

Dalbeattie Community Initiative

The 8th Annual

Dalbeattie Hardrock Challenge

2nd October 2011

Information for Competitors

We are grateful for the following sponsors who are supporting the event this year.

Main Sponsors

Austins Solicitors	ETB Technologies Ltd	Kings Arms Hotel
Castle Douglas Cycle Centre	Galloway News	Kinnairds Supermarket
Dalbeattie Forest Lodges	Next Level Bikes	Kevin Thornhill Motor Engineer
Dalbeattie Lions Club	Howie Forest Products	Robertson Gemini Ltd
Dalbeattie Clinic	MPG Cycles	Complete Insurance Solutions
Swift Invent	Dalbeattie Rotary Club	

Other Sponsors

Dalbeattie Finance Company Mrs Helen Bell J&S Murray Fencing Contractors

Thanks to Forestry Commission Scotland and the 7stanes Project for their help in preparing the trail and the use of the forest facilities. Also to Events First Aid and Rescue, Raynet radio network and all the volunteers, marshals and helpers who will be giving up their time to help with this event.

The Event

A Duathlon, over the Marathon distance, contained within Dalbeattie Forest. A ten mile run with eight miles on forest roads and two miles on woodland tracks. This is followed by a 16 mile bike ride over the 7stanes 'RED ROUTE', with approximately 8 miles on forest roads and 8 miles on rough and steep single-track.

The route is hilly in places with a height gain of 700ft on the run and 1000ft on the bike. The forest is varied in nature with many outstanding views.

The event starts, changes over and finishes at the 'Richorn Trailhead' 7stanes car park.

The foot section will be waymarked with **YELLOW** arrows, tape and ground painted arrows. The bike section will be similarly marked in **RED** to supplement the signs for the 7stanes 'RED ROUTE'.

How to get there

ALL car parking and access to the Start/Finish area is via the field used in previous years for Spectator parking. The entrance, which will be clearly signed and marshalled, is less than one mile south of Dalbeattie on the Solway Coast Road, the A710, across the road from Little Richorn Farm.

There is NO access to the Richorn Trailhead. This is reserved for the actual Start/Finish area and vehicles supporting the event such as First Aid and Rescue.

Estimated Time

Based on previous Hardrock Challenge events, the leading times, in both disciplines, are just over one hour. Average run time is approximately 1hr 20m – 1hr 30m. Average bike time is 1hr 30m – 1hr 45m. A rough guide would be 2hrs 30m – 4hrs for the complete event.

On the Day

The start will be at 11am. Competitors should get to the start in good time to register, number, rack bike, **pick up their timing tag** (new system for 2010, individual tags will be attached to a wrist band, teams on a lanyard)) and to generally prepare for the race. Aim to be registered by 10.30am. Helmets are compulsory and bikes must be fit for purpose. At the start of the race all the timing tags will be automatically activated by the timers. At the end of the run all the runners will be funnelled to a timing marshal who will scan the timing tags. All runners must scan their tag at the control station and either pass the tag onto their partner or continue to the bike rack to collect their bikes. **Failure to scan your tag will mean that your times will not be recorded.** At the end of the bike a chicane will be set up just before the finish line, to reduce the bike speeds prior to entering the finish area. Bikers will then cross the finish line where a timing marshal will automatically record the time of the biker. Bikers must then safely dismount, and enter the end funnel in the order that they crossed the finish line. A marshal will be present to make sure everyone stays in the correct position. Timing tags will then be scanned at the end of the funnel to allocate the finish time to the competitor timing tag. Competitors must then proceed to the registration tent, where they will hand in their timing tag to be downloaded onto the timing system. Timing officials will then give the competitor a print out of their split and finish times. A TV screen will also be set up in the main tent which will show competitors times as they finish. **Tags MUST be returned at the end of the race. A charge of £25.00 be made for the non-return of the tags.**

Water will be available at the start, changeover and finish and also at the 'clearing' at Map Ref: 854593. This is **5** miles on foot and **13** miles on the bike. Some competitors may consider bringing their own drink bottles and hydration packs. The route will be marshalled at numerous places including three checkpoints. Selected marshalling points will be in radio contact with the organisers at the Start/Finish area.

There will be caution signs on the bike route indicating rougher, steeper areas where there is increased risk of injury.

Additional Caution Note – The new single-track on Phase 2 sections is lined with stones to assist with ground consolidation. It may seem obvious but please be aware of this and maintain concentration to avoid this potential hazard. Individuals are responsible for their own safety and the safety of others. Please observe normal protocol and allow others to pass when appropriate. Although it is a competitive event, we wish to stress that it is designed as a fitness and endurance event. Use judgement on the rougher sections and time can be made up on the roads. **Heavy rain over the last two years has washed out a lot of the subsoil from some steeper single track. Be aware that this has left some sections much rougher than originally made. Please note increased injury risk.**

Additional Facilities/Attractions

Toilets	Catering Van serving tea/coffee, hot food, snacks etc.	Live commentary from MAC the voice
Castle Douglas Cycle Centre, qualified bike mechanic, spares, energy products.	MPG Cycles, range of bike spares and accessories.	Massage tent for pre and post-race massage.
Next Level Bikes, Qualified bike mechanic and spares	Pay as you go shower block, £3 for a 7min shower	

Enjoy the challenge and our forest.

After the event

As soon as possible after the competitors have been safely accounted for, a prize giving ceremony will be held in the Lounge Bar of the King Arms Hotel in Dalbeattie, starting at approx. 16.30 - 17.00.

Trophies

Will anyone holding a trophy from last year please remember to **BRING IT BACK** with you on the day.

Litter Note

Please remove all your litter from the forest and dispose of it properly. It is essential to restore the forest to normality after the event. This will help us to further develop this event on the annual sporting calendar. Please leave water bottles near to a marshal (if possible). Otherwise leave on road in sight for easy collection in line with our litter policy.

Contacts

Should you have any queries during the period leading up to the event, you can contact one of the organising committee listed below:

Andy Webster	Tel 01556 612253	email: andyswebster@hotmail.com
Stuart Macintosh	Tel 01556 610482	email:smacintosh482@btinternet.com
Betty Howard	Tel 01556 610998	email: betty.howard@btinternet.com
Graham Platt	Tel 01556 612528	email: graham.dci.@fsmail.net

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Safety Briefing

- (1) The organisers have taken reasonable steps to highlight obvious risk, but will not accept further liability.
- (2) Everyone is responsible for their own safety and those around them.
- (3) Support, emergency and Marshal's vehicles may be moving round the forest at any time. Be aware of this and follow the event rules.
- (4) Timber extraction has left some areas of forest road rougher than usual. Financial cutbacks have meant that restoration work could not be implemented as planned.
- (5) The **YELLOW** caution notices are there for a good reason. Heavy rain over the last few years has left some sections of single-track much rougher than originally intended with increased injury risk. Some sections are lined with large rocks to aid track consolidation. Please be aware of this and err on the side of caution.
- (6) **SPECIAL NOTICE** (Track below the Slab)

The single-track passing the Slab is identified as a **Higher Injury Risk Area**. Take care that your enthusiasm does not exceed your skill level. If and when financial considerations allow, 7stanes hope to make a new RED section here.

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Event Rules

- (1) Helmets **MUST** be worn securely.
- (2) **ALL** bikes to be racked.
- (3) Numbers **MUST** be clearly visible at all times.
- (4) Follow Marshall's instructions.
- (5) Headphones **MUST NOT** be worn during the race.
- (6) On single-track be aware that others may wish to overtake. This must be allowed to happen at the first opportunity.
- (7) Run follows **YELLOW** signs, ground arrows and tape.
- (8) Bike follows **RED** signs, ground arrows and tape.
- (9) If you have a breakdown, or are pushing a bike up or down rough single-track, leave room for bikes to pass freely.
- (10) Report injuries or mishaps to the **next** marshal.
- (11) Space is limited at Finish. Clear Finish area promptly when your time has been recorded.
- (12) Please hand in all numbers at Finish. This helps to account for all competitors and helps reduce event costs.

Thank you for listening and supporting our event.

Enjoy your day !!

DALBEATTIE HARDROCK CHALLENGE

EVENT TIMING SYSTEM

1. Competitors must register to collect their race number. Registration will open at approx 9am.
2. You must then proceed to the SI Entries table next to registration to collect your timing chip. Individuals will have their chip attached to their wrist, teams will get their chip on a lanyard to be placed around the neck. **NO TIMING CHIP, NO RESULT.**
3. SI Entries will automatically start all the timing chips when the race starts. Race due to start at 11am.
4. Runners will be directed into a funnel at the end of the run. A marshal will be at the end of the funnel with a hand held timing station. **All runners must dip their chip in the timing station.** The timing station will bleep if you have done this correctly. **THIS MUST BE DONE TO GET A RUN TIME**
5. Individuals will then proceed to the bike racks to start the bike section. Team runners **must** hand over the timing chip on the lanyard to their bikers before they can start the bike section.
6. A chicane will be set up just before the finish line to slow down the bikes prior to entering the finish area. The bikers will then cross the finish line where a timing marshal will press a button on a hand held device to record their time. Bikers must then enter the finish funnel and dismount in the order that they crossed the finish line. A marshal will be present to manage this area. This can be done slowly and safely as your time has already been recorded. You must then dip your timing chip with the timing marshal at the end of the funnel to allocate your finish time to your timing chip. **THIS MUST BE DONE TO GET A FINISH TIME**
7. Bikers must then clear the finish area and push their bikes to the registration tent where SI Entries will collect their timing chips and download the chip into the timing system. Bikers will then be given a print out showing their split and finish times. **This must be done**

immediately on finishing the race. A TV screen in the big tent will show the race results in real time.

- 8.** All timing chips must be returned to SI Entries or you will not get a finish time, and you will be charged £25.