



SCOTT

DARK SKIES RUN[®]

@ KIELDER

DARK SKIES RUN

@KIELDER 26.5 - 2020

In association with:



Please read the pre-race information carefully and bring a copy with you on race day. If you have any questions about the race, then please contact info@trailoutlaws.com or phone 07734309500 Tim 07984307900 Garry
Please read this document in full.

RACE INFORMATION

This is the 6th annual running of the Dark Skies Run @ Kielder with the 10, 14 and 26.5 mile races. Which of course means we have some amazing people now attempting the platinum, gold, silver and bronze races.

We have raised £431.48 for the Northumberland National Park Mountain Rescue Team (NNPMRT). We hope to make this up to £500 over the weekend. There are free coffee, tea and biscuits at the end. But donations are also welcome.

We now also have two Trail Running ambassadors, Tony Allen and Kirsty West who are helping to boost the money raised at this race. Please see our charity page for further information
<https://www.trailoutlaws.com/charity>

The past two out of three years have seen lovely clear evenings and were blessed with beautiful daytime weather.

We have our fingers crossed for last year's weather to repeat itself. Either way we look forward to watching and hearing about your experiences.

BEFORE THE RACE

Consider taking out personal insurance against accident or injury whilst participating in sporting activities. Bring appropriate footwear for the race conditions.

RACE ROUTE

The route will be marshalled, signed, taped and flagged with high visibility reflective tape (being you are all using head torches, it should light up like cats eyes!).

You will be following the Lakeside Way around Kielder Water for its entirety in a clockwise direction (keep the water on your right).

The start and finish of the event is at the Hawkhirst Scout Camp.

We always spend a lot of time diligently marking out our marked events, but as always navigating a trail course remains the runner's responsibility, so please make yourself familiar with the race route.

RACE NUMBERS

PLEASE NOTE PHOTOGRAPHIC ID is required when picking up your race number. This could be work pass, driving license, etc.

Please note that race numbers and timing wrist bands will be given out at race registration on the day of the race. You must clearly pin your number to the front of your top so it is visible to the event marshals at Check points who will be taking numbers for safety reasons.

REGISTRATION AND TIMINGS

Please pay very close attention to timings.

Saturday 21st March

Hawkhirst Scout Activity Centre

Race registration: 15:00 to 16:20
Race Briefing: 17:15
Race Start: 17:30
Race Closes: 00:30
Prize Giving: 22:30

All runners must register before the registration closes at the venue below.

Hawkhirst Scout Activity Centre, Kielder, Northumberland, NE48 1QZ [Map for Hawkhirst](#)

All runners must register before the registration closes. So allow enough time to get from the car park to Race Registration

CHECKPOINTS

Viaduct – 5.5 miles

Water / Sweets / Cola

North Hall Road – 9.3 miles

Water / Sweets / Pretzels / Cola

Dam – 16 miles

Water / Sweets / Pretzels / Cola

Tower Knowe – 17.5 miles

Water / Bananas / Cola

Red Bull Energy Station – 23.5 miles

Red Bull and water

Leaplish – 24 miles

Water / Sweets / Pretzels / Cola

The above is meant to supplement your own race nutrition, please do not rely solely on the CP's to get you around the course.

Through our experience in the past couple of years at this event and many more, we are adopting a different approach and offering different food stuffs at different CPs. This is as a result of the incredible amount of wastage that occurs should we try to accommodate everyone at every CP. It is simply not feasible. And we end up with A LOT of waste.

We know that this will not supply all with their requirements i.e special diets e.g Gluten Free, Vegan.

We suggest if you have any special fuel requirements during or post event that you carry your own.

We are also this year not providing cups at Checkpoints. So please make sure you fetch your own cup if you are not drinking from your own water that you are carrying.

BAG DROP

There will be a bag drop at race HQ, you will be able to leave warm dry clothes to change into in this area. Please refrain from leaving valuables in your bag as we cannot be responsible for any losses incurred.

RACE FINISH

To finish the event you will be required to arrive in the event HQ located in the Activity Barn where you registered. Your number, wrist band and time will be taken and you will be given your t-shirt.

You must ensure you get your number taken at the finish to appear in the results

ACCOMMODATION / MEALS

Accommodation

If you are staying with us on site, then please take notice of the event HQ map, which shows the location of the on site accommodation.

It also shows the locations of the tent pitches, **please only bring small tents i.e not family style tents with multiple rooms as it is not a holiday campsite, and will only accommodate small to medium size tents.** Pitches will not be allocated and will be on a first come first served, so please once you arrive set up your tent and then get registered, and please ensure you give plenty of time to put up the tent.

Arrive (please arrive in plenty of time to get to your room / set up tent and then register) any time after 14:30.

We will have a list at registration of what building you are in and the name the booking is under will appear on the door of the room.

It's then simply a case of going to that building and finding your name on Map for Hawkirst the door of a room.

Bedding is provided in rooms, but you will need to bring your own towels.

There are very basic self-catering facilities on site and we will bring some microwaves, toasters and kettles. But be aware there are no cookers that are for use by the public.

Meals

Post event meals and breakfasts (paid for at entry) supplied by the Scout Association are taken directly after you finish in the Sunley Hostel building/ canteen area, or the next morning between 0800 – 1000 for breakfast.

EVENT HQ START / FINISH AREA

HQ will be the Hawkirst Scout Camp. The Activity Barn (there will be signage on the day) as shown on event HQ map as Registration. You will be directed by lighting and signage at the end of the route into the Activity Barn to finish.

CAR SHARING

We have also signed up with the excellent Race Lifts website for anyone that would like to share travels costs/reduce your carbon foot print, or just needs a lift.



All three races are listed at <https://racelifts.org/>.

IMPORTANT

CAR PARKING

This year will be our first year using off site parking for all the events. This is due to feedback regarding the cars leaving the Hawkirst site during the event and the amount of cars now attending. As a result we have had to introduce a £2 per car charge for every vehicle that attends the race. This is to help offset higher charges for parking and the shuttle buses. Please consider car sharing if you can to reduce this cost.

The £2 will be payable in cash only on entry to the car parks.

We will require your full cooperation prior to the event when parking and boarding the shuttle buses.

Car parking will be open from 1500 and we will be filling up the Tower Knowe Car park first and shuttling all runners via coaches to HQ (please bring all kit and post race clothing/bags with you).

Once this car park is full all remaining cars will be directed to the Greenside carpark.

Please familiarise yourself with the locations of the car parks below.

We will have 2 x 50 seater coaches shuttling to the race HQ prior to the event.. The last shuttle from Greenside will be 1730, to allow time for registration so please arrive in plenty of time.

Post event we will be shuttling runners back the car parks throughout the evening until all runners are back their cars (**please bring warm clothing for after the event as their may be a wait for the shuttle buses**)

HAWKIRST SCOUT CAMP CAR PARK – is for people that have pre booked Hawkirst accommodation, or are blue badge holders. PLEASE NOTE Once parked at Hawkirst you will not be able to move your

car once the race has started until the final runners have finished the race.

TOWER KNOWE, Falstone, Hexham NE48 1BX. Approx 10 min shuttle to HQ.

GREENSIDE, Road end, Hexham NE48 1AX remaining runners will be parked here. Approx 2 min shuttle to HQ.

MANDATORY KIT & SAFETY

HYPOTHERMIA

Please take note of the kit required, this is all mandatory. This may seem a lot. But trust us, every runner in the 2016 event was very thankful when the storm hit.

Please also don't think that last year because the weather was mild it was less of a risk. We actually had more acute cases of hypothermia last year in dry mild weather than we did in the storm.

No matter the conditions on the day you will be at a higher risk of hypothermia when you stop, this causes us an issue mainly at the Dam CP where we have most of our DNF's.

If you do need to DNF at any CP please follow these very simple guidelines to reduce your risk of hypothermia:

- If you have any wet clothing on (particularly your top) remove it and dry if possible.
- Put on any dry layers you have you are not already wearing. This includes hat and gloves.
- Keep moving around, even slow moving will help to generate heat that will keep you warm.
- Get out of the wind/elements in a car (all CPs will have vehicles at them).

Take out your foil blanket and or bag and get in it or wrap it around you.

***suggested extra kit should forecast weather conditions require.**

- Proof of ID (Kit check only)
- Whistle
- Head/Chest/Waist Torch
- Survival Bag / Foil Blanket
- Hat and Gloves (Hat not Buff)
- Quality Waterproof Jacket
- 500ml water carrying capacity
- Emergency Food (Mars bar etc)
- Personal Cup
- Mobile phone fully charged
- **Waterproof Trousers ***
- **Leggings ***
- **Spare Base Layer ***

Should you have any questions about kit, please use the FaceBook or Google prior to emailing as we will not have time to answer a lot of kit questions.

MEDICAL COVER

Full medical cover is provided by AED Medical who will be onsite for all the events should you require any medical assistance during the event.

EVENT REFRESHMENTS

We will have a table located in the canteen area with a variety of snacks and foodstuffs for you to eat when you finish. This will not be substantial (as in not a meal) so should you require a good bite to eat please bring food in your car or pre book a meal prepared by the scouts.

Hot drinks will be available for all runners, hot chocolate, coffee, tea, beef stock.

There will be a contribution tin located near to the refreshments with a small suggested donation. All donations will go to the Northumbrian National Park Mountain Rescue Team (NNPMRT).

SCOTT SPORTS

We would like to thank our event sponsor Scott Sports who have been a key part in growing the Dark Skies Run @ Kielder.

RED BULL

Thanks to Red Bull for providing the energy station near Leapliph. We are sure it will help lift your spirits and energy levels for the final push to the finish.

RACE MEDALS

We regret to inform you that all of our event medals for this event have been affected by the global "Corona Virus" outbreak. The medals are produced and shipped from China and as a result of the global issue greatly affecting China our medals have been stuck in China and are not due to come to the UK until later in the year now. We know this news will come as a huge disappointment but please know we have done everything we can to find a solution. We feel waiting for the medals to arrive and distributing them afterwards was the best option. With the added bonus you get a nice surprise later in the year.

We will be organising pick up dates and locations around the North East when they arrive, collections at North East shops etc. Posting to running clubs where they have 2 or more runners attending. We will also post out individually to those others that are not local to the North East.

TRAIL ETIQUETTE

As trail runners we pride ourselves on respecting the trails.

We would ask you to do the same, please respect, be polite and give way to other users of the trails during the event. Last year we had a lot of litter on course after the event around the CP's where runners had clearly ran away from CP's with cups and thrown them to the side of the path. This is not the Great North Run! This behaviour is totally unacceptable and anyone witnessed doing this will be disqualified.

Keep to the marked route.

IMPORTANT DOGS

No dogs are allowed at Hawkhirst Scout Activity Centre. Dogs are allowed on public access areas of lakeside way. But please do not attempt to fetch your dogs to Hawkhirst where the race starts and finished. Dogs are also not allowed on the buses between the car parks and Hawkhirst.

FINAL WORD

That's all the what's, where's when's and stern stuff covered, now onto the fun part.

We are delighted how well received the event has been by you the runners in only its 6th year!

With the 10 & 14 events selling out its 800 places in a week !

We thank you for choosing to run on the trails with Trail Outlaws and we insist above all else that you bring along your smile and trail running spirit and enjoy your day / evening with us. Even if we have another storm!

As we love seeing you smiling (and suffering a little) on the trails along the way.

See you all Soon :)

TRAIL OUTLAWS TRADING POST

The following items will be available to purchase at the race.

TRAIL OUTLAWS HOODIES £30

COLOURS ANY COLOUR YOU WANT IN BLACK (Sell for £35 online)



TRAIL OUTLAWS LONG SLEEVE £15 NEW DESIGN for 2020!





Event photography provided by Lee 'Hippie' Nixon. Lee is a runner and passionate photographer, he will be on hand to take some shots of you and the event over the course of the weekend at various locations. All photos are free after the event from FB and the Flickr page that will go up post event. So feel free to tag and share away your misery (delight).



Our event this year like all our Trail Outlaws and Dark Skies Run events is supported by SCOTT Running UK. They have their UK headquarters in North East England and it was a great fit to partner with them for our local events. Their kit and in particular trainers are leading the way in UK and European trail running.



"EXCLUSIVE OFFER FOR ALL TRAIL OUTLAW PARTICIPANTS

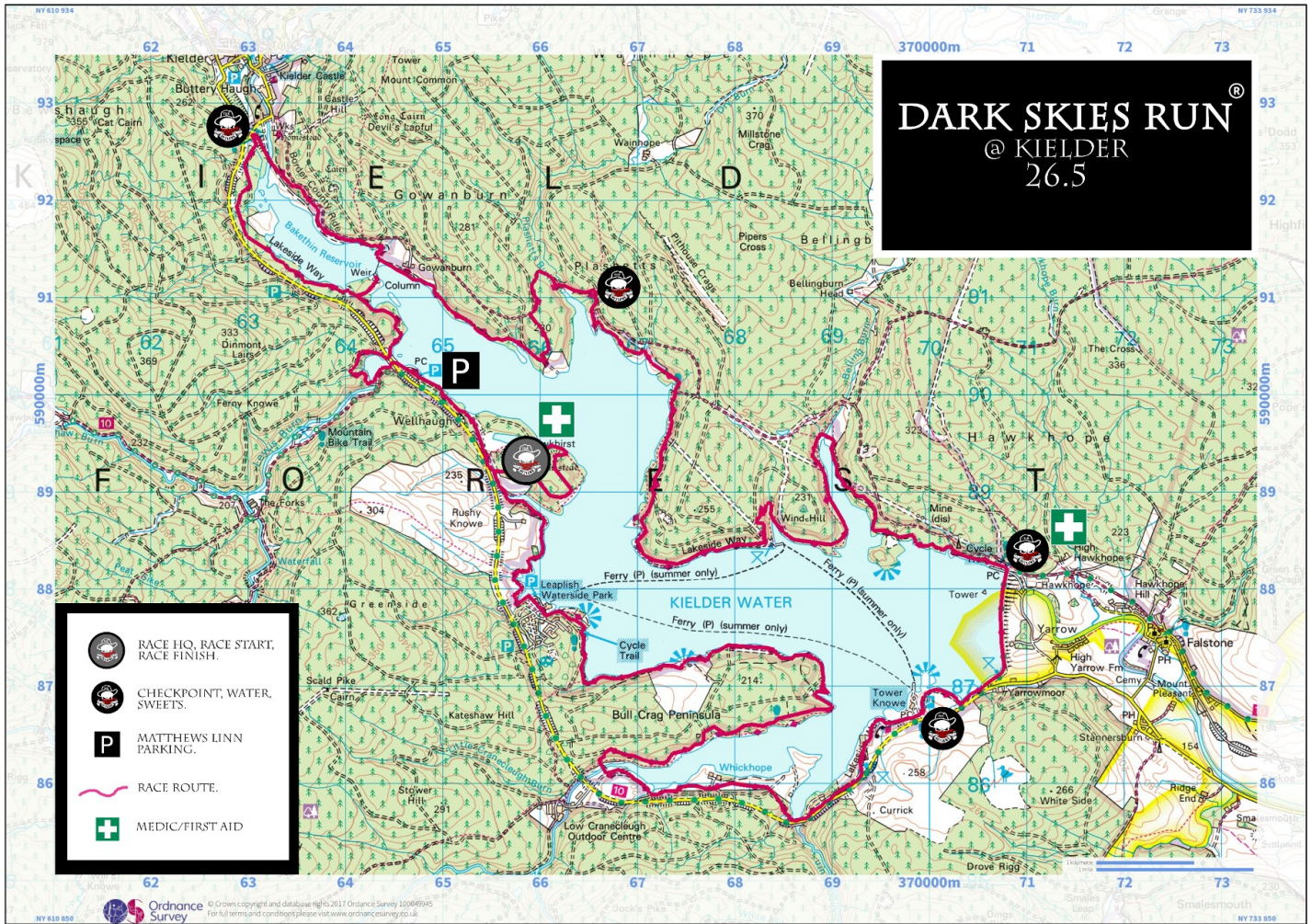
Jason, from JT Sports Massage has kindly put together an exclusive offer for you. **20%** off your 1st 60min treatment session. Simply click on the links below or contact Jason directly to book yourself in for a sports massage or help with an injury or persistent niggle. Please quote **#Trailoutlaws** when making your booking.



Find out more about Jason & the work he does at: [JT Sports Massage on FB](#) or [JT Sports Massage on the web](#)"

Jason will also be at the race to offer a post race massage. He will be based in the Youth Hostel. Massages are £5 for 10 minutes.

Race Route



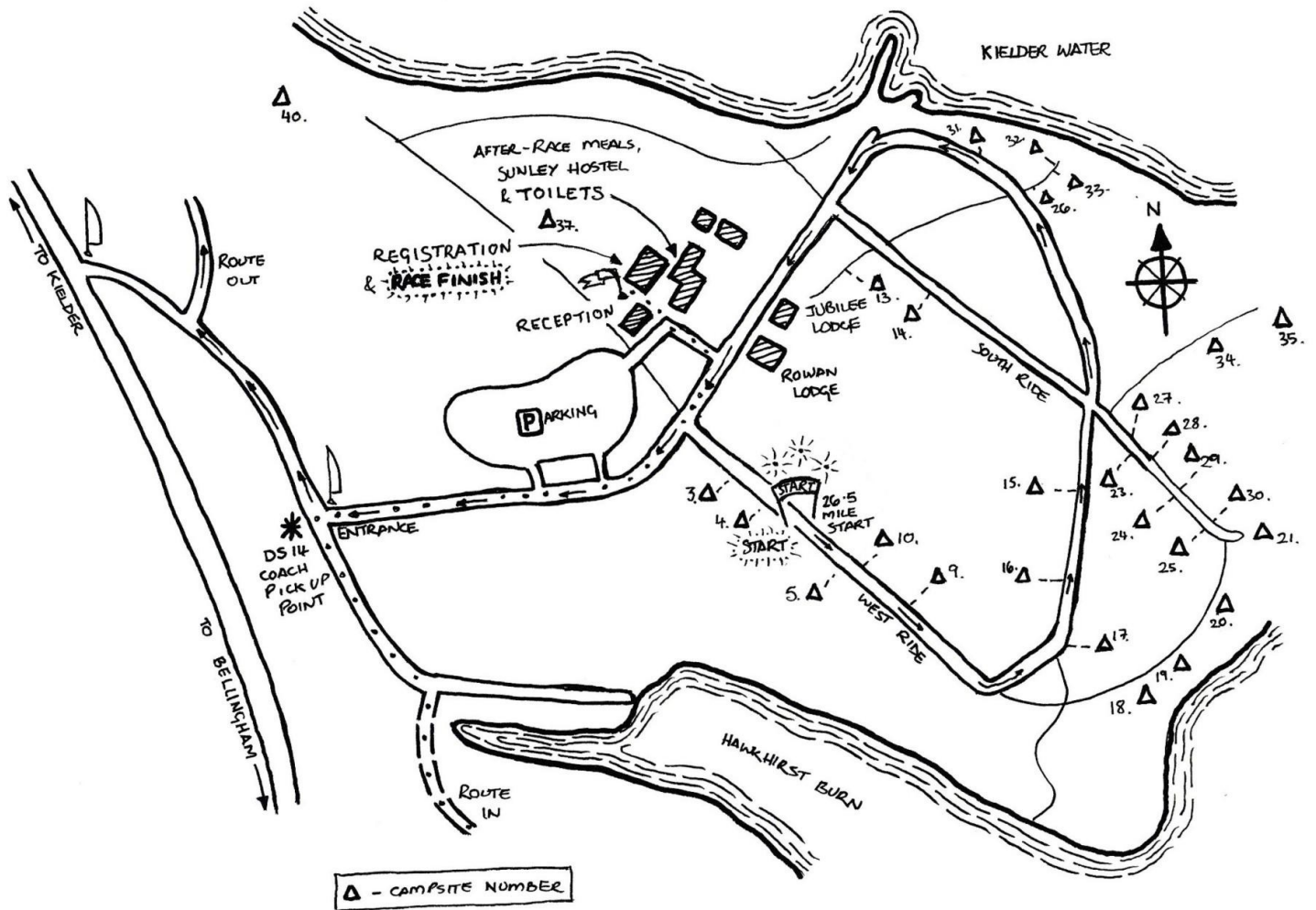
Car Park locations at Kielder





Event HQ Map

(This map was drawn for us by the very talented Mr David Anderson)



RACE WEBSITE :

[HTTPS://WWW.DARKSKIESRUN.COM/](https://www.darksiesrun.com/)

RACE ENTRIES LIST/RESULTS :

[HTTPS://WWW.DARKSKIESRUN.COM/RESULTS](https://www.darksiesrun.com/results)

RACE RULES :

[HTTPS://WWW.DARKSKIESRUN.COM/DARK-SKIES-KIELDER](https://www.darksiesrun.com/dark-skies-kielder)

TERM AND CONDITIONS :

[HTTPS://WWW.TRAILOUTLAWS.COM/TANDC](https://www.trailoutlaws.com/tandc)