

MudCrew : Arc of Attrition - 4 weeks to go !

Dear Arc of Attrition 2018 Competitor.

This email comes with the best wishes of MudCrew. We are looking forward to seeing you in February, at the start and for the duration of our event. We are there to help, where necessary and to bring you an event we are proud to present.

Just 4 weeks to go until you will be setting off on one of Britains toughest 100 mile foot races! Here at MudCrew, we hope your training has gone well and you will be starting in great form on February 9th. This is the only email we will be sending out, prior to the race, unless we need to inform you of any last minute changes that are beyond our control.

Please visit our website and carefully read the event guide. This contains all of the information you need.

Very briefly, the important times you need to be aware of and adhere to are as follows:

Registration.

This takes place at The Blue Bar, Porthtowan. Registration will be open between 5pm and 7pm on Thursday 8th February and again at 7am on Friday 9th February closing at 9.30am. There will be a compulsory kit check before you are issued with your number and tracker. **PLEASE NOTE, IF YOU REGISTER ON THE THURSDAY EVENING YOU WILL BE ISSUED WITH YOUR RACE TRACKER ON THE FRIDAY MORNING SO ALLOW TIME TO DO THAT.**

You will all know the importance of the right kit on an event of this nature. The full compulsory kit list is clearly shown here.

- GPS tracker compulsory supplied and attached to your pack at registration.
- Quality waterproof jacket (taped/sealed seams. Minimum 10k HH waterproofing)
- Quality waterproof trousers (taped/sealed seams)
- Long tights / leg cover
- Warm hat
- Water resistant peak cap (only needed if no peak on waterproof jacket)
- Buff
- Emergency survival bag (see example pic below)
- 2x base layers (minimum)
- Whistle

- Mobile phone (fully charged and in a waterproof case)
- 2x head torches plus 2 sets spare batteries for each (minimum 100 lumens each)
- Red tail light (to be switched on and worn on back of pack at all times) (see example pic below)
- 2 sets of gloves. Liner and waterproof / Goretex type
- Capacity to carry minimum 1.5 litres of water
- Food / Nutrition
- Rucsac
- A route and checkpoint location/cutoff guide (you will be issued a copy of this at registration and your support crew will also have a copy).

Please, read the kit list thoroughly and comply with it. Any questions, ask us NOW. It is vital that every competitor is in possession of a full cover survival bag. A foil survival blanket is not sufficient and will not pass kit check.



We cannot emphasise the importance of carrying the full kit strongly enough. Kit check will be based upon a selected number of items, decided by the race directors. Randomly selected competitors will be subjected to a FULL kit check and we will be carrying out checks during and at the end of the race.

You will then be issued with your race number, which must be visible at all times and not folded, cut or in any other way altered. You will also be provided with outlines of the routes, containing details of the checkpoints, cut off times and emergency contact numbers. You will also be required to sign an event disclaimer.

Finally, you will be fitted with your tracking device, which must be attached to the left shoulder strap of your back pack at all times and returned to us at the end of the event. Lost trackers will incur a charge, as explained in the entry procedure. We will also be checking that you have a red light to attach to your pack or the back of your headtorch band, which must be switched on at all times.

Registration will close at 9.30am sharp.

Immediately after registration closes, we will carry out the important race safety and medical briefing. You **MUST** attend this briefing.

You will be aware that we will bus you to Coverack, to the start of the race. All competitors must use the transport provided. This will be on one of the three coaches or in MudCrew support vehicles. The coaches will be loaded at 10.00am and they will leave at 10.30am promptly. The drivers will not wait. Please, do not get that far to miss the bus to the start! The journey to the start takes an hour, so we must get going on time. Toilets are available once we arrive at the start. On arrival at Coverack, please be ready to leave the bus, with all your kit prepared. The busses will be dropping you off and then leaving. You will not be able to leave anything on the bus as we will have no further access to them once they leave. Check that you have left nothing behind as you are going to need it during the coming hours.

The race will start at 12.00 midday.

Full details of the checkpoints, cut offs and emergency contact details are within the event guide and will be given out at registration. Read them carefully and ensure you

are familiar with them. You will find the checkpoints staffed by experienced trail runners and stocked with the supplies you will need to get through the event. We will refill your hydration systems for you and make sure you have what you will need. There will also be access to our experienced medical team, who can help and advise as required. If you need medical attention, speak to the staff. If the medics are elsewhere, we will contact them.

Please be mindful of the local residents, especially during unsociable hours. We appreciate that you will want to share your experiences with your support crew and other competitors but try and keep noise levels to a minimum.

A really important piece of information regarding the checkpoints.

The supplies at our checkpoints and the services of our crews are **FOR COMPETITORS ONLY! ONE** crew member will be permitted to come into the checkpoints, in the company of their runner **ONLY**. The checkpoints are a really important facility for the competitors, for them to refuel properly and for them to be able to access any assistance they may require. This year there are more competitors so space will be at a premium. If the checkpoint is in a public facility which is open, crew will be able to use the other areas but the checkpoint areas must be kept available for the runners. The CP food is for runners only. Our crews are there to ensure this is carried out efficiently and safely. They will be instructed to be firm with supporters trying to make use of the checkpoints when their runners are not there. Our checkpoint managers are forces to be reckoned with, so don't upset them! Trust us on that!

When you registered for this event, you were asked to provide us with the full contact details of you crew. We appreciate that things change over time. Please bring up to date details with you, to registration. It is important that we have their contact details, for the duration of the event. If, for any reason, you have to drop out of the event, your support crew must bring you back to race HQ, so we can make sure you are accounted for safely and to retrieve your tracker. Please do not leave the event, either through dropping or completing, without ensuring we have your tracking device. If you are competing unsupported, make sure we are aware of this at registration. We strongly recommend you have a support crew for this event, so if you initially decided against it but have now changed your mind, you still have time to sort it out. Just bring their details with you when you register. All of this will be explained fully during the safety briefing but we wanted you to know about bringing contact details with you.

UNSUPPORTED RUNNERS ONLY may bring a drop bag with them to registration which will be transported to the Lands End checkpoint. Please keep size to a minimum and it should only contain items you will need at the half way point. Bags will be transported back to race HQ before the end of the event but the timing of this will depend on other factors. The earliest they will be available at the finish is 8.30am on the Saturday morning. Do not place items that you intend to use at the finish in this drop bag. Unsupported runners may leave a small finish bag at race HQ.

If you are a supported runner you will not be permitted a drop bag or a finish area bag. All of your kit must be given to your crew.

We are happy that we have provided you with all the information you need to get you to the start line of the Arc of Attrition. We will do all we can to support you for the duration of the event and see you cross that finish line. We will be there to meet you and present you with that hard earned buckle. Your friends and family will be very welcome to be there for your arrival. We have the sole use of the function room at The Blue Bar, for the duration of the event. There will be food and drink, including alcohol, for you to purchase and celebrate your success.

Please be aware that space within the Blue Bar is going to be limited, to some degree. To enable us to look after you properly during and after the event, we need that space. After you have finished the race and have that coveted buckle, you and your crew will be able to make use of the main bar area of the Blue Bar. Supported runners must leave any baggage and supplies in their support vehicles and not within the Blue Bar. The only baggage that can be left within race HQ is that belonging to any unsupported runners and even this must be limited to one bag with the items you feel you will need immediate access to after the race. Please leave anything else in your cars or your

accommodation, if you are using any. MudCrew will have staff based at race HQ but we are sure you can appreciate, it will be a very busy time for us and we cannot accept responsibility for left items certainly no valuables.

If you have any questions, if there is anything you are not sure about, do not hesitate to contact us. We are here to help and to make sure you have the ultimate experience we feel you have come to expect from a MudCrew event. We want you to enjoy your experience with us. The Arc of Attrition is an extreme race and we want your enjoyment to match that! We will have in excess of 100 experienced crew, situated in our checkpoints and mobile on the course, to look after you.

With our very best wishes and we look forward to seeing you in February. Look after yourselves and we will see you at registration, fit and well and ready to take on our ultimate challenge and becoming a legend !

Andy, Andrew & Jane.
Team MudCrew .



This email was sent from to jane@mudcrew.co.uk
MudCrew | 20 Beach Road, St Austell, Cornwall, PL25 3PH

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