

ULTIMATE TRAILS

CARTMEL RACECOURSE, CARTMEL, LAKE DISTRICT

It's a Beauty & Beast !

Saturday 20th March 2010

FINAL DETAILS

WELCOME to the Ultimate Trails running event at Cartmel ! Please read all the details, and keep checking the event website for any last minute information.

REGISTRATION - You must collect your start number before competing. The Registration is open on Saturday from 08.45 in the "Weighing Room" at Cartmel Racecourse. Start lists are displayed on the event website www.ultimatetrails.org and you can check we have your correct details. The Registration will close 45 minutes before your event so please arrive with plenty of time to spare. Changing rooms, toilets and showers are available in the main Racecourse building.

PLEASE NOTE – The main Racecourse building is undergoing extensive renovation work and for your own safety you must not enter the out of bounds areas taped off. Unfortunately we will not have access to the executive lounge and bar this year, and some of the grand stand may be out of bounds.

There are NO entries available on the day.

DIRECTIONS – Venue postcode : LA11 6QF

Please first download the access map from the event website and follow the one way signed system to avoid congestion through Cartmel village. From the east, follow the A590 past Lindale and follow the signs towards Cartmel. Pick up the Running signs and follow the one way route to avoid Cartmel village. From the west, follow the A590 past Newby Bridge and follow the signs for Cartmel. Car parking is adjacent to the RaceCourse and access is through the main entrance – please park as directed by the marshals. We will have a donations bucket for the local mountain rescue team for car parking, with a suggested £2 donation, but it's up to you !

STICKY TOFFEE TRAIL RUN 10KM : START 11.00

Your event starts from opposite the main Cartmel Racecourse grandstand. There will be a short safety briefing 5 minutes before the start, and we shall start on time.

ULTIMATE CARTMEL CHALLENGE 18KM : START 13.00

ULTIMATE CARTMEL TRAIL RACE 18KM : START 14.00

Both events start from outside the main Cartmel Racecourse grandstand. The 18km Trail Race numbers are WHITE, and the 18km Challenge numbers are YELLOW. There will be a short safety briefing 5 minutes before the start, and we shall start on time.

IMPORTANT STUFF ABOUT WHAT TO WEAR

At this time of year it can be cold and wet, with snow and frost a possibility too. You may be advised to carry with you warm clothing (hat, gloves, cagoule and overtrousers or tights) if the weather conditions are poor, and you will be informed at Registration. We also recommend you wear suitable trail running shoes, as the BEAST sections of the course are VERY STICKY and grip will be essential

COURSE TERRAIN

All the courses have a variety of terrain, with most of the course on beautiful scenic trails, with only a short section of tarmac at both the start, mid-way along the course and near the finish. In the woods, the course is a BEAST, with deep, wet muddy sections to make it a lot of fun. The courses will be well marked with marshals at key junctions along the route. Some gates on the course will not be manned and competitors are asked to close gates after use. All the road sections will be marshalled, and please keep close to the side of the road for your own safety. The course is mainly on public rights of way so please kindly respect other users. There are sections of private land which may only be used on race day. There are maps and profiles of the course on the event website.

UNFORTUNATELY NO DOGS ARE ALLOWED ON THE COURSE – THIS IS LAMBING SEASON

WATER STATIONS & KM MARKERS

There will be TWO water stations on the 18km course and ONE water station on the 10km course. If it's hot like last year, you are advised to carry your own water. The course has guide markers at approximately every kilometre.

FINISH

The finish will be at Cartmel Racecourse, opposite the main Grandstand. Please make sure ALL your number is clearly visible as there are various events on the day, and failure to display your number fully may result in disqualification. Runners competing with someone else's number will be disqualified and will not be eligible for prizes or appear in the results. EVERYONE MUST REPORT TO THE FINISH EVEN IF THEY RETIRE. There will be a PA commentary and music – you are sure to receive a warm welcome ! All finishers of the Ultimate Trails (10km & 18km) will receive a locally produced Sticky Toffee Pudding and an event finisher's T shirt.

SAFETY

Professional paramedics will be in attendance at the event and the Furness Mountain Rescue and Cumbria Police have been informed.

FACILITIES

Onsite car parking, onsite camping for tents, motorhomes and caravans (no need to book – pay on the day only £6 per person, under 14's are free) There are indoor changing, toilet and shower facilities inside the main Cartmel Racecourse building along the corridor from Registration. There will be local outdoor caterers providing mouth watering locally produced food, retail stands, bouncy castle & slides, face painting and plenty of entertainment at the finish arena on the Racecourse

ULTIMATE FUN TRAILS – START 12.30pm (approx) PLEASE NOTE – This year we are setting the kids off before we start the 18km Challenge & Trail Race

All younger children (Under 12) enter on the day only – the entry fee is just £2. All the Fun Trails will start immediately after the 10km runners have finished. All the children are rewarded with a special finisher's medal, but there are no prizes. The Fun Trails are great fun, so bring your whole family along !

SPECTATORS

We encourage spectators, and there is plenty of space and entertainment at the finish arena. Bring deck chairs, rugs, cameras and a smile.

PHOTOGRAPHERS

We will have professional sports photographer James Kirby out on the course, and he will be planning to take photos of everyone. The photographs will be available for **FREE** download from the website in the week following the event. Slow down to make sure James doesn't miss you !!

PRIZE GIVING & SPOT PRIZE DRAW

We hope to have results available shortly after finishing, and will present prizes as soon as possible after the event

SPOT PRIZES – 10km STICKY TOFFEE TRAIL RUN, 18km TRAIL RACE & CHALLENGE FINISHERS

We have some fantastic spot prizes donated by VO2 Max Events and local businesses. All will be displayed at the Registration. The spot prize draw will immediately follow the prize giving, with prizes allocated to random finisher's numbers at the finish. You can only claim a prize if you are present to collect it!

This event wouldn't have been possible without the grateful permission of all the landowners and tenant farmers, especially Holker Hall Estates, Cartmel Racecourse, Cumbria Police, Pete Bland Sports, Allithwaite Running Club, Cartmel Scout Group, James Kirby Designs, TrailRunning.co.uk, the local businesses who have sponsored a prize, and all the friends and helpers who have contributed.

However, the biggest thank you goes to you for supporting the event. We hope you have a great day out and enjoy the stunning beautiful views, and even the deep mud. Good luck !

ULTIMATE CARTMEL TRAIL RACE PRIZES (18KM) : Men & Women Open – First 3
also Veteran Classes – First Man & Woman V40, V50, V60 & V70

STICKY TOFFEE TRAIL RUN PRIZES (10KM) Men & Women Open – First 3

Please note : in the event of a veteran winning a senior open prize, the prize of higher value will be awarded – only one prize per person. YOU MUST COLLECT YOUR PRIZE ON THE DAY PLEASE AS PRIZES CANNOT BE POSTED OUT. If you think you may have won a prize and need to leave early, please arrange for someone to pick it up for you.

CAMPING AND APRES TRAILS PARTY

Onsite camping is available on Friday and Saturday night at just £6 per adult per night, children 14 and under are FREE. No need to book, just turn up and pay on arrival – there is plenty of room at this venue. There will be an Ultimate Trails après trails party for an hour or so following the prize giving with live music from singer / songwriter Pete Lashley.

Other VO2 Max Events : 2010 PUMA LAKELAND TRAILS www.lakelandtrails.org
24th April 2010 Hawkshead, 5th June 2010 Staveley, 5th September 2010 Keswick, 2nd October 2010 Coniston

25th September 2010 - **ULTIMATE TRAILS Mountainbiking**, Lowther Castle & Estate, Cumbria www.ultimatetrails.org

Helen, Diana, Claire, & Graham, VO2 Max Events (01524) 784711 helen@vo2max.co.uk

www.ultimatetrails.org