

# RACE THROUGH HISTORY

## EXPERIENCE THE THRILL OF THE CHASE



# THE CHASE

25TH SEPTEMBER 2010

[www.thechaserace.co.uk](http://www.thechaserace.co.uk)

Loch Lomond & Trossachs National Park

## DUATHALON INFORMATION

Congratulations on signing up for THE CHASE!! Please take a moment to read this in detail as it contains some important information to ensure you have a safe and enjoyable day.

THE CHASE is a brand new event inspired by Sir Walter Scott's mighty poem The Lady of the Lake.

Organised by Pennine Events on behalf of Loch Lomond & The Trossachs National Park and the Forestry Commission Scotland,

THE CHASE is the finale event of ScottsLand, a programme of events taking place throughout The Trossachs from June to September 2010 which celebrates the 200th anniversary of the publication of the poem.

This e-pack includes:

1. Information to all participants for on the day of the event
2. Bike Hire Form
3. Any other supporting information

You will get your event numbers at registration on the day.



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## OVERVIEW

The event start is located at McLaren Leisure Centre, Mollands Road, Callander, FK17 8JP

OFF ROAD DUATHLON	start time 1pm
THE "WEE" CHASE	start time 2pm
THE FINAL CHALLENGE	when you finish
THE MEDIEVAL GATHERING	from 4pm until 9pm

## REGISTRATION

The registration marquee is open from 11am. It is located at the start area at McLaren Leisure Centre where you will collect your SI card timing wristband and bike ride map. The information desk at registration, directional signage and stewards will help direct you. Please also listen out for any special instructions given over the public address system.

**Running Kit** - If you require a change of kit after the cycling, kit bags can be left at registration but **MUST** be clearly labelled with your event number. We will transport your kit to the transition area ready for the run. (*Pennine Events do not accept liability for any belongings*).

**Evening Kit** - Get into the spirit of the event and bring your own medieval costume! Remember there will be prizes available for the best dressed!

Visit [www.partydelights.co.uk/fancy\\_dress/medieval-fancy-dress](http://www.partydelights.co.uk/fancy_dress/medieval-fancy-dress) for further ideas.

## FACILITIES & REFRESHMENTS

Toilets and refreshments will be available and located at the McLaren Leisure Centre, Callander and at The Transition area at Loch Katrine. There will also be gels and water available at the transition area.

Lockers (£1 per locker) and showers are available at McLaren Leisure Centre, Callander.

## LAST MINUTE ENTRIES

Entries will be accepted on the day if the event hasn't reached full capacity. Please check on the website [www.thechaserace.com/](http://www.thechaserace.com/) or call 01877 437998 or email [alison@pennineevents.co.uk](mailto:alison@pennineevents.co.uk) for further details.

## CAR PARKING

There are a number of pay and display car parks in Callander which are a 5 minute walk away including Meadows Car Park or Station Road Car Park run by Stirling Council ( £2.70 per day). There are no parking facilities at the start/finish area. **Please see map for details.**

## MEDICAL CONDITIONS & COVER

The event will be covered en route by the Lomond and Killin Mountain Rescue Services and Glentress Medical Services. They will be positioned at the start/finish area of McLaren Leisure Centre and Loch Katrine and on the route. If you suffer from any medical conditions such as asthma, diabetes, epilepsy or any other conditions that the paramedics would need to be aware of in the event of an emergency, please write them clearly on the back of your event number.

## ESSENTIALS

You **MUST WEAR** your event number on the front of your shirt. This is requested for safety reasons. **Make sure you take a minute to complete the emergency details on the reverse of your number.** SI Card wristbands will be used to record participants timings. These will be ready to collect at registration. Don't worry if you are unsure about how they work. Sport Ident will be available on the day to explain.

## BIKE HIRE

Why not hire a bike from **Wheels**, Callanders local and Scotland's finest cycle hire centre? **Wheels** provide a wide selection of bikes suitable for all ages. Participate in the event with the knowledge your bike is in perfect condition. Bike Hire is £25 for the day including a helmet. To apply for the bike hire, please fill in the form enclosed in the pack.

## PREPARATION - YOUR BODY, BIKE & FEET

The challenge will be more enjoyable if you prepare your body, bike and mind, especially for those challenge checkpoints! A few conditioning rides & runs in the weeks before can make all the difference. Remember - drink before you are thirsty, eat before you are hungry!

To ensure you make the most of your day make sure you have the correct kit, taking into account the possibility of adverse weather.

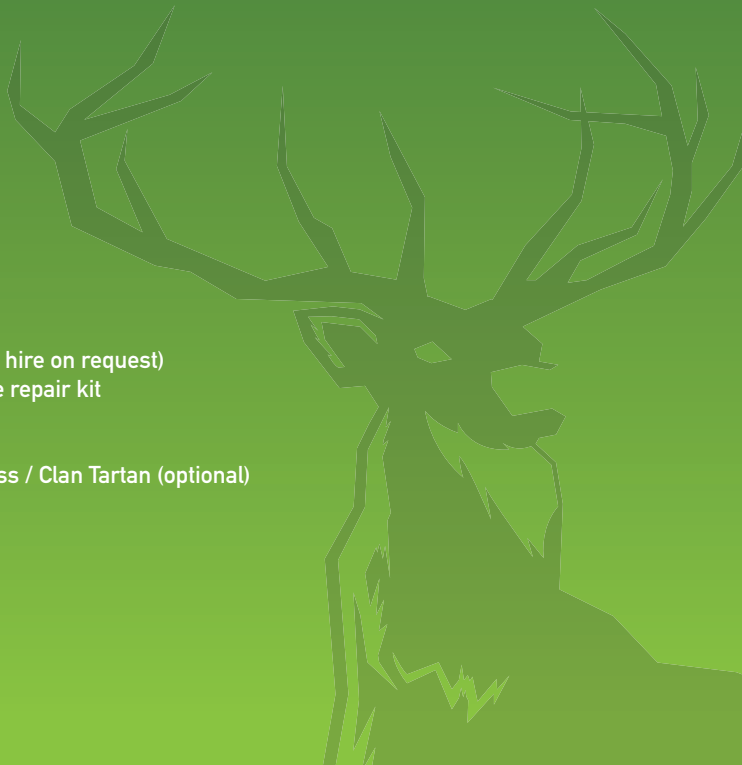
## OFF ROAD DUATHLON KIT

**MINIMUM KIT** - you are required to have with you at all times:

- Windproof trousers and top
- Whistle
- Map
- Compass (or GPS)
- Clock
- Multi tool with inner tube
- Helmet
- Emergency Food & Drink
- Gloves and Hat
- Watch

**You are also advised to have:**

- Sports kit (cycle/running)
- Trainers
- Mountain bike - (available to hire on request)
- Spare inner tubes / puncture repair kit
- Water
- First aid/safety kit
- Period Costume / Fancy Dress / Clan Tartan (optional)



## WHAT WILL HAPPEN ON THE DAY

**THE CHASE** consists of two events - the **Off-Road Duathlon**, for adults only, and **THE WEE CHASE** for all ages. The main difference between the two events is the distance covered. Both events will start and finish in Callander at the Leisure Centre.

**Off-Road Duathlon** participants will gather in the holding area in the school play ground at 12:45pm ready to go. There will be a final briefing and then you will be escorted along Invertrossachs Road towards Loch Venachar to the formal start line at East Lodge. As this road will be open to other vehicles it is important that you stay behind the lead vehicle until the official starting point. After some formalities and photos, the hunting horn will blast and the race begins...

The biking is a point to point route through the Invertrossachs Estate and Queen Elizabeth Forest Park. It mainly follows forest tracks and fire breaks allowing plenty of room for overtaking. There is also a section of steep single-track descent, which you can get off and walk if you prefer. Some of the descents are quite long and/or fast so please take care and ride within your ability / confidence. Don't forget a few seconds lost on the biking can be easily gained back and more beside on the run and challenges. One section of the cycle route also follows the National Cycle Network path through the woods. This is a narrower path and may have other users on it. Please take care and give way as appropriate.

The final approach into the Transition area at Trossachs Pier is on the road. Be aware this is not closed and so cars may be passing you. Do keep in to the side of the road. At Transition, place your bike in the rack. If you sent running kit ahead in the transfer then it will be laid out here in numeric order. Then leave the transition zone and collect your route map. This will show you the locations of the checkpoints, give you the grid references and also the time bonuses available at the optional ones. You are free to choose your own route and order of visiting the checkpoints. **You have 90minutes available to do the orienteering**, otherwise you will start to lose time.

There will be 18 checkpoints. 1 of them is mandatory (i.e. if you don't visit it you do not get a final score) and will have a special CHASE Challenge. The rest are optional, 4 of which will also have special CHASE challenges. These challenges are more brain teasers than physical tests and will award extra time bonuses. We cannot give too much away beforehand but whatever your fitness level you will have an equal chance to gain more time - especially if you like quizzes! Will you go for all the checkpoints and potentially gain plenty of time bonuses or will the time taken to get there be too great? Only you can answer that.....

EVERY control will have its associated time bonus / penalty highlighted on the map so you will need to constantly have to appraise how many more controls you will seek out within your allotted 90 minutes.

At each checkpoint you must 'dib' - i.e. put your dibber into the Sport-ident box. When you have visited the checkpoints you'd like to complete, you'll then return to the Transition and start the cycle back to Callander. The route is similar to the outbound but not identical so follow the signs carefully. It will feature a longer section on road so again take extra care. The end of the timed section is in the woods just before the Leisure Centre. Take care as it comes on a downhill. Then ride back into the centre and do the final challenge, which is archery. Once you have finished this challenge you are free to shower and change ready for the party or stay as you are. The food will be available from 4pm, the bar will be open from 5pm.

**IF YOU NEED ANY ASSISTANCE DURING THE DAY OF THE EVENT PLEASE CONTACT EVENT CONTROL TELEPHONE ON 07904 9805077**

## THE GATHERING - AFTER PARTY

Mediaeval entertainment will greet you on your return together with deliciously prepared homemade food which will served from 4pm. Entertainment will include archery, stilt walking jesters, minstrels, a battle re-enactment and a jester & fire juggling show. Live music will follow a prize giving presentation from 7.15pm. Participants will be issued with a food voucher. This will consist of a Hog Roast and homemade meat & vegetarian burgers with all the trimmings.

## SUMMARY TIMINGS & SCHEDULE OF DAY

- 11:00 - Registration opens
- 12:45 - Adult Chase to move from McLaren Leisure Centre to Holding Area
- 13:00 - Adult Chase start of neutralized section
- 13:15 - Adult Chase send-off from East Lodge
- 13:45 - Wee Chase to move from McLaren Leisure Centre to Holding Area
- 14:00 - Wee Chase start of neutralized section
- 14:30 (approx) - Wee Chase send-off from Forest East Lodge
- 16:00 - First Chasers expected back at the finish at McLaren Leisure Centre to complete final archery challenge
- Approx 16:00 - start of themed entertainment and serving of food
- 18:00 - last finishers expected at McLaren Leisure Centre to complete final archery challenge
- 18:00 - start of formal evening proceedings with greeting, prize giving and medieval entertainment
- 19:15 - prize giving presentation
- 21:00 - close

## RESULTS & PRIZES

Don't forget to hand back your SI Card wristbands at the end without the return of this you won't get a finish time or be eligible for prizes. All participants will receive a goodie bag at the finish. There will also be a number of spot prizes given out at random as well as the events main trophy "The Fitz James Trophy" which will be awarded to the overall Duathlon winner (Male and Female).

## SPECTATORS

For those wishing to follow friends, family or colleagues we recommend you don't follow the route on the roads and paths as these will become congested. Instead we recommend you watch them from Loch Katrine or from McLaren Leisure Centre.

## EVENT PHOTOGRAPHY

During your day a number of event photographers will be trying to capture the perfect image of you. If you would like to see examples from previous events then please visit [www.pennineevents.co.uk](http://www.pennineevents.co.uk)

## WHY NOT MAKE A WEEKEND OF IT?

We hope you are planning to stay for the weekend and see the beautiful sites and scenery that Callander and Loch Lomand have to offer. For further information on where to stay visit



## LOCH KATRINE SAIL

Why not take your seat on board the newly reconditioned SS Sir Walter Scott or the Lady of The Lake, take in the stunning views of Loch Katrine, relax, un-wind and enjoy the majestic scenery which inspired Sir Walter Scott to write his famous poem.

Phone 01877 332000 to check sailings timetable or visit <http://www.lochkatrine.com>

To find out more about what to see and do in this stunning part of Scotland, log on to [visitscottishheartlands.com](http://visitscottishheartlands.com)

We look forward to seeing you! Finally, thank you and enjoy THE CHASE!!



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