

# 'THE CORRIE'

## Information for the Challenge

### Welcome to the annual "Corrieyairack Challenge"

This newsletter contains all the required info that you will need to ensure your day runs as smoothly as possible. Please read through the information carefully!

Your fundraising efforts are much appreciated and we hope that by using our new fundraising partners Just Giving that we have made fundraising easier for you! If you haven't set up a page then visit us at [www.justgiving.com/badaguish](http://www.justgiving.com/badaguish)

Everybody at Badaguish wishes you the best of luck with your challenge and look forward to welcoming you on the day.

We thank you for your continued support. Best Wishes, Angela Orriss – Event Admin

### REGISTRATION & START TIMES

On arrival in Fort Augustus all competitors will be required to **Register at the main Fort Augustus Car Park**. Here you will collect your competitor number, safety pins and timing chip.

You must also hand in your sponsor form with your pledged amount completed in the box on the rear of the form. **Please do not bring any sponsor money.**

Your form will be taken and processed and sent back to you immediately after the event.

The Organisers at Badaguish **must** be notified of any withdrawals, substitutes or changes in race category or team details before **Noon on Tuesday 2nd July**; after this any last minute changes will be dealt with at the **'Changes' table** at the Start Registration. **Note: Last minute changes may exempt teams from awards.**  
**DEFINITELY NO ENTRIES ON THE DAY**

CATEGORY	REGISTER	START
Mountain Bike Walk and Cycle Walk Only	8.30-9.00 am	9.30 am
Run and Cycle (Duathlon)	9.30- 10.45 am	11.00 am

**Toilets, Limited Changing Facilities and Parking** are available at the Event Registration Point at Fort Augustus Main Car Park.

**The Event Start** is in front of the Abbey and will be clearly sign posted.

From the start all Competitors Bags will be transported back to Kinraig after the 11.00am start. All bags must be placed on the nominated bus and **clearly labeled with your competitor number**

## TRANSPORT FROM KINCRAIG TO THE START

### Competitors:

- 7am Bus: Mountain Bike, Walk and Cycle and Walk Only Categories
- 8am Bus: Run and Cycle Category only
- All buses: Depart from Kincaig Village Hall
- The Marshalls will direct all competitors to their allocated bus
- **You must only get on the bus for your category**

### Bikes:

- ALL BIKES in EVERY CATEGORY are to have their individual competitor 'Bike Number' clearly displayed on the front of their bike.
- Bike Numbers will be available to competitors at the bike loading and at Registration in Fort Augustus
- Numbers must be fitted to bikes before they are loaded on lorries and must be displayed throughout the event. **At the start registration, Bikers will be given (and must wear) their matching individual competitor number.**

## BIKES AND BAGS ETC

### Bike Loading will be

- Fri 4th 6.00pm-10.00pm (all categories)
- Saturday 6.00am-6.30am (MTB category)
- Saturday 6.00am-7.45am (R/C and W/C category)
- The MTB lorry will leave from Kincaig at 6.45am on Sat Morning to Fort Augustus
- The Changeover Lorry will leave from Kincaig at 8.00am on Sat Morning to Garva Bridge
- **Note: Mountain Bike Category can only change wheels/tyres at Garva not Bikes**
- Any wheel/tyre changes or changeover baggage must also go on the 8.00am lorry. All equipment must be marked with competitor's numbers.
- **Bags, pumps, bottles, helmets etc must all be clearly labeled and firmly attached to bikes**
- All changeover bikes, bags and wheel/tyre changes MUST ONLY go on official lorry transport (**NO** unofficial supporters cars at Garva Bridge changeover)
- **Note:** At the finish, bikes will be racked in Zones – please make sure you know where your bike has been racked. Bike security after the event will be your own responsibility

## THE ROUTE (43m: Start - Garva 17, Garva - Kincaig 26)

### Marshaled Water Stations on the hill section .

- at the Deer Fence (approx 2.5m)
- at Blackburn (approx 5.5m)
- at Uchdachan Burn (approx 7m)
- at the Summit (approx 10m)
- at Melgarve (approx 13.5m)
- at Garva Bridge Changeover (17m)

### Marshaled Water Stations on the road cycle section .

- at Laggan junction (approx 23.5m)
- at the level crossing in Kingussie (approx 33m)
- at the finish at Kincaig (43m)

**There are also manned radio check points across the whole route - give your competitor number when asked**

## SAFETY INFORMATION

**Road Marshals and Signs:** are provided at each major road junctions/crossings ie Ardachy, Laggan, Newtonmore, Kingussie, Loch Insh & Kincaig – please follow their instructions

**Cattle grids:** the first part of road cycle section will have only **partial covers** (approx ½ road width)

**Water/Snacks:** **carefully** consider carrying your own and enough to be self-sufficient!

**Track/Road conditions:** the hill has some steep, rocky and eroded sections (which are very technical for bikers) and requires great care. Some minor repairs will be carried out prior to the event, but unless your extremely confident and skilled expect to get off your bike in some places

The road sections are all in good condition with some undulating areas.

**Remember – No helmet - No Cycle!!**

**Railway Crossing:** The cycle route includes a railway level crossing, which may be closed for several minutes when trains pass - be prepared to wait

**Cairngorm Mountain Rescue Team:** The CMRT Vehicle will be located at the bottom of the Zig Zag section.

### STRICT RULES FOR YOUR SAFETY .....

- Display your event number **clearly** at all times, know it, and be prepared to shout it out when asked
- Pay **strict** attention to marshals and the route-marking
- Stay on the hill track where possible, observe the Country Code and take care - erosion and flood damage have made certain sections of the Pass **very difficult**
- Walkers must plan to be at Garva **BY 4PM** or accept a lift and allow hill-safety stations to stand down.
- Road Cyclists must be aware of other road users
- If you have a **known Medical Condition**, please write the details on the back of your competitor number at Registration and mark **the front with a large X** (pens will be available)

## COMPETITOR NUMBERS

Category	Numbers	Colour
Run and Cycle	001 - 299	Red
Walk and Cycle	300 - 499	Green
Mountain Bike	500 - 699	Blue
Walk Only	700 - 799	White
Last Minute Changes	800 - 899	Yellow

- **GOLDEN RULE:** If you withdraw or retire or are injured after the Start for any reason, you **MUST** contact and inform the Finish Event HQ via an Organiser or marshal as soon as possible
- Drink/Eat frequently – keep hydrated
- Be aware of the weather, terrain, environment and your personal condition/limits at all times and act accordingly. Allow for changing conditions. Dress or change kit appropriate to weather conditions

## CAMPING ETC

Free camping is available near the Kinraig Fete field from the Friday afternoon until Sunday morning. Please call/email us at Badaguish and let us know if you are going to stay as space is limited.

## THE FINISH – KINCRAIG VILLAGE FETE

**Finish Line:** after coming up the 'Brae' at Kinraig, road marshals will direct cyclists straight ahead into the Fete field for the Finish Line. Keep moving through the lines in finish order till you get your well-deserved medal.

Walkers coming back on the bus from Garva will be dropped at the Finish line to get their well-deserved medal.

**Toilets and Showers:** provided by the Village Hall and also portaloos at the Fete

**Massage and Physio:** near Corrieyairack area of Marquee

**Baggage collection:** from the Corrieyairack area of Marquee

**Free Refreshment/Ceilidh Tickets and 'Spot Prize' Raffle Ticket:** will be attached to your medal at the finish. Refreshments are available all afternoon. Check the 'Spot Prize' table in the Corrieyairack area to see if your ticket has won a prize!

**Presentation of Awards and Prizes** 5pm at the Fete

**Ceilidh:** 9.00 pm till 1am in Fete Marquee. All competitors and team stewards will get a free Ceilidh ticket but please note friends, families and other supporters will have to pay the afternoon fete fee and purchase a Ceilidh ticket

## TEAM SUPPORT PERSON/STEWARDS

We are phoning round now to confirm availability and to allocate and agree your help. If in doubt please get in touch. The choice will be between Fort Augustus Start, Garva Changeover, Road Stewards, Water Stations, Kinraig Finish. Please come fully prepared for a long but good day & all weathers and also remember Team Stewards are there to help **all** teams and not just their own team; **the event is just not possible without the** Committed and reliable support from Team Support People – Thank You

- Need help? Call or email the Events Team at Badaguish on 01479 861285 or email [angela.o@badaguish.org](mailto:angela.o@badaguish.org)
- Good luck with the all important sponsorship; for on- line giving see [www.justgiving.com/badaguish](http://www.justgiving.com/badaguish)
- To ensure a safe, smooth and enjoyable weekend for everyone please be patient and co-operate with the organisers
- Enjoy your day and good luck to everyone!

**Best wishes!**  
**THE EVENT TEAM!**