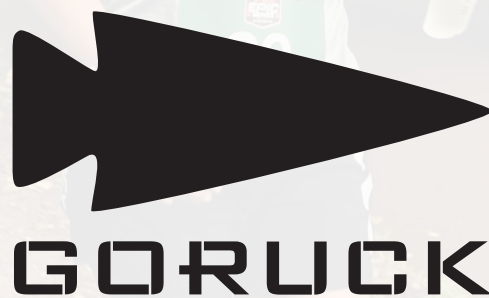


# RACE DAY ATHLETE PACK



**VIVO**  
LIFE



**WIPER  
AND  
TRUE**

**SUNDAY 4<sup>TH</sup> OCTOBER**

**Ashton Court Estate, Bristol**

*Primary entrance via Church Lodge Car Park,  
National Cycle Rte 33, Long Ashton, Bristol BS41 9LX*

SERIES  
GORUCK

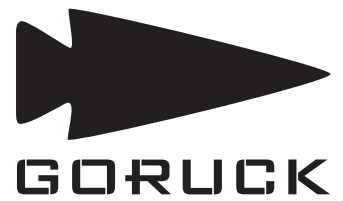


**6K: 6.58KM TOTAL DISTANCE - 181 METRES ELEVATION GAIN**  
**10K: 10.35KM TOTAL DISTANCE - 248 METRES ELEVATION GAIN**  
**21K: 21.41KM TOTAL DISTANCE - 466 METRES ELEVATION GAIN**

## 4.00pm: Event Ends

# GET RACE READY

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## Parking

Event parking is available at Church Lodge Car Park, Ashton Court Estate. Parking must be paid for on arrival using the RingGo app. Please download in advance.

Address:

**Church Lodge Car Park, National Cycle Rte 33, Long Ashton, Bristol BS41 9LX**

The entrance is on a left turn into the Estate, just before The Ashton pub. The event site is approximately a 5-minute walk uphill from the car park, please follow the signs.

## **What 3 Words:**

**Car park entrance:** ///give.cute.muddy & **Event site:** ///units.finishing.punchy

Please share lifts where possible to help reduce traffic. Unfortunately, Church Lodge Car Park is not exclusive to our event; if it is full, please use The Mansion House Car Park or The Clifton Lodge Car Park in the Estate.

## Heat Times & Athlete Briefing

**All athletes must attend the athlete briefing at 10:50am.** Heats are provisionally scheduled to start between 11:00–11:15am.

Your exact heat start time will be emailed to you during the week of the event, and no later than 5pm on Friday 2nd October.

## Arriving At The Venue & Registration

We would recommend arriving **60 minutes** before your heat to allow time to park, reach the event area, collect your registration pack and get ready.

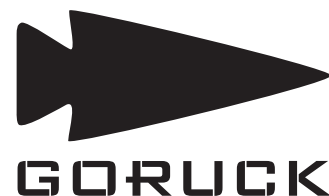
Once on site, visit the registration tent to collect your bib number and ruck (if applicable). After the briefing, make your way to the start line for your heat.

## Clothing

Please bring appropriate clothing and footwear. **We strongly recommend a sturdy, grippy pair of trail running shoes.** A secure bag drop will be available at the site. If you'd like to use the sauna or ice baths at the finish line, please bring suitable clothing (e.g. swimming shorts or costume). Changing facilities will also be available on-site.

# GENERAL COURSE INFO

## ALL CATEGORIES



### The Routes:

All routes will be marked out using red tape, directional signs (see below) and stewards.



### Route Splits & KM markers

There are three distances at the event, each with its own colour. Your bib will match the colour assigned to your distance:

**6K: Green** **10K: Orange** **21K: Blue**

The course will use **red directional signs & red tape for general route guidance**. However, there are a number of route splits on the course. **At these points**, please follow the distance-specific signs matching the colour of your bib.

There will also be kilometre markers for each distance, using the same colours as your bib. These will be positioned every 3km along each route.

**21K Only** – Please be aware that the 21K course consists of two laps of the 10K course, plus an additional section to take you over the half marathon distance.

**At the end of your first lap:** at approximately 10.6km, you will reach a split in the course. 21K runners must follow the signs for the second lap rather than continuing towards the finish line. There will also be a marshal at this point to guide you.

**Once you have completed your second lap:** continue towards the finish line as directed by the course signage.

### Water Stations

There will be 1 water station on the course; just before **KM4** for the **6k**, just after **KM4** for the **10k** & for the **21k**, just after **KM4** on your first lap and just before **KM15** on your second lap.

We'll have water, a variety of delicious snacks as well as Vivo Life's Sustain Electrolytes to fulfill all your hydration and fueling needs!

Please dispose of all rubbish before exiting the water station zone as will be clearly marked on the day.

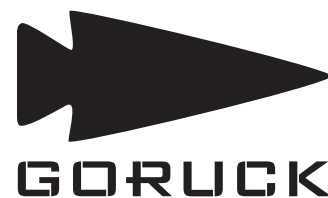
### Race Emergency Contact

We'll have several stewards & first aid along the route, but if you need urgent assistance during the race, please contact Luca (Event Director) on 07896 639932. Please save this number in your phone before race day.

# GENERAL COURSE INFO

## ALL CATEGORIES

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### Timings & Leaderboard

Your bib is your chip timer so please ensure it is attached somewhere visible on the front of your body **(not on your ruck)** before the race begins.

All finish timings will be made available on the day and can be accessed via social media & our website.

### Open Categories

When you finish the race, all runners will be able to see their finish times.

### Pro Categories

When you finish the race, all runners will be able to see their finish times and also how they placed overall in their category as well as in their specific age group.

### Age Groups

- 35 or below
- 36-42
- 43+

**Please note:** there will only be podium prizes for the overall top 3 men and the overall top 3 women in the Pro Categories (Pro Trail & Pro Ruck) for each distance.

**Winners will be contacted via email after the event with information on their prizes.**

# GENERAL COURSE INFO

## OPEN & PRO RUCK ONLY

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You will be provided with a **GORUCK Rucker 4.0** when you pick up your registration pack with the correct weight already added to the ruck.

Please note: you are **not** allowed to use your own ruck at the event, you must use the ruck we provide you on the day.

However, if you have a waist strap, you are allowed to attach this to your ruck on the day. Hydration packs can also be placed inside the ruck if desired.

### PRO RUCK

**Men's Weight: 25lbs / 11.3kg**

**Women's Weight: 15lbs / 6.8kg**

*In addition to a Rucker 4.0 (approx 1.3kg)*

### OPEN RUCK

**Men's Weight: 15lbs / 6.8kg**

**Women's Weight: 10lbs / 4.5kg**

*In addition to a Rucker 4.0 (approx 1.3kg)*

**Please return your ruck to the registration tent once you've finished the course.**

# BEYOND THE RACE

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## WIPER AND TRUE

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## ENJOY THE MOMENT, ENJOY A BEAUTIFUL BEER

Wiper and True will be elevating your post-run recovery experience!

Their **sauna & ice baths** will be waiting for you at the finish so be sure to bring a swimming costume if you fancy getting in!

You'll also get to enjoy a complimentary can of their award-winning alcohol-free lager *Tomorrow*, or pale ale, *Kaleidoscope*.



## SUSTAIN, PERFORM & MORE

Enjoy their awesome *Sustain* electrolytes at the water station & finish line!

Vivo Life will also be teaming up with The Coffee Bocs to serve their brand new low-caffeine *MindGrnd* blend - so be sure to pop over and give it a try.

And if you're a fan of their products, the Vivo Life Shop will be there too! 💪

## THE COFFEE BOCS

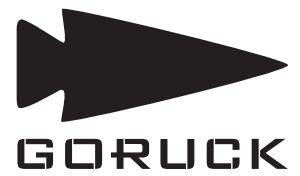
They're serving barista-style coffee, luxury hot chocolates, teas, handmade sausage rolls, scotch eggs, pork pies, and sweet treats like blondies, brownies and loaded cookies - all from their converted horsebox trailer.

Perfect for pre-race energy or a post-race reward. Swing by The Coffee Bocs, grab a drink, and keep your energy high all day! 💪



# FREQUENTLY ASKED QUESTIONS

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## **Will there be a photographer on the day?**

Of course - we'll have several throughout the route. Remember to smile!

## **Can I run with my dog?**

No, unfortunately not for this year's event.

## **Can I run with headphones?**

For health & safety reasons, and due to the presence of route splits on this route, we ask that you do not wear headphones during the event.

## **Do I get a medal at the end of the event?**

When you signed up, you chose whether you'd like to receive a finisher's medal or patch at the finish line. Whatever you selected, that's what you'll receive when you cross the finish line!

## **What if I would like to change my category (pro trail run, open trail run, pro ruck, open ruck) or distance (6k/10k/21k)?**

You are able to change any information with your booking up until Thursday 1st October. In order to do so, please email [events@superhumansports.com](mailto:events@superhumansports.com).

## **If I have any questions leading up to the event, who should I contact?**

Just email [events@superhumansports.com](mailto:events@superhumansports.com)