



2020 EVENT MANUAL

A huge amount of work has gone in to the development and planning of the STARMAN and this info pack has been designed to be as accurate and informative as possible. Due to the nature of both the route and the challenge we reserve the right to change, amend and remove the content of this manual at any stage.

All competitors are requested to read this manual and to follow guidance given both in spirit and practice. We are delighted to welcome you to our STARMAN family

If you have any questions, please don't hesitate to contact us:

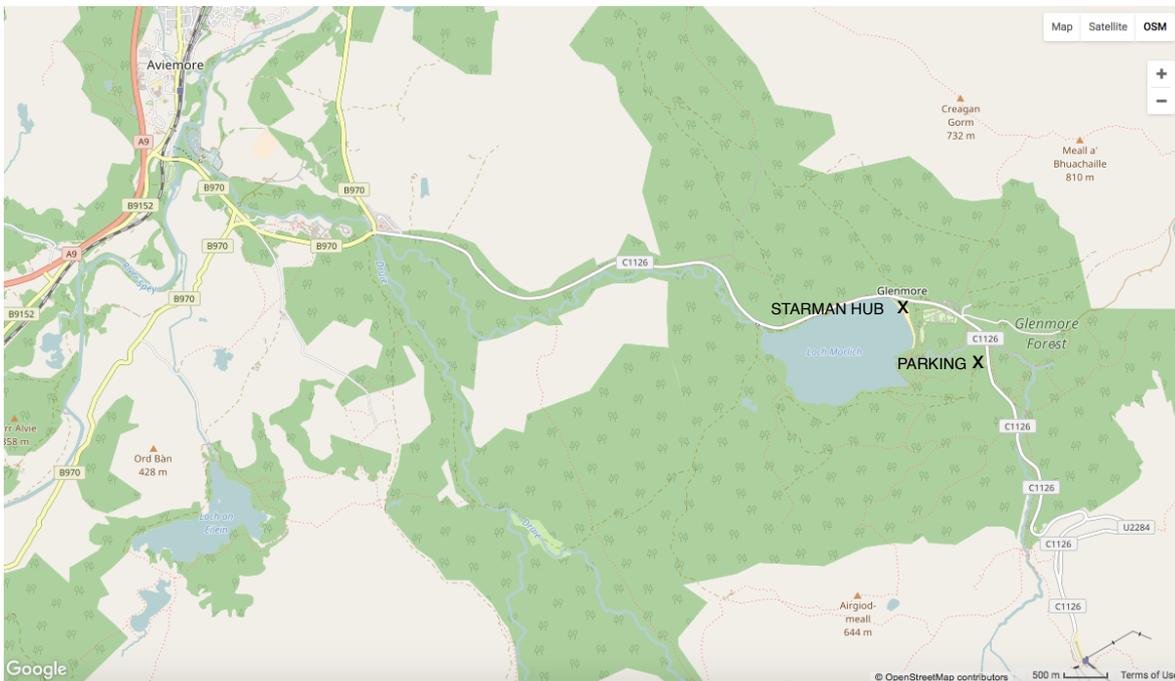
T: 01887 820 692

E: hello@truegritevents.com

Good luck with your training and we'll see you at the beach!

Andrew and Caroline
True Grit Events

GET TO THE STARMAN



STARMAN Beach Hub (and Start / Finish)

Is at the Glenmore Forest Park and the Hayfield, Loch Morlich, Inverness-shire, PH22 1QY; 8 miles to the East of Aviemore. Drive through Rothiemurchus and follow signs for the Cairngorm Mountain.



Event registration and parking is at the Hayfield - pass the Glenmore Forest Park on the right and follow the STARMAN event signage to the Hayfield where you can park and register. The start of the event will then be on the beach itself, about 800m from the Hayfield.

There will be strictly NO PARKING in the Forestry Commission car park at the beach by anyone taking part in or supporting this event.

DATE AND TIMINGS

Saturday 15th & Sunday 16th August 2020.

Registration: 1400 - 1700hrs on Saturday 15th August.

Compulsory Competitor Safety Briefing: 2345hrs on Saturday 15th August.

Event Start: 0000hrs, Saturday night.

FACILITIES

At the Hayfield:

Parking for all competitors and supporters.

Event Registration (Saturday).

Race info and advice.

Compulsory kit checks.

Bag drop for swim kit & T2 kit bags.

At the Watersports Centre:

Toilets.

Cafe.

Start / Finish line.

CUT OFF TIMES

While the STARMAN will be a friendly gathering we need to ensure we can manage the event safely and therefore we will be enforcing the following cut offs:

SWIM: 0110hrs - All participants to be out the water (allowing 70mins swim time).

BIKE - T1: 0130hrs - No bikes allowed to leave after this time.

RUN - T2: 0645hrs - Cairn Gorm leg cut-off; after this time, competitors WILL be permitted to continue but will NOT be permitted to attempt the Cairn Gorm summit. Competitors will join runners returning from the summit and head down towards Glenmore Forest.

RUN: 0845hrs - Glenmore Forest, Green Loch cut off. Competitors arriving at Green Loch after this time will take Short Course 2.

ROUTE AND SIGNAGE

The route has been carefully measured but there will be variances between GPS systems and your final route distance may be different. **This is unavoidable.** See this article for more info on GPS limitations. <https://www.theguardian.com/lifeandstyle/the-running-blog/2016/apr/15/course-accuracy-why-your-gps-watch-isnt-infallible>

The Bike and Run phases will be signed, however signs can go missing and, whilst unlikely, you may need to navigate so it is vital that you have a map of the Bike and Run phases (and also a compass on the Run phase). GPX files will be made available to you before the event.



FEED STATIONS

There will be energy and hydration supplied at the feed stations on both Bike and Run phases.

Bike phase - 1 Feed Station at approx 40k / 25m.

Run phase - 2 Feed Stations at approx 7k / 4m (T2 return) and 15k / 9m (the Ryvoan Bothy).

KIT TRANSPORT

We will transport your T2 kit to location and return it to the Hayfield with your bike.

BIKE TRANSPORT

We will transport your bike from T2 back to the Hayfield where you can collect between 0700 and 1100hrs (there will be security in place). We do not take responsibility for any damage incurred during this process. You must have your race number and/or bike collection ticket in order to collect your bike. If you wish to collect your bike direct from T2 yourself, please do and please take your race number with you.

SAFETY DURING EVENT

We take your safety very seriously and we judge an event successful when all competitors and staff return home safely. We will have first class medical and marshalling support on the route. Listen to the advice given by staff and marshals and look after each other.

Swim Safety - each swimmer will have 3 glowsticks attached to them; 2 on their goggles and one on the zip on the back of their wetsuit. There will be safety boats on the water ensuring swimmers do not go off course. If, at any time, a swimmer wishes to stop and come out of the water, they are free to do so and this will not lead to a disqualification.

At the end of each lap, swimmers will come close to the shore and are welcome to stop and take a breath if needed (or come out of the water completely).

Cycle Safety - the road is not closed so all riders must adhere to the Highway Code and be aware of other road users. There will be motorbike marshals patrolling the route and a helmet, high vis clothing and bright lights are compulsory.

Run Safety - the route will be well marked but the Scottish weather can make things tricky and there is always the possibility that runners may go off the route. The use of a map and compass may be required. There will be hill safety teams along the route on both Cairn Gorm and Meall a' Bhuachaille along with marshals at both feed stations.

RETIRING FROM THE EVENT

If you retire from the event you **must** hand your timing chip and tracker to an event official who will inform Event Control. This is extremely important - if you don't tell us you have retired we will assume you are still out on the route and will task staff to find you.

NOTE: There is a replacement charge of £25 for lost timing chips and £150 for lost trackers.

COMPULSORY KIT

Cairn Gorm is one of the highest mountains in the UK and its summit is a serious place to be, especially in extreme weather. You will be out for an extended period of time, during the night and you must be prepared for all conditions. The following kit list has been designed to help you be fully prepared. All run phase kit must be fit for use in the Scottish Mountains.



SWIM PHASE KIT

- Full wetsuit.
- Goggles.
- Swim cap - this will be handed out at event registration.
- 3 x glowsticks - these must be attached to goggles and wetsuits before the swim start. Event staff will help and will be checking attachments.
- Timing chip - this will be handed out at registration and must be worn throughout all 3 phases of the event; Solo competitors will have it on their wrist throughout all 3 phases; for Relay teams, the chip will be worn on a lanyard and can be left on the beach during the swim (with event team or a supporter) and must be collected and passed to the Bike team member and then on to the Run team member.
- The tracker is NOT required to be carried during the swim but must be on the bike for the Bike phase and then transferred to the Run phase.
- Head torch - for the 50m run to T1.

BIKE PHASE KIT

- Helmet - nationally accredited / CE stamped.
- Full length hi-vis jacket.
- UK road legal bike.
- Competitor number with emergency details completed on the reverse side (given out at event registration). This MUST be displayed on the competitor's BACK during the race.
- Timing chip - this will be handed out at event registration (worn on a lanyard by relay teams)
- Tracker - this will be handed out at event registration - it must be passed on to the next team member in a relay team.
- Map of the Bike route.
- Bike pump.
- Tyre levers.
- Spare inner tube.
- 2 x bike lights - a white light on the front and a red light at the back. Competitors must be able to see and assess the condition of the road surface in front of them; we recommend a minimum of 600 lumens is used on the front light, with a suitable beam pattern.
- Mobile phone - fully charged.
- Sufficient food and water (whilst there will be one feed station on the route, competitors are responsible for ensuring they have enough food and water to last for the whole route).
- **Not compulsory but highly recommended - head torch!**

RUN PHASE KIT

- Waterproof jacket (jacket with hood highly recommended).
- Clothing suitable for mountain activities.
- Footwear suitable for trail running.
- Competitor number with emergency details completed on the reverse side (given out at event registration). This MUST be worn on the competitor's FRONT during the race.
- Timing chip - this will be handed out at event registration.
- Tracker - this will be handed out at event registration.
- Rucksack / Race Vest / Race Belt - you may use whatever you like, as long as your compulsory kit fits in it.
- Hat & gloves.



- Map (with run route on it) & compass.
- Additional base layer top.
- Mobile Phone.
- At least one water container, minimum 1 litre capacity.
- Sufficient food and water (whilst there will be 2 feed stations on the route, competitors are responsible for ensuring they have enough food and water to last for the whole route).
- Basic first aid kit (bandage, plasters).
- Emergency whistle.
- Strong head torch and spare batteries (head torch must be capable of providing light for a minimum of 6 hours).
- Survival bag (note that a foil blanket or survival blanket will not suffice).

Compulsory kit will be checked at registration: T1 & T2 kit bags. The T2 kit bag will be handed over at registration and will be taken by event team to T2. There will also be spot checks of compulsory kit at the start of the run phase.

ALL ITEMS ARE 100% COMPULSORY - NO ITEM, NO EVENT. YOU HAVE BEEN WARNED!

SEVERE WEATHER - ROUTE AMENDMENTS

For safety reasons, due to the potential for severe weather conditions the event organisers retain the right to amend the event. This includes, but is not limited to, all event timings, the event route(s), phase cut off locations, times and short course options. We will endeavour to keep all participants updated with any changes as soon as possible and to keep all alterations to a minimum. Should the conditions require and allow, a lower level 13.1 mile contingency route will be used.

EMERGENCY PHONE NUMBERS

On the back of your race number there will be 2 emergency contact numbers. These numbers are only to be used if you require assistance. We will be prioritising our emergency response so if you have a non-urgent issue, make your way to the next Feed Station or to the finish to let us know. Please note in the case of other urgent priorities, it may take a while for us to get to you.

As well as your Race Number and mobile number the STARMAN Event Control will consider the following when responding to your call;

E - EXACT LOCATION

T- TYPE OF INCIDENT (what has happened?)

H- HAZARDS

A- ACCESS (how to get to you)

N- NUMBER OF CASUALTIES

E- EMERGENCY SERVICES NEEDED - What services are needed?

I'M LOST!

The event is at night which makes navigation harder (of course that's part of the STARMAN challenge). It's very unlikely that you'll get lost and we provide trackers to ensure that but, just in case, we strongly recommend that you download the app OS Locate which can be used to give an exact grid reference so that we can find you.



If you do get lost:

1. Stop.
2. Don't panic.
3. Eat something and drink fluids (this helps your tired brain work better).
4. Use your map and retrace your steps to a known point or landmark (river, road, bridge etc).
5. If you are still lost, call Event Control for assistance using one of the 2 emergency mobile numbers on the back of your race number. NOTE - there are few areas on the route with no mobile signal. We should be able to locate you from your tracker if you have it on you.

HYPOTHERMIA

Hypothermia is reduced body temperature that happens when a body dissipates more heat than it absorbs. In humans, it is defined as a body core temperature below 35.0 °C (95.0 °F). Symptoms depend on the temperature. In mild hypothermia there is shivering and mental confusion. In moderate hypothermia shivering stops and confusion increases. In severe hypothermia there may be paradoxical undressing, in which a person removes his or her clothing, as well as an increased risk of the heart stopping.

<http://www.mountainsafety.co.uk/Mountain-Hypothermia-Symptoms-at-a-Glance.aspx>

HYPONATROEMIA

This is a potentially fatal condition, resulting primarily from drinking too much fluid and not replacing the sodium (salt) lost by sweat. Symptoms are very similar to those of dehydration but your urination becomes more frequent and your urine becomes clear-coloured. Monitor your fluid intake and remember that you must eat to keep up your salt and mineral levels. Drink isotonic drinks containing electrolytes as well as water.

NSAIDs

Whilst they can be useful as painkillers, concerns have been raised about the use of Ibuprofen and other NSAIDs (Diclofenac, Naproxen etc) during endurance events. Whilst complications are very rare, if used when dehydrated or with severe muscle damage there is a potentially increased risk of kidney damage. If you have kidney disease or GI problems we would strongly advise avoiding NSAIDs, otherwise, if you choose to use NSAIDs please ensure you maintain hydration and seek help if your urine suddenly becomes very dark.

STARMAN DOWN!

If you find a fellow participant who is injured or unwell you **must stop** and ensure they are OK and wait with them until you have confirmed help is coming.

We look after each other - that is the STARMAN way!

TICKS

What are ticks?

Ticks are very small spider-like creatures which feed on blood. In the wild they feed on animals like deer, foxes and rabbits but occasionally they will bite humans. Ok, so what's the problem? Some ticks carry the bacteria which causes Lyme disease. Lyme disease can cause serious illness in humans. Lyme disease can usually be effectively treated. If it is not treated, or if treatment is delayed, it can lead to severe and long-lasting health problems such as damage to your heart, nervous system and arthritis. Be tick aware and check the link below.



<https://www.mountaineering.scot/safety-and-skills/health-and-hygiene/ticks>

WASTE

The STARMAN is set in an area of world class natural beauty and it is only with the kind support of the landowners, land managers and local businesses that we have been granted permission for this event. We must leave the route as we find it. So it's simple, do not drop your litter or we might not be allowed back next year. Keep your rubbish with you until you get to the next Feed Station or the finish line. True Grit Events aim to make our events as sustainable as possible so we ask you to assist us with on-site recycling. There will be appropriate facilities at the Beach Hub.

We will provide boxes/trugs for collection of the reusable cable ties and kit bags - please take the time to empty these out and return if you can. We will use again where possible.

For any questions please contact:

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