



# RACE THE SUN

## LAKE DISTRICT CONISTON

### OFF ROAD



action



# JOINING INFORMATION

13th July 2024





OUR EXPERIENCE  
MAKES YOURS A  
BETTER ONE.

The date for your Race the Sun,  
Coniston Off Road Challenge is  
rapidly approaching!

We are delighted to be the delivery  
partner of this event and I would like  
to thank you for taking part and  
being involved in what will be an  
incredible day.

Our role is to ensure the smooth  
and safe delivery of the event. As  
part of your preparations, please  
read through this document  
carefully so you are fully prepared  
before your arrival at the Event  
Registration.





## EVENT DATE

Saturday 13th July 2024

## EVENT REGISTRATION / EQUIPMENT DROP

Friday 12th July 2024

From 18:00 - 20:00

## ONLINE SAFETY BRIEFING

Tuesday 2nd July 19:00 - 20:00

<https://us06web.zoom.us/j/84045325562?pwd=0ljcXBrx6fxlvWbORgY4BIHDhILbt7.1>

Meeting ID: 840 4532 5562

Passcode: 829885

## OVERVIEW

Race the Sun Coniston Off Road is part of the Race the Sun Series. Race the Sun is an 'Adventure Triathlon' where participants complete three activity phases as either a team of two or four. Participants will complete the Bike, Hike and Paddle phases between dusk and dawn raising vital funds for Action Medical Research.

The event is based in the village of Coniston where The Old Man of Coniston looks over the village and lake below. Participants will summit the famous Old Man which offers incredible views over the lake where the Canoe phase will take place. The Bike ride is an exciting and challenging off road route which explores the area's diverse terrain with a memorable climb over Hawkshead Hill. The event is a 'Clover Leaf' design with all three phases being circular returning to the central hub in Coniston for transition to the next phase.



## SAFETY BRIEFING

All participants must attend the online safety briefing 2 weeks prior to the event. The briefing will be presented by the Event Director who will cover the logistics for before, during and after the event. They will also discuss equipment and clothing as well as important safety information.

## REGISTRATION

Registration is held the evening prior to the event at the Event Hub.

Coniston Sports Ground

Coniston Sports Ground, Shepherds Bridge Ln, Coniston LA21 8AL

///kitchens.twist.buckling

At registration teams will be given their event packs, including event numbers, safety pins, cable ties and parking permit (see below).

Teams can have their bikes safety checked by the event mechanics. These can then be left at the Event Hub overnight. It is advised that teams leave their clothing and equipment for the event in their transition area overnight and arrive dressed in the clothing for their first phase on the morning of the event.

## PARKING

Each team will be given a parking permit which will give them free parking for one vehicle. There is a designated car park for the event which is located in a field adjacent to the Hub. Cars must be parked in a carpark and not on the street. The event carpark will be signposted from the event hub.

## START

Teams will be allocated a start wave time, each wave consists of 15 teams and will alternate between the three activities in 15 minute departures from 07:00. You will receive your start time and phase order closer to the event date.

At the start line, teams will be issued a tracker which will transmit the teams live location to an online map allowing friends and family to follow their progress.

## TRANSITION

There is a transition zone at the Event Hub. Each of the activity phases are circular, departing and finishing from the event hub. Each team has a designated bike rack and transition area to leave their clothing and equipment for the three phases. Arriving at the transition zone teams will rack their bikes and change clothing before heading onto the next phase.

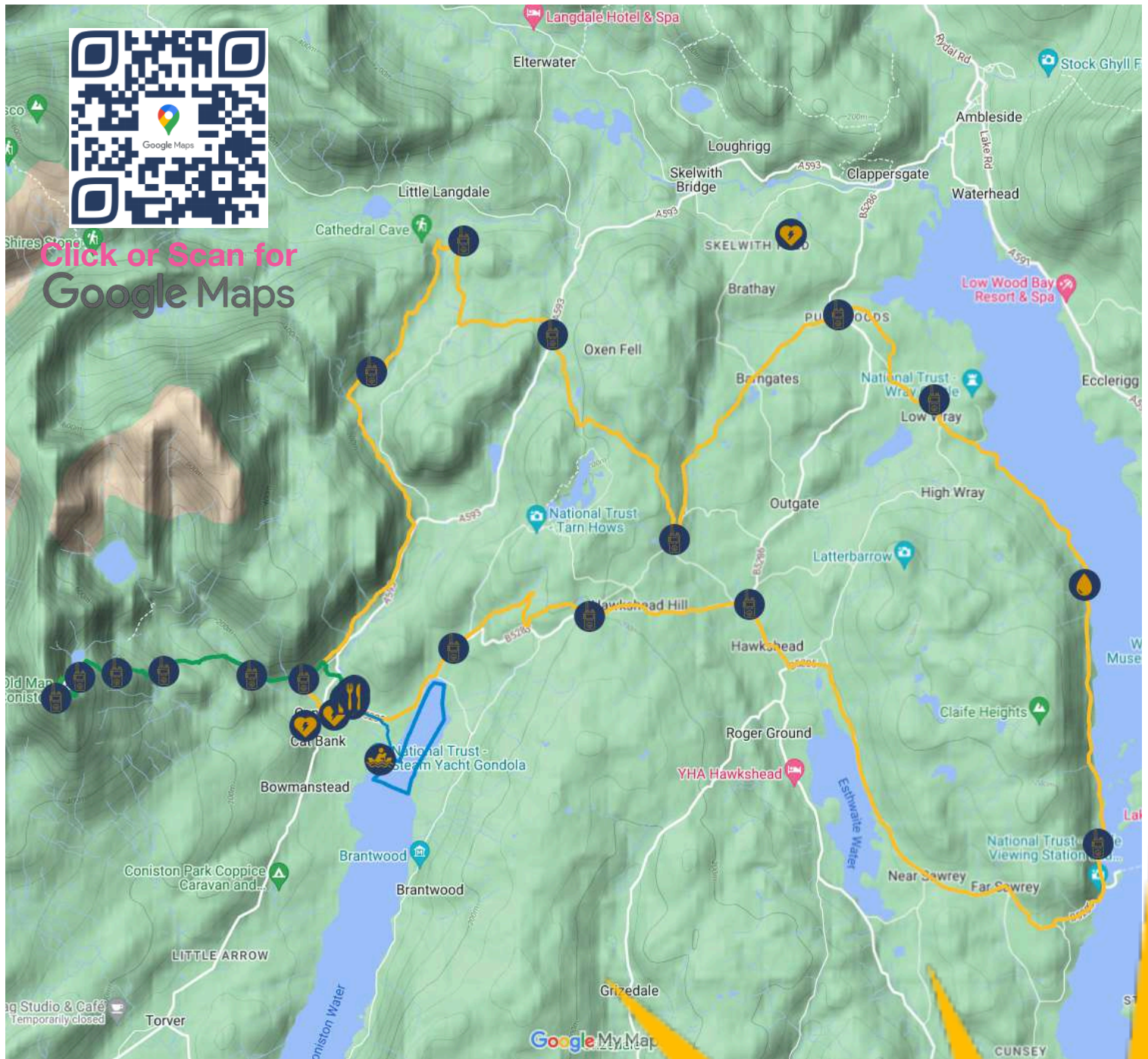
Water refills, refreshments, bike racking, toilets, and changing rooms will be available at the transition zone. Packed lunches (provided) will be collected from the event hub.

## FINISH

Once all three activity phases have been completed teams will receive a medal, a complimentary alcoholic or soft drink to celebrate their success and a post-event evening meal consisting of a BBQ with salad buffet.

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## CYCLE PHASE

The route is approx. 75% off-road and 25% on-road. With single-track and double-track and some interesting technical sections just to increase the challenge further (all technical sections can be walked if needed).

## PADDLE PHASE

After a short walk from the event hub the teams will arrive at Coniston Water to complete a course on the water of approximately 2 miles. Teams will do this in rafted canoes for the 4 man teams, or 2 man sit on top kayaks for the 2 man teams.

## HIKE PHASE

Setting off from the event hub, the out and back route departs to top of Old Man of Coniston. A 5.5 mile on a marshalled and sign posted route via the Copper Mines Valley.



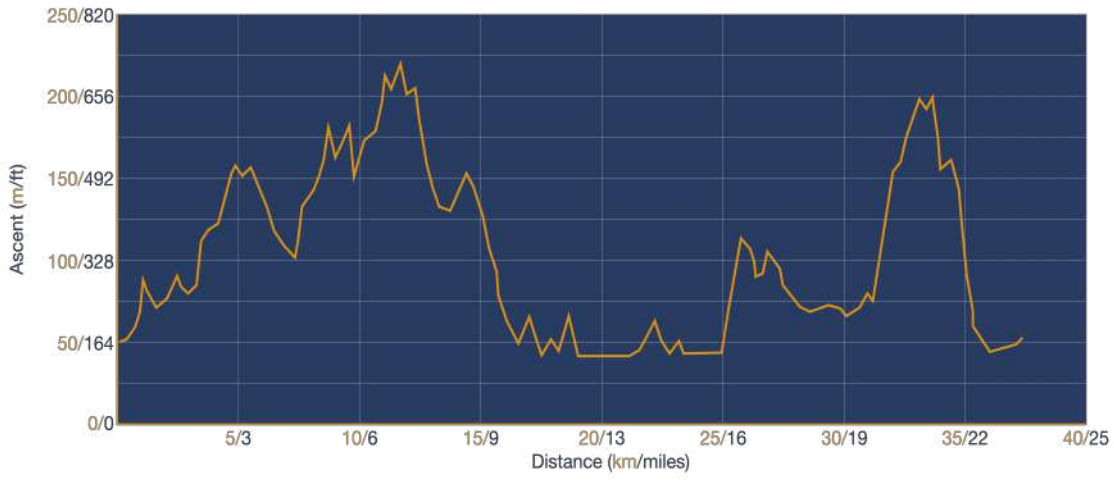
# BIKE PHASE

TOTAL DISTANCE: 37km / 23 miles

TOTAL ASCENT: 748m / 2,454ft

APPROX DURATION: 2 - 3.5 hours

DIFFICULTY: Difficult ride with steep climbs. Mixture of gravel routes and road sections.



Click or Scan for  
**STRAVA**



# PADDLE PHASE

**DISTANCE:** 3km / 2 miles

*Actual route and distance will vary depending on weather conditions.*

**OPERATIONAL TIMES:** 0900 - 1700

**DURATION OF PHASE:** approx. 45min

**DIFFICULTY:** Easy (unless it's windy!)





# HIKE PHASE

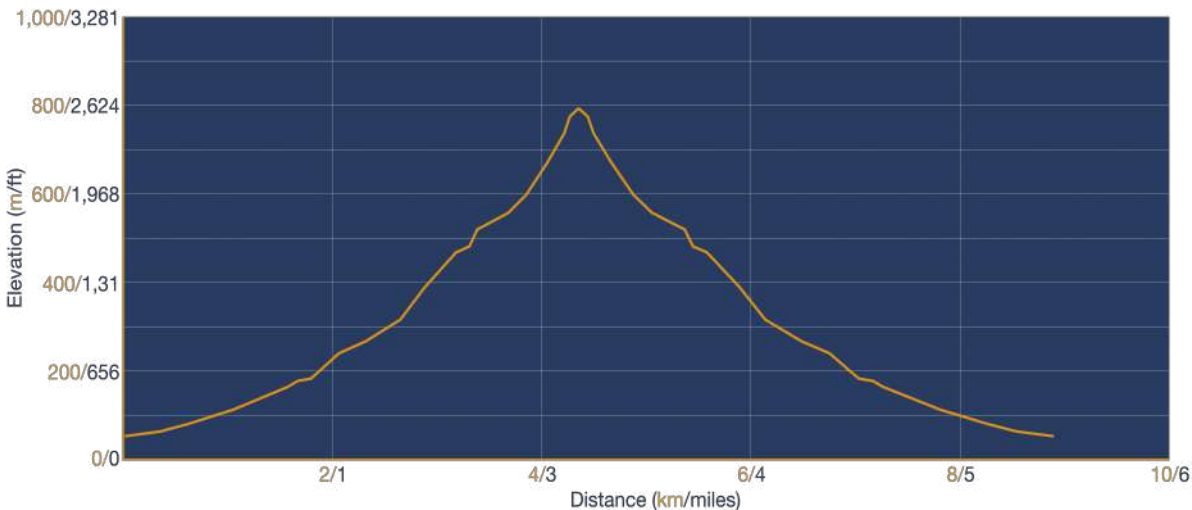
**DISTANCE:** 9km / 5.5miles

**TOTAL ASCENT:** 757m / 2,484ft

**OPERATIONAL TIME:** 0700 - 1900

**DURATION:** 2hr 20min - 4hr 30min

**DIFFICULTY:** Hard with steep terrain on uneven surfaces.



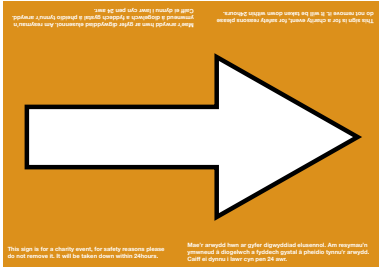
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**STRAVA**



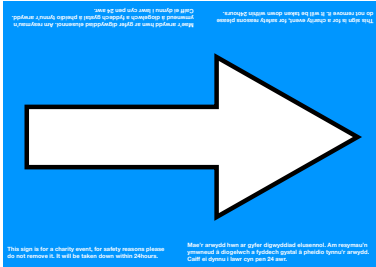
## DIRECTIONAL ARROWS

These signs will be used by the participants to navigate whilst on your relevant phase. The colour denotes the phase you are on. They will be positioned at all junctions as well as reassurance on long straights. They are A4 in size.

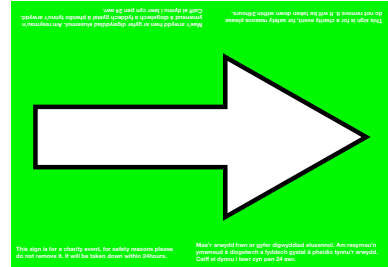
### CYCLE ROUTE



### CANOE ROUTE



### HIKE ROUTE



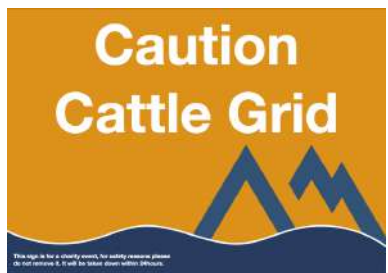
## TRANSITION SIGNS

To differentiate routes coming out of the event hub participants will follow the below signs. They are A2 in Size.



## CYCLE PHASE SIGNS

Once on the cycle route warning signs will be erected to alert participants of a particular hazard. Examples below. Printed in A3.



## MOUNTAIN PHASE FLAGS

We aim not to use any route marking on the mountain. Orange flags will only be used if a marshal has to leave their position on the mountain and there is a junction to take. Or if on the event day visibility is poor.



## CANOE PHASE MARKERS

Once on the water a route will be laid out using orange buoys. Safety marshals on powerboats help guide teams.





## GPX FILES

Any participants wishing to download the route to their devices can do so below:



## UPLOADING THE FILE TO YOUR DEVICE

Either scan the QR code with the camera on your phone or click on the QR code if viewing on your phone. This will take you to a page to download the GPX file, it will then appear on your phone in your files folder or in your downloads folder on your computer.

You can then upload the file to your device from your phone by sharing the file to the app you use to sync the device you want to use.

## CONVERTING THE GPX FILE

To convert the GPX file into other formats such as TCX visit the following website:  
[www.alltrails.com/en-gb/converter](http://www.alltrails.com/en-gb/converter)

## VIEWING THE ROUTE

To view the routes in more detail click or scan the QR codes below:

Click or Scan for  
Google Maps



Click or Scan for  
**STRAVA**





## REGISTRATION

Participant registration takes place the between 18:00 - 20:00 on Friday 12th July.

Registration will take place at the Event Hub, teams will be able to book a registration slot closer to the event. Action Medical Research will be in touch to arrange this.

## REGISTRATION PACKS

Upon registering each team will be given an envelope with instructions containing:

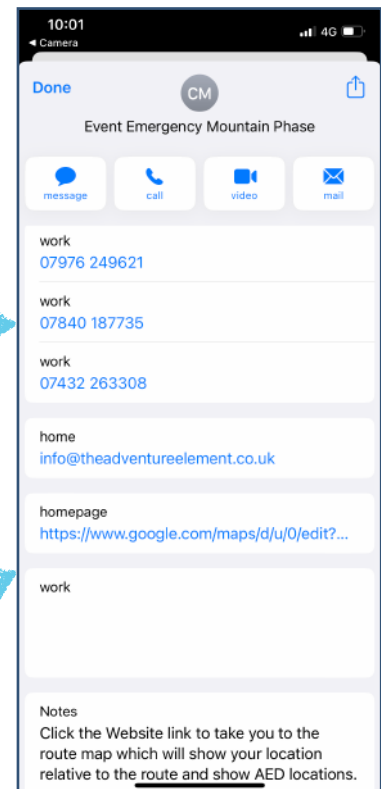
- 📌 Teams bike numbers with cable ties, to be attached to the front of each bike
- 📌 Teams bib numbers with safety pins, to be attached to individuals mountain rucksack
- 📌 Coloured wrist band denoting which phase order the team is completing

|       |   |       |   |       |
|-------|---|-------|---|-------|
| Hike  | → | Cycle | → | Canoe |
| Canoe | → | Hike  | → | Cycle |
| Cycle | → | Canoe | → | Hike  |

MOUNTAIN NUMBER



BIKE NUMBER



## QR CODE FOR EMERGENCY CONTACT DETAILS

On the front of both the cycle number and bib number is a QR code. During registration scan the QR code and save the vCard to your phone.

The vCard contains:

- 📌 Phase Lead contact number for either Bike or Mountain
- 📌 Safety team lead contact number
- 📌 Event Directors contact number
- 📌 GoogleMaps weblink to show event map, AED locations and Marshal locations



## TIMING

The event will be timed using a 'dibbing' system. Each team will be given a 'dibber' at the start line which they will use to signal the start and end of each of the different activity phases. This will give each team a total time for the event as well as a time for each of the activity phases. The teams 'total time' includes all the activity phases plus the time for transitions.



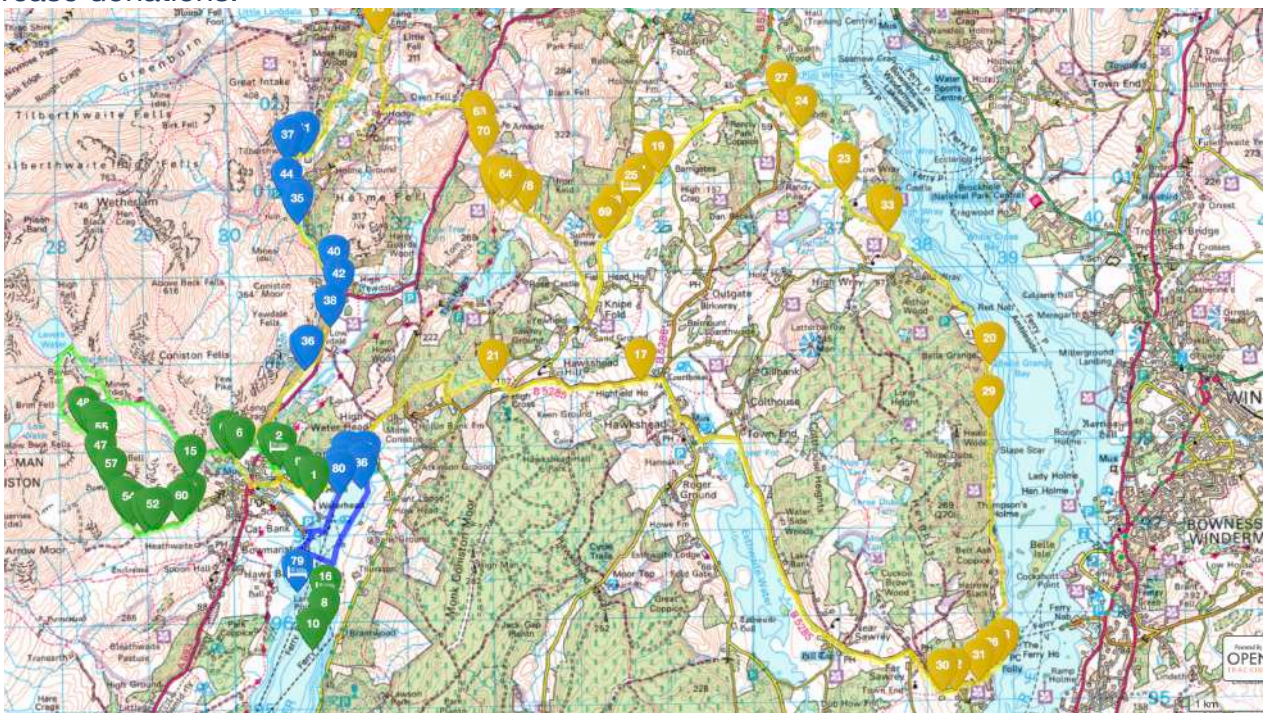
## TRACKERS

Each team will be given a GSM tracking device at the start line. This will enable the event management team to monitor the teams progress. It will also be used to locate a team should they run into any difficulty whilst on route.

Teams will be reminded at transition to take their trackers with them.

## TRACKING LINK

The tracking link will be streamed live at the Event Hub for participants and friends and family. In your final email pre-event a link will be sent out which friends and family can have access to if you wish to share it with them. It has been proven that embedding this link on your JustGiving page can increase donations.





## EQUIPMENT

It's really important to ensure you are ready for the conditions the Lake District can throw at you. This kit list provides you with the essential equipment and clothing you'll need in order to stay warm and safe throughout the event. The following kit list is not a comprehensive list of all you are required to wear but a list of the essential items or items to consider.

Each team has a designated area in the transition zone with space to leave kit and a bike rack. The area is enclosed by fencing but open to the sky, it is advised that you bring plastic boxes to leave your equipment in incase of bad weather.

Teams can leave their equipment in the transition area overnight but you will have access to the transition zone before the start.

## BE PREPARED FOR ANY CONDITIONS!

**NOTE:** Items in the kits list with an \* are optional items. Items denoted \*\* in grey boxes are essential and will be checked by an event marshal before starting an activity phase in adverse weather conditions. This is to ensure all participants have appropriate or adequate clothing/equipment for the prevailing conditions. Failure to show these items may mean you are not allowed to start the event or phase.

## CYCLING EQUIPMENT

| Item Needed  | Got it | Packed it |
|--|--------|-----------|
| Bike** (see note below)  |        |           |
| Helmet**   |        |           |
| Spare inner tube and repair kit.*                                      |        |           |
| Bike Pump**  |        |           |
| Bike Computer and mount*   |        |           |
| Bike lights front & rear** (you may be starting the event in the dark) |        |           |

## CYCLE CLOTHING

| Item Needed   | Got it | Packed it |
|---|--------|-----------|
| Cycling gloves*   |        |           |
| Cycling shorts*   |        |           |
| Cycling shoes* or trainers                                |        |           |
| Waterproof and Breathable Jacket. (Gore-tex or Similar)** |        |           |
| This could be the same as your trekking jacket.           |        |           |

**NOTE:** We recommend using a gravel or mountain bike for this event. As the route has long sections of off road and road bike or hybrid would not be suitable. Full suspensions bikes aren't recommended as they will be slower on the road sections and there are a few gates to negotiate.

All participants must provide their own bike, which should be in good working condition. We recommend servicing your bike before the event. On-site bike mechanics will be available at registration on Friday evening, upon request they will ensure your bike is safe for the event and is fitted correctly.

Once you have had your bike checked or if you are happy your bike is fit for the event then your cycle number can be attached to your bike. Each team has a designated bike rack where they can be left overnight, the bikes will be supervised overnight but it is still recommended to bring a bike lock.

Cycle mechanics will be on route to fix any mechanical issues or punctures, they can be contacted via the QR code on your cycle number (see section 7). It is still recommended to bring your own puncture repair kit as it will speed up getting you back on the road as the mechanic might already be busy.



## TREKKING EQUIPMENT

| Item Needed  | Got it | Packed it |
|--|--------|-----------|
| Rucksack 20+ litres. Must have 2 x padded shoulder straps. **  |        |           |
| Waterproof rucksack liner or heavy duty rubble bag.  |        |           |
| Head torch with batteries**  |        |           |
| Sunglasses   |        |           |
| Walking Poles  |        |           |
| Water bottle or bladder (Min. 2 litres). **  |        |           |
| Hiking boots/shoes with ankle support and good tread (you are not permitted not wear 'street trainers' or fashion boots for the mountain) ** |        |           |

## TREKKING CLOTHING

| Item Needed   | Got it | Packed it |
|---|--------|-----------|
| Fleece jacket or soft shell**   |        |           |
| Gloves waterproof/windproof **  |        |           |
| Lightweight fleece top  |        |           |
| Sun hat   |        |           |
| Trekking Trousers (you will not be allowed to wear jeans)   |        |           |
| Trekking Socks  |        |           |
| Warm Hat**  |        |           |
| Waterproof and Breathable Jacket. (Gore-tex or Similar)**<br><br>This could be the same as your Cycle jacket. |        |           |
| Waterproof Trousers**   |        |           |

## CANOEING PHASE

Most participants will wear their cycling or trekking clothes, with waterproofs over the top along with your second set of footwear. If the weather forecast is bad then pack a change of clothes.

## CANOE CLOTHING

| Item Needed   | Got it | Packed it |
|---|--------|-----------|
| Footwear to get wet on canoes (Bare feet are not recommended) |        |           |

### NOTE:

#### 4 PERSON TEAMS

You'll be using open canoes, which will be rafted together to make a stable platform for your team of four. It is not envisaged that you will be getting too wet, but we can't guarantee it.

#### 2 PERSON TEAMS

You'll be using two person 'sit on top' kayaks. You will get much wetter from drips coming off the paddles and will likely need a full change of clothes.

**action**



## EVENT TIMINGS

|                              |  |   |
|------------------------------|--|---|
| 06:30 onwards                | Teams begin to arrive.   | Light breakfast available.<br>Teams allocated 30 minutes to arrive and depart.  |
| 07:00 onwards                | Teams begin departing from event hub onto the three phases.          | Departures at timed intervals.  |
| 08:30 onwards                | First blue teams to arrive back at hub and transition to next phase. | Teams will continue to arrive back at event hub and transition to next phase. Hub staff will ensure that teams depart with correct kit for the weather. |
| 12:30 onwards                | First teams begin to finish event                                    | Fastest teams will begin to finish.   |
| 13:40                        | Cut off for departure onto Cycle Phases                              |   |
| 14:00                        | Cut off for departure onto Hike Phases                               |   |
| 16:00                        | Mountain Summit Closed   |   |
| 16:30                        | Cut off for departure onto Canoe Phase                               |   |
| 15:50                        | Average time for a team to complete the three phases                 |   |
| 18:00                        | All phases closed  | All teams will have returned to Event Hub.  |
| 16:00 - 20:00                | BBQ to be available.   | Available for all participants  |
| <b>21:00 EVENT TO CLOSE.</b> |  |   |





## Do I need to train for the event?

The challenge is not to be underestimated and increasing your general level of fitness before the event through cycling, walking and aerobic exercises will help you with event preparation.

## Will I need to carry my change of clothes for each challenge?

No, your changes of clothes should be left in the transition zone. You will return between each activity phase to the transition so can get changed there. It is recommended that you bring plastic boxes to put your stuff in in case it rains.

## Is it essential to get all the items on the kit list?

Yes, all items on the kit list are important for safety reasons and must be carried. In the event of bad weather, some items will need to be produced for inspection by the Event staff, failure to produce these items may result in you not being allowed to start the activity phase.

## Will there be food/refreshments during the event?

Yes, at each phase you will be able to refuel with fruit/tracker bars and rehydrate with water. If you have your own preferences, please bring these along with you. You will be provided with a packed lunch which will be available from the Event Hub. An evening celebration meal will also be provided.

## Can I leave my bike overnight after the Event Registration?

Yes, there will be bike racks available at the transition zone. Please bring a bike lock for extra security. The Adventure Element staff will camp in the transition area, but cannot take responsibility for your bike.

## Will there be toilets along the route?

Yes, there will be facilities half way round the bike route. Other than that, you can use local facilities as you pass them.

## What first aid provisions will be on the event?

All Adventure Element staff are first aid qualified and will be carrying first aid kits. There will also be first aid kits in the transport and safety vehicles. Most staff are local to Lake District and will be able to contact emergency services if required.

## Will there be route signage?

There will be orange coloured arrows to follow on the Bike and some of the Hike phases. You will also be given maps in case of emergency. In addition, there will be roaming mountain guides who will be on the mountain climb to guide you on your way.

## What happens if the weather is really bad?

It is rare that we have to completely cancel an event due to bad weather. It is important that you come prepared for any type of weather.

We have already planned an alternative mountain route we can use, and the canoe route can be adjusted to suit most conditions. Completing the challenge in harsh conditions just makes that fund raising money even more worth the effort!

action





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