

# RACE DAY INFO

## FOR PARTICIPANTS

### PLEASE READ EVERYTHING CAREFULLY

And download/print a copy and bring it with you to the event for reference if needed.

#### Venue Location

Swanage & Wareham RFU, Bestwall Road, Wareham, BH20 4HY

#### Arrival & Timings

Key timings are shown below...

<b>Trio Masters (6 hrs)</b>	<b>Trio Novices &amp; Duo (5 hrs)</b>
08:00 Event base opens	09:00 Suggested arrival time
08:30 Race pack collection opens	09:30 Race pack collection opens
09:00 Race briefing	10:00 Race briefing
09:45 Start window opens	10:45 Start window opens
10:45 Start window closes	11:45 Start window closes
15:45 First teams finish	15:45 First teams finish
16:45 Course closes	16:45 Course closes
17:00 Results & prize giving	17:00 Results & prize giving

## Car Parking

Please follow the event signage / marshals' instructions to the car parking area in the rugby club (in the north side of the site, next to the clubhouse). Follow signs and marshals' instructions on where to park.

Please share transport if possible. If each team comes in one vehicle it'll be much kinder to the environment and you'll also be able to talk team tactics on the way/lament route choice on the way back!

## Event Base

All the following are located/will be available at the event base...

- Race pack collection
- Electronic timing card allocation and return
- Start / finish / transition point (run-bike)
- Toilets, changing rooms & showers (communal)
- Drinking water
- Event catering
- Indoor space (for briefing and prize giving)

**Cleated cycling shoes (e.g. SPDs) must not be worn inside the hall as they may mark/damage the floor.**

Please remove before entering the hall or bring/wear other footwear.

## Race Pack Collection

Collect your race pack from the registration desk inside the hall. **Only one team member needs to be present to do this.**

- **Trio Masters** race participants can collect their race packs **from 08:30 onwards**
- **Trio Novice & Duo** race participants can collect their race packs **from 09:30 onwards\***  
*\*please do not try to collect before 09:30 as this won't be allowed and could cause overcrowding*

Each race packs contains...

- 1 x Copy of the course map on waterproof paper (plus any extra copies if ordered)
- Race number (for each team member)
- Bike number (for each team member)

## Entry Amendments

Your team details will be printed on the race registration start sheet. Check these carefully. If any of your team details have changed, please make the Questars' staff at registration aware.

## SI Card Allocation (Timing Chip)

After collecting your race pack, one person from each team will need to visit the front desk in the marquee to be allocated with an SI card (timing device).

## Race Briefing

There will be a race briefing. We plan to keep the briefing short – around 10 mins (and certainly no longer than 15 mins). It will focus on the key/important things that are specific to this race/event and any last-minute course amendments.

Things that remain the same (and haven't changed for years e.g. solos and pairs using one kayak, and teams of 3/4 people using two kayaks etc), won't be included in the race briefing on the day. This information can be found on the Questars website in the race details document. If this is your first Questars Adventure Race (or you haven't done one for a while), please **read it all carefully**.

Please also read everything on the start list page carefully. There you will find further details about race numbers, kayak slot times, notes about the course, together with the course planner's guide (suggested time plan).

## Race Starts

Everyone has been given a start time window. You can start whenever you like within your start time window.

- **Trio Masters** race participants can **start anytime between 09:45 and 10:45**
- **Trio Novice & Duo** race participants can **start anytime between 10:45 and 11:45**

Make your way to the big yellow inflatable arch when you're ready to start. Your race time (5/6-hour time limit) begins when you place your electronic scorecard (SI card) on the start control.

## Drinking Water

Please help us by bringing your water bottle full to the event (so you don't have to fill up before you start). Drinking water will be available at the transition points for you to top up your water bottle during/after the race if you need to. You may wish to sanitise your hands before/after using the drinking water station (i.e. touching the tap).

## Event Catering

The Questars Kitchen will be at the event, providing the usual Questars refreshments (think basic adventure racing grub rather than gourmet cuisine!). Items include the well-renowned post-race beef/vegetarian chilli with nachos. Please bring cash in case our contactless terminals can't get signal.

Please bring your own mug and plate/cutlery for £1 off food and a free hot drink.

## Map Pens & Bike Map Boards

Permanent pens for writing on your map and bike map boards with reusable cable ties for mounting on your handlebars will be available to purchase from inside the hall. A4 and A5 boards are £10 and £6 respectively. Please bring cash in case our contactless terminals can't get signal.

## Toilets

Toilets will be open and available for you to use on site.

## First Aid

A professional medic will be in attendance at the event. The medic will provide first aid in serious cases which need immediate attention. All trivial medical needs should be dealt with yourself.

**Do not take unnecessary risks and end up having to go to A&E. It's better to hop off and push your bike rather come a cropper and injure yourself.**

## Course Closure

**The course closes at 16:45** and the furthest checkpoints will start to be removed before this (so don't think about visiting any more checkpoints on your way back if you are going to finish after 16:45).

If you aren't going to make it back to the finish before 16:45, use the **Emergency Number printed on your map** to let us know that you are safe and well and just running a bit late. It is important you do this so we don't start searching for you unnecessarily (which would delay the prize giving).

## Finishing / Withdrawing from the Race

**You must return your SI card (electronic timing device) to the front desk in the hall** (where you collected it), as soon as possible after you finish or if you withdraw/retire from the race. It is **very important** that you do this. If you don't, we don't know that you are back safe and well.

## Download

When you return your SI card, the data will be downloaded from it and you will be given a printout showing the checkpoints you visited and your total score. **CHECK THIS CAREFULLY.** If anything on your printout is incorrect then you must inform us immediately i.e. BEFORE the prize giving.

## Changing Rooms / Showers

There are changing rooms and showers at this venue for you to use if you wish to do so.

## Results & Prize Giving

We aim to announce the winners results and award prizes at 17:00 (or as soon afterwards as possible). Do stay for this if you can – it's always a shame when someone wins and is not there to collect their prize. The results will also be published online – on both the Questars and SportIdent websites.

## Departure

If you depart before 16:45 please drive extra carefully when leaving the venue/area. Be aware that other participants will be returning to the venue on bikes and finishing as you depart. And they could be in a rush!