for children



[w action.org.uk/lakes](http://www.action.org.uk/lakes) [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

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! 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 9 September

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

### Saturday 10 September

#### 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.

**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)

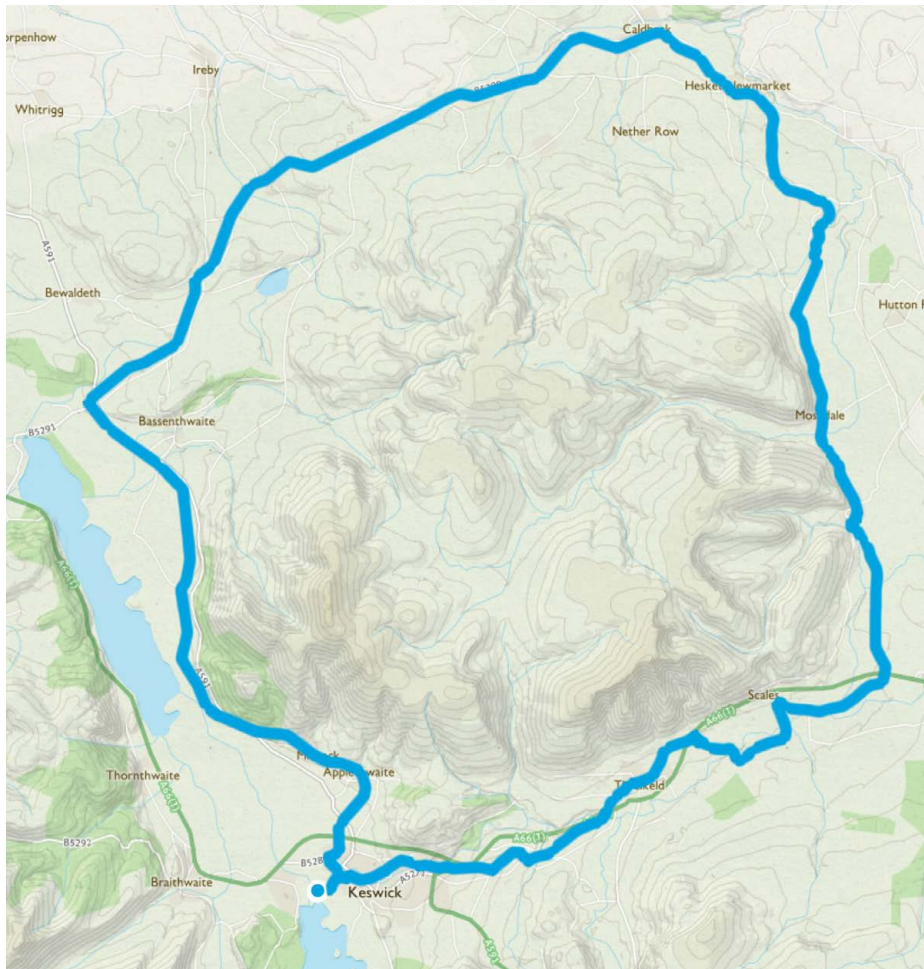
@actionevents @amr\_events @actionevents

## 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 Marshals 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.



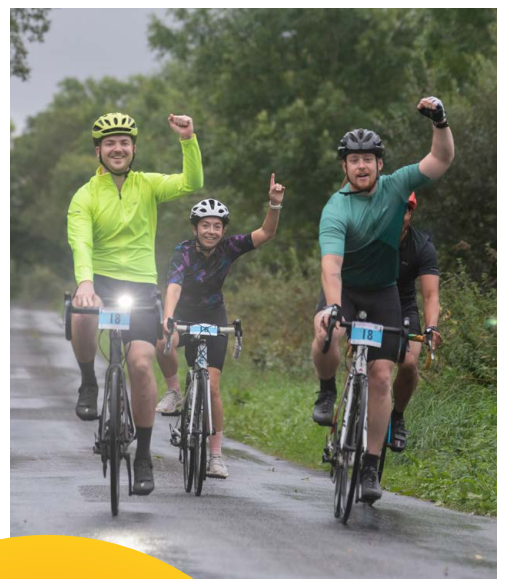
Bike — Canoe — Hike



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.

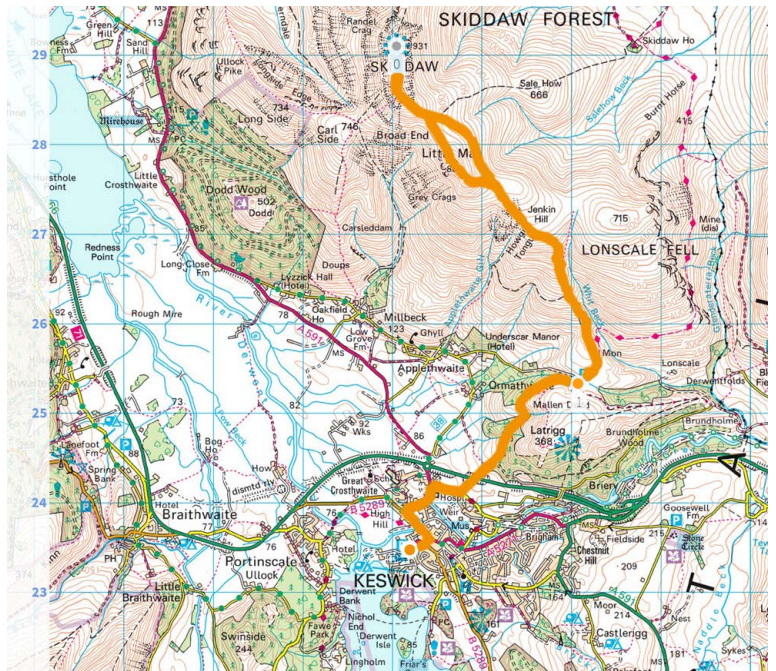
## Canoe

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 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 10 July 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)



## Danny's story

Danny has the most severe form of Hunter syndrome, a rare disease with no cure and limited treatment options. Diagnosed at three years old, his family are now sadly all too aware that his life will be cruelly cut short, most likely in his teenage years. Action Medical Research is supporting a team at the University of Manchester who are testing a new way to overcome the problem of getting much-needed treatment into the brain. This could one day transform the outlook for children like Danny.

*"We will lose our beautiful boy to Hunter syndrome," Danny's mum Sally says. "But any new hope is worth fighting for. So that families in the future don't have to feel that the bottom is dropping out of their world."*

Thank you for committing to Race the Sun for Action and help our fight against this devastating disease.

## 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 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.

## 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 Rawnsley Centre 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?

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.

## Where can I hire a bike?

We would recommend the national bike hire company British Bike Hire, or a local company called Country Lane Cycles.

## 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. 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, however it is a popular destination so we do recommend booking well in advance if you can.

### What food is included in the event?

There will be pastries and fruit provided in the morning. 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!

### 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 is 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. 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: 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.