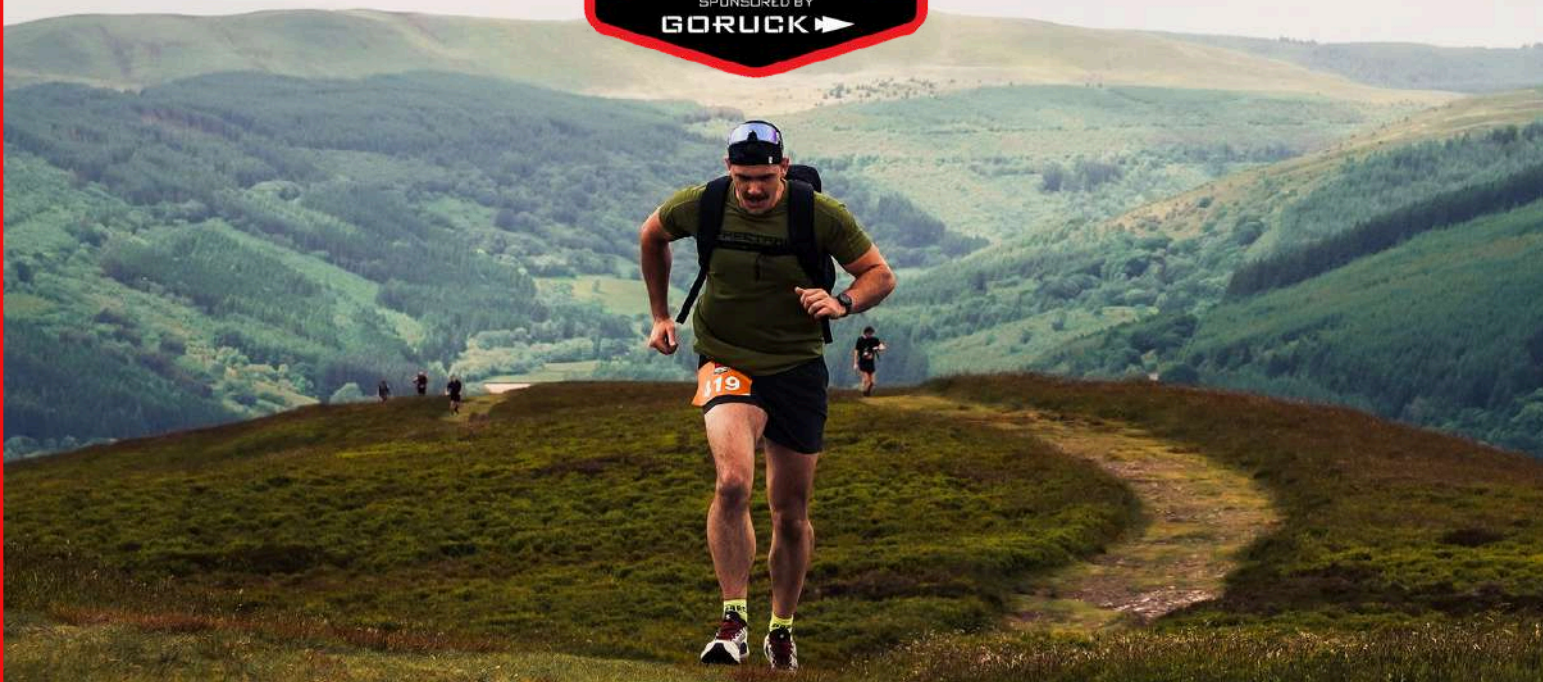


RACE DAY ATHLETE PACK



VIVO
LIFE



**WIPER
AND
TRUE**

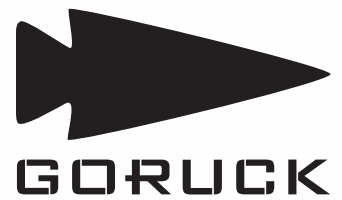
SUNDAY 12TH OCTOBER

Ashton Court Estate, Bristol

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

SERIES
GORUCK

SITE MAP



BRISTOL EPIC TRAIL RUN & RUCK ROUTES



10.25KM TOTAL DISTANCE - 251 METRES ELEVATION GAIN



6.39KM TOTAL DISTANCE - 187 METRES ELEVATION GAIN

RACE DAY SCHEDULE

10.00am: Registration & Event Area Opens

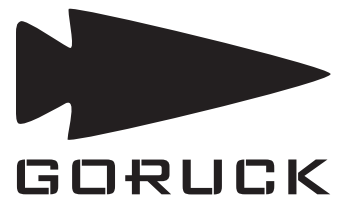
11.00am: Heats begin

11.35am: First runner estimated to cross the finish line.

1.30pm: Final runner expected to cross the finish line

2.00pm: Event Ends

PARKING



For this year's event, if you plan on driving to the event, you can use Church Lodge Car Park in Ashton Court Estate (located a 5 minute walk from the event site).

Payment:

Pay on arrival via the RingGo App (please download in advance).

Address of the car park:

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

The car park is located on a left turn into the Estate just before The Ashton Pub.

The Event Site is located just a 5 minute walk up the hill from Church Lodge Car Park. Please see map on previous page for details.

What 3 Words For Car Park Entrance: ///give.cute.muddy

What 3 Words For Event Site: ///units.finishing.punchy

Important additional bits:

1) If you can, please share lifts where possible to reduce traffic heading to the event site.

2) Unfortunately, the car park is not exclusive to us. If Church Lodge Car Park is full, please use either of the following car parks within the estate: The Mansion House Car Park or The Clifton Lodge Car Park.

GET RACE READY

BEFORE THE DAY



Heat Times & Athlete Briefing

On the day, there will be an athlete briefing at **10.45am** that **all athletes must attend**. Please ensure that you have arrived at the event site by this point.

Provisionally, all heats will set off between 11.00am-11.15am.

Your exact heat time will be sent to you on the week of the event. Please keep an eye out for an email from us with your heat information.

If you have not received your heat information by Friday 10th October, please email **events@superhumansports.com**.

Clothing

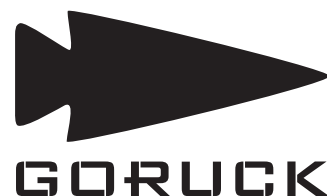
Please make sure that you have packed appropriate clothing and footwear for the event. We strongly recommend that you wear a sturdy & grippy pair of trail running shoes for the event.

There will be a secure bag drop zone where you can store your things when taking part in the event.

There will also be a sauna & ice baths at the finish line for anyone looking to up their post-run recovery game so please bring appropriate clothing (i.e. swimming shorts or costume) if you'd like to use these facilities. There will be changing facilities on-site.

GET RACE READY

ON THE DAY



Arriving At The Venue

We advise arriving one hour before your heat is set to start, this will ensure that you have enough time to park, get to the event area, pick up your registration pack and get yourself ready to go!

Registration

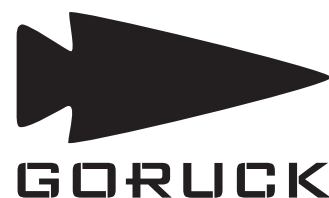
Once you have arrived at the event site, please head to our registration tent where you will be given your bib number & ruck (if applicable).

Heading To The Start Line

Once registered and you have attended the briefing, please head to the start line **before** your heat is set to start. There your heat will be called out by the announcer, you will then being given any final briefs before being set off on the course! 💪

GENERAL COURSE INFO

ALL CATEGORIES



The Routes:

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



Route Split:

There are two route splits, one at the very start of the route and then the other at the Vivo Life Sustain Water Station, please follow the signs for your correct distance.

Please note: there will be two sets of KM markers on the course. The **green** KM markers are for the 6k distance & the **blue** KM markers are for the 10k distance.

VIVO LIFE Sustain Water Station:

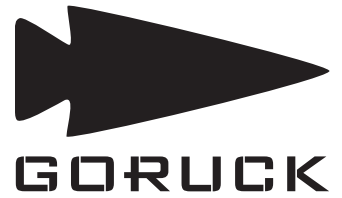
There will be 1 water station on the course just after KM5 (just after KM4 for the 6k runners).

Our partners, Vivo Life, have upped our water station in a **BIG WAY** for this year's event - they'll be providing plenty of water and snacks as well as their new **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.

GENERAL COURSE INFO

ALL CATEGORIES



Timings & Leaderboard

Your bib is your chip timer so please ensure it is attached before the race begins.

All leaderboard links will be made available on the day via social media & our website.

When you finish the race, you will be able to see how you placed overall in your category as well as in your specific age group.

Age Groups

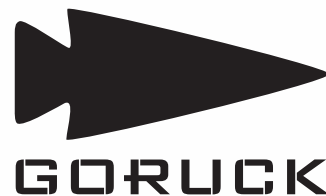
- 35 or below
- 36-42
- 43+

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

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

GENERAL COURSE INFO

NOVICE & PRO RUCK ONLY



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.

PRO RUCK

Men's Weight: 25lbs / 11.3kg

Women's Weight: 15lbs / 6.8kg

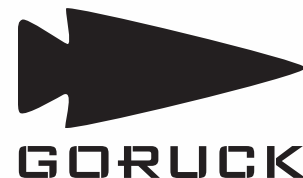
NOVICE RUCK

Men's Weight: 15lbs / 6.8kg

Women's Weight: 10lbs / 4.5kg

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

BEYOND THE RACE



VIVO
LIFE



SUSTAIN & MINDGRND

As well as at the Sustain water station, you'll also be gifted some samples of their tasty electrolytes to take home with you as you cross the line.

But that's not all...Vivo Life will also be collaborating with Cola's Coffee at the event to bring you their brand new low-caffeine MindGrnd blend so be sure to pop over and try some. And if you're a fan of any of their products, the Vivo Life Shop will be there too!

**WIPER
AND
TRUE**



ENJOY THE MOMENT, ENJOY TOMORROW

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

Their sauna & ice baths will be waiting for you at the finish and they'll also be providing everyone with a complimentary can of their award-winning alcohol-free lager, Tomorrow.

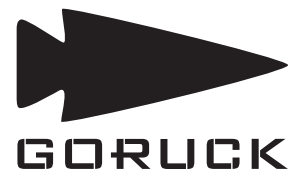


FINISHER'S PATCHES & MERCH!

& of course, all finishers will receive a unique finisher's patch as they cross the line.

We'll also have our own store at the event where we'll be selling some special Superhuman merch too!

FREQUENTLY ASKED QUESTIONS



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?

No, due to health & safety reasons, we would ask that you do not use headphones during the event.

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

You are able to change any information with your booking up until Wednesday 8th October. In order to do so, please email events@superhumansports.com.

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

Just email events@superhumansports.com