



FREQUENTLY ASKED QUESTIONS

Questars Long Mynd 25

Transition Bags

Do we need a bike box?

No, you do not need a bike box. We will be moving bikes for you during the event without boxes. The main time for this will be from registration to the start of the first bike leg. We will use blankets to separate bikes during the move, but you are welcome to wrap your bike as well should you wish.

Can we bring transition boxes rather than bags?

Bags are needed rather than boxes.

How many transition bags do we need?

Maximum of three. One Bag A, one Bag B and one 'overnight' bag (this is optional). In addition, it is recommended that you pack a finish-line bag for afterwards.

What is the size limit for transition bags?

There is no size-limit but it needs to be able to be moved by one person.

What is the weight limit for transition bags?

Pairs: 20kg per bag. Quads: two x 20kg per bag.

How will I know where my transition bags will be?

The race schematic will show the points at which each transition bag is available. The race schematic will be available by the end of September.

Can our finish bag stay in our car for access after the event?

We are not giving away the finish location of the event at this time.

Will all transition bags be available at the finish?

Yes, but with a caveat. They may not all be there when you/your team finish. Some may still be in transit, so you may have to wait for them to arrive, which is why we suggest having a post-event bag separate to your transition racing kit.

Transition Points

Will there be hot water at transitions?

Yes. Please bring a mug with you if you want hot drinks at transition.

Will there be places to recharge items at transitions?

Yes, but we cannot guarantee this for everyone. If you are expecting to have to recharge lights then it is recommended that you bring your own power bank.



Are there opportunities to restock food on the route?

One transition area has been specifically chosen for its chance to restock. We will also be providing our famous chilli nachos at one of the transitions.

How long can you sleep at transitions?

Transitions will be open and available for a good number of hours and enough for a couple hours kip, do not expect a full nights' sleep as you will most likely be asked to move on as transitions may need to be tidied and cleared.

Lights

What runtime do we need for lights?

You should plan for at least six-hours of darkness on foot and six-hours on bike. This will be a mixture of technical and non-technical terrain. Depending on your route decisions, your team may spend longer on foot and vice versa.

How many lumens would you recommend?

To an extent, this does come down to personal choice (and different lumen measures from one brand to another). We would recommend lights with different brightness settings up to a minimum of 800 lumens. We would also recommend helmet mounted and handlebar mounted lights on bikes.

Kayaking

Can we bring our own paddles?

We will be providing right-handed paddles. If you are left-handed then you are able to bring your own paddle.

Do we need glowsticks for paddling at night?

No – there will not be any night paddling.

Tracking

Can friends and family track us during the event?

Yes, the tracking link will be shared before the event for friends and family to track you.

Is it possible to get GPX tracks from the trackers post-event?

Yes, these will be made available a few days after the event.

Bike questions

If I have a bike mechanical that requires the roving mechanic, will I be credited the time waiting for help?

No, any bike repairs, taken on by yourselves or the mechanic will be within in your race time, no time credits will be given.



Is the bike repair kit provided with bike rental?

Rental bikes will be provided with a spare quick link, a chain brake tool, a pump and one spare inner tube.

Will rental bikes have lights already mounted?

No, rental bikes will not come with front or rear lights, you will be required to provide your own and remember to mount them appropriately before event and remove them post event. Cyclexperience do have some available to hire – please contact them to discuss.

General questions

How much water should we carry per stage?

This is quite individual, but we'd say at least 1-2 litres should be plenty for most people per stage, but more detail will be available on the race schematic

What do you do for a phone that uses an e-sim?

Ensure it is sealed and taped up prior to race start (to be used only in emergency)

Do you have a recommended backpack size?

About 20L should be sufficient, though larger people tend to have larger bags (larger shoes, clothes and kit requirements)

Can we use a watch with an altimeter?

Yes, as long as it is not a GPS altimeter.

Can we use a non-GPS cycle computer to judge distance?

Yes.

What kit is not included on the kit list that you would recommend we bring?

Trekking poles (if you like using them). Anti-chafe cream. Foot lube. Hand sanitiser.

Any advice for foot care?

Look after your feet! Make sure your toenails are cut prior to the event. Pre-lube your feet the night before. Re-apply before any foot stage. Deal with any hot-spots promptly. Change socks regularly during the event.