



**“PORRIDGEPOT OR BUST”
SUNDAY 30th JANUARY 2011**

TEAM MEMBER REGISTRATION DETAILS

Your team registration form(s) must be completed and returned by **no later than WEDNESDAY 19TH JANUARY**.

ARRIVING ON THE DAY

This adventure challenge may have a wave start with the first wave starting at **10.00hrs** and the second wave shortly afterwards. The exact starting time for wave two, if any, will be announced on the morning.

PLEASE NOTE THAT TRAILPLUS LTD AND THE EVENT SPONSORS CANNOT BE HELD LIABLE FOR ANY LOSS OR DAMAGE INCURRED TO YOUR CAR, ITS' CONTENTS OR ANY OF YOUR BELONGINGS, INCLUDING MOUNTAIN BIKE. YOUR STATUTORY RIGHTS ARE NOT AFFECTED.

DIRECTIONS

The event venue is to the south of Pirbright Camp, located to the west of Pirbright, Surrey.

PLEASE NOTE THAT THERE IS NO POSTCODE AVAILABLE FOR THE EVENT CAR PARK LOCATION.

Travel Options by Car

FROM THE M3

Come off the M3 at Junction 3 and at the roundabout take the A322 southwards signed towards Woking / Lightwater. After approximately 5 miles, turn right at some traffic signals onto the A324 signed towards Aldershot.

After about a mile, follow the road as it turns sharply left under the railway line. Almost immediately turn off to the right onto the B3012. Continue along this road (it runs parallel to the railway line for the most part) for just over a mile and then follow the event car park signs.



FROM GUILDFORD

Come off the A3 at the Woodbridge Hill exit which is directly to the north of the University of Surrey. Head north on the A322. Continue on the A322, through Worplesdon. Approximately ½ mile to the north of Worplesdon, take the left fork onto the B3022 signed Pirbright. Continue through Pirbright until the railway line. Just before the railway line turn sharply to the left onto the B3012.

Continue along the B3012 (it runs parallel to the railway line for the most part) for just over a mile and then follow the event car park signs.

CAR PARKING

PLEASE NOTE THAT PARKING WILL BE ON OPEN GRASSLAND. VEHICLE OWNERS PARK AT THEIR OWN RISK

Access and car parking will open at **07.30am**. Please park in the Event Car Park as signed. After parking please follow directions to the event registration area. This will be a very short walk from the parking area.

REGISTRATION INFORMATION

Registration opens at **07.45** and closes at **09.45**. Any teams not registered by 09.45 may not be allowed to race. The declared team 'leader' must be present to register the team.

Numbered competitor bibs, which are compulsory, will be issued at registration and activity order details will also be posted. Following registration you can then place your kit in your team's numbered transition area.

PLEASE NOTE THAT YOUR TEAM BIBS MUST BE DEPOSITED AT THE FINISH AFTER THE EVENT.

SPECTATOR DETAILS

Spectators (and dogs) are welcome to attend this event and entry for them is free. A mobile catering unit will be on site offering a range of drinks and hot food from about 0730am.



EVENT FORMAT

The race will include three 'core' disciplines, with possible distances, as follows:

- 15+ miles mountain biking
- 6 - 7 miles off-road running
- Inland water kayak canoeing (no longer than 1mile)

The course will be marked and it is the responsibility of teams to identify and follow the marked route. There may also be compulsory checkpoints on route for safety reasons. Any team not passing through such checkpoints will be disqualified. There may also be a number of special challenges, which must be successfully completed before the team will be allowed to continue.

TEAMS MUST STAY TOGETHER AT ALL TIMES. Your team will NOT be allocated a finish time / position unless the whole team finishes together.

Teams must be self-sufficient and the team must provide all nutrition and hydration for the duration of the event though we will provide water at the transition area.

Each course is designed to be competitive, but with the emphasis on taking part and having fun. Whilst we expect that competitors will be fit and able to participate, it is not necessary to be an elite athlete. We suggest each participant, as a minimum, is able to run 5 miles, mountain bike off road for 15 miles and, for safety reasons, **swim at least 25 metres.**

The exact format for the race will not be announced until the morning of the race itself.

TrailPlus may be operating a WAVE START for this event. Your confirmed wave start time will be announced on the morning of the event and confirmed at registration.

START INFORMATION

The challenge will start, for the first wave teams, at **10.00 am** prompt in the marked area close to "Transition and Registration". All teams are required to be at the start by 09.50am. Any second and wave will go off shortly afterwards at a time that will be announced during the morning.



TRANSITION AREA

The transition area will open from 07.45am onwards. Competitors will return to the transition area before and after the mountain bike section of the event so all equipment; clothing, food and drink may be left there. Stewards will marshal the area but competitors must understand that they leave all belongings in this area at their own risk. It is advised that all competitors bring sufficient water, sports drinks, energy bars, bananas, etc. to last the race thus ensuring that the team is “self-sufficient”: no outside team support is allowed. Competitors are **STRONGLY** advised to consider the use of a water bottle and / or hydration pack.

ALL EQUIPMENT MUST BE STORED WITHIN THE TEAM’S DESIGNATED AREA.

CHANGING FACILITIES

THERE ARE NO ON-SITE CHANGING FACILITIES AVAILABLE. Portable toilets will be provided, but there are no shower facilities at the venue and all participants are strongly recommended to bring plenty of warm dry clothing for use after the event.

ACCOMMODATION

For those who require accommodation on the Saturday night there are a range of hotels and B & B’s in the Farnborough and Guildford areas, both of which have convenient access close to the venue.

CLOTHING & EQUIPMENT

All kayaks, buoyancy aids and paddles are supplied by TrailPlus. All competitors must wear a buoyancy aid as instructed. We also strongly recommend that footwear be kept on at all times during the event. All competitors must wear the official race bib throughout the event. Your choice of competitive clothing is a personal one but you may wish to consider: adverse weather conditions, comfort, your fitness level, difficult terrain and underfoot conditions.

Due to mandatory road crossings TrailPlus does NOT recommend the use of SPDS for the biking elements of our events but you may wish to include these in your ‘kit bag’ and make an on-the-morning decision once having seen the event format and activity order.



It is your responsibility to provide the following personal equipment:

- Mountain bike
- Cycling helmet
- Spare inner tube and repair kit
- Appropriate clothing and spare clothing
- Drinks bottle or hydration pack
- First aid kit per team
- Food, drink and nutritional supplements.

MOUNTAIN BIKE HIRE OPTIONS

For this TrailPlus Adventure Challenge Series event, mountain bikes can be hired, but only in advance, as follows:

(1) The London Bicycle Tour Company

Cost £32.50 – bike only. Helmet hire is £5.00

Booking Options

Online: Go to www.londonbicycle.com and click on 'Hire'. Then follow the online booking instructions. Please be sure to click the box marked TP Pirbright when booking.

By Phone: Tel: 0207 928 6838

Email: mail@londonbicycle.com

(2) Cyclexperience Ltd

Cost: £32.50 includes helmet.

Once a booking and payment is made to either company it will be non-refundable irrespective of whether the person making the booking actually takes part in the event.

Bikes will be available for collection from 08.00 onwards close to the transition area.

Booking Options

Online: www.cyclex.co.uk and click on the 'Online Bike Hire' option.

By Phone: Tel: 01590 623407

Email: info@cyclexperience.com

THERE IS NO OBLIGATION TO HIRE YOUR BIKE FROM THESE COMPANIES. BUT IF YOU CHOOSE TO, PLEASE ENSURE THAT YOU ARE COMPLETELY HAPPY WITH THE TYPE AND SPECIFICATION OF THE BIKE BEING HIRED AND THEIR TERMS AND CONDITIONS.



EVENT RULES (If necessary any additional rules will be announced at registration)

Teams must complete the course as marked – anyone taking a short cut will be disqualified

Teams must be complete all the special challenges

Teams must stay together at all times during the race

Teams must cross the finish line as a team

Your team number, as highlighted on the provided race bib, must be visible at all times (except during the kayak canoeing when it will be covered up by the buoyancy aid)

Upon finishing EVERY competitor must deposit their personal race bib as advised by the event marshals

Follow the country and mountain bike code

Event marshal's instructions must be followed at all times

PRIZE AWARDS

For this event in the TrailPlus Adventure Challenge Series there will be prize awards as follows:

First 3 overall teams

First All-female team

First Mixed team

Only one team award per team will be awarded.

ORGANISER'S SAFETY RECOMMENDATIONS

If you have suffered any illness or have any history of any medical condition consult your doctor before taking part. If in any doubt do not compete.

Please ensure you are well hydrated before and during the event.

Adventure activity can be hazardous and we recommend you be fully insured to cover any accident, incident or illness.

The organisers can accept no liability whatsoever for any injuries, accidents, illness, loss or damage suffered by any team members before, during or after the event. This also applies to any vehicle that you bring to the event.

Safety is our priority and teams should take all precautions when biking at speed and on loose surfaces, running on uneven terrain and through vegetation or entering any inland water.

Bikes should be well maintained and ridden responsibly

Bike helmets are compulsory during the mountain biking section(s)

Full body cover recommended on the bike including gloves



Open wounds should be covered before entering any water or vegetation.

A MEDICAL TEAM WILL BE IN ATTENDANCE THROUGHOUT THE EVENT.

SHOULD ANY COMPETITOR REQUIRE MEDICAL ATTENTION IT IS DESIRABLE FOR TRAILPLUS, AS THE EVENT ORGANISERS, TO PASS ON CERTAIN DETAILS (NAME, ADDRESS AND NATURE OF THE INJURY / TREATMENT) TO THE ARMY AUTHORITIES. HOWEVER, DUE TO THE DATA PROTECTION ACT, THE MEDICAL TEAM CAN ONLY PASS ON THIS INFORMATION IF YOU PROVIDE EXPLICIT AUTHORITY FOR THEM TO DO SO.

ONE OF THE CONDITIONS OF THIS RACE IS THAT BY TAKING PART YOU AGREE TO HAVE SUCH INFORMATION PASSED ON TO TRAILPLUS. IF YOU DO NOT WISH THIS TO HAPPEN PLEASE CONTACT TRAILPLUS IMMEDIATELY ON 03332 400616.

REFUND POLICY

In previous years there have been occasions when teams have pulled out of an event in advance. TrailPlus will always endeavour to be as fair and reasonable as possible but asks that all teams recognise the significant time, planning and logistical resource that goes into each and every event. We will therefore operate the following REFUND POLICY:

Teams that notify TrailPlus of their withdrawal by **Saturday 22nd January** will be offered the following:

- a refund less an administration charge of £40.00 or...
- a transfer to the final 2010 / 11 TrailPlus Adventure Challenge Series event in the Lake District for an administration fee of £25.00 per team

We regret that teams that notify TrailPlus of their withdrawal at anytime from Sunday 23rd January will lose their full entry fee.

NO TRANSFERS WILL BE OFFERED TO FUTURE 2010 / 11 EVENTS BEYOND "CUMBRIAN COMMOTION."

Where teams have only 2 out of the 3 declared team members available TrailPlus will allow the 'pair' to take part in the event, though they will not be able to qualify for any prize or receive any partial refund.



EVENT PARTNERS

TrailPlus would like to thank the following event partners:

Buff®; For Goodness Shakes, Clif Bar, Sleepmonsters, CLIC Sargent,
Oliver James at Landmarc, Ken Frost (the Land Warden) and all the TrailPlus crew and event marshals.

.....and we thank you for coming!