

RACE INFO

STARLIGHT TRAILS RELAY SERIES 2018-19: EVENT 2, ALLESTREE PARK

6th December 2018

Below is the essential information you need to help ensure that the event goes smoothly for everyone taking part. **Please share this with your team.**

RACE INFORMATION:

Venue

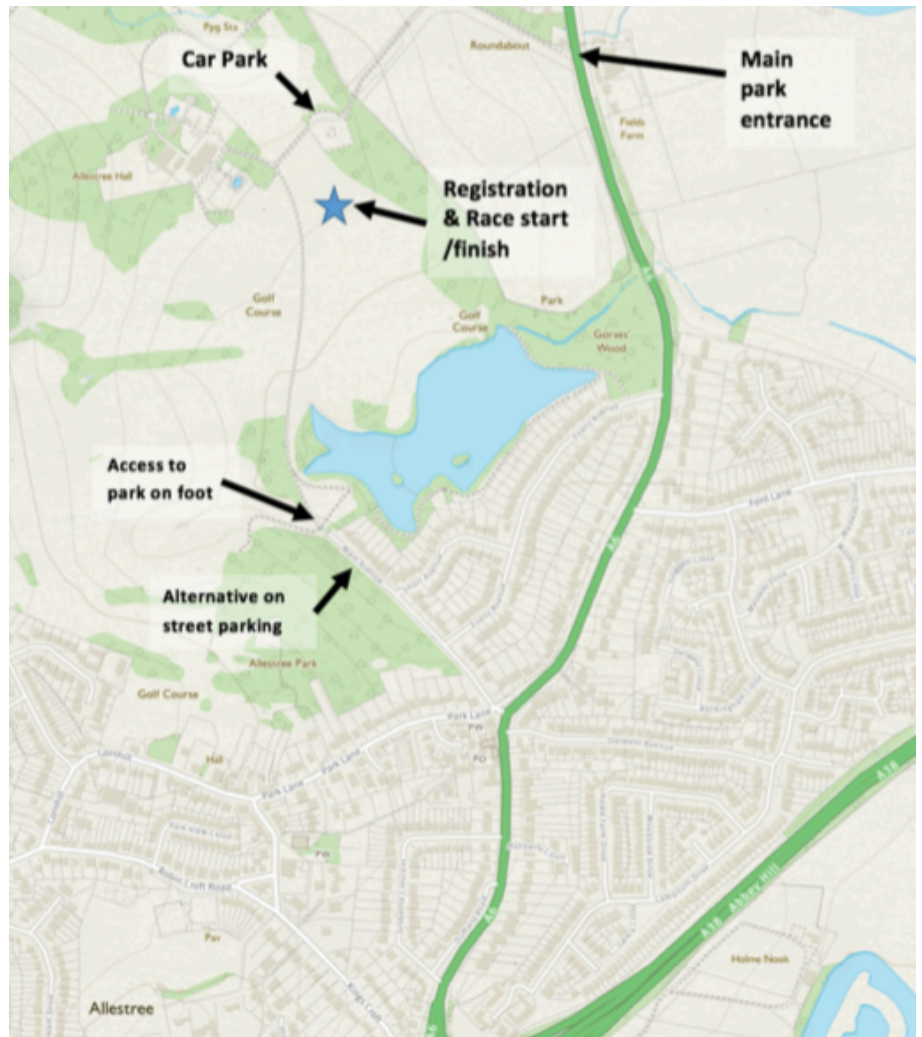
The venue for the event is Allestree Park, the main entrance to which off the A6 between Allestree and Duffield (Post Code **DE22 2EU**). Registration and the the start/finish area for the race will be in the open area close to the main car park (see attached map).

As there is no shelter at the venue, we suggest that runners layer up according to the weather, and leave any spare items with team mates while running their leg. If your team/club would like to pitch a tent to provide yourselves with shelter during the event, we are happy for you to do this. However, remember you will be doing this in the dark unless you can arrive before 4:30pm. Also, please consult one of the event team before setting up the tent so we can ensure it will not obstruct the race in any way.

Unfortunately, we cannot guarantee that the toilets within the park will be open on the evening, so please work on the assumption that there will be no toilets at the event.

Car Parking

Car parking is available in the main car park within the park. **Please car share**, and park efficiently as directed by the marshals. There is **alternative on-street parking** along Main Avenue on the South side of the park; the end of which is about 600 metres from race registration (see map). Please do not block driveways.



Team Registration

The registration desk will be in our gazebo next to the start/finish area and will be open from 6pm to 6:45pm. Only one member of your team should come to the registration desk.

If this is **your first event** in this series you will need to bring a **fully completed Team Declaration Form**, signed by all members of your **finalised** team to registration. (A copy is attached if you haven't already downloaded one from our website.)

If your team **took part in Event 1** at Markeaton, a member of the team must come to registration to confirm to **confirm the running order** and **endorse the Team Declaration Form** previously submitted.

Please note: Any substitutes who have not already signed the Team Declaration Form, **must sign the form** in order for the team to run.

If you do not have a full complement for your team, you can compete with a minimum of 2 runners, although they are not allowed to run consecutive legs. Runners are **NOT permitted** to compete for **more than 1 team** on the night.

The minimum age for competitors is 16.

You will be issued with 4 race numbers, each with 3 digits, and a baton. The first digit indicates the leg number and the last two digits are your team number. For example, team 15 will have the following numbers, and must run in the order shown:

115 215 315 415

You **MUST run in the correct order**, as indicated by the first digit of each number.

Please **collect race numbers back from all of your team** after they have ran, and **return them to the race officials** in the finish area together with your baton.

Race Briefing

At 6:55 there will be a race briefing in the start/finish area for **ALL** competitors. This will include important information about the transition area and race safety. Please make sure all your team members are there.

Race Start & Duration

The race will start at **7pm**.

We expect that the majority of teams will take between 1 hour and 1 hour 45 minutes to complete the race. We will monitor progress closely on the night and, if we anticipate that any teams will take significantly longer, may (at our discretion) allow runners in the latter legs the opportunity to start prior to their preceding runners, and adjust their team's overall time accordingly. This is to avoid individuals becoming isolated out on the course with no other runners around. We will agree this with relevant teams on the night as the race progresses.

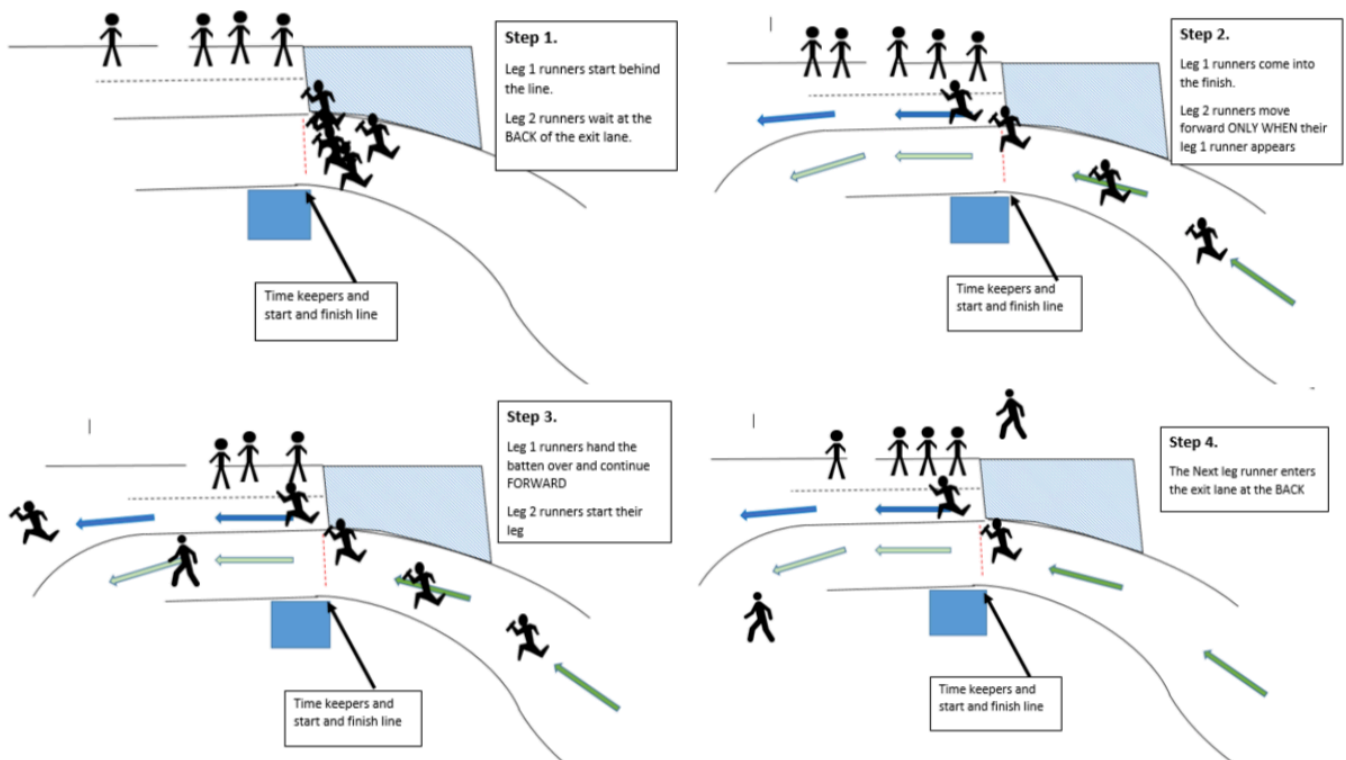
Transition Area

To ensure the transition area operates smoothly and safely for everyone, it is important that the race route into and out of transition is not obstructed, only runners for the next leg go into the change-over area and runners stay in the correct lane. **Please see the diagram** which explains how it will work.

Running without a baton, or handover outside of the transition area, will result in a penalty or disqualification for your team (unless we have agreed an early start as above).

Starlight Trails Relays - Transition Guidance

It is important that you follow this process to ensure you will not be impeded or impede another team. To assist the timekeepers ensure you carry on past them, and **DO NOT** go back over the line.



Ear phones/music players are **NOT** permitted.

Head Torches

A head-torch or chest-torch with a good level of lumens is required to be used by all runners. A **hand-held torch is not allowed**. Please ensure all members of your team have checked their head/chest-torch is working prior to the day and have well charged/spare batteries.

As **course markings are reflective** they will only be seen if runners have their **torches set correctly** with the **beam pointing ahead** of them. Please ensure you team members adhere to the guidance for using torches correctly provided on below.

Runners who are not 'active' in the race should avoid dazzling other runners, time-keepers and other officials by turning their torch off or adjusting the beam to point downwards.

Starlight Relays - How to wear and use your head torch

The direction signs are designed to reflect light back at the wearer of a head-torch; they do not “glow in the dark”. When you set your headtorch up, position it so you can see ahead, with either the focused or mixed beam if you have different settings.

If you point it at the ground, you will only see the ground in front of you and not the reflective arrows. If you want to look at the ground, move your head to look down!

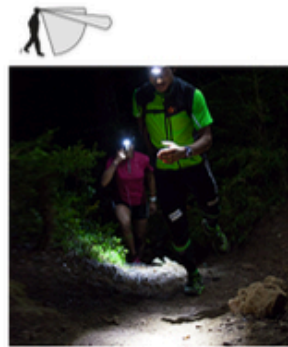
Wide beam



It emits uniform, close-range light for stationary activities or those requiring slower movement.

Activities: travel, family, children, camping, DIY, home use, repair work, reading...

Mixed beam (flood + focused)



It combines a wide beam for good ground lighting with a focused beam for added depth. This beam is adapted to close-range vision and to moving around.

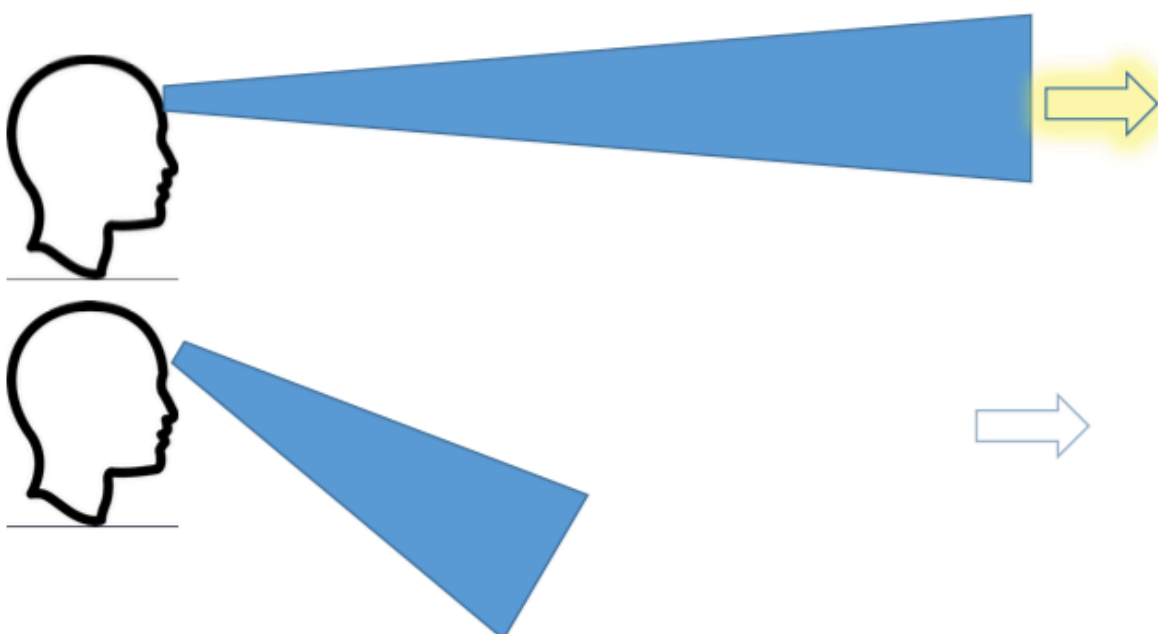
Activities: hiking, trekking, mountaineering, caving...

Focused beam



It concentrates the light to shine long distances and therefore allows long-range, precise vision.

Activities: trail running, expeditions, technical mountaineering, back-country skiing, multi-activity races, biking, orienteering...



Course

The course is approximately 2.5-miles (measured by GPS enabled watch) and includes about 360 feet of elevation gain, most of which is within the first half. It will be marked with reflective markers and arrows where there is a change of direction. Plus, there will be marshals at key points.

Underfoot Conditions

Being a trail event, the underfoot conditions on some parts of the route are uneven, wet and slippery. In places there are rocks, roots and ruts in the ground (some of which may be obscured by vegetation/fallen leaves), and overhanging branches. Plus, there are 2 wooden bridges that may be slippery and some steep steps within the woods.

Please watch out for these hazards and adjust your speed accordingly.

Narrow Sections

Sections of the route are quite narrow. Please use common sense and courtesy when overtaking or being passed by other runners. Do not put yourself, other runners or members of the public in danger.

Water

Water will be available in the transition / finish area. However, in line with our policy of reducing plastic waste the event will be **CUP FREE**. We therefore ask that you bring your own cup or bottle, which you can fill up from the dispensers provided.

Incidents and First Aid

First aiders will be situated at the start/finish area. In the event of an incident requiring first aid, please report it to the nearest marshal/member of event staff asap, giving the number of the runner involved (if not yourself).

Prize Giving

The prize giving will be in the registration area at approximately 8:45, with prizes awarded to the 1st Male Team, 1st Female Team, 1st Mixed Team (with a minimum of 2 ladies) and 1st Jog Derbyshire/Run Together team on the night. We will also award the outstanding prizes for Event 1.

Further info is available on the event website and FAQs (<https://www.peakrunning.co.uk/starlightrelays2018-19>)