



FAQs

WHAT TIME DOES IT START?

Midnight, Saturday night.

HOW MUCH DOES IT COST TO ENTER?

Solo competitor: £175

Relay team of 2: £185

Relay team of 3: £195

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 race numbers per team.

1 x STARMAN swim cap.

1 x Sport-ident timing chip per team.

1 x GPS Tracker per team.

3 x kit bags & cable ties.

Full support including Swim Safety Team, route marking, marshals, food and hydration at all feed stations, transportation of kit bags, Hill Safety Team and full 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 chosen 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 the day of the event.

HOW DO I REGISTER?

Everyone must initially register online via the STARMAN Night Tri website. Online registration will close on Tuesday 9th August. If you have not entered online by that time, please contact us as late entry may be available. There will also be an event registration session at the Cairngorm Ski Centre on Saturday 13th August 2022 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 Thursday 31st March 2022 and we will refund 50% of the registration fee or transfer their place to the following year. They are also welcome to transfer their place to another person at no additional cost. Notification of withdrawals and transfers MUST be made by email to hello@truegritevents.com.

If a competitor withdraws between 1st April and Friday 17th June, they will receive NO refund but they can transfer their place to another person or defer to the following year, if suitable (if not, NO refund will be given).

If a competitor withdraws after 17th June they will receive NO refund but they can transfer their place to another person. They can also defer to the following year ONLY upon receipt of a letter from a medical professional confirming a good medical reason for not taking part.

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 TO ANOTHER PERSON?

Please see notes above regarding transferring places. Please note that WE MUST be informed of any name changes by email and anyone taking part must have completed the online registration process.

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 EVENT?

Please note that there are a few different locations that you need to know about on this event.

Registration - Cairngorm Ski Centre

<https://www.google.com/maps/place/Cairngorm+Mountain/@57.1339053,-3.6726003,17z/data=!3m1!4b1!4m5!3m4!1s0x4885f1599fa9dcd7:0x5b7aeea135ae04b3!8m2!3d57.1339053!4d-3.6704116>

STARMAN Swim Start

Loch Morlich Water Sports Centre, Loch Morlich

<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>

T1 - Bike Racking

The Hayfield

The Hayfield is about 1km past the Water Sports Centre, on the right hand side. There is a paid car park beside the T1 location.

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?

Registration, Cairngorm Ski Centre: there is free parking at the Centre.



Beach Hub: there is paid parking in the Hayfield Carpark, approximately a 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 14th. This is where you will collect all race kit. Free parking is available here.

CAN I CANCEL MY PLACE?

Competitors may withdraw from the event up to Thursday 31st March and we will refund 50% of the registration fee or transfer their place to the following year. They are also welcome to transfer their place to another person at no additional cost. Notification of withdrawals and transfers **MUST** be made by email.

If a competitor withdraws between 31st March and Friday 17th June, they will receive **NO** refund but they can transfer their place to another person or defer to the following year, if suitable (if not, **NO** refund will be given).

If a competitor withdraws after 17th June they will receive **NO** refund but they can transfer their place to another person. They can also defer to the following year **ONLY** upon receipt of a letter from a medical professional confirming a good medical reason for not taking part.

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

Please note that **WE MUST** be informed of any name changes by email and anyone taking part must have completed the online registration process.

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. Please adhere to any Covid guidelines at the time of the event.

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.

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.

CAN I USE A CO2 PUMP?

Yes, CO2 bike pumps can be used.

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 remain at T2 after you've finished the Bike phase. There will be security in place but we ask you to collect your bike as soon as possible after you finish, no later than 0900hrs, Sunday, after the event. You must show your race number or bike collection wristband (provided at registration) when you collect it. If someone who is supporting you collects it, they must have the wristband in order to do so.

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. Call the emergency number provided in order to arrange mechanical support.

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.

IS DRAFTING ALLOWED?

Drafting is not allowed on this event.

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 use arrows to mark the route but you must be able to navigate around the route in case of emergency. We have had to close the Cairn Gorm summit several times due to very low visibility so you cannot rely on our signage.

CAN I USE WALKING POLES ON THE RUN PHASE?

Yes, we recommend walking poles if you're used to using them but not if you haven't used them before.

CAN I USE A GPS?

Yes but you must also carry an OS 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 will be a changing tent at T1 but there is nowhere to change prior to the event. Please note that the boat house is closed to the public during the event except for take away food from the cafe during normal opening times.

WILL THERE BE FOOD AT THE FINISH?

There will be a bacon or egg butty and a cuppa available at the finish for all competitors (take away option only).

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>. Due to holidays, we advise you get booked in early.

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