



## **Volunteer Information Pack Ultra X 125 England 2021**

### **Thank you**

Thank you so much for clearing your diaries for Ultra X 125 England 2021.

We are hugely excited to welcome you to the crew and want to make your experience as special as each of our competitors.

The most important take-away's that people have from these events have always been around the interactions that happen over the course of the weekend and the crew play the biggest role in creating that "bubble" environment that makes these events so special.

Having such a great bunch means that this event can be a HUGE SUCCESS and an experience which will stick with the competitors for the rest of their lives, and hopefully you as well!

To ensure that you are fully prepared for the event we have prepared a short information pack to help you understand what the weekend will look like and what is expected of you. As always if you have any questions, we are always just a phone call away.

Specific route information, checkpoint locations and final runner numbers will be issued in the week before the event.

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#### **1) This year's race and itinerary**

**There are two separate races for Ultra X 125 England. The first is the full event (75km on Saturday and 50km on Sunday). The second is the 50km on Sunday, which some people will be running separately, albeit on the same course as the full event runners.**

We will have 220 competitors and 35 crew. Circa 150 of these participants will be completing 50km with the remaining 70 doing the full 125km over two stages. Full start lists for each will be circulated prior to the event.

The start times are as follows:

Full 125 runners: Start at 0700 on Saturday and 0800 on Sunday.

50km only runners: Start at 10am on Sunday (2hrs after the 125 runners). The course they run will be identical.

There may be staggered starts to allow for social distancing in which case there will be up to a one hour start window.



The Marking Team are to arrive by 1000 on Friday (where possible). The remainder of the crew (**you**) are to arrive from Friday (24<sup>th</sup>) at 1200. The competitors will arrive on Friday too, but from 1600hrs.

Briefings will be held remotely for crew and competitors:

The video briefing for the competitors will be circulated on Tuesday 21st September. **The crew briefing will be streamed virtually via Zoom at 1800 BST on Tuesday 21st September.** This will be recorded, but we would hugely appreciate it if as many of you as possible could join. Invitations will be sent shortly after this email.

Please see below for our draft itinerary, but please note that things happen which cannot be planned and as such it is important that we are agile.

### **Friday 24th September**

0900 - 1000 – Marking Team arrive (or earlier if you can!)

1200 – Remainder of the Crew arrive and setup camp.

1400 - Checkpoint vehicles are allocated and loaded for the morning.

1600 to 2200 - Runners arrive. Crew on hand to assist with parking and campsite directions.

### **Saturday 25th September**

- 0500: Hot Water is available for runners (2hrs before race start)
- 0600: Crews for Checkpoints 1-3 depart for checkpoints
- 0700: Race begins
- 0730: Crews for Checkpoints 3-5 depart for checkpoints.
- 0900: Last runner expected through CP1 – CP 1 moves to CP6
- 1100: Last runner expected through CP2 – CP2 moves to CP7
- Expected Final finisher 2359 (yep, that's not a typo. Please expect a very long day on Saturday)

### **Sunday 26th September**

- 0600: Hot water available for all runners (2hrs before race start)
- 0800: 125 Runners commence
- 0830: 50km runners arrive into camp
- 1000: 50km runners commence
- Expected final finisher 2000

## **2) A day during the event - your responsibilities**

Before the race we will allocate the crew into teams. There will be 8 teams (5 checkpoints, 1 marking, 1 campsite team and 1 media team).



## **Checkpoint team responsibilities will be:**

### Manage allocated CP

Each team will have a vehicle with its own driver, at least one medic, an osteopath, and a checkpoint captain. Your roles will be to manage checkpoints throughout the weekend. There may be some rotation and we will have a team debrief at the end of Saturday.

There will also be a media vehicle which will be roaming along the course each stage.

Each team will be allocated 1 vehicle and 1 checkpoint to man during each stage. Note that not all checkpoints are accessible by road. Maps will be distributed each day showing how you will be able to get to where you need to be. Each vehicle should have at least 1 fully charged mobile phone, 1 first aid kit, map of the stage, 1 clipboard and a list of runners with numbers and name. Each team will have one "captain". They will be responsible for ensuring the CP is ready. As the routes are often inaccessible by vehicle it is VITAL that everyone knows where they need to get to and how to get back to camp BEFORE they leave HQ for the day. We will be providing exact locations using What3Words. **PLEASE DOWNLOAD THIS ONTO YOUR PHONE BEFORE THE EVENT.**

We would LOVE for you to really take responsibility for your checkpoints and make them something the competitors will look forward to seeing each 10km. Whilst this race is self-supported, and we will not be providing food please feel free to personalize your checkpoints.

Flag collecting – once the final runner has passed through each CP. One crew member should walk/run to the next CP (max 10km) collecting flags/markings.

### Checkpoint Checklist:

As each runner enters your CP a member of your CP team should do the following;

- Ask the runner how they are doing (and note down the answer)
- Review appearance
- Record time
- Make sure they have enough water

### What is **not** your responsibility

- Dealing with medical incidents

Please do not put yourself in situations that you are not comfortable with. We have lots of qualified people who can help out in an emergency or any situation you are likely to come across! Give us a shout if you have any concerns.

### In an emergency

The key will always be to communicate. See below for a list of emergency contact numbers.

### Communication



The efficiency of any emergency situation depends, to a great extent, on the reliability and efficiency of how information is communicated.

Fortunately, the Peak District is not too bad for this (compared to some of our locations!). We can rely on 4G or phone signal for a large portion of the event. However, as crew, you must be comfortable at the beginning of the day that everybody is happy with the POA for that day.

### Runner's compulsory items

Runners must carry all items stipulated on the race Kit List. This can be found on the race page on [www.ultra-x.co](http://www.ultra-x.co)

NB: Race rules and regulations state that runners place themselves under the obligation of having these supplies with them and can present them to an organizer or volunteer immediately before the start of the race, during it or at the finish.

Runners will not be required to pass kit checks as is usually required for all. Kit inspections will instead be conducted at random on course by staff wearing PPE. Any pauses caused by kit checks will be recorded and race times will be adjusted accordingly. Runners must be prepared to stop if asked and crew must be prepared to inspect during the course of the event.

### Closing the course

To ensure that no runners are left out on the course, each checkpoint will only leave their post when every single runner has been accounted for and checked off their runner list. If there is concern over any runners at the back, one vehicle/team should stay with them.

Please never leave a runner at the back unattended.

### **3) What to bring**

You will each be provided with two t-shirts to wear for the duration of the event. Blue on Saturday and grey on Sunday. The temperature can drop significantly (even in the late summer) in the Peaks. As such, please ensure you have WARM weather gear, including waterproofs). This should include a large down jacket.

See below for recommended kit list:

- Smart Phone with emergency numbers saved.
- The app What3Words downloaded – Available here <https://what3words.com/daring.lion.race?redirect=true>
- Hard wearing shoes/boots
- Waterproof gear
- Warm down jacket and warm hat
- Head torch (with spare batteries)
- Chargers – Please note there will not be much power so bring power banks
- Tent, roll mat, sleeping bag and pillow
- Comfortable shoes for evening wear in camp
- Watch
- Hiking trousers/ shorts
- Clothes to be worn before and after the race (1 set will do)



- Sunglasses
- Protective hat/cap
- Sunscreen
- Thin jumper/sweater
- Mini towel
- Personal toiletries (including loo roll)
- Eating utensils – we will be providing all food in the form of dehydrated meals.
- Snacks
- Camera (if you like)

Anything that might keep you entertained at checkpoints (you are likely to spend a lot of time waiting for competitors to come through). Books, **SPEAKERS** etc.

#### **4) Contact Details**

We want to ensure that you all have the best possible time. If you have any questions/ requests do not hesitate to contact us. We are happy to arrange a call or answer any questions via email, also:

##### Guy

Email: [guy@ultra-x.co](mailto:guy@ultra-x.co)

Mobile: 07503084245

##### Jamie

email: [jamie@ultra-x.co](mailto:jamie@ultra-x.co)

mobile: 07782 480020

##### Chris

email: [chris@ultra-x.co](mailto:chris@ultra-x.co)

mobile: 07973 249691

#### **5) Expense Policy**

Ultra X have arranged your tent pitches and food from Friday (once you arrive at the campsite) to Sunday for you. Should you wish to stay on Sunday night we will arrange this for you (just let us know before). Food will be provided over the course of the weekend in the form of freeze-dried meals – Main Meal \*6, Breakfast \*2. We would recommend bringing additional snacks. If you have any specific dietary requirements, we recommend you bring your own food as back-up.

Those that are driving and using their own vehicles, you will be reimbursed all reasonable fuel expenses.

All additional expenses - meals, refreshments and other costs are expected to be covered by the volunteer.