

EXTREME ENERGY

The Humanity Direct Tring 50km Ultra Challenge Instructions

Please find below all the information you will need to make your race weekend run as smooth as possible.

Start: Finish: Tring Cricket Club, Beechwood, London Rd, Tring, Hertfordshire HP23 5NG (Entrance in Station Road).

Locations

		Day 1
Start	Post code	HP23 6HA
	Grid Ref	SP 931116
CP 1	Post code	HP22 5NL
	Grid Ref	SP 884100
CP 2	Post code	HP23 5QU
	Grid Ref	SP 948119
CP 3	Post code	HP4 1LT
	Grid Ref	SP 969118
CP 4	Post code	HP23 5RZ
	Grid Ref	SP 955149
Finish	Post code	HP23 6HA
	Grid Ref	SP 931116

Start Times

There will be no mass starts at this event, instead we will operate a 'rolling start' for walkers from 0800 to 0830, medium paced runners from 0830 to 0930, with only fast runners going off as a group after 0930.

To help in minimising any risk of spreading Covid 19 please arrive race ready, stay in your car or away from the start line until called and make sure you are carrying hand sanitiser and a mask or face covering.

Registration

Our support desk will be open from about 0700. All competitors must collect their timing chip on arrival quoting their bib number. If you didn't get a number in the post, ask at registration and you will be given your race number. A map of the route is available at registration.

Travelling to the Event

By Rail – Tring Railway Station

Tring Station is about a 15/20 min walk from the event start/finish and has several trains an hour.

We will be operating a free mini-bus shuttle to and from Tring Railway Station – *you will be required to wear a mask/face covering when using the shuttle*

By Road

Free parking all day on site, with vehicles and contents left at your own risk. Please put HP23 5NG into your Satnav and use the entrance into the field on Station Road (banners will mark the entrance) and then follow the sign to the start point.

Kit Required

- The list below is a list of recommended, not compulsory, equipment to be taken.
- Compulsory kit:
 - a mobile phone with full battery and **switched on to ring** not silent.
 - Water bottle or bladder with a minimum of 500ml
- If weather dictates the Race Director may make some other equipment also compulsory.

Recommended Kit

- **Running shoes or walking boots**
- **Running/ walking clothing – shorts, T shirt etc – you may want to wear long leggings, and long sleeves for overgrown sections of the route.**
- **Waterproof jacket (if rain forecasted)**
- **Race vest or rucksack**

- ***Don't forget your hat and sun cream!***

Route Information

The route is well marked, but you **need** to keep an eye on your map.

- You can view the route on our website by following the link from the event page.
- You will be given a map to help with your progress.
- You can request GPS data from brian@xnrg.co.uk to load directly onto your GPS watch.

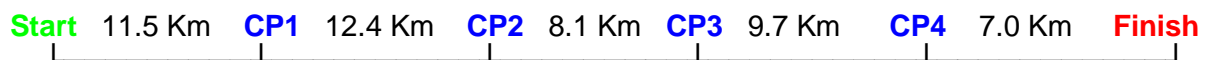
Route Management.

The Tring Ultra Challenge has 4 checkpoints, approximately 10 Km apart. These checkpoints (or aid stations) are for health checks, water and food replenishment. *To keep everyone as safe as possible we are controlling runners access to checkpoints, so please bear with us if it isn't as quick as you're used to!*

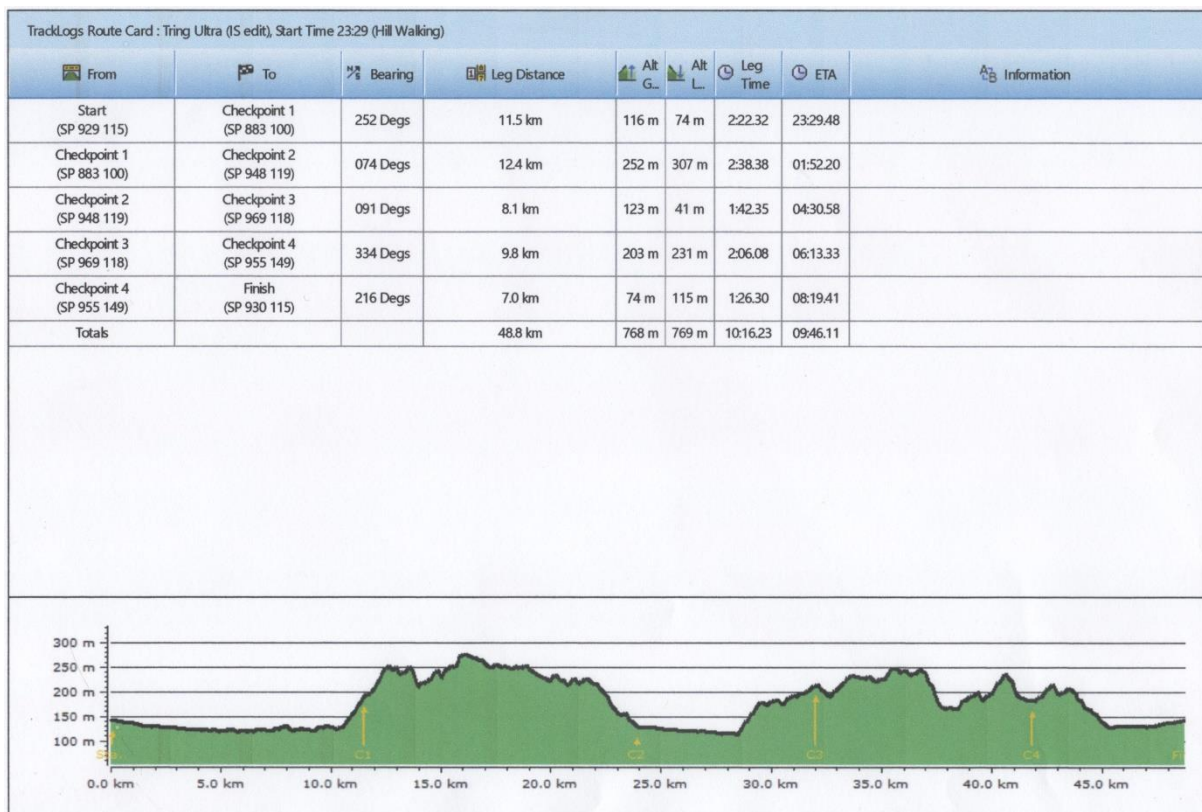
Our medical teams are also part of the checkpoint staff.

We also have a dedicated Course Manager, who coordinates all activities and checkpoints along the route.

Checkpoints



Detailed information on distances, timing, ascent and descent, is below



Checkpoint Food and Drink

Checkpoints have individually packaged snacks along with water, squash and if you're lucky – coke!

Bring your own cup – no cup no drink!

Spectator Information

If you have spectators who would like to follow you around the course we suggest the following locations to go and watch. The checkpoints are in quite small car parks or on the side of the road so we cannot have too many vehicles on site.

The first venue that we would recommend is the Café in the Woods, in Wendover Woods. The competitors run within 100m of the café at about 9 miles. There is plenty of parking. The postcode is HP22 5NF.

The second location is the monument in Ashridge Forest Estate. There is a café and lots of parking. Postcode HP4 1LT.

Safety on the Course

The following information is important. Please read it carefully. This information will also be covered in the compulsory briefing prior to the event.

Route Hazards

- The ground maybe slippery so please be careful.
- Be aware and take caution crossing all roads – some are busy. Wait till it is safe to cross. Headphones limit your awareness of your surroundings!
- Be aware of other path users especially where it is narrow, dogs off the lead, horses, mountain bikes, walkers are all potential hazards.
- Caution with roots, rocks, steps, stiles that may be hidden or slippery
- All gates **MUST** be closed after you.
- Take **EXTRA** care when moving along the canal side, proceed in single file, where necessary and take care of others users. If you fall in the canal, it's not deep, so you are unlikely to drown but you will **stink** and if you swallow the water you are likely to get ill, so please let the medic know.

Medical

- Our paramedics will be on hand all weekend to assist with serious or minor injuries.
- Any incidents will be dealt with as part of our medical emergency procedures.
- It is important that you check the medical page of the website to ensure you have understood the potential medical risks of running these extreme distances.
- It is also important that you let the organisers know in advance of any medical problems that you know about and may be relevant to the race.

Actions On

Injury

- Try to get to a Checkpoint, where we will be able to recover you or treat you.
- Get to a recognisable location where you can report your position and ring Neil or Rich, (**numbers on the map**) - have you downloaded the what3words app?
- Tell another competitor where you are and ask them to inform the next CP, we will then plan your recovery

Our paramedic team will be on the course and at the finish and will manage all situations that need treatment. **XNRG Medic – 07599937708**

Serious Emergency (i.e. someone is knocked down) ring 999 first, then ring the XNRG Medic – 07599937708

Medical Emergencies will be taken to A & E

Lost

- Keep eyes on signs.
- Use the map.
- Look for fellow competitors behind or in front.
- Retrace steps to last known location.
- Ask a local walker/runner for help.
- If still lost, try to get to a road or town, ask at a pub or shop to help locate on the map.
- Or find a road with a name, a town and ring Neil or Rich, (**numbers on the map**), to help guide you in. Have you downloaded the what3words app?

Withdrawal

Only withdraw at a checkpoint and ensure the CP staff have been told you are withdrawing. We will get you to the finish when the CP closes.

Missing Checkpoint Time

- If you are too fast, or start in the wrong start and the CP is not set up, then you will need to decide whether you keep going or wait.
- If you are too late for a CP, we will keep it open till you arrive; if you are late for 2 CPs we may ask you to withdraw.

Dark

Head torches must be worn once it is dark, anyone arriving at a CP in the dark without a head torch will be pulled out.