



THE HEB – RACE ON THE EDGE

30th August – 2nd Sept 2019

PARTICIPANT NOTES

First things first....thanks very much for your entry to (and so support of) The Heb – Race on the Edge. We really appreciate it, and we'll be trying our best to ensure you have a great (if slightly tiring!) time in the Hebrides.

The Heb will be a fairly complex event with some difficult logistics – all part of the adventure of visiting the incredible Hebridean Islands. Make sure you savour and embrace the journeys.

We thought some notes would be helpful to you, and help answer some of the questions you might have. So, despite it being long, please read what follows carefully – it might just be useful to you....

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- 1 – Schedules/Timing
- 2 – Transport Logistics (inc. Bike Transfer)
- 3 – What to Bring (Camping and Race Kit)
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1 – Schedule/Timing

This is adventurous racing (requiring versatility and adaptability by both organisers and participants), it's the Hebrides, the logistics are complex, and Paul can occasionally make stuff up on the hoof (!), so everything here is subject to change ;)

Friday 30th August

- 1430-1600 Arrive in Mallaig, park your car, empty your kit out and get to the ferry terminal. At the ferry terminal, you will be given your ferry ticket and directed to the vans to load your bike prior to boarding the ferry (you will need to remove your pedals – do this before arrival at Mallaig – and turn your handlebars).
- 1430-1600 A representative of The Heb/Durty Events will be at the ferry terminal office in Mallaig to hand out tickets etc.
- 1635 Last Boarding time for 1710 ferry
- 1720 Caledonian MacBrayne Ferry LEAVES Mallaig. Be on it, and don't cut it too fine.
- 1900 Registration (Sign-On and collection of Timing Chips and Maps/Racebook) on-board ferry – listen for venue announcements.
- 2050 Arrive at Lochboisdale
- 2050 Load Participants (and your kit bags) onto Coaches at Lochboisdale and drive to Benbecula
- 2100 Vans with bikes will deliver bikes to campsite on Benbecula
- Late Set Up Camp @ Shellbay Campsite, Benbecula

** If you are not arriving on the islands via the 1720 Mallaig-Lochboisdale ferry, please let us know. We can also make alternative arrangements with you for registration**

Saturday 31st August

- 0700 Breakfast at Lionacleite School Dining Hall (next to campsite)
- 0800 Race Briefing (School Dining Hall)
- 0830 Drop Bikes at remote start line (location TBC during briefing, but will be no more than a few minutes away)
- 0900 DAY 1 START – at the wind turbine behind the school.
- Day Cut Offs etc. as detailed in the Race Book. We want you all back at a reasonable time having had as much fun as you can cope with in one day.
- Eve Evening Meal at Lionacleite School Dining Hall
- Eve Camp at Shellbay Campsite, Benbecula

Sunday 1st September

- 0700 Breakfast at Lionacleite School Dining Hall (next to campsite)
- 0800 Race Briefing (Venue TBC – most likely the School Dining Hall)
- 0900 DAY 2 START (at intervals)
- Day Cut Offs etc. as detailed in the Race Book. We want you all back at a reasonable time having had as much fun as you can cope with in one day.
- Eve Camp at Kilbride Campsite, South Uist
- Eve Load Bikes on to Vans at Kilbride Campsite
- 1930 Party @ Polochar Inn (approx. 1.5km from campsite)

Monday 2nd September

- 0500 Pack Up Campsite (yes, 5am! – sorry!)
- 0515 Load remaining bikes onto trucks at Kilbride Campsite
- 0600 Leave Kilbride Campsite on Coaches
- 0620 Arrive Lochboisdale ferry terminal
- 0700 Caledonian Macbrayne Ferry LEAVES Lochboisdale
- 1030 Ferry arrives at Mallaig
- 1045 Big hugs and emotional farewells to an awesome weekend and bunch of people

2 – Transport Logistics

Getting to Mallaig

Mallaig is at the end of the A830 on the west coast of Scotland. It is approximately 45 miles and a 1.25 hours from Fort William. Leave a bit more time when you're catching the ferry – the road can sometimes be slower, and you will need time to park, unload your kit and make your way to the ferry terminal. **If you aim to be in Mallaig and parked by 4pm at the latest**, that would be sensible.

Your bike will be loaded (please help us with this) onto a truck in Mallaig. **Please prepare for this by removing your pedals before the event** – they might be seized or very tight, and this will delay everyone at Mallaig. You must hang on to your own pedals. We will also need you to rotate your handlebars through 90degrees – this will help for more compact loading into the trucks.

Our crew will take every care with your bike, and we will have blankets between each bike. However, there is a possibility of picking up minor scratches etc. If you're sensitive about this, it might be best to bring a bike that isn't your 'pride and joy'.

Public transport is an option – there is a railway station in Mallaig in walking distance of the ferry terminal. It is on the end of the famous and scenic West Highland Line (which appears in the Harry Potter films!).

The Ferry

After collecting your ticket from us in the ferry terminal office, you'll be travelling as a foot passenger on the ferry. Follow the instructions of the Calmac staff.

There is no catering at the campsite or Lochboisdale once you reach the islands on the Friday evening. We strongly recommend eating at the restaurant on the ferry.

At Lochboisdale

After arriving at Lochboisdale meet us at the top of the ramp we will have coaches ready to transfer you and your kit to Shellbay Campsite.

Transfers – Sunday and Monday

You'll be packing up your camping kit at Shellbay (Benbecula) on Sunday morning. Pack it into your kit bag, and load it onto one of the trucks at the campsite. We will move your kit back to Kilbride Campsite in time for your arrival on Sunday afternoon.

Early (horribly early) on Monday morning) you'll need to pack your stuff up at Kilbride Campsite. Load your bike onto a truck (option to do this on Sunday evening), and you + your kit onto a coach.

We recommend having breakfast on the ferry.

3 – What to Bring

The Hebrides are wild and remote. There are very few retail opportunities. There are no bike shops or outdoor shops near the race. Bring everything you think you will need, but bear in mind you have an overall baggage limit of 20kg and a **single kit bag per person**. Packing and kit choice is part of your strategy!.

The weather is likely to be changeable, and pretty much anything could be thrown at us. It's very unlikely we'll not see rain at some point, and wind is pretty much guaranteed. Come prepared with warm and waterproof (that you trust) clothing.

Camping/General Stuff

Up to you, but probably;

- Cash – ATMs are few and far between on the islands
- Tent
- Sleeping Bag
- Pillow
- Ground Mat
- Torch
- Small cooker + kettle + cup + hot drink stuff etc.
- Consider bringing a bike lock
- Warm Clothing
- Your best party frock/dancing trousers for Sunday night
- Kit bag (max. 1 per person, max. 20kg). Please ensure it is waterproof, and is labelled clearly with your name.

Event Stuff

Each Team Member must have/carry/use the following during the race during the appropriate sections

- Roadworthy/legal Mountain, Cyclocross or Hybrid Bike (with off-road tyres)
- Bike Helmet (must always be worn when on the bike)
- Bike Tools/Repair Kits/Tubes/Pump

- Food for the full day. You may pass shops during the race for re-stocking, but don't count on this!. There are no formal 'aid stations'.
- Water – please aim to be self-sufficient, and use hill streams etc. if you are happy. We will have small water stocks at transitions, but they should be considered emergency back-up, and not part of your planning.
- Bike Lights (front and rear). Make sure they have fully charged batteries. We are not planning any night stages (don't worry!), but they will be useful as a back-up if you end up delayed for some reason during the race.
- Headtorch. Make sure it has fully charged batteries
- Waterproof Jacket and Bottoms (bottoms may be optional at the discretion of the race director, but you must bring them in case they are required)
- Spare dry thermal top
- Compass (a 'proper' one – crappy things out of Xmas crackers, compasses on mobile phones etc. are not OK). Important that you also know how to use it.
- Map (will be supplied by the organisers) – you can preview the course at www.theheb.org shortly before the race.
- Whistle
- Emergency Food
- Footwear suitable for off-road trekking/running - ****NOTE: we're not transferring your kit to/from the running stages – you will need to carry it yourself throughout the race****
- Rucksack or similar to carry your kit each day
- Mobile Phone

Per Team/Solo

- Simple First Aid Kit (contents: 2 x roll bandage, 1 x triangular bandage, micro-pore tape, 2 x safety pins, alcohol wipes x 2, selection of at least 6 x sticking plasters, 1 x larger wound dressing)
- Survival Bag (one of those big orange plastic bags, or a foil blanket)
- GPS Tracker (you'll be issued with this by the organisers)
- SI Timing 'Dibber' (you'll be issued with this by the organiser)

GPS devices are permitted, and can be pre-loaded with GPX files.

4 – Camping, Food and Party

Camping

Friday night and Saturday night will be spent at Shellbay Camp, Lionaclete, Benbecula, HS7 5PJ. There are toilets and showers on site. Both Day 1 Start and Day 2 Start, and Day 1 Finish are at/near the campsite.

<https://www.visitscotland.com/info/accommodation/shellbay-caravan-park-p486351>

Sunday night will be at Kilbride Campsite, at the south end of South Uist. There are toilets, showers, basic kitchen facilities and a café on site. The finish line is near the campsite.

<http://www.kilbridecampsite.co.uk/>

If you have friends/family/spectators that are not racing, but wish to use the campsites, that's fine by us (until capacity is reached). But: please make sure they pay the campsite owners directly for their stay – this is not included in your entry fee.

Food

We recommend eating on the ferry on the way out on Friday evening.

Breakfast will be a hot filled roll and a cup of tea/coffee or orange juice (included in event entry). There will be an option to 'pay-as-you-go' for any additional breakfast items. Breakfast will be served at Lionacleite School (next to Shellbay Campsite) on Saturday and Sunday morning.

There will be an evening meal (included in the event entry) at Lionacleite School on Saturday evening.

There will be an evening meal/buffet (included in the event entry) at Polochar Inn on Sunday evening.

Shops and Cafes do exist on the islands, but you're unlikely to pass many, and even if you do, they may not be open (especially on a Sunday). Please come prepared, and don't rely on being able to pick up supplies locally.

Party

We're having a party!. Woo-hoo!. Celebrate your epic-ness with a few beers, dancing and raucous singing on Sunday evening at the Polochar Inn. We've got live music. It will be ACE!. Bring your party frock. Our sponsors at Colonsay brewery will also be giving every finisher a complimentary bottle of beer to get the party started!

5 – Race Rules

There aren't many rules, it's not that kind of event. Here's a few key reminders though;

- No Litter at all
- Highway Code rules apply at all times
- Scottish Outdoor Access code applies at all times
- Be respectful of other trail, road and beach users – everyone has rights to enjoy the Hebrides
- Be especially respectful of island residents, crofters etc. and their work/privacy. Keep a safe distance from any works
- Pairs: you must stay together (i.e. can easily communicate verbally) at all times
- Don't break stuff – fences etc. If you do, let us know.
- Report to the finish each day, irrespective of whether you are bailing out or not.
- No pre-placing, stashing or abandoning of kit/supplies etc.
- Wear your race number and bike number visible at all times.
- You must carry any kit determined as 'mandatory' at race briefing and any lists that are issued. You need to carry your running kit whilst cycling – we are not transferring any of your equipment to/from the transition areas.

- Some checkpoints are deemed 'Mandatory' as are route descriptions as defined in the Race Book. Ignoring will incur a substantial time penalty, and potentially disqualification.
- You are responsible for following the correct race course.
- GPS Devices are allowed
- No Cheating! – we'll decide what constitutes cheating if necessary 😊 – if it doesn't feel right, it isn't right.
- Paul & Diane are the race jury, and their decision on infringements and penalties is final.

6 – Race Book, Checkpoints, Cut Offs, Optional Sections, Timing Adjustments

A race book will be produced. It will describe each section of the course, locations and descriptions of any checkpoints etc.

It will also describe cut-offs and optional checkpoints.

Checkpoints will generally be unmanned (some might have a friendly marshal at them though – be nice and share your Jelly Babies with them!). They will be a small Sport Ident 'dibber box' fastened to something convenient (fencepost, trig point) with a wire. Where there isn't a fixing point, they will be attached to a stake on the ground. They will be highlighted with red event tape. They won't be hidden. If you are in the right place, they will be obvious.



Please note that the course will not be fully marked. This is not a 'follow the arrows' event, and you will have a map of the course. However, if navigation isn't your strong card, don't panic!. In most cases, the only navigation will be simple 'left/right/straight' choices at road junctions and obvious features. In some locations where it's not obvious, we might place correx arrows and tape etc. to help guide you. However, it is your responsibility to follow the correct course – don't forget, we can watch you via the GPS tracker you will be carrying!.

Some checkpoints in the trekking/running stages will be optional. If you're less confident with navigation, or running in the hills isn't your strength, no problem: just pick the checkpoints you're happy to visit, and ignore the rest. Each missed checkpoint carries a 'time adjustment'. These will be specified in the Race Book. This time will be added to your 'moving time' at the end of the race to determine your final overall time.

Our real intention with the optional checkpoints (and ultimately the cut offs) is to keep the field together as much as possible. We want you all to finish at a sensible time, and certainly in enough

time to relax and re-charge at the end of each day. Please make sensible choices about what you can achieve based on your own abilities and strengths. Where a cut-off is specified, you MUST ensure you reach that point before the time.

All Transition Areas are mandatory to visit (including the one on Vallay island).

Please note: you will need to carry your running kit to/from the transition areas. The organisers will not be shifting any kit for you at any point of the race (exceptions are you + bike and kit bag from Lochboisdale to Shellbay Campsite on the Friday, and your kit bag (only) from Shellbay Campsite to Kilbride Campsite during Sunday).

7 – Safety

In the event of an emergency or serious incident to either your team or another team (we expect you to all take care of each other as part of the spirit of the race);

- In the event of a true emergency or serious incident call 999.
- Then inform the Race Director (Paul McGreal) of incident and actions taken
- In the event of a minor incident call the Race Director (contact details will be on event maps and the Race Book).

There is an A&E department at the NHS Hospital in Balivanich, Benbecula (you will ride past it at the start of Day 1).

Ticks are likely to be present. Please ensure you check yourself and team-mates at the end of each day. Here's some advice: <http://www.bada-uk.org/correct-tick-removal>

You take part at The Heb under your own responsibility and risk. Here's the disclaimer from the entry form

I am aware that my cycle must be in a roadworthy condition and am prepared to submit my cycle for official scrutiny immediately prior to the event. I understand that it is the competitor's responsibility to safeguard such clothing and equipment I may use. I acknowledge that these events are an extreme test of a person's physical and mental fitness and has with it the potential for death or serious injury or property loss. The risks of participation include, but are not restricted to: weather conditions, road traffic, behaviour of other participants, volunteer helpers, officials and spectators in and out of the event, dehydration, hypothermia and behaviour of animals. I hereby, aware of these, assume the risks of participating in these events and on my own behalf and on the behalf of my executors, administrators, heirs, next of kin and whomever: - agree to waive any claim and to release and discharge from any claim which I or they may have in respect of death, disability, injury, property loss or damage as a result of or while I am participating in this event, the event organisers, directors, sponsors, officials administrators or volunteer helpers - agree to indemnify the persons mentioned immediately above for any or all liabilities or claims made against them as a result of my behaviour in this event. Said waiver, release, discharge and indemnify to extend to liability for negligence under common or statute law.

8 – Misc. : A Few Tips

Seasickness: Poring over maps when on the ferry often makes passengers sea sick. Instead, eat, drink, chat and look at the stunning sea and island views!

Place names: On both maps and road signs, these are often given in both English and Gaelic. Places also have multiple spellings (Lionacleite is a good example). We'll let you work it out!



Sand and Salt Water: We guess this rots clothing and grinds bike components and flesh. So: Wash your equipment as frequently as possible ;-).

Midges: Unlikely ... unless the air is very still. A rarity, but be prepared for some precautions at the two camping sites.

There is a loud (ish) device designed for scaring birds located near the Shellbay campsite, if you are a light sleeper you may want to bring earplugs.

Sponsors and Supporters

We're really grateful to our sponsors and supporters – if you get a chance, please repay their support;

Colonsay Brewery		www.colonsaybrewery.co.uk
Wild Island Gin	WILD ISLAND BOTANIC GIN ISLE OF COLONSAY	www.wildislandgin.com
Calmac	 Caledonian MacBrayne Hebridean & Clyde Ferries	www.calmac.co.uk

See you in the Hebrides,

Paul