



FAQs

DATE OF EVENT

Saturday 15th & Sunday 16th August 2020.

WHAT TIME DOES IT START?

Midnight, Saturday 15th August 2020.

HOW MUCH DOES IT COST TO ENTER?

Solo competitor: £159

Relay team of 2: £169

Relay team of 3: £179

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

WHAT DO I GET FOR MY MONEY?

Pre event competitor support.

2 x competitor numbers per team.

1 x Starman swim cap.

1 x Sport-ident timing chip per team.

1 x SMS tracker per team.

3 x kit bags.

Full support including swim safety team, route marking, marshals, food and hydration at all feed stations, transportation of kit bags, hill safety and medical support.

Hot food and drink at the finish line.

Massage!

An event medal - if you finish!

DO I NEED TO RAISE MONEY?

There is no fundraising requirement attached to this event but you are welcome to raise money for a chose charity if you wish, we definitely encourage it.

IS THERE AN AGE RESTRICTION TO TAKE PART?

All participants must be at least 18 years old by Saturday 15th August 2020.

HOW DO I REGISTER?

Everyone must initially register online via the STARMAN Night Tri website. Online registration will close on Thursday 13th August. If you have not entered online by that time, please contact us as you may still be able to enter. There will also be an event registration session at the Cairngorm Ski Centre on Saturday 15th August 2019 between 1400 and 1700hrs. This is where you will collect all your race kit.



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

Competitors may withdraw from the event up to Friday 10th April and we will refund 50% of the registration fee or transfer the place to the following year. Notification of withdrawal must be made by email.

If a competitor withdraws between 10th April and Friday 19th June, they will not receive a refund but we will transfer their place to the following year.

If a competitor withdraws after 19th 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 Starman Beach Hub will be at the Hayfield, on the edge of Loch Morlich, Inverness-shire, PH22 1QY, 8 miles East of Aviemore.

Drive through Rothiemurchus and follow signs for the Cairngorm Mountain Railway. You will pass the Glenmore Forest car park and campsite on the right and follow Starman signage to the carpark and registration at the Hayfield (slightly further along from the Watersports Centre).

<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 DO I PARK?

There will be free parking in the Hayfield Carpark, approx 10 min walk from the Beach Hub.

EVENT REGISTRATION

All competitors must attend event registration between 1400 and 1700hrs at the Cairngorm Ski Centre on Saturday 15th. This is where you will collect all race kit. Free parking is available here.

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 Bike phase.

WILL THERE BE A SAFETY BRIEF?

Yes, we will give a safety briefing before the start of the event at 2345hrs on the beach, before the swim. All participants must attend this, even those not taking part in the swim.

WILL THERE BE FOOD PROVIDED BEFORE THE START?

No food will be provided before the event starts but Aviemore and the surrounding area have plenty of options. We will be based near the Loch Morlich Watersports Centre and their cafe will be open during the day and evening and then again early on the Sunday morning and we encourage competitors and supporters to use it.

HOW CAN I GET A COPY OF THE EVENT ROUTE ?

The official routes are available to view on the event website and will be sent out to all competitors by email. We will also provide GPX files of both the bike and run routes.

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 the Saturday 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.

We highly recommend that you practice swimming with glowsticks or something similarly sized attached to your goggles so that it's not a surprise when you put them on for the swim.

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. You will be given your wave time at event registration.

BIKE PHASE

DO I NEED A HELMET?

Yes, helmets are compulsory - 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 a minimum of 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. You should also have back-up batteries/lights. We also recommend that you have a basic headtorch on you which will be useful if you need to change a tyre.

IS THE ROAD CLOSED TO TRAFFIC?

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

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

Your bike will be transported to the Hayfield from T2. There will be security in place but we ask you to collect your bike as soon as possible after you finish, no later than 1100hrs, Sunday, after the event.

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

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 one feed station on the Cycle phase supplying energy and hydration. This station is marked on the bike route map.

RUN PHASE

WILL THERE BE A KIT CHECK?

All competitors will be required to hand over their Transition 2 kit bag at event registration. Your kit will be checked at this time. All kit bags will then be taken to T2 where there will be spot kit checks 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. The first feed station will be at T2 where you return from Cairn Gorm; the 2nd will be at the Ryvoan Bothy; both are marked on the run route map.



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 are 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 are male and female changing areas at the Beach Hub.

WILL THERE BE FOOD AT THE FINISH?

There will be a bacon butty (and veggie option) and a cuppa available at the finish for all competitors. And a massage!

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>

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