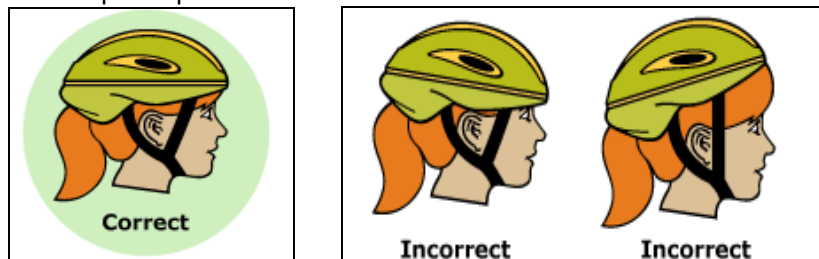


Welcome to the Rob Roy Challenge Event, 2010!

1. If, for whatever reason, you or any member of your team decide to stop at any point on the route **IT IS VITAL** that the team captain reports this in person to one of the major check points at **Aberfoyle, Callander, Balquhiddar or Killin**. Water stops and soup kitchens are not major checkpoints. This will prevent the inappropriate use of precious rescue and emergency service resources.
2. All incidents and accidents **must** be reported to the major check points. If you need to be rescued please call one of the specified numbers on your EMERGENCY INFORMATION on the reverse of your participant number. Give an **accurate** location and we will arrange for you to be picked up. If the number is engaged try the next number down until you get someone. **ONLY CALL 999 AS A LAST RESORT.**
3. All participants **must** dib their SPORTident timing chip in to the control station at each Major Checkpoint and display their participant number at all times.
4. Please complete the Emergency Information (containing essential contact numbers) on the reverse of your participant number and ensure your mobile phones are charged up and waterproofed. Switch your mobile off when not using it to conserve battery power. Please do not use your mobile phone unless it is of vital importance, some of the rural mobile telephone masts can only handle 8 calls at any one time. This will help to ensure that emergency calls can get through.
5. All pre-booked hire bicycles will be given out at the Callander check point. Please be aware of other cyclists especially when overtaking. Helmets are compulsory and will be given to you with your hire bike. If you are using your own bike it is your responsibility to bring your own helmet. Please follow the advice of all marshals and signage.
6. At the start of the bike section there is a short off-road section which requires care and attention as the surface is loose. Please ensure you only ride as fast as you can control. This section will be signed and marshaled for your safety.
7. If participants do not wear a **fastened helmet** whilst cycling on the route they will no longer be officially participating in the event and Martin Currie, WildFox Events Ltd and associates take no further responsibility for their participation.



8. **For your own safety – NO HELMET, NO EVENT.**
9. Some car parking may be tight and we would ask you to park with consideration to other team cars and the members of the public. Please follow the parking marshals' instructions.
10. If you are stopping at waterstops during the cycle phase, please leave your bikes in a suitable area which does not cause a hazard to other users and leaves the route clear.

SAFETY BRIEF

11. All team members must carry a small rucksack containing:
 - a) Full set of waterproofs, a warm hat, a sun hat and gloves.
 - b) Water container with a minimum of two litres, this can be topped up at water stops.
 - c) Basic first aid kit
 - d) Energy snacks and/or fruit.
 - e) When on the bike phase – carry a pump, repair kit, a correct sized replacement inner tube and the tools needed to fix a puncture.

12. Please carry all litter and deposit in bins. This will encourage the ranger service and landowners to have us back again.

13. Please listen and comply with the advice the event marshals give you.

14. **Support teams** are requested to adhere to the following advice:
 - a) Keep your speed down whilst driving. This event is not the only thing happening in the area
 - b) Check your mirrors and be aware of other road users and bikes in the area.
 - c) Do not use mobile phones whilst driving.
 - d) Ensure you have had sufficient sleep before driving home.
 - e) As soon as you have finished supporting your team at a checkpoint you must move on straight away to allow others support teams to access the location.
 - f) Only one support vehicle per team of four will be allowed into the check points along the route. Please display your car pass at all times. This pass will be handed out at registration. **If you don't have a pass, you won't get in.**

TOP TIPS

- **Drink and Hydration**
Drink and eat regularly. Use a camelback/Platypus water container. We are providing High Five energy drink which contains electrolytes to assist you to maintain a balance between water and salts. *You should be passing water every hour. Please monitor yourself and your team mates.*
- **Stretching**
Make sure your team has fully warmed up before starting any stretching – never stretch cold muscles. Aim to do some stretching throughout the event and especially at Checkpoints.
- **Rubbing / Chafing**
Wear cycle shorts or lycra and use vaseline to prevent chafing.
- **Joints**
Use two walking poles throughout the walking sections.
- **Feet**
Carefully trim toenails and use foot powder.
- **Socks**
Change your socks at each check point, check zinc oxide (if using), put on dry boots/trainers.
- **Boots**
Make sure your boots are well broken in.
- **Temperature**
Maintain a constant body temperature and prevent your body from sweating/shivering. Constantly adjust your clothing according to your temperature.
- **Check Point Routine**
Try to spend no more than 30 minutes at each check point. This will help prevent muscles from seizing up and it is important to keep the momentum going.
- **Massage / Physiotherapy**
This is provided for you. Please use it!

**We would like to wish you all the very best during the event
and we look forward to seeing you all wherever you finish!**