

 MONTANE

SPRINT

SUMMER RACES





SPINE

SUMMER RACES

**SPINE RACE, CHALLENGER - NORTH,
CHALLENGER- SOUTH, AND SPRINT 2023**
RACE BRIEF



THE MONTANE SUMMER SPINE RACES 2023

Welcome to the Race Brief for the Montane Summer Spine Races 2023

This document is intended as a quick reference tool so you can easily access key points from the Race Brief which is available as a video and will be delivered in person.

All runners are required to watch the video and to attend a physical Race Brief, which will form part of the registration process for your chosen event.

COVID MEASURES

At present, there are no COVID restrictions in the UK. However, the safety of athletes and volunteers continues to be of paramount importance to us. Therefore, we have the following measures in place:

BEFORE THE EVENT

- Do not travel to the race if you show Covid symptoms/serious symptoms of any viral illness prior to the event

DURING THE EVENT

- There will be mass starts but registration and race briefings will take place in smaller groups
- There will be one-way systems (where possible) in high-traffic areas
- Sanitising hand gel, and wipes will be used and encouraged, and face masks will be available
- Communal areas will be ventilated
- No specialist physio/sports massage team in place for 2023 increasing space available in checkpoints
- Checkpoint teams will undertake frequent cleaning, particularly high contact points (for example - door handles, toilet areas, sinks and taps)
- If you develop symptoms during the race, inform a member of our team ASAP. Tell the CP Team if you are in a checkpoint already, or tell Race HQ if you're on the course.
- A positive test for covid will lead to your withdrawal from the race.



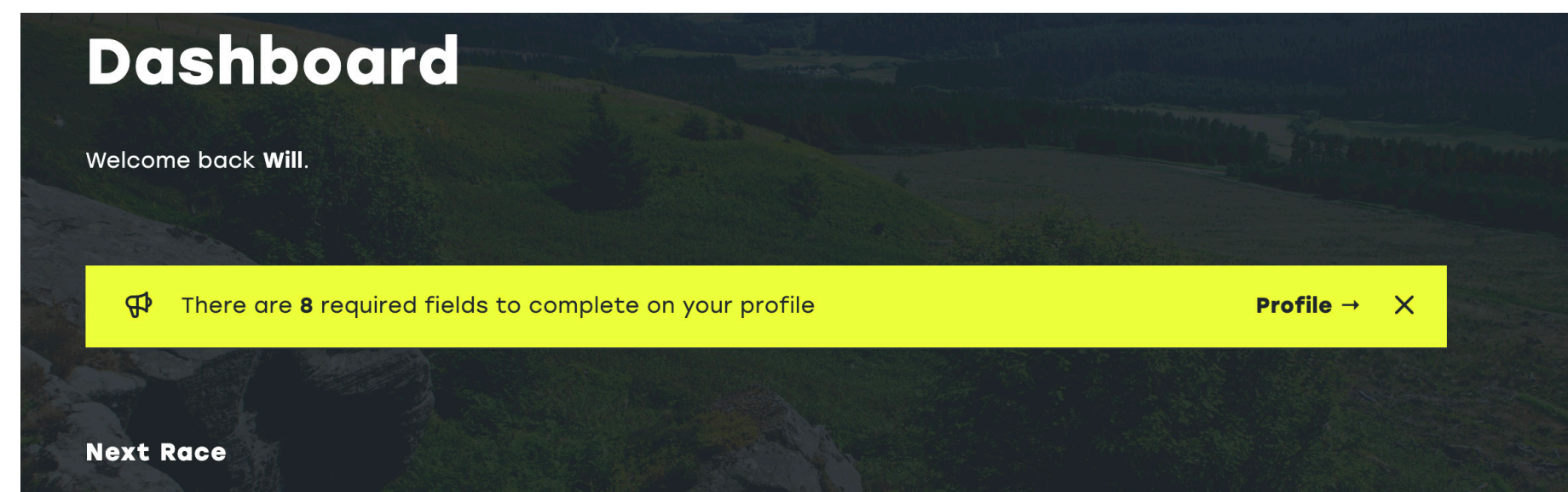
PRE-REGISTRATION TASKS

PERSONAL INFORMATION

We require some information from all of our competitors prior to registration. All runners are required to login to their runner portal and complete their personal profile. You can [log in to the portal here](#).

It's particularly important that you all provide emergency contact details, but this is also the place to tell us your own contact details, your dietary preferences, your t-shirt size and more.

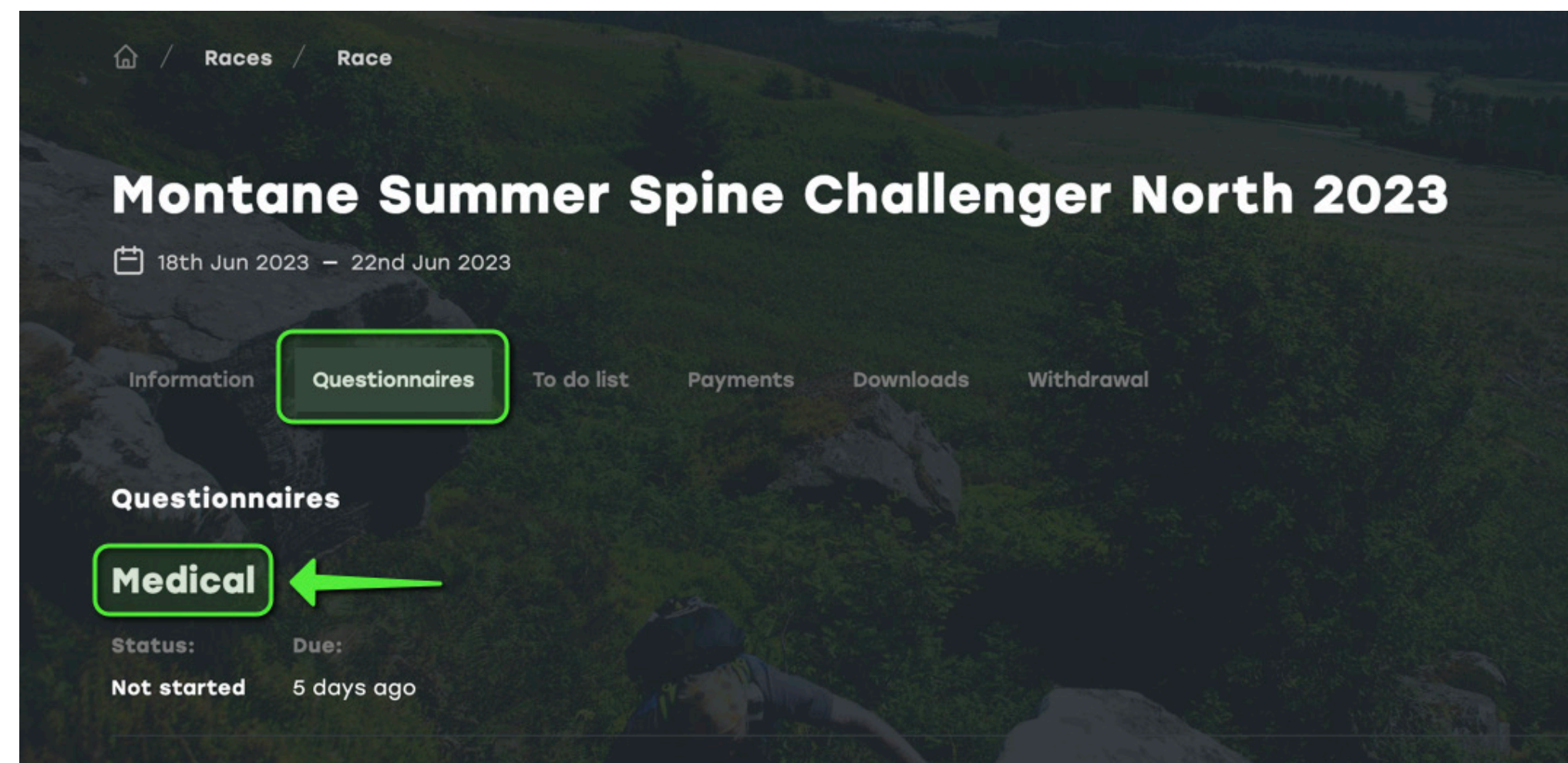
On entering the portal you'll be prompted to complete any missing info. Simply click on 'Profile' (see below):



PRE-REGISTRATION TASKS

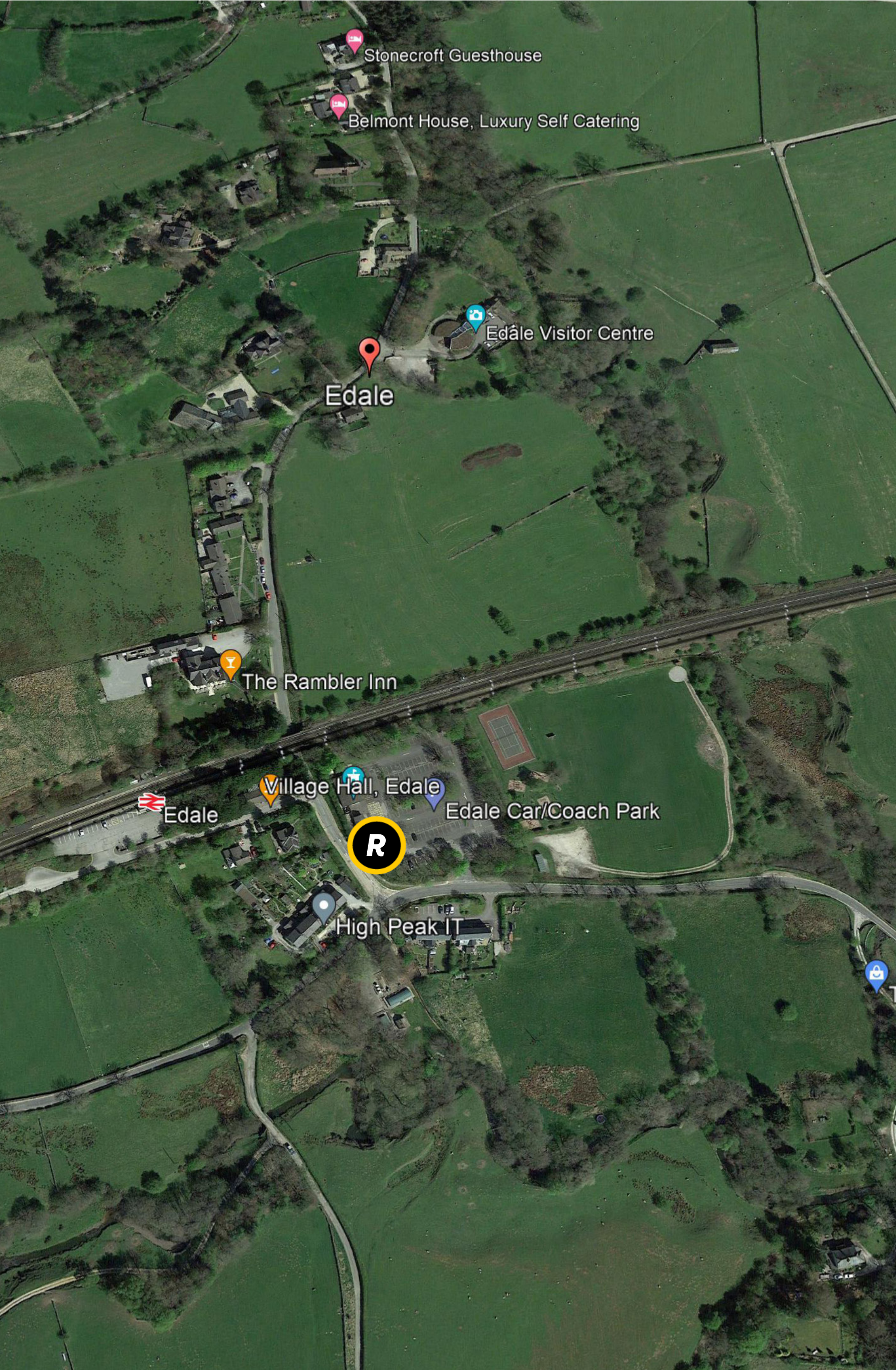
MEDICAL FORM

It is mandatory for runners to complete our Medical Form prior to taking part in the race. This form can also be found in your runner portal. You can [log in to the portal here](#).



You can find the Medical Form by going to the 'Questionnaires' tab in your portal and clicking the 'Medical' link indicated in the image to the left.

This form, and the personal information detailed on the previous page, are extremely important in ensuring that all runners can participate as safely as possible. Please complete these prior to arrival at registration.



REGISTRATION INFORMATION

SPINE RACE, CHALLENGER - SOUTH, and SPRINT

EVENT REGISTRATION

Registration, Kit Check and Race Briefings will take place at Edale Village Hall.

R **Location:** Edale Village Hall

Registration Times:

Summer Spine Challenger South registration begins at 12:00 Midday on Friday 16th June

Summer Sprint registration begins at 08:00 on Saturday 17th June

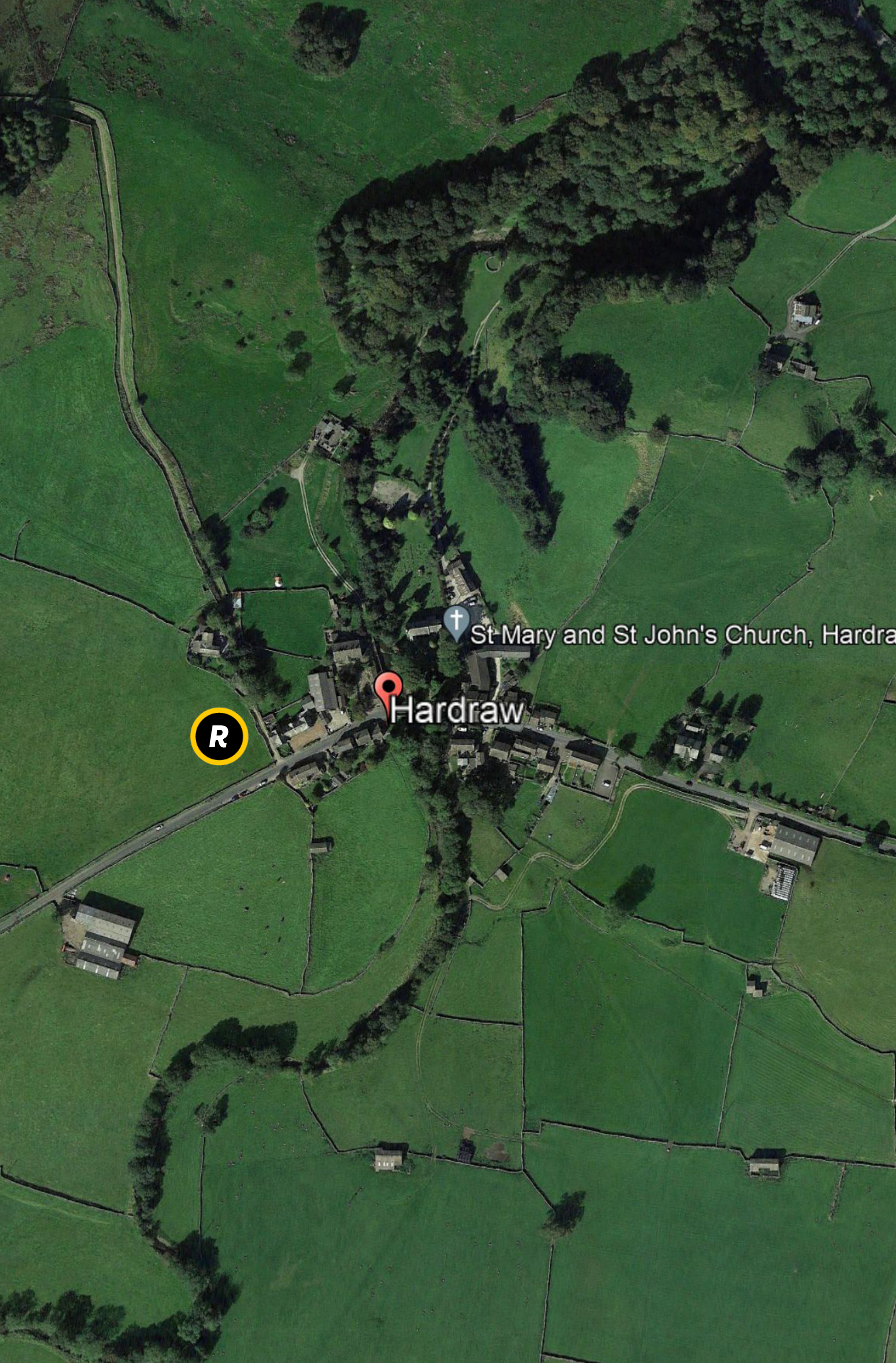
Summer Spine Race registration begins at 12:00 Midday on Saturday 17th June

REGISTRATION TIME SLOTS

All runners will be allocated a time slot to attend registration in order to reduce congestion. Your time slot will already have been communicated to you via email prior to the event. Please ensure you attend the correct time slot and to bring all your kit ready for kit check when you come to registration.

REGISTRATION PROCESS

Firstly, your equipment inspection will take place. Once completed, you will need to present your ID, such as your driving licence or passport in order to register. At this point, you will receive your race number and a photograph will be taken for identification purposes. Drop bags can be left in the village hall at registration or prior to race start.



REGISTRATION INFORMATION

SPINE CHALLENGER - NORTH

EVENT REGISTRATION

Race registration and equipment inspection will begin from 10:00 on Sunday 18th June 2023. This time is provisional and will be confirmed closer to the event. Staggered time slots for registration will be allocated to all runners. You will be asked in advance which time slot you would like to register in.

R Location: Pennine Way at the western edge of Harddraw Village. Harddraw, North Yorkshire, DL8 3LZ.

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RACE START TIMES

EDALE VILLAGE HALL - Spine, Sprint and Challenger South

17 JUNE 2023

MONTANE Summer Spine Challenger - South: 08:00 am

MONTANE Summer Spine Sprint 12:00 pm (MIDDAY)

18 JUNE 2023

MONTANE Summer Spine Race: 08:00 am

PENNINE WAY AT THE WESTERN EDGE OF HARDRAW VILLAGE - Challenger North

18 JUNE 2023

MONTANE Summer Spine Challenger - North: 18:00 PM



HOW TO FOLLOW THE RACE

FACEBOOK: [Facebook.com/thespinerace](https://www.facebook.com/thespinerace)

TWITTER: [@TheSpineRace](https://twitter.com/TheSpineRace)

INSTAGRAM: [@spinerace](https://www.instagram.com/spinerace)

LIVE GPS TRACKING: www.thespinerace.com



RACE HQ CONTACT DETAILS

Race HQ can be contacted 24/7 during your event. All runners should add both of the following numbers to their phone before starting their race.

Race HQ Phone: +447389718539 or +447399183757

Email: racehq@thespinerace.com

Please note, these contact details are active from 17th June. Prior to that, please contact our team via info@thespinerace.com as usual



CONTACTING RACE HQ

WHEN TO CONTACT HQ

- Any stops over 15 minutes
- Concern for yourself or others
- Major obstacle –i.e. a hazard you cannot cross
- Withdrawal

WHEN CONTACTING RACE HQ PLEASE PROVIDE:

- Race Number
- Location
- Status
- Nature of call



CAULDRON SNOOT

These guidelines refer to an area called Cauldron Snout, between Middleton (CP3 for full Spine, CP1 for Challenger - North) and Dufton.

No bivvys (or any stops longer than 30 minutes) between High Force and High Cup Nick summit. This is due to lack of phone signal and tracker coverage in the area.

In this area, the route passes by Birkdale Farm where you'll find signs leading you to a remote wifi point we've set up. The wifi will be an open network with no password. If you have an emergency in this area please make use of the wifi, or make your way back to Saur Hill Bridge or continue up to High Cup Nick to find phone signal.



TRACKERS

A tracker will be fitted to your pack at registration. This will show your location throughout the race.

All of the tracker functions are automatic except for the SOS function

Once the tracker is attached, the only time you might need to interact with it is if an emergency leads to you activating your tracker's SOS function

Be careful when picking up your race pack that you do not accidentally press the SOS, especially when placing the bag down at a Checkpoint

TRACKERS - SOS

In case of an emergency on the course, runners need to make contact with Race HQ via phone or text message.

However, **if the emergency is life-threatening** the following actions should be taken first:

- Activate SOS on Tracker
- Dial 999/ 112 on your phone
- Ask for the Police
- Ask for Mountain Rescue - or an ambulance if you are on a good road
- Then, as soon as possible contact Race HQ

HOW TO ACTIVATE THE SOS

- Activate your trackers SOS function by pressing the button until it clearly vibrates.
- After activating your SOS, ensure your mobile phone is on immediately to receive calls from HQ.
- If you encounter somebody on the course who is in a life-threatening situation and are unable to activate their own SOS (i.e. they are unconscious) please activate their SOS rather than your own if possible.
- Once your SOS has been activated, your race is over.

CHECKPOINTS

- Upon arrival at a checkpoint, seek out a race official straight-away
- Sign In
- Covid safety measures will be in place and must be adhered too
- Race Officials will provide you with CP info - i.e. you will be instructed where to collect/leave your drop bag, food etc
- Food: 1 meal per athlete, there will also be some porridge and snacks available
- Kitchen access is for Race Officials ONLY
- Drop Bags: Please ensure all your items are back in the drop bag when you leave and that no additional bags/items are attached to the outside.
- Runners are allowed to spend a maximum of 6hrs in each checkpoint.

CHECKPOINTS

- Please tidy up all your own waste
- This includes bodily waste -flush the toilets
- Do not bring muddy footwear into a CP - you will be shown where these can be stored
- Plasters and any other medical waste must go in a bin
- No drop-bags to be taken into shared rooms as these are sleeping areas
- Please be quiet in sleeping areas
- Please help the team keep the checkpoints tidy

LEAVING A CHECKPOINT

- Inform a race official - they must record that you have left and your time of departure
Check you have not left any personal items behind.
- Once ready to leave a CP a quick kit check will be made of a small number of items from the kit list to ensure you are carrying the correct equipment for the next section.



MONITORING STATIONS

There are monitoring stations on the course at the following locations. Checking in with our team is compulsory at these monitoring stations. Runners will only be permitted to stay for 30 minutes at these locations. There will be a supply of drinking water at these monitoring stations.

CP1.5 Malham Field Centre.

CP5.5 Blakehopeburnhaugh.

WATER

An added difficulty when running in summer is the scarcity of water.

Natural water sources may be low or dry in summer. All runners are welcome to utilise any shops, cafes and any pubs happy to accept Spinners along the route and can get water at these, but it will still be necessary for runners to plan their water stops carefully.

The minimum carrying capacity for water in Summer Spine events is 3 litres. We recommend that runners carry this amount on leaving the start line.

We recommend that runners consider having the ability to purify water on route, whether via a filter or through the use of purification tablets. This could open up more safe water sources to you.



RESUPPLY BAGS

You will be able to access your drop-bag at every checkpoint you pass through:

Summer Spine Race:

- Bag available CP1, 2, 3, 4, 5 and Finish

Summer Challenger South:

- Bag available at CP1 and the Finish

Summer Challenger North:

- Bag available at CP1 Middleton-in-Teesdale, CP2 Alston, CP3 Bellingham and Finish

Those in the **Summer Sprint** can have one resupply bag taken directly from the start to the finish and will not have access to it elsewhere on the course.

DIVERSIONS

- Though our course sticks to the Pennine Way whenever possible, there are often diversions. All diversions must be followed, they are not optional but form part of the official course of the race.
- All planned diversions will be accounted for within the GPX files we issue before the race and communicated to runners via email.
- Most Checkpoints have a small diversion to reach them. These are fully signed and easy to follow. Look out for signs as you approach CPs.
- Routine diversions are usually small, signed, and simple to follow.
- Dynamic diversions might be put in place after the GPX files have been issued and even during the race where weather or ground conditions dictate, eg for flooding. These will be signed by our team and are also not optional.

IMPLEMENTATION OF TIME CREDITS AND PENALTIES

PENALTIES

Runners must follow the full course issued by the organisers as GPX files. runners must also adhere to any diversions put in place whether pre-planned and included in the gpx files or added during the event. Failure to do so will lead to time penalties.

- Each transgression will be dealt with on an individual basis with any mitigating factors considered
- The starting point for any time penalty will be double the average time benefit (taken from the spread of runners they were in proximity with).

Penalties for missing kit will be applied in the same manner as other time penalties and according to criteria in the kit list and subject to the discretion of the equipment manager

THE MANAGEMENT AND IMPLEMENTATION OF PENALTIES AND CREDITS

Time penalties and credits are managed by Race HQ who will do so in the following way:

- Athletes will be notified ASAP of any penalties incurred and the reasons for that penalty
- On course this will be communicated by SST lead members, checkpoint managers will undertake this task in checkpoints.
- Cut-offs and overall race time limits will not change
- The penalty will come into force once you have departed the checkpoint after the place the time sanction was incurred

IMPLEMENTATION OF TIME CREDITS AND PENALTIES

GOOD SAMARITAN CREDITS

We proactively encourage racers to support each other out on the course.

If you do encounter another runner in distress, you should contact Race HQ or a race official on the course.

We understand that in stopping to assist another runner, or in slowing to accompany them, you will be delayed. For that reason, Race HQ are able to give out good samaritan time credits.

These are issued at the discretion of race HQ.

The credited time will be added to the cut-off times at CPs and Finish Lines ahead of you on the course.

Race HQ will not issue a time credit for slowing to accompany a fellow racer if they assess that there was no real welfare concern for that racer, making it particularly important that you communicate with Race HQ during such incidents.

OUTSIDE SUPPORT

- **Montane Spine Races are completely unsupported. You cannot receive any planned outside assistance during the race.**
- Some members of the public may appear on the course offering snacks/drinks to runners as they pass - this is ok as it is not planned support and is available to all runners, HOWEVER if it is apparent that a runner is being singled out for support there will be time penalties and possible disqualification.
- Pacers are not allowed at any time.
- Meeting a runner, even when not exchanging food, drink or equipment, is considered outside support. If friends/family wish to cheer you on, this is ok but please limit this to 1 instance during the race. If it is reported that a runner has been visited more than once the issue will be investigated. This includes people outside the race organisation meeting you on route to film or photograph you.
- If friends/family do choose to meet you on the course, runners must not accept food or drink, or exchange any other items with them. Please also discourage friends/family from parking at road-heads as this causes congestion and can block access for our safety teams and emergency vehicles.
- You are allowed to visit shops, cafes and most pubs.
- You are not allowed to access private residences for food.

FURTHER GUIDELINES

- No littering
- Close all gates unless they are fastened open
- Do not shine headtorches into people's houses at night
- Use your headtorch and highly visible clothing when it is dark, and ensure your red LED back light is switched on
- Be quiet when moving through residential areas
- Do not approach private citizens during the races with demands
- No alcohol is to be consumed by competitors during the race
- Runners should only bivvy, or otherwise stop for longer than 30 minutes, if they have phone signal
- Parking is very limited in Edale, Kirk Yetholm and other small villages along the route. Runners should familiarise themselves with parking restrictions in these areas if they intend to leave their vehicles here.
- It is also a good idea to familiarise yourself with the Countryside Code: www.nationaltrail.co.uk/en_GB/countrysidecode/

PASSING ANIMALS

- Consider giving a wide berth or taking an alternative route
- Be slow, calm and "boring" for the animals. Avoid running, shouting, being exciteable or interesting
- Don't get between parents and offspring
- If charged, be loud, raise arms and "shoo" confidently

FURTHER GUIDELINES

ROAD USE

- Use the pavement where there is one
- Where there is no pavement use the right hand side of the road, facing oncoming traffic. Except where you need to cross to the opposite side to gain visibility around blind bends
- Use safe crossings where available
- Make sure you are visible to road users
- Take special care with young children, pushchairs and wheelchairs sharing the path
- Overseas runners -keep in mind the traffic may be approaching from an unfamiliar direction
- Please note, none of the Spine Race team has the authority to stop/disrupt the flow of traffic, and the same applies to runners.
- Electric vehicles are extremely quiet so we ask all runners using headphones/earbuds to take one out whenever you are on a road.

WATER CROSSINGS

As a rule of thumb, no-one should enter water that is of unknown depth, and no one should enter moving water that is deeper than their calf height. If water is moving, even if known to be shallow, walking poles should be considered for balance, or wait for a following athlete, to cross

FURTHER GUIDELINES

NSAID MEDICATION

Though not banned, the use of NSAIDs (eg **Ibuprofen** or other anti inflammatories) are very strongly discouraged, on the advice of the Event Medical Team.

LIGHTNING

Signs of impending lightning strike include static hair, or humming or buzzing, which would signal the need to get inside any permanent building.

If that's impossible, move to lower ground, and away from water, and don't stand directly underneath trees or high structures. Jettison bags (as they contain electronics) and walking poles (usually carbon or metal).

If none of the above is possible, as a last resort you should adopt a squatting position: crouching, with as little distance between feet as possible, elbows on knees and hands covering ears.