

Rat Race Redwood Creek Green Belter - Scotland Challenge

16th July Carron Valley Forest

Welcome

The Rat Race Redwood Creek Green Belter is an Adventure on your doorstep offering a multi-sport mix of biking, running, a wee splash in our kayaks and our trademark "Green Machine" obstacle course thrown in for good measure. The course is fully waymarked along some fantastic trails through the rugged Carron Valley Forest, returning each time to the event village. Read on for full details of this Belter of an adventure...

Key Format Info

FOR ALL

- The course is made up of several separate loops, all of which start & finish at the event village
- The course is fully waymarked using coloured arrows and tape relating to the various loops. The Belter Brief you receive at registration details which colour relates to which loop, and the order you will complete them.
- There will be at least 1 running loop, 1 biking loop & 1 kayaking stage within the event.
- During the course there will be a few obstacles to tackle, the locations of which will be on the Belter Brief. You won't know what these obstacles will be but expect to get a little wet & muddy.
- At the end of each loop you will use your SPORTident timing chip to register you have completed it. This will give you a time for each loop.
- On completion of all of the loops, but before you can cross the finish line, you must take on the 'Green Machine'!
- Once you've crossed the finish line, use your SPORTident timing chip to register you have finished then remove & return the chip.

FOR RELAY PAIRS

- Only one of the pair is to be on the course at any one time.
- Each teammate must complete at least one loop each.
- There will be a handover within the event village, at the end of each loop using the SPORTident timing chip as the 'baton'. It's down to you to be ready when your team mate returns.
- At the final loop, both team mates complete the Green Machine and cross the finish line together.

Key Race Info

- This event takes place within a public forest. Please be cautious and courteous around other trail users within the forest.
- The forest hosts to Clan Ranald and their mighty Hill fort. They will be having an open day during our event, please respect their use of the area and their visitors.
- The event village is situated in a live car park with slow moving traffic within it. As you pass through this area when leaving & arriving from the course, please be very vigilant of moving traffic and move around with caution.
- At the event you will be provided with a 'Belter Brief' which provides details of the event format including; timings, the loop order and colour-coding, emergency protocols and contacts, mandatory kit and a course map. The course is fully waymarked with coloured arrows & tape, however, make sure you bring your Belter Brief for reference and in case of emergencies.



- Some of you may be on the course for up to 4hours, running, biking & kayaking. Please ensure you have all your mandatory kit with you, check the weather forecast, come dressed appropriately and have all the drinks & snacks you may need.
- There will be a few obstacles along the way which may involve getting a little wet & muddy, plan ahead.
- You may be biking for up to 20km over various surfaces including trails, forest tracks & purpose-built mountain bike trails. You don't need anything fancy, simply make sure your bike is in good working order & ensure you bring all the mandatory bike kit with you.
- There a kayaking section using our own fleet of user-friendly sit-on-top kayaks. No experience necessary to take part in this however it may help your progress with a bit of practice beforehand.
- The course closes at 16.30. You must ensure you have finished by this point.
- The course is made up of several loops which all start & finish at the event village. There will be a water supply available to you here. There will be no water points out on the course.
- In the event of a true emergency or incident we request you to call 999. Then please call Race Director 07772 912 648 or Backup 07974 358 626.

Getting There

Carron Valley lies about seven miles west of Denny, just off the B818 and not far from junction 1 of the M876. You can find a map here. If you have a satnav, use postcode FK6 5JL to pick up our event signage (but make sure you check the location before you set off).

ROAD WORKS - The B818 from Denny to Carron Valley will be signed as 'Road Closed - No Through Road'. Ignore this and continue along this route. Temporary traffic lights are in operation which may slow travel time, please leave extra travel time.

Parking

Parking for this event is extremely tight so please car share where absolutely possible. To access our free event parking, you'll need to display a Parking Permit. Please fill in the form available from the website, on completion of which will direct you a Car Park Pass. Please download, print & display this on arrival and marshals will direct you accordingly.

BAD WEATHER MAY AFFECT PARKING - Event parking is currently in the form of a good field however, if the current bad weather continues, the field will no longer be accessible. If this occurs you will be directed to another car park. From there you will have a 2km cycle to the event village. Please prepare for this by arriving early, consolidating your kit, bringing good waterproofs etc.

Timings

Saturday:

- 09.30 – Event parking gates open
- 10.30 – Event Village opens, including Registration, Catering, Rat Race Store
- 12.00 – Registration closes
- 12.30 - Green Belter starts
- 14.30 – 1st Finishers expected
- 15.30 - Prize giving
- 16.30 – Last Finishers expected
- 16.30 – Course closes
- 19.00 – Wine Bar & catering closes “Thank you, and goodnight!”

Sunday:

- 10.00 - Camp site closes



Registration

Every participant needs to register in person, and will need to know your Start Number. The Start Number list will be displayed near to the registration area, but the earlier, and more prepared you are on arrival, the less likely it is that you'll have to queue to register. If you have entered as a PAIR or RELAY PAIR please register in your PAIRS.

At registration you will receive your Race Pack which will contain:

- Participant number* and 4 safety pins
- Sportident timing chip
- Belter Brief
- Race T-shirt**

***IMPORTANT!** On the back of your Participant Number you will find a medical info form printed. We strongly advise that you fill it out on the day in case we need to help you in an Emergency.

You will also receive a SPORTident timing chip. There will be one chip per SOLO, PAIR or RELAY PAIR.

For SOLO's & PAIRS - SPORTident chips must be worn on the wrist, and remain as distributed at registration. For RELAY PAIRS - SPORTident chips will be provided with a lanyard to allow you to pass it onto you teammate in the handover pen. This acts as your 'baton'.

The SPORTident chip is your responsibility until you hand it back at the finish line. Due to the cost of the technology there will be £30 charge if you lose your SI chip once in your possession.

**Please know your t-shirt size before registering. There will be NO FITTING or EXCHANGE at registration - It significantly slows down the registration process. The t-shirt sizes are given out on a first-come, first-served basis.

Personal Possessions

We advise that you do not carry delicate possessions with you as they may get damaged or lost. Please think carefully as to the security of your items and we recommend you bring as little as possible or leave your belongings with your friends/family.

VALUABLES STORAGE: We will provide a manned facility in which you may leave essential valuables (such as car keys) that can fit inside a single A4 size envelope. We advise that mobile phones are switched off with PIN enabled and any keys do not have address tags or vehicle I.D. evident. If sharing a car, make sure all members of your group can get to dry, warm clothes.

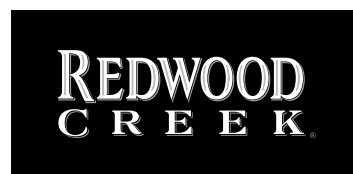
BAGGAGE. Please note that there will be no supervised baggage storage on site – you'll need to lock your possessions in the car (out of sight) or leave with your family/friends.

Participants bring any items to the event at their risk.

Food & Wine

After a good day on the trails, you'll have worked up quite an appetite. Wind down the evening with Redwood Creek wines and our caterers as they provide a handpicked menu of foods and wines to complement each other. Food options available into the evening, up until 19.00, when the wine bar also closes.

There will be NO catering service on Sunday for campers.



Kit List

You are expected to have the following kit for the event:

Mandatory Kit:

- Trainers you don't mind getting wet and muddy, preferably with an "off-road" grip.
- Mountain Bike
- Bike Helmet
- Bike Bell
- Suitable clothing for running & biking in for all weather conditions
- Whistle & space blanket*
- 1st Aid Kit*
- Mobile phone*

Recommended Kit:

- Bike Lock*
- Compass*
- Towel/spare clothes for afterwards, expect to get wet!

*1 per team sufficient

Bike Hire

The Rat Race Store have teamed up with Felt Bikes to bring you a fantastic Bike Hire service. Both hardtail (£45) & full suspension (£65) bikes are available and must be pre-booked through the Rat Race Store. Price includes helmet, onsite support, water bottle and Buff. Bike tools, pumps and inner tubes will not be supplied.

Bikes will be available for collection from 10am to 12 noon. A credit card deposit will be required to be left to cover damage and theft. A CREDIT CARD THEREFORE NEEDS TO BE BROUGHT TO THE EVENT IN ORDER TO COLLECT A BIKE. Please allow ample time to pick your bike up in order to test it, and have it adjusted to fit.

Please call for more details: 01904 409 401

Camping

Camping is available on Saturday night only. It is free and on a first come first served basis however you are required to have a Camping Pass. All who are intending to camp, must display a Camping Pass on their car on arrival, which is available to download and printout on the Green Belter Scotland page.

To make the camping experience as comfortable as possible, whilst still retaining its wild outdoors atmosphere, we ask you to read and adhere to our camping code of conduct. Marshals will direct you accordingly. Toilets will be provided on site in the form of portaloos & a toilet block, open from 1030 on Saturday until 1000 Sunday morning. Please note there are no shower facilities.

KEY CAMPING INFO:

- DO – Adhere to the Camping code of conduct
- DO - Come prepared. Warm clothes and sleeping bag (or bags) are a must. You will be tired, it may get cold.
- DO – Respect your camping neighbours. Not everyone wants to hear you at 2am or early on Sunday morning.
- DO – Have fun and behave yourselves. Remember, we can only keep it free if you keep respecting the grounds.
- DO – Take your litter away with you, please.
- DO - Clear the site by 10.00 on Sunday

- DON'T – Bring stereos, BBQ's, large gas appliances or wood for open fires.
- DON'T – Bring glasses or glass bottles of any kind into the camp grounds.
- DON'T – Start a fire. You will be asked to leave immediately.

www.RatRaceGreenBelter.com

