



Dear Coast 2 Coaster.

I hope this finds you well and that you are positively leaping around with excitement at the prospect of getting onto the start line of the 2010 Endurancelife SW Coast 2 Coast.

We are hugely excited about welcoming you to the West Country, and with a sell out crowd taking on the Classic and an impressive number of brave souls taking on the Extreme this year, it promises to be a weekend to remember.

This is the 7th anniversary of the event, and we are very proud of the fact that it is now considered to be a, "must do UK endurance challenge" for anyone that is fit, adventurous and likes their challenges to be amongst spectacular scenery.

Final preparations at our end are on-going, as I am sure will be the case at yours. The purpose of this document is to bring you up to date with all the latest information, so that you can get yourself organised. The information here complements the information already available on the web site. Please note that we work in a very dynamic environment and change is a constant companion, this is especially so with logistically complex events such as the SW Coast 2 Coast. If the information you seek is not here, please consult the SWC2C web site pages [here](#).

A word from the event director...It is really important to approach the challenge the SWC2C in a positive frame of mind; after all, it is supposed to be fun :) The best experiences and most enjoyment will be had by those individuals and teams who are best able to take the rough with the smooth, laugh in the face of adversity and to relentlessly persist until Prawle Point eventually appears on the horizon, some 140 miles after leaving Foreland Point!

Whether you are aiming to be first, or are just focusing on finishing, you can be assured that the Endurancelife crew will be working tirelessly to ensure that you have a memorable journey across Devon.

Cancellations: If you are no longer able to take part in the event for any reason it would be much appreciated if you could let us know. Unfortunately at this late stage there is no opportunity for a refund or credit, however you may swap your place with another person if you are able to find a replacement by Wednesday the 1st September. To swap your place, or to let us know you are not attending, please log into your Endurancelife account and follow the instructions. Failing that, please call on 01548853524.

Transport: If you are planning on using the 'optional extra' transport service from the finish to the start on Friday afternoon and have not already booked? It is very important that you book your place on the bus by **Wednesday the 1st of September**. The process for booking and paying for your

transport is very straight forward. Simply log into your Endurancelife account and select ' My Future Events' then 'Book Add Ons'. **Please Note: This is a pre-booked service only and is not available as an on-the-day option. The buses leave at 15:00 on Friday the 10th September from East Prawle Village Green. Don't be late; it is a long ride to Brendon :)** Transport is £20 per person and includes luggage and one bike. If you can't make 15:00 on Friday you will need to make your own arrangements to get to the start.

Bike Transport: If you are using the transport option, your bike will be loaded into an Endurancelife bike trailer. Please ensure that your bike is presented to the loading crew with the front wheel removed and the saddle lowered to the lowest position it will go. **All items other items like, water bottles, pumps, repair kits, cycle computers and LED lights ETC must be removed for transport**, please put them in your luggage and reattach at the start area.

Important: If you have hydraulic disc brakes, please make sure that you wedge a piece of card or plastic between the calipers when you take the front wheel out. If you don't, the calipers will clamp shut and can be really tricky to prize apart.

Clarity on SWC2C Bike Rules: The rules regarding the types of bicycle permissible for use in the SWC2C are simple. You may only use a single bike for the duration of the event; you may use a standard mountain bike with 26" or 29" wheels or a cyclo-cross bike. Please do not disqualify yourself before you start by turning up with a standard road racing bike, hybrid, touring, tri-athlon or time trial bike.

It is permissible to change tyres to suit stage surface; however we recommend opting for a hybrid tyre with low road rolling resistance but with good tread either side of the mid section, the latest generation of these tyres are excellent and are capable on a variety of surfaces, they are available for MTB's and cyclo-cross bikes and offer the advantage of avoiding mid race tyre changes. Check out this [tyre](#) or this [tyre](#) as good examples.

What ever bike you bring, make sure it is well maintained, that the brakes are in tip top condition and that you have spare tubes, levers, puncture kit and multi tool ETC to deal with break downs. It is also mandatory to have front and rear bikes lights switched on for the duration of the cycle sections.

Pre Event Pasta Party: This is an optional extra and is provided to ensure that all those who are staying at base camp on Friday evening are able to get a decent meal before the event. The booking process for the pasta party is the same as described above for transport, select 'My Future Events' then 'Pasta Party' in the list of Add Ons; it is £5 per person. The Friday night pasta party is complementary for all Extreme participants.

Camping: If you are planning on camping on Friday night at the event base, and have not yet booked? Please do so via your Endurancelife account. Simply click on ' My Future Events' then 'Book Add Ons' select camping. Camping is £4 per person.

Classic Category Over Night Stop: Classic participants overnight at the race mid point at Princetown on Saturday night. A camping field is provided and the base facilities include changing rooms and showers, the evening meal will also be served inside and there is a nice hall in which to relax, and catch up with fellow coast 2 coasters. The mid point base is Princetown Community Center. For those averse to camping, Princetown has many B&B's and bunk houses; please go to [The Dartmoor Partnership](#) website for accommodation links.

Kayak Back Rests: We only have a limited supply of these and they are now all booked out for the event. If you have booked one it will be issued to you at the kayak depot when you reach Totnes. If

you would like to bring your own to the event you are very welcome, any type of sit on top kayak back rest or lumbar support will do the job. Please Note: Whether you have hired one or are bringing your own, you will need to fix it to your kayak when you arrive at the launch point, if you are bringing your own **please make sure it goes into your kayak transition bag.**

Food & Water: The following meals are included with your entry fee (Classic cat). Saturday morning breakfast (Porridge, bread, fruit, tea, coffee) Saturday evening meal (pasta or rice based with sauce / vegetarian options) Sunday morning breakfast. Extreme participants get the Friday evening pasta party and an award winning pasty at the finish. Tea and coffee will be complementary to all participants, all weekend.

Water and basic snacks will be available at all the major check-points during the event but please make sure that you have considered your nutrition plan and that you bring enough energy foods to fuel you through the challenge, if you run out of fuel you will definitely be a DNF.

Optional Extras: There will be a selection of sandwiches and cakes available to purchase on Saturday afternoon prior to the complementary evening meal. Please make sure that you have some cash with you in case you want to indulge yourself, before the evening meal is served. There will also be a post event BBQ on the finish line with reasonably priced fare available.

Endurance Store: The Endurance Store will be set up at the start base area and will be selling a range of endurance event essentials including; Torq energy gels, bars and isotonic beverages. There will also be a range of emergency essentials like 1st aid kits, inner tubes and batteries.

Racing Spoon & Mug: We are working really hard to minimise the environmental impact of all of our activities and are always looking for ways to reduce the amount of waste produced by our events. With this in mind all participants are asked to **bring a spoon or spork and a plastic or tin mug.** Please come armed with these items at meal times or when ever you fancy a brew. There will be basic washing up facilities available. There is no need to bring your own cooking equipment or plates or bowls. Bio-degradable paper bowls will be provided for use for all meals.

Rubbish & Recycling: In-line with the above, please ensure you separate your rubbish and dispose of it into the appropriately labeled bins at the event locations. Please be extra careful to drop no litter like gel sachets along the course.

Safety: The Coast 2 Coast is a physically and mentally demanding endurance challenge. It is of paramount importance that all participants operate within their limits and avoid becoming dangerously exhausted. The challenge involves cycling on sometimes **busy public roads** and it is essential that you ride carefully and responsibly at all times. Please observe the Highway Code and note that participating in the challenge event provides no you with no special privileges as road users, and that all roads used during the SWC2C route are fully open to normal public and commercial traffic. When running, please be respectful of other path or trail users and offer to give way.

In Safe Hands: A professional team of event safety operatives will be present for the duration of the event. They will provide a mobile telephone number at the start which all participants must enter into their mobile phones. **Please note that in the event of a major emergency 999 or 112 are the numbers to dial.**

Mobile Phones: It is mandatory for all participants to carry a mobile phone for the duration of the event and failure to do so will result in disqualification. Team members must carry one phone each. Please make sure that your phone is fully charged and protected from the elements. This is obviously especially important during the kayaking stage of the challenge.

Kayaking: All kayaks and paddling equipment is provided by Endurancelife. On arrival at the kayak transition area you will be issued with a personal floatation device (PFD), a paddle and assigned a kayak. Solo participants will be issued a single kayak; teams of two will be issued a double kayak. It is vitally important that no teams take single kayaks in preference for a double.

Before taking to the water, please ensure that the bung is screwed tightly closed on the stern of your kayak and that your PFD is fitted properly. If you have limited experience of paddling please take note of the following; the kayaks are very user friendly and stable, they are of the 'Sit on Top' type design and it is highly unlikely that you will capsize even in quite harsh conditions. The kayaks have an easily reached cruising speed and are most efficiently paddled at this rate.

Efficient forward paddling involves rotating shoulders, and the use of the legs and larger muscle groups of the back and torso, try and get into a comfortable rhythm as soon as you can. The best way to learn is to simply observe other paddlers who know what they are doing. If you only use the relatively small muscles in your arms to paddle you will soon tire. In the unlikely event of capsizing; remain calm, stay with the boat (it is unsinkable and highly visible) turn the boat upright and try to get as much of your body out of the water as possible to conserve heat. If possible, get back on the boat and continue on your way. The signal for requesting assistance from the safety boat is one arm held vertically aloft.

At both the put in and get out areas of the kayaking stage, participants are required to 'portage' or carry their kayaks a short distance. Please do not drag the boats; there are handles on the boats for carrying. If you are solo and find the boat awkward or heavy, team up with another solo participant and help each other.

Bike Lights: Bike lights are compulsory items of kit and all Classic & Extreme participants must have them mounted on their bikes before starting. **Lights must be on for the duration of the cycle sections.** In previous years the fog and mist on Exmoor and Dartmoor has reduced visibility to a matter of meters, even in daylight. It is essential that you have lights on to increase your visibility to other road users. **Extreme** participants will be riding in the pitch dark of night for 5-6 hours so please ensure that your lights are sufficiently bright and up to the job. LED lights are preferable, being much lighter and much more efficient. It is also essential that you have a good head torch for the night cycling stage, as it will be required for reading the narrative navigation instructions and picking out sign ETC.

Event Number: At registration you will be issued with an event number sticker sheet. It is essential that you use the numbered stickers to identify yourself and your equipment throughout the event. Please ensure that the number on your person is worn on the front outer most layer of clothing at all times.

Personal Kit: The kit that you will not be taking with you during the challenge stages of the event will be referred to as your 'personal kit' Please ensure that **all** of your personal kit is packed into a **single** holdall or back pack. The max size permissible is 120 liters per person. The best type of bag for the job is a mountaineering type hold all, all the major brands make them. Please ensure that your bag is clearly labeled with one of the stickers you will be provided with and that all of your kit is inside it, and not attached to the outside in plastic bags ETC. We will transport your personal kit from the start to the mid point camp and to the finish.

Bike Wheels: If you are bringing a second set of wheels to change to at the mid point, please ensure that they are packed together in wheel bags and clearly labeled with your name. Note: single unprotected wheels can not be transported as they will get damaged in transit.

Track Pumps: There will be track pumps available at the start and mid point camp that may be used by all participants for fixing / changing tyres ETC. There is no need to bring your own track pump.

Transition Bags: (T bags) At registration you will be issued with a basic plastic sack. (1 for Classic participants, 2 for Extreme) The bag / s will be clearly labeled with your name and event number. You will also be issued with several cable ties with which to clinch shut the top of the bag when in transit. Please do not over load your T bag, light and fast is the way to go. You will be instructed on where to place your bag for transport to the next transition.

Cut Off Times: There are strict cut off times in place for all **Extreme** participants in the SWC2C. Please make sure that you are mentally prepared to be pulled from the event if you fail to reach a check points in time. Cut off times will be strictly observed and are in place to improve the safety and efficient management of the event. If you are asked to retire from the event please accept the marshal's decision. You are not permitted to continue unsupported or to join the Classic Category. Section cut off times are on the web site and will be published in your race instructions, issued to you at registration.

Final Running Section: It is essential that all participants wear or carry the mandatory kit and equipment on them for the final run section. Many Extreme participants will be finishing in the dark on Saturday night and it is essential that you have a good quality head torch with you, plus all the other kit and equipment as listed on the web site including; a light wind proof jacket and mobile phone. Failure to have access to a head torch will prevent you from proceeding beyond the final check point. Please see the web site for kit and equipment details.

Post Event

Bike Pick Up: The final cycling stage of the SWC2C for both Classic and Extreme categories finishes at Totnes, all participants bikes will be safely stored here until their owners retrieve them after the event. **PLEASE NOTE: NO BIKES WILL BE TAKEN TO THE FINISH FROM THE TOTNES TRANSITION AREA THIS YEAR BY THE ORGANISERS. PARTICIPANTS OR FRIENDS/FAMILY ARE RESPONSIBLE FOR PICKING UP BIKES AFTER THE EVENT FROM THE TOTNES COMPOUND.**

Finish Times: The time of day that you finish on Saturday (Extreme) or Sunday (Classic) obviously depends on how you fair during the challenge. As a guide, the average time of day the majority of participants will come in on the Extreme will be between 16:00 - 18:00. For the Classic the average finish time on Sunday will be between 16:00 – 20:00.

I hope this information is helpful, best of luck with your final preparations and we very much look forward to seeing you soon.

On behalf of the Endurancelife Team, thanks for your time.

Regards

Gary.