



“TRAUMATICALLY AWESOME!”

2022 EVENT MANUAL



TRUE GRIT
events



Hello STARPEOPLE!

A huge amount of work has gone in to the development and planning of the STARMAN and this Event Manual 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. It's pretty special.

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, Caroline & Kate
True Grit Events



HOW TO GET TO THE STARMAN NIGHT TRIATHLON

STARMAN Beach Hub (Start / Finish Lines)

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

Event registration is at the Cairngorm Ski Centre - pass the Glenmore Forest Park on the right and continue on this road all the way to the Ski Centre where you can park and register. The start of the event will then be on the beach at Loch Morlich beside the Water Sports Centre.

There will be strictly NO PARKING in the Forestry Commission car park at the beach by anyone taking part in or supporting this event. Competitors and supporters should park at the Hayfield (approximately 1km further along the main road from the Watersports entrance, on the right).

Info here: https://forestryandland.gov.scot/visit/forest-parks/glenmore-forest-park/hayfield?fbclid=IwAR0muqkE8JaTqZOKG4ESMa6s0AVGJLCplCN_uZ4pugmQ99qZ2zigCnUTu3I

DATE AND TIMINGS

Saturday 13th & Sunday 14th August 2022.

Registration: 1400 - 1700hrs on Saturday 13th August at the Cairngorm Ski Centre.

Compulsory Competitor Safety Briefing: 2345hrs on Saturday 13th August, on the beach.

Event Start: 0000hrs, Saturday night, on the beach.

FACILITIES

Cairngorm Ski Centre:

Parking during registration.

Public toilets.

Event Registration (Saturday).

Race info and advice.

Compulsory kit checks.

Bag drop for T2 kit bags.

T2 location.

Bikes left here for collection by 0900hrs on Sunday morning.

Watersports Centre, Beach:

Saturday evening:

Competitor Briefing.

Swim Start.

Swim Transition Kit Bag Area (en route to Swim Start).

Public toilets (in Glenmore Forest).

Sunday morning:

Finish Line.

Boathouse Cafe - free breakfast for all competitors.

Massage tent.

The Hayfield, Loch Morlich

T1 - all bikes can be racked from 2230hrs on Saturday evening. T1 kit bags to be placed under bikes.



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.

BIKE - T1: 0140hrs - 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. This is Short Course 1.

RUN: 0845hrs - Glenmore Forest, Green Loch cut off. Competitors arriving at the Green Loch after this time WILL be permitted to continue but will **NOT** be permitted to attempt the Meall a' Bhuchaille summit. They will take the low level route, 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 (OS map required for the run phase along with a compass). A copy of our Bike route from the website will suffice. 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. This will include Active Root, haribos, crisps, cakes / flapjacks. We will not be providing gels so please ensure you have enough of your own if you use them.

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).

TOILETS

There are public toilets in the following places:

Cairngorm Ski Centre (Registration / T2 / Bike collection)

Glenmore Forest (Swim Start / Finish Line)

Watersports Centre (Swim Start / Finish Line)

There are no public toilets at the Hayfield (T1) or on the Bike Route or after T2 Return on the Run Route.



KIT TRANSPORT (kit boxes are allowed instead of the kit bags provided)

T1 Kit

You will place this under your bike when you rack. This will then be transported to T2 for collection with your bike and T2 kit at the end of the event.

T2 Kit

We will transport your T2 kit to location where you will get it when you finish the bike phase. Your bag will then remain there with your bike for collection by 0900hrs on Sunday morning.

Swim Transition Kit

You will drop your Swim Transition kit when you arrive at the beach for the start of the event. This will be at the beach for collection when you finish the event - **PLEASE DON'T FORGET TO COLLECT IT**. If you have a support team, they can take it away for you after the swim.

We cannot take responsibility for any valuables left in your kit bags - if you have car keys, you are best to keep them on you for the duration of the event.

BIKE COLLECTION

Your bike will remain at T2 where you can collect it and your T1 & T2 kit bags any time up to 0900hrs on Sunday morning (there will be security in place). We cannot take responsibility for your bike or kit whilst it is in our possession. You must have your race number and/or bike collection wristband (provided in your Race Pack) in order to collect your bike. If you wish anyone who is supporting you to collect your bike, please ensure they have the relevant wristband.

SAFETY DURING EVENT

We take your safety very seriously and an event is only 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. Simply wave your hand in the air and shout out to alert the Swim Safety Team to the fact that you wish to come out of the water.

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).

Tow floats are not permitted.

Cycle Safety - the roads are 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**. We highly recommend 2 sets of lights on the front and back of your bike. Otherwise, you must have spare batteries.

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. We have had to close the Cairn



Gorm summit several times due to low visibility so you must be prepared to use a map and compass if required.

You cannot rely on GPS machines as tech fails and batteries run out. Take spare batteries for all devices.

There will be hill safety teams along the route on both Cairn Gorm and Meall a' Bhuachaille along with marshals at both feed stations.

Please note that support runners are not allowed.

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 £40 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 glow sticks - 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 GPS 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 & trainers / swim socks - for the 1km run to T1.

BIKE PHASE KIT

- Helmet - nationally accredited / CE stamped.
- Full length hi-vis jacket / vest.
- 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)
- GPS 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 (print out from website is sufficient).
- 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. We also recommend at least 2 sets of lights front and back.
- Spare batteries for both bike lights (or 2 sets of each).
- 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! This is handy if you need to change a tyre as your bike lights are fitted to the bike.**

RUN PHASE KIT

In the event of getting lost or injured, you must be able to keep as warm and dry as possible and you must factor in severe weather conditions - anything can happen on the Scottish mountains - high winds, heavy rain, sleet, snow - even in August. Be well prepared for any scenario and at the very least, have all the following:

- Full hooded waterproof jacket.
- Waterproof trousers.
- Trail running shoes / boots.
- Hat & gloves.
- Additional thermal layer (e.g. long sleeved microfleece, long sleeved base layer).
- Competitor number with emergency details completed on the reverse side (given out at event registration). This **MUST** be visible during the race.
- Timing chip - this will be handed out at event registration.
- GPS 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.
- OS Landranger Map 1:50 000 Number 36 (with run route on it) & compass. A print out of the Run Route from the website is NOT sufficient.
- Mobile Phone and battery charge pack.
- At least 1 litre of water.
- Sufficient food (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).

T2 compulsory kit will be checked and handed over at registration and it will be waiting at T2 for you. Relay team runners must bring their kit for checking and it will be taken away at registration. **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!

Midgie nets are also highly recommended!

TIMING CHIPS & GPS TRACKERS

The chip is worn round the wrist for solo entries and is on a lanyard for relay teams (and must be transferred between Bike and Run).

A full list of 'dibbing' stations for the timing chip will be provided in the Race Briefing, prior to the event. There will be marshals in charge of this around the route and they will let you know when you need to dib.

The GPS Tracker must be placed near the top of your bag and must be transferred between Bike and Run bags.

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 contingency route will be used.

EMERGENCY PHONE NUMBERS

We will provide an emergency contact number at registration. This number must **only** 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 line 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?

OOPS 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 we know where you are but, just in case, we **strongly recommend** that you download the **OS Locate** app 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 OS 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 the emergency contact number provided to you at registration. NOTE - there are few areas on the route with no mobile signal so try to find a safe place with signal. We should be able to locate you from your tracker if you have it on you.

HYPOTHERMIA

Hypothermia is reduced body temperature which 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 will be 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 their 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>



SUSTAINABILITY

STARMAN Night Tri 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 you will be disqualified.** Keep your rubbish with you until you get to the next Feed Station or the finish line.

We will mark food packets with race numbers whilst kit is being checked at registration so that we can identify anyone who has littered.

True Grit Events aim to make our events as sustainable as possible so we ask you to assist us with on-site recycling. We will provide boxes 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 or we hope that you can re-use them if you take them away.

For any questions please contact:

E: hello@truegritevents.com

T: 01887 820 692