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endurancelife
FIT FOR ADVENTURE

CTS 2009/10 >> STAGE 1 >> DORSET >> PARTICIPANT UPDATE

Dear Coastal Trail Series Participant!

We hope this finds you well and that you are looking forward to getting on the start line of the Dorset stage of the 2009/10 CTS.

We are very excited about getting the series underway and would like to thank you for getting involved. We are expecting a sell out crowd at Charmouth so it is going to be an exciting day out, there are also record numbers taking part in the 4x4x4 and 7x7x7 challenges, with many runners raising money for great causes along the way.

The autumnal weather has been rather pleasant in patches down in the West Country of late, and the trail running conditions are nigh on perfect. We have been relishing coastal training runs in cool crisp air, amongst the beautiful changing colors of the season - long may it last! It would of course be foolish to expect a good day on the 7th of November and, as always, our advice is to prepare for the worst and hope for the best ☺

Please read on for all the latest news..

National Trust

Neptune Fund: Over the years we have established a strong working relationship with the National Trust who own a large amount of the coastal lands on which the CTS takes place. By participating in this event, £1.20 from your entry fee has gone towards the [Neptune Fund](#). The Neptune Campaign is part of an ongoing and important mission to secure coastal lands and historic landmarks around the British coastline for the future pleasure and enjoyment of the general public.

Eco Challenge: Come and join in! In addition to contributions towards the Neptune Fund, as part of our ongoing mission to help preserve and conserve our beautiful coastline, we are proud to be teaming up with the NT to help with a variety of local conservation projects. These 'Eco Challenges' as we have dubbed them will be great opportunities to have some fun, give back a little and help with important co-ordinated efforts to improve the local landscape. The activities will take place the day following each CTS event (Sunday).

The National Trust are going to provide wardens and tools, and we (and of course, we are hoping you!) are going to provide the muscle to assist with activities such as beach cleaning, hedge laying, scrub clearing and path building. The activities will be a great laugh and an excellent opportunity to socialise with some fellow trail runners whilst working in a beautiful place and no doubt learning some new skills.

The [Eco Challenge](#) for the Dorset event takes place on Sunday the 8th of November between 10am and 1pm. There is a £5 per person fee (children go free) which goes towards covering the Trusts admin costs for the activity. To take part please book your place online [here](#); places are limited, so book soon. All CTS participants, friends and families are welcome; you don't have to have partaken in Saturday's events to join in!

Your CTS Booking

Up until 28/10/2009 you may:	Can't Make It?
Downgrade or upgrade your distance category.	For administration and safety purposes – if you, now or at any time before the event, know that you will be unable to compete, we would be most appreciative if you would let us know by canceling the event in your online account.
If you have booked this event as a single flexible stage entry, the deadline has now passed for transfers onto other events. You are permitted, however, to transfer the event entry to a friend or colleague.	

To take advantage of the options above please:

- Login to your [EL account online](#)
- Click "My Orders"
- Click the Order number [to expand]
- Click "Edit / Cancel" next to the entry you wish to amend

The Event Base

Venue: [Manor Farm Holiday Centre](#), Charmouth, Bridport, Dorset, DT6 6QL.

Parking: Please follow the event signs to the designated parking area and follow the parking marshals' instructions.

Facilities: Public toilets, changing area and bag drop area.

Café and Bar: Tea / coffee etc will be available all day, as will a reasonably priced delicious ☺ chilli and rice post event! The bar will also be open so you can share a few jars, and stories, after your run.

Trail Store: A range of quality trail running essentials will be available on the day. This will include hydration packs, gloves, hats, socks, energy bars, and gels. Inov-8 trail running shoes and apparel will also be on display. If you want something before the event, please remember that we have a much larger range available from our online [Trail Store!](#)

Massage: A professional sports massage service will be operating pre and post event. If you have not yet experienced the amazing difference a massage can make both to your performance and your recovery, give it a go, it is truly remarkable. "Re-Massage" will be onsite offering rub downs for very reasonable rates - £10 for 10 minutes. Indulge yourself!

Recycling: As part of our ongoing effort to reduce the Environmental impact of our events, we kindly ask that you use the recycling bins provided at the event base when disposing of your rubbish. **To this end we are also phasing out the use of plastic cups at water stations** and we recommend running with a hand held or easily accessible bottle which you can fill at the H2O stations and sip from regularly.

Pre Event

For further and more detailed information from that detailed here, please refer to both the [Series Overview](#) pages and the [Event](#) specific pages of the website.

Event Start Times: Each of the various distance categories start at different times, there is also a welcome and safety briefing to attend before you set off, please make sure you arrive with plenty of time to park, get registered and organised for your event.

Registration: Although there is registration on the Saturday morning, **we strongly recommend that you register on Friday night.** Friday registration is open from 8pm till 9pm, and attending is a good way of avoiding the queues on Saturday morning (it is also a good way of having a lie-in!). NB If you do register on Saturday, you must register within your allocated time slot, as follows:

Saturday:

	Registration	Event Brief	Start
Marathon	07:00-08:00	08:30	09:00
Half Marathon	08:00-09:30	10:00	10:30
10K	10:00-11:00	11:30	12:00

Medical & Indemnity Form: **Each participant must download and complete a medical and indemnity form, and bring it with them to registration.** The form can be downloaded [here](#).

The Courses

All three courses (10K, Half Marathon and Marathon) are circular in nature and finish where they start. The terrain on the Coastal Path is mostly firm and clearly defined however there are a couple of sections that have the potential to be much muddier. Conditions are very much dependant on the weather during the build up to the event. The course elevation profiles for each course are available to view [here](#).

Course Maps: The course maps are now available [here](#). Enjoy ☺

Safety: Trail running is by its nature a potentially hazardous activity; CTS participants are required to run across uneven and rugged terrain in relatively remote locations and are exposed to the unpredictability of the weather. It is essential that a suitable training programme has been followed and that the correct kit and equipment is worn or carried during the event. If you are new to trail running, please ensure that you pace yourself as the physical demands are significantly greater than road based running.

First Aid: All Endurancelife staff are trained in basic 1st aid, if you have a minor medical issue during the event please seek the help of an event official. There will also be professional medical assistance available at the event base. If you are involved in or witness a medical emergency please dial 999 straight away then inform an event official.

Kit & Equipment: Trail shoes are essential for the Coastal Trail Series. They offer greater support, traction and protection than road running shoes. Conditions underfoot can vary widely

therefore trail running shoes are an important personal safety consideration. If you are planning on running in road shoes you will have problems on these courses, you will waste energy and will potentially be putting yourself and therefore others in danger.

The following list of kit and equipment is to be worn or carried by all half marathon and marathon runners. Running with this kit is mandatory and part of the challenge of long distance trail running. Failure to carry this equipment may result in disqualification.

- [Water bottle / hydration system](#)
- Lightweight [wind proof jacket](#) (with long sleeves)
- [Silver foil space blanket](#)
- [Simple 1st Aid kit](#)
- Hat (a buff qualifies as a hat)
- Energy snacks
- Mobile phone (in a waterproof case or a plastic sandwich bag)

>> **10K participants:** It is highly recommended that you carry a water container / hydration system [as per our environmental policy (see above), we are phasing out plastic cups].

The weather on the coast at this time of year can change very quickly and if you have a problem you will need to keep warm till assistance arrives, please ensure you are prepared to run in challenging conditions.

If you require any kit or equipment, please have a look at our ever popular [online trail store](#) – for last minute shopping we can even deliver the items to you at the event (just select this as the delivery option at check-out).

Timing System: Each participant is issued with a small wrist mounted timing chip at registration. You are required to insert the chip into electronic control boxes situated at check points around the courses. When the chip is inserted into the control box it flashes and beeps, do not remove the chip until you hear the beep. **After the event, please go directly to the de-registration area and the chip will be removed and the data down loaded.** You will be given a paper print out of your provisional finish time and place which will be confirmed once all participants are in. **Note: If you do not hand in your chip at the finish, you will not have officially finished and will not have a finish time or position.**

Course Marking: The courses will all be very clearly marked using a combination of red chevron signs (see below), red and white tape and white temporary surface marking paint.



There are split points on the course where the 10k and half marathon routes leave the marathon course. These will be clearly marked, please make sure you follow the correct course.

Check Points: Marshaled check points are strategically positioned around the courses. At some check points it will be necessary to 'dib' your timing chip; this will be made very clear and is very simple. At all check points water and biscuits will be available, **water will be available at approximately 5 -8 mile intervals** on the marathon and half marathon courses. Please have your water bottle ready for a top up.

Event Rules: Please take note of the following rules:

- Carry or wear the mandatory clothing and equipment
- Return your timing chip when you have finished

- Inform the race director if you retire from the event
- Ensure your running number is visible at all times, **on your front**
- Attend your welcome & safety briefing
- Wear appropriate footwear and clothing
- Respect and if required give way to other path users and runners
- Leave gates as found & open and close carefully
- Drop no litter

Post Event

Once the running is over, it is time to relax. The bar will be open, tea / coffee, and a warming chilli will be available for a reasonable price. We like to encourage participants and supporters to stay and enjoy the spectacle of others crossing the finish line so please make sure you bring a warm coat and something to change into. All finishers receive a coveted CTS T-Shirt, a medal, a Cliff bar, and a For Goodness Shake.

Presentations: We award top performers in each category with a beautiful and unique medal specially minted for Endurancelife. There will be a presentation once approximately 40% of each category is home. If you have to leave before the presentation, don't worry your medal will be sent to you in the post.




Photos: Event photographers will be snapping away on the day so try to offer up your best angle! It is important that your running number is clearly visible not only for safety, but also so that you can locate your photos after the event. The photos from the Coastal Trail Series will be extra special due to the beautiful back drops.

Thank You!

On behalf of the Endurancelife team, thank you very much for your time. We wish you the best of luck with the rest of your training and preparation, and look forward to seeing you on the start line!

Gary
Director – Endurancelife

CTS Partners

	<p>Inov-8 is a British company at the cutting edge of adventure running. Their multi award winning shoes, clothing and equipment are renowned for their excellent design and build quality. Selected shoe models and other items are available in the Endurancelife online Trail Store.</p>
	<p>For Goodness Shakes: Whether you are running 10K, a half marathon or a marathon, your body needs the right nutrients straight after you finish to maximise your recovery</p>
	<p>re-massage: Professional pre and post event sports massage.</p>