



5/11/16

Runner's Information Pack

33-ish Mile Trail Race, Killin
www.runyabam.com | info@runyabam.com

Welcome to the 6th annual Glen Ogle 33 Ultra Marathon and thanks for choosing to enter our wee end-of-season race. I know that for many of you this will be your first ultra marathon and we hope that you enjoy popping your ultra cherry. If you've run the race before, welcome back! There might also be a few of you doing your fifth GO33 which will see the odd "BAM Pot" handed out at the ceilidh....

Whether this is your first or 138th ultra (just ask Ray), please take the time to read this race information pack from start to finish. If you have any questions about the content, please ask us **before** the event.

Our base for the weekend is the lovely village of Killin who have been very friendly & accommodating to us since we first moved the race here a couple of years ago due to flooding. If you've not already heard, we also use this opportunity to work with the local Cancer Research Fundraising group who will be on hand to sell hot drinks and cakes after the race and also hot rolls for the ceilidh. So please remember to pack some pennies in your race finish bag as its the perfect way to warm up after the race and get some food in you before heading off.

The Ceilidh on Saturday night will have entertainment courtesy of the braw Reely Jiggered, we'll have hot rolls for nourishment and there will also be a raffle for lots of prizes from our race sponsors.

As with all our races, any important changes to the content of this information pack will be emailed to all runners as well as being uploaded on our website, Twitter and Facebook pages. Whilst Scottish weather can be particularly unpredictable at this time of the year, unless road access to Killin is affected, the race will take place no matter what!

We'd encourage use of the race Facebook group to ask any fellow runners questions you might have about the race or organise car sharing to & from the event.

A few important things to remember:

Please park considerately in Killin and not like a fanny
Please car share wherever possible
This is an unsupported, solo, endurance event

Drink to thirst & do not use Ibuprofen or other anti-inflammatory medications before or during the event as these can pose a VERY serious health risk

Now we've got that out the way, we hope your training is going well, you're starting to think about tapering and you've got your dancing shoes for the ceilidh.

We couldn't put this race on without all the volunteers who give up their time to marshal, so please remember to greet them with a smile or a wave whenever you see them out and about on the course. Also, if fancy seeing the race from the other side and want to volunteer at one of our races next year, please drop us an email. Volunteering at a BAM race also gets you a free place at one of our events.

If you have any questions about the race, please drop us an email.

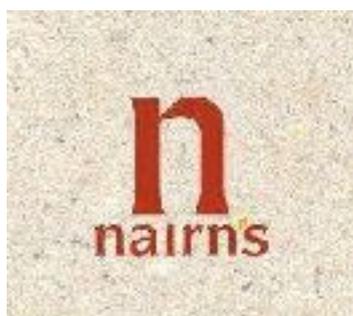
Slainte!

Bill, Mike & Cat.

website: <http://www.runyabam.com> | email: info@runyabam.com
facebook: <https://www.facebook.com/groups/513794472025108/> | twitter: <https://twitter.com/Runyabam>

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GO33 Race Supporters



Where & When?

Race Start, Briefing & Finish

Breadalbane Park, Killin, FK3 7LY

Race start, Saturday 5th November, 08:00

Pre-race Briefing for all runners, 07:50

We will have some extra parking near the McLaren Hall which will be signposted on race day.

Race Registration

The McLaren Hall, Killin, FK3 7LY

Friday 4th November, 18:00 - 20:00

Saturday 5th November, 06:00 - 07:30

You will need photographic ID to collect your race number - runners must be 20 years or older on the day of the race.

Please complete the contact & medical info on the back of your race number.

Drop Bags can be deposited at either registration session.

Any race merchandise ordered will be given out here.

Ceilidh, Prize-Giving & Raffle

The McLaren Hall, Killin, FK3 7LY

Saturday 5th November, 19:00 - 00:00

All ticket sales and raffle money will be donated to the Killin branch of Cancer Research UK.

Ceilidh tickets can be bought here:

<http://runyabam.com/product/glen-ogle-33-2015-ceilidh-ticket/>

Navigation & Safety

The course will be fully marked with black arrows on a yellow backgrounds. Normal trail/ultra rules apply when it comes to navigation - do not deviate from your current direction of travel unless you see a sign!

As an aid for those of you who are still worried, remember that you are basically running from Killin to Balquhidder, on to Strathyre, before heading back to Killin. Much of the route is on national cycle route, so you'll see some of those signs along the way which will also keep you right.

There's a .gpx file of the route available on our website under the race information page.

The race is not very remote and the trails are not technical, so it can be run safely all year round. However, our race checkpoints will have trained first-aiders on-hand in case of any minor scrapes. There will also be first aiders at the finish along with first aid kits and a defibrillator.

If you come across somebody having a medical emergency on the course, call 999 immediately. Once you have done this and followed any instruction or put your own first aid training to use, please call one of the race directing team.

Please remember that its each runner's own responsibility to make sure you are fit and healthy to take part in this race. Please do not be tempted to start the race if you have any concerns over your health - its just not worth the risk.

You will never be far from other people out on the course - be it fellow runners, members of the public or our sweepers who will be following at the back of race.

There are a couple of road crossings on the course as well as a short section which is run on a quiet B road. iPods must be removed when approaching crossings and when running on the road. The crossing at Glen Ogle itself (just before/after CP1 & 4) is on a very quick road, so please take care here and listen to the marshals.

The race team have **no** authority to stop traffic, but please listen to and obey any instruction from them - they are their for your safety. If you **ignore instructions from Race Crew** asking you to wait before crossing, you risk serious injury (not least from some members of our crew), you put the future of the race in jeopardy and could be disqualified.

Take care crossing the shoogly bridge in Strathyre as it can be a wee bit slippy. And shoogly.

If you are withdrawing from the race, you **must inform a member of the race crew**. Otherwise we may end up sending out search parties and/or Mountain Rescue looking for you at the end of the day when you're sitting with your feet up in the local pub. This scenario won't end well for anybody.

The decision of any member of the race crew is final and must be respected. Our crew at checkpoints are all experienced marshals (and many of them ultra runners themselves) who want to make sure you all finish the race, but your health & safety is their number one priority and as such they will be making sure you're fit to continue.

Look after each other out on the course. If you see somebody who is struggling, please take the time to have a word and make sure they're ok before you carry on. If you're very concerned about them, let the race crew at the next Checkpoint know.

When you finish the race, keep moving around when you finish. If you suddenly stop or sit/lie down, your body won't thank you for it as it needs some time to normalise after all that running. Pop a dry jacket on and wander in to the hall for some tea and cake before heading off to get your dancing shoes on.

A popular question we see online is about footwear selection. Road shoes will be fine for for this route as its very mixed underfoot - tarmac, forest trails and blaze paths all feature.

Race Information

Full race rules can be found on our website and of course, you all read them before you entered. That said, here's a reminder of the biggies.....

You can't run with your dug, your mate on his bike or your friend who just wants to run a wee section of the race with you and promises not to get in the way or carry any of your stuff for you, even if you get really tired. This is to ensure a level playing field for all runners in the race.

The only two places which have adequate space for supporters and their cars are Killin and Strathyre. **Supporters are not allowed at race checkpoints** - there just isn't the space available to accommodate them safely. A number of our permissions in place for this event are granted on the basis that we do not impact the local area or cause a road safety issue. If you have any questions regarding this, please email us before the race.

It should go without saying that littering is not permitted on the course. We want to leave the countryside exactly as we find it. If you do have litter you don't want to carry, please deposit it in a bin or inside your empty drop bags at race checkpoints. If you are found to be littering, you will be fed to the wolves.

The race is run on public footpaths and trails, please be courteous to anybody you come across out on the route and be particularly careful when running through Killin on your way to the finish.

The decision of any member of the race crew must be respected by runners.

There are no strict cut-off times for the race, but remember that this is a RUNNING race. If you are no longer able to run and its looking unlikely you will finish safely or within daylight, you may be withdrawn from the race.

We will have sweepers at the rear of the race who are there for safety reasons. They are not there to harass you, so please don't feel pressured by them. They will be happy to keep you company and have a natter, or happy to hold back and let you do your own thing, so if you do find yourself in this position, please just let them know which you'd prefer.

Above all else, don't act like a fanny!

A very wise (don't laugh) Aussie friend of ours once said there were a couple of really easy ways to sum up race rules, particularly when it comes to asking questions about them.

1. If it feels wrong, it probably *is* wrong.
2. If you're the *only* person doing something (like getting a foot rub from your partner at the side of the course while your friend massages your shoulders and refills your bottles) then its probably against the rules or at the very least, the ethos of the race.

Compulsory Kit

This kit must be carried for the duration of your race.

1. A foil blanket which has not been cut down to the size of a postage stamp. This is a vital piece of safety kit which is cheap as chips and incredibly lightweight and should be part of your running kit whenever you head for the hills. The difference these can make in terms of keeping an injured runner warm until help arrives cannot be understated.

2. A means of carrying water, appropriate to your expected pace, but enough to see you between checkpoints - i.e. a running vest or rucksack with bottles, soft flasks or a bladder.

3. Food for energy! This is something which is a very individual thing, but if this is your first ultra, you want to be eating little and often, grazing and drinking from start to finish in order to keep your energy up.

We won't be providing plastic cups at any race checkpoints as its a massive waste.

We strongly recommend carrying a working mobile phone with the three mobile phone numbers of the Race Directing team programmed in to it. Mobile reception is limited at times, but its always worth having a phone with you. You can also snap some pictures of the views, the happy race directing team and maybe the odd selfie or two of your greeting wee face on the road section to Strathyre.

Recommended Kit

Please consider the following points when planning your kit & drop bags. If you don't know what a drop bag is, that's at least one reason for you to carry on reading this.

Above all, use your common sense! People who know us will laugh when we use that phrase, but please remember that you are running in the Highlands in November!

1. Think about whether you're going to need a head-torch for the back-end of the day. Check the sunset times and plan accordingly. Its highly unlikely you'll need one for the start of the race, but keep an eye on the forecast too.

2. Check the weather forecast and pack appropriately! If its forecast for heavy rain all day and you're not expecting to be finishing on the podium, you're probably going to need your waterproofs from the start.

3. If the weather is looking like being a few notches nicer than "biblical", chances are its still going to be cold. Don't underestimate how warm a pair of gloves, beanie hat and buff can keep you. They can also be easily removed and stashed, plus they weigh practically nothing. I'd recommend all runners outside of the elite have those in their race day bag.

4. Walking poles are not allowed at any stage of the race as per UKA rules.

5. When you're packing your food & kit, always bear in mind the following..... If you get lost between checkpoints or have a bad fall and broken your leg, do you really want to be left with only a couple of peanuts and a foul-tasting gel until help arrives?

Race Checkpoints and Drop Bags

There are four race checkpoints on the route. Checkpoints 1 & 4 are in the same physical location and checkpoints 2 & 3 are in the same location. CP Distances are approximate.

When you approach a checkpoint, please **shout out your number clearly** so that we can check you through and look your drop bag out.

CP1 - 6 miles | CP2 - 10 miles. | CP3 - 22 miles. | CP4 - 27 miles

If you need first aid or are concerned about a fellow runners, speak with a member of race crew who will be easily identifiable by their high-vis yellow vest.

One of the key ways you can maximise your chances of completing any race like this is to keep your body hydrated and fuelled. To save you carrying all of this stuff from the start, you can, if you choose, use drop bags, which we will take to the race checkpoints for you to pick up on the way.

If you are going to make use of drop bags, please make sure they look like the one on the right and not the one on the left. Somebody will definitely leave a full rucksack at a checkpoint, please don't let it be you.



Drop bags must be **clearly labelled** with the **checkpoint number** (1 to 4) and your **race number**.

You can find your race number at the link below from the 23rd of October.

<http://runyabam.com/glen-ogle-33/start-list/>

Please **do not combine drop bags** for the physical checkpoint location - i.e. just one bag for CP1 and CP4. Please have a **separate individual bag for each virtual checkpoint**.

We supply cold water at the checkpoints and as the race progresses, there will be leftover stuff from other drop bags to graze on. Any kit left will be transferred back to Killin once the checkpoint has closed.

If this is your first ultra, you might be thinking it's a good idea to have lots of dry clothes in a bag at a later checkpoint in case the weather is bad. But if the weather is **that** bad, you should have your proper waterproofs on from the start and stopping to change clothes is just going to leave you at risk of chilling down, so don't.

Similarly, don't stop and hang around at checkpoints as it's another classic way to chill down quickly and leave you struggling to get going again. You might see Ray having a natter at a checkpoint and tucking in to a picnic, but he's a pro, so just get your water refilled, pick up your bag and get on your way again sharpish.

Just one more thing.....



Here at BAM we love ultra marathons. We love organising them, most of the race team & helpers take part in ultras themselves and its very rewarding to see each and every runner completing one of our races. We firmly believe that there's no other sort of running which is as relaxed, welcoming to runner's of all abilities and has such a great sense of camaraderie, as well as being a good laugh.

We totally understand that lots of you will make new friends during our races and share some miles together. It might just be a few miles or all 33 miles....maybe you've just exchanged some encouraging words as you pass on the trail... or maybe had a wee moan when you're next to each other at a checkpoint in the pouring rain, *pure drookit* and questioning why either of you entered, but we totally get it. Its one of the things that makes ultra marathons so special.

However, if you have the chance of finishing in a podium place and claiming all the fame & wealth* which comes with it, you need to realise that if you cross the line holding hands with your new BFF, your position will be decided by the race team on the flip of a coin.

Its either that or we'll run you up and down Ben Lawers until someone concedes defeat.... Because at the end of the day its still a competitive event and you can sit around lacing daisies in to each other's hair once the race is over.

** No monetary wealth but hopefully some cool prizes*

**All that's left is for us to wish you the best of
luck and we look forward to seeing you at Killin in a few weeks time!**

Bill & Mike & Cat

