



FAQs

DATE OF EVENT

Saturday 19th & Sunday 20th August 2017

WHAT TIME DOES IT START?

Midnight, Saturday 19th August 2017.

HOW MUCH DOES IT COST TO ENTER?

Solo competitor - £125 (£110 for first 30 places)

Relay team - £145 (£130 for first 10 teams)

Please note that a processing fee will be added when you register online.

WHAT DO I GET FOR MY MONEY?

Pre event competitor support

Competitor number and Sport-ident timing chip

GPS tracker

2 x kit bags and their distribution

Full support including route safety, swim safety, route marking, bike transport, marshalling, food and hydration at all feed stations, hill safety and medical support

Hot food and drink at the finish line

An event medal (if you finish!)

DO I NEED TO RAISE MONEY?

There is no fundraising requirement attached to this event. If you wish to fundraise for a local charity, we will be offering some suggestions in our participant info.

IS THERE AN AGE RESTRICTION TO TAKE PART?

All participants must be at least 18 years old by Sunday 20th August 2017.

HOW DO I REGISTER

Everyone must initially register online via the STARARMAN Night Tri website. There will also be an event registration session at the Beach Hub on Saturday 19th August 2017 between 1200 and 1700hrs. This is where you will collect your race pack.

ONCE I HAVE REGISTERED, AM I ABLE TO WITHDRAW FROM THE EVENT?

Competitors may withdraw from the event up to Friday 14th April and we will refund 50% of the registration fee or transfer their place to the following year. Notification of withdrawal must be made by email.



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If a competitor withdraws between 14th April and Friday 23rd June, they will not receive a refund but we will transfer their place to the following year.

If a competitor withdraws after 23rd June their registration fee is non-refundable and non-transferrable unless they have good medical reason for withdrawing (a letter from a medical professional will be required). If there is a valid medical reason for withdrawing, they will not receive a refund but we will transfer their place to the following year.

If the competitor does not turn up on event day their fee is non-refundable and cannot be transferred to the following year.

IF I CAN NO LONGER TAKE PART, CAN I TRANSFER MY PLACE?

Places CANNOT be transferred or sold to another person. If someone takes part who is not the original place-holder, they will be **immediately removed from the event**.

Please email caroline@truegritevents.com if you wish to withdraw from the event.

IS THIS FOR ME?

HOW FIT DO I NEED TO BE

TRUE GRIT EVENTS' challenges are designed to be open to all whilst encouraging people to really push themselves. To participate in the STARMAN you must have experience of open-water swimming; navigation, off-road running and experience of climbing hills of at least 2500 ft. DO NOT underestimate the challenge and DO NOT take this on if you can't train properly for it.

HOW MUCH EXPERIENCE SHOULD I HAVE ON THE HILLS?

1. You should understand how extreme weather can affect your performance and how to manage this.
2. You should have experience running and moving safely over uneven terrain at night.
3. You should know how to navigate in poor conditions.
4. You should be able to take a bearing from one location to another, confirming which direction you would move off in.
2. You should be able to use landmarks to confirm your location.
3. You should be able to locate and use a grid reference.

EVENT WEEKEND

HOW DO I GET TO THE STARMAN BEACH HUB, LOCH MORLICH?

The Beach Hub is at the Glenmore Forest Park, by Aviemore, Inverness-shire, PH22 1QY, 8 miles East of Aviemore. Drive through Rothiemurchus and follow signs for the Natural Retreats Cairngorm Mountain Railway. You will see the Beach Hub at Loch Morlich on the right - it will be well signposted.



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<https://www.google.co.uk/maps/place/Loch+Morlich+Watersports/@57.1632409,-3.7153174,15z/data=!4m5!3m4!1s0x0:0x96df48bbad54b801!8m2!3d57.1675815!4d-3.7020412>

Ways to get there:

Flights

Approx drive time from the following;

Inverness Airport - 40 mins.

Edinburgh Airport - 2 hr 40mins

Glasgow Airport - 2 hr 50 mins

Train

The closest train station is Aviemore, a 10-minute drive from the Beach Hub. There are taxis in Aviemore should you need one.

Drive

Located just off the A9.

Aviemore is 40 mins from Inverness and 2 hr 40mins from Edinburgh.

WHERE CAN I STAY?

There are lots of options nearby from the Hilton Hotel to camping and caravan parks. Here is a link to Visit Aviemore: <http://www.visitaviemore.com>

CAN I BRING FAMILY AND FRIENDS?

Yes! All guests are welcome to come and watch but we advise that someone in your party is well rested enough to drive you home after the event. For safety reasons, we strongly discourage spectators from driving around the route, especially during the Cycle phase.

WHERE DO I PARK?

There will be free parking in the Hayfield Carpark, approx 5 min walk from the Beach Hub.

WILL THERE BE A SAFETY BRIEF?

Yes, all participants must attend a compulsory safety brief at 1730hrs on Saturday 19th August at the Beach Hub.

WILL THERE BE FOOD TO EAT BEFORE THE START?

No food will be provided before the event starts but Aviemore and the surrounding area has plenty of tasty options.

HOW CAN I GET A COPY OF THE EVENT ROUTE ?

The official route will be released at the end of March and will be sent to all participants.



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SWIM PHASE

CAN I USE WEBBED GLOVES?

No, only non-webbed gloves can be used.

DO I NEED TO BRING A SWIM CAP?

A swim cap will be provided to you at event registration on Saturday 19th August but we also recommend a neoprene cap which can be worn under the event cap. This can also help to keep your goggles in place.

WILL THERE BE START WAVES?

Yes - you will be placed in a wave depending on the completion time you have submitted in your online registration form.

CYCLE PHASE

DO I NEED A HELMET?

Yes - no helmet, no race!

CAN I USE RACE WHEELS ON THE BIKE PHASE?

Yes, race wheels are allowed and are used at your own risk.

CAN I USE MY TRI-BARS ON THE BIKE PHASE?

Yes, tri-bars are allowed and are used at your own risk.

WHAT KIND OF BIKE LIGHTS DO I NEED?

You need 2 lights - a white light on the front and a red light at the back. You must be able to see and assess the condition of the road surface in front of you; we recommend a minimum of 600 lumens is used on your front light.

IS THE ROAD CLOSED TO TRAFFIC?

No. While the roads should be very quiet, they will be open. Follow the highway code and respect all other road users.

WHAT HAPPENS TO MY BIKE WHEN I FINISH THE CYCLE PHASE?

We will collect your bike from Transition 2 and move it to the Hayfield bike compound. The bikes will be racked and secured awaiting collection by you. You will need to confirm your rider number before you can collect your bike.

WHAT HAPPENS IF I BREAK DOWN ON THE CYCLE PHASE?

You are expected to be able to fix and repair basic problems on your bike. You must have the following items (compulsory kit):

Bike pump

Tyre levers



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Spare inner tube

There will be mechanical support on the route but this may take a while to get to you.

ARE THERE FEED STATIONS ON THE CYCLE PHASE?

Yes, there will be 2 feed stations on the Cycle phase supplying energy and hydration. More info will be sent out before the event.

RUN PHASE

WILL THERE BE A KIT CHECK?

All competitors will be required to hand over their Transition 2 kit bag by 1800hrs on Saturday 19th August. Your kit will be checked at this time. All kit bags will then be taken to Transition 2 and there may be kit checks at T2 before competitors start the Run Phase.

NO ITEM, NO RACE! Non-negotiable!

ARE THERE FEED STATIONS ON THE RUN PHASE?

Yes - there will be 2 feed stations on the Run phase. More info will be sent out before the event.

IS THE ROUTE MARKED?

Yes - we will use a combination of flags and arrows to mark the route but you must be able to navigate around the route in case of emergency.

CAN I USE A GPS?

Yes but **you must also carry a map and compass as part of your compulsory kit.**

WILL THERE BE A NAVIGATION TEST?

No - there will be no testing but strong navigational skills are absolutely essential. Do not underestimate the difficulties you may encounter on Cairn Gorm in the middle of the night if there are problems with signage.

POST EVENT

WILL THERE BE SHOWERS?

There will be no showers at the Beach Hub but you can go for another dip in the loch - that should wake you up!

WILL THERE BE CHANGING AREAS?

There will be male and female changing areas at the Beach Hub.

WILL THERE BE FOOD AT THE FINISH?

There will be free hot food and drink available at the finish for all competitors. We will forward more info in due course.



WHERE CAN I SLEEP?

We **strongly recommend** that you sleep before driving home or at least arrange for someone else to do the driving if you're leaving straight away. There is plenty of accommodation in the area - <http://www.visitaviemore.com>