



GARBURN



"the most scenic race in Britain" (Runnersworld magazine)

Saturday 6th June 2009

REGISTRATION open from 08.45am on Saturday

The Registration is at the large marquee, Staveley Recreation Ground (post code LA8 9LN) where your start number is collected. Changes of event from the Trail Race to the Challenge are permitted, but you must do so at the Registration before your event - NO changes can be made afterwards. The Registration will close 45 minutes before your event. Please check the start list on the display boards in the marquee for your race number before collection. Fun Trails (under 12's) can be made on the day from 12.00 - 14.30

PLEASE NOTE : THERE IS NO ENTRY ON THE DAY FOR THE 24KM PUMA GARBURN TRAIL RACE & CHALLENGE.

DIRECTIONS TO CAR PARKING (GATES OPEN 08.30am)

From the M6 junction 36 towards the Lake District. By-pass Kendal, follow the A591 towards Windermere, then signs to Staveley. Follow Car Park signs. From the west, take the A591 from Windermere towards Kendal, follow signs to Staveley, then Car Park signs to the event car parking. The event car parking is at Kentmere Photographic factory, and adjacent fields, clearly sign posted. There will be an all day car parking fee of £2 per vehicle and the Recreation Ground is a short 3-4 minute walk away.

IMPORTANT SAFETY NOTICE - CUT OFF TIMES

14.00 will be the enforced cut-off time for ALL competitors at the second water station and retirement point at Kentmere Institute after approx 11km. This is for your own safety - the course is 24km and the gruelling climb of the Garburn Pass is still ahead of you. Competitors unable to reach the Kentmere Institute by 14.00 will be disqualified from the event and forced to retire. If you have any doubt about your ability to achieve this safety deadline, please switch your entry to the PUMA Garburn Challenge.

START

The starts will be at Staveley Recreation Ground, a few minutes walk from the car parking areas. There will be a baggage storage area within the main marquee adjacent to the Registration. There will be a short briefing 2 minutes before the start, and we shall start on time - the police are assisting with traffic control and the roads are closed to traffic at the starts. The PUMA Garburn Challenge will start at 10.30am, the PUMA Garburn Trail Race starts at 12.30pm.

WHAT TO WEAR

We recommend you wear suitable trail running or walking shoes. The lightweight Puma Trailfox shoe would be ideal for the course and will be on discounted sale on the day. In adverse weather, cagoule, over trousers, hat and gloves may be required, so do come prepared, just in case - Garburn Pass is one of England's highest passes at an altitude of 1400' and can be cold and windy.

COURSE TERRAIN

The course has a variety of terrain. Grassy footpaths, stony bridleways and short stretches of tarmac road. There are a few stiles to cross near the end, so please take care particularly if wet. The descent on from Garburn Pass on the Troutbeck side has two short sections of washed out trail with loose stones - great care is needed. The entire course will be well marked and marshalled by friends of Kendal Mountain Rescue and members of Staveley Football Club. Most gates will be manned and open. The course is on public rights of way, so please respect other users.

VERY IMPORTANT : NO DOGS ALLOWED WITH COMPETITORS ON THE COURSE

STILES

Marshals will be in attendance at the four stiles in the last three kilometres to ensure that NO ONE climbs over the stone walls. You MUST use the stiles. Anyone not respecting this will be DISQUALIFIED from this event and ALL future Lakeland Trails events. Your cooperation is needed to retain our good relationships with local farmers. They have requested a single file through the fields which are in meadow grass. Please give way to faster, over-taking competitors

WATER STATIONS & KM MARKERS

There will be three water stations. The first after approx 7km at Hollingsworth & Vose factory - Wilson's chocolate Kendal Mint Cake here. The second at approx 11km, the start of the main climb at Kentmere village Hall - Wilson's chocolate Kendal Mint Cake here too. The third at 18km at High Borrans Outdoor Centre - Wilson's chocolate Kendal Mint Cake here too. The course has guide markers at approx every kilometre.

FINISH

The finish will be at Staveley Recreation Ground. Challenge (YELLOW numbers) will be using the RIGHT finish, Trail Race (WHITE numbers) will be using the LEFT (overtaking) finish. VERY IMPORTANT ! Please make sure ALL your number is clearly visible - there are various events on the day, and failure to display your number fully will result in disqualification. We will be checking EVERY competitor is wearing a valid number, so please co-operate with us and display your number FULLY. At our last event a non registered competitor with an invalid number participated and created problems with landowners. EVERYONE MUST REPORT TO THE FINISH OR A RACE MARSHAL IF THEY RETIRE. There will be a PA system with race commentary and the samba drumming band Kookaburra All-Stars and singer-songwriter Pete Lashley will be playing - you are sure to receive a warm welcome !

A hearty meal provided by Wilf's outdoor caterers is included in your entry fee, and you collect a meal ticket by showing your number after you finish from the Registration. Look for the large Wilf's van. All finishers will also receive an event finisher's T shirt and be eligible for one of the fantastic spot prizes on offer. There are limited toilet facilities (portaloos) on the Recreation Ground, along with local food stalls, retail stands, , bouncy castles & slides, face painting and plenty of entertainment at the start/ inish arena at the Recreation Ground with live music from Pete Lashley. There will be an opportunity to try on the new PUMA Trailfox trail running shoe, along with the new Bridgedale trail running socks too.

Kendal Mountain Rescue, Extreme Medics and the Police will be in attendance.

CHILDREN'S FUN TRAILS

All children's classes (U8's, U10's & U12's) can enter on the day - the fee is just £2 for competitor's children (£4 for non-competitor's children). The Under 8's (400m) will start at 15.30; Under 10's (800m) start at 15.40; Under 12's (1000m) start at 15.50. Please give the youngsters your support - they are the future of our sport and will appreciate vocal encouragement on their short laps around the finish arena. All the children are rewarded with a special finisher's medal. There are no winner's prizes - the Fun Trails are all about children taking part in something exciting, instead we have some fabulous spot prizes that every child can have a chance to win. Bring your whole family along !

SPECTATORS

We encourage spectators, and there is plenty of entertainment at the finish arena at Staveley Recreation Ground. Bring deck chairs, rugs, cameras and a smile. Please use bicycles to watch competitors along the course in the Kentmere valley.

PHOTOGRAPHERS - We will have professional photographers around the course and at the start and finish area and photographs will be available for online purchase via the event website. The event is being filmed by a professional film crew and a short clip will be posted on the event website afterwards.

CLOSING CEREMONY, PRIZE GIVING & SPOT PRIZE DRAW

We hope to have results available shortly after finishing, and will present prizes immediately after the closing ceremony at 16.30. At the prize giving, all finishers of the PUMA Garburn Trail Race & Challenge will be eligible for a spot prize draw. Tickets for the Spot Prize Draw need to be filled out at Registration and posted in the winner's podium. Results will be posted on the website as soon as possible after the event.

This event wouldn't have been possible without the grateful permission of all the landowners and tenant farmers, the National Trust, Lake District National Park Authority, Kendal Mountain Rescue, Cumbria Police, Staveley Parish Council, Staveley Recreation Ground Committee, Staveley Football Club, Kentmere Packaging, Hollingsworth & Vose, High Borrans Outdoor Centre, Kentmere Institute, PUMA, Bridgedale, Pete Bland Sports, Wilson's Kendal Mint Cake, Coniston Corporate Embroidery, TrailRunning.co.uk the many local businesses who have sponsored a spot prize, and all the friends and helpers who have contributed.

However, the biggest thank you goes to you for supporting the event. We hope you have a great day out and enjoy the stunning views. Good luck !

PUMA TRAIL RACE PRIZES - Sponsored by PUMA, Bridgedale & VO2 Max Events

Men & Women Open	Veteran Classes - Men & Women	Teams of 5
1. £200 cash + PUMA & Bridgedale sportswear	First 3 men & women V40, V50 & V60	1 st Ladies Team
2. PUMA & Bridgedale sportswear		1 st Men's Team
3. PUMA & Bridgedale sportswear	1. PUMA & Bridgedale sportswear	
4. PUMA & Bridgedale sportswear	2. PUMA & Bridgedale sportswear	
5. PUMA & Bridgedale sportswear	3. PUMA & Bridgedale sportswear	
6. PUMA & Bridgedale sportswear		
	Under 21 - First Man & Woman	

Please note : in the event of a veteran winning a senior open prize, the prize of higher value will be awarded - only one prize per person. In addition, the first six men and women will be invited to the 2010 event. Prizes must be collected on the day.

SPOT PRIZES - ALL PUMA GARBURN TRAIL RACE AND CHALLENGE FINISHERS

We have some fantastic spot prizes donated by Puma, Bridgedale and local businesses. All will be displayed at the start and finish arena. The spot prize draw will immediately follow the prize giving. You can only claim a prize if you are present to collect it!

FUN TRAILS Prizes We have spot prizes for the children's Fun Trails too!

PUMA LAKELAND TRAILS 2009 - Don't forget the final events of the series - 6th September Derwentwater Trail 14km; 3rd October Coniston Trail 15km;

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