

2016 Dunoon Ultra Race Information & FAQ's

Race Date: Saturday 8th October 2016

Start Time: 1000hrs

Registration: Friday 7th October 1600hrs – 2000hrs Dunoon Pier, Dunoon

Saturday 8th October 0700hrs – 0830hrs Dunoon Pier, Dunoon

Start Location: Benmore Gardens (bus transfer from Dunoon Pier)

Finish Location: Dunoon Pier, Dunoon

Dunoon Ultra Summary :

1. Photographic ID to be shown at registration.
2. No last minute entries on race day.
3. A support crew/runner is not permitted*
4. Water will be provided at all checkpoints.
5. Drop bags will be available at Ardentinnny Road crossing point (8 miles), Glenbranter Forestry Car park (14 miles), and Benmore Gardens Car Park (23 miles) checkpoints.
6. Cut-off time at Benmore Gardens Car park checkpoint (23 miles): 6hrs 30mins race time, which is 1630hrs.
7. Food, drinks and prize-giving ceremony at the race finish. Don't miss it!!!
8. Post-race celebrations at Dunoon Pier, Dunoon on Saturday evening from 1900hrs onwards.

Race Day Schedule:

0700hrs - 0815hrs: Bring drop bags to Dunoon pier and put into checkpoint vehicles. Drop bags must be clearly labelled with your race number and drop bag point.

0700hrs - 0815hrs: Bring kit bags to Dunoon pier and put into secure holding point, ensure race number is clearly visible on your bag.

0845hrs "sharp": Coaches leave from Dunoon Pier, Dunoon (if coach travel required please book in advance by 2100hrs on the 22nd September 2016), included in race fee. Email colin@pa23.org.uk

0945hrs: Race Director's race briefing for runners, Benmore Gardens Car Park

1000hrs: Race start. Run 33 miles to Dunoon Pier

1300hrs - 2000hrs: hot food, tea, coffee and beer, Dunoon Pier at the race finish

1700hrs: Prize-giving at the race finish

1900hrs onwards: Post-race celebrations at Dunoon Pier, Dunoon

General information about the route

The race begins at Benmore Gardens and travels south for a mile along puddle lane running parallel with the River Eachaig (on your left). Turning left over a short metal bridge and past Uig Hall (on your right) you will cross over the A82 then turning right after 100 meters towards Pucks Glen. You will follow the narrow path up the Glen staying alongside the river before finally reaching the forestry track turning left. This trail will lead you to Inverchapel over a bridge and following the single track path as it winds and climbs up towards the forestry track (please close all gates after you). The track will be well signposted but as a rule follow the white banded forestry commission marker poles. Eventually you will find yourself crossing the Ardentinny High Road where the first drop bag point (7.5 miles) is (no parking is recommended for supporters due to very narrow single track road). From here you will continue to climb to 1000ft above sea level (don't forget to look back as you reach the radio mast as the views are spectacular). After a couple of more short climbs, passing by the new hydro dam you will begin the long fast decent towards Invernoaden (first checkpoint and first change over for the relay teams – 13.5 miles). A short half mile or so run along the unpaved A82 will see you turn left into Glenbranter (a short alternative route is being sought to try prevent running on A82). Glenbranter will be the second drop bag point (14.5 miles), toilets and plenty of car parking available. The run heads south down the flatter side of Loch Eck, 9 miles from Benmore Gardens. Benmore Gardens will be the second checkpoint (23.5 miles) and last change over for the relay teams. Toilets and parking available, cracking cafe here too! (for non runners obviously lol). You will return back down puddle lane however continuing to follow the river, there will be some road running involved however it is normally very quiet. The trail will bring you across the B836 bringing you into Glenkin forestry car park. The terrain begins to climb again, reaching the last major climb until you begin to descend into the Bishops Glen. Keep your eyes on the markers, the reservoir will be on your left until you drop down onto Kilbride Road turning right along to the road junction crossing over and veering left along the West Bay Esplanade where Dunoon Pier will begin to come into sight (ensure the River Clyde is on your right).

Dunoon Ultra is Cowal's first ever Ultra event!

Who organises the event?

Dunoon Presents (who are the business community) fronts and financially backs the Ultra (www.dunoonpresents.co.uk) and the Race Organiser, Colin Moulson is the main contact. The Ultra is also being supported by a local hill running club, Dunoon Hill Runners, Race Director on the day Ian Marshall.

The Dunoon Ultra is run as a non-profit event, it is an inaugural event and we will aim to make it a fantastic experience for you all. Please be kind to the marshals and other members of the Ultra Team as they are giving up their time and day to help support you on your run.

What is the terrain like?

The route is approximately 95% off-road with just a few short sections on tarmac. The off-road sections are mostly wide forestry paths and some single track, and although quite technical at the start the majority if not all of it is very runnable. The race route includes approximately metres (feet) of ascent.

Road or Trail shoes?

Perhaps not helpful, but it really does come down to personal preference. Some local runners wear road shoes and some trail to run the whole route. Most of the paths are very good and unless it's been raining for the whole week before the race, it's not likely to be too wet underfoot. Basically, whatever you normally run off-road in will be fine.

Is there a compulsory kit list?

Yes. All runners **MUST** carry the following items at all times during the race:

1. An emergency foil blanket
2. Head torch and spare batteries
3. A charged and switched on mobile phone with Race Control number stored:

What should I do with my litter?

You absolutely **MUST NOT** drop any litter on the trail! Please use the official litter bins which will be located a hundred yards or so before and after each checkpoint. If you see a runner dropping litter please ask them to pick it up. If you come across any race litter on the trail, e.g. energy gel wrappers, please pick it up and take it to the next checkpoint.

What are the rules about gates?

If you pass through an open gate, leave it open. If the gate is closed, please close it behind you. (If another runner is coming up behind you, it is good race etiquette to wait a second and hold the gate open for them rather than just run off and let it slam shut in front of them.)

Are support runners/pacers allowed?

*Support runners are allowed for slower runners for the last section of the route only.

Can I use walking/running poles?

No, sorry. Under Scottish Athletics rules, the use of running poles or any similar running aids is strictly forbidden.

Can I use an iPod/MP3 player?

Yes, but as there are several busy road crossings and several sections of the race where the route runs along public roads, there are a couple of rules about earphones:

1. You must remove your earphones completely at checkpoints, at road crossings, when approaching marshals, and at all times when running on public roads.
2. Don't listen too loud. You must be able to hear what is going on around you at all times.
3. Please do not use iPod/MP3 players on narrow sections of the trail.

If a marshal signals you to remove your earphones, you **MUST** do so immediately. Any runners causing hassle in this regard may be withdrawn from the race for their own safety.

Are there any cut off times?

Yes, there is a 6hr (1630hrs) cut off at Benmore Gardens checkpoint (23 miles). This cut off time is in place for runner safety and allows for 2 further hours of daylight before a head torch will be required (weather conditions allowing). It will be strictly enforced by checkpoint marshals. If you reach Benmore Gardens checkpoint after 1630hrs, you will be timed out, and will not be allowed to continue.

In addition to this, if at any point during the race checkpoint marshals/race medics think you are unwell or unfit to continue, they may withdraw you from the race. In reality this rarely happens in races, so don't worry about it. However, if it does happen to you, please comply gracefully. No temper tantrums or shouting at our marshals. They are only concerned for your safety and have given up their day to look after you, so be nice to them, even if they're pulling you out of the race!

What should I do if I come across an injured runner?

You absolutely **MUST** stop and try to help. It is very important that we all look after each other out there! If a runner is seriously injured then please call 999 first, then Race Control on (this number will already be in your phone). If you have no mobile phone signal please wait till another runner arrives to assist then run on until you get a signal. If the runner can't move and is getting cold please use yours and other runners' emergency foil blankets to keep the injured runner warm.

What do I do if I'm timed out, or if I decide to withdraw from the race?

If you withdraw from the race at one of the checkpoints, please let a marshal know you are stopping, and make sure you give them your name and your race number. If you decide to withdraw from the

race between checkpoints and have your support crew pick you up somewhere, please phone Race Control (07834 564415 - you will of course have this number stored in your mobile phone!) and let us know that you're okay.

Please **DO NOT** simply exit the race and go home without telling marshals. We don't want to have to call out mountain rescue to go looking for you, especially if you're already sitting at home with your feet up!

If you withdraw from the race, and you don't have a support crew, sweeper vehicles at each checkpoint will be able to drive you on to the finish at Dunoon Pier. However this may be some time after the checkpoint finally closes, so you could have a wait of several hours. Please remember that marshals and other race officials are NOT taxi drivers, so don't pester them about how long you've been waiting. There will be first aid personnel at every checkpoint to look after runners, so make yourself known to them and they'll take care of you until the checkpoint closes.

The Race Finish:

The race finish will be amazing, finishing on the newly refurbished and famous Dunoon Pier.

At the finish there will be a heated area for runners to relax in. Your finish line bags will be there for you to collect. As well as your usual race goodies the following treats are provided at the finish line for all runners completely FREE of charge:

Hot homemade food - vegetarian choice available

Unlimited tea and coffee for all runners

Post race massage available

Hot showers for all runners, in the leisure centre

There may even be music and beer :-)

First aid/medical assistance will be available at the finish for any runner who requires it

When and where is the prize-giving?

The prize-giving will take place at the race finish from approximately 1700hrs onwards.

How to get to Dunoon

http://www.dunoon.org.uk/how_to_get_to_dunoon/

If coming by Western Ferries, cheaper tickets can be purchased in advance or at Co-op shop at 21 Eldon St, Greenock, Inverclyde PA16 7UG

Where can I park in Dunoon?

There are numerous areas of free and paid parking which are easily accessible around the town

Lost property?

We will do our best to reunite any lost property with its rightful owner, however we can't guarantee this.

At the race finish, any found items will be put under a 'LOST PROPERTY' sign beside all the kit bags.

Anything not claimed by the end of race day will be taken back to Dunoon Pre sents, please email if you have lost something important.

Please note that low value clothing items such as t-shirts will be washed and taken to a charity shop, therefore please do not deliberately leave clothing at checkpoints as chances are you won't get it back.

Happy training and we look forward to seeing you all on race day, any questions you can post them on the Dunoon Ultra fb page.