

Join the adventure!

Westhampnett Lake | September 20th 2015
South Downs National Park, West Sussex



2015 Series dates

#02 Wimbleball Lake | May 17th 2015
Exmoor National Park, Somerset

#03 Carsington Water | July 12th 2015
Peak District National Park, Derbyshire

#04 Westhampnett Lake | September 20th 2015
South Downs National Park, West Sussex

Experience
the ultimate
triathlon
event

supbikerun.co.uk

1 | Event countdown



We're ready! Are you?

What's it all about?

Not your average triathlon - #supbikerun has taken the standard triathlon format from the comfy, clean, tarmac metropolis with its strict and regimented rules and shaken it up, covered it in mud, made it cooler and friendlier, and taken it to the most beautiful locations around the UK! Why is it so different? Because the 3 sports we're offering are more fun and adventurous!

Everyone's invited!

OK, so we know how it's different and it's already way more fun than a standard triathlon! But triathlons are usually tense, competitive affairs for the experienced athlete, right...?

Nope! Not this one. #supbikerun with its "Come one, come all" and "Give it a go" attitude is a low-key, fun and supportive event for every standard, age, and ability.



Westhampnett Lake | September 20th 2015 | South Downs National Park, West Sussex

Event countdown (continued)

From the Lakes to the Mountains

#supbikerun takes you lucky lot to the most superb natural beauties in the UK; three National Parks (with lakeside camping available at two of our events) ensuring that you can bring your family and friends, stay the weekend and really soak up the atmosphere!



SUP - Instead of the standard Swim, SUP or Stand Up Paddle Boarding has replaced swimming. SUP is a very easy and accessible sport for all, one 2hr taster session and typically you are up and riding. Gliding along high on top of the water, which gives you an awesome elevated perspective of the surrounding fluid stuff and the stunning National Park around you.



Bike - Not the regular refined road bike, but a tough and rugged mountain bike! With climbs and descents through beautiful (and muddy!) countryside. Far more exhilarating!



Run - No pounding of tarmac here, so you'll need some great trail shoes to tackle tough terrain as you leap over streams, and hop around puddles and on to rocks. Suck in the air and take in the view as you reach the peak of hills in stunning countryside.



Westhampnett Lake | September 20th 2015 | South Downs National Park, West Sussex

2 | Pre-event training options

So, this might be your first attempt at the three sports, or you may be an experienced Sup'er, Runner or Mountain Biker, but chances are you won't be all three. Either way, we can all do with a few pointers to get us started so that we get the most of our time. There are two options to set you on the right path:



SUP Taster sessions – On the run up to each of our events, we will be holding SUP taster sessions at each of the three venues. Typically, a 2hr taster session run by BSUPA qualified instructors will refine your board skills and paddle technique ensuring you are ready to take on a #supbikerun event. For those who have SUP skills already but are looking to challenge and push themselves pre-event then you'll need to sign up for an Experience Day.

Experience Days – You have a good base level in each of the three disciplines but want to take things a little further and have an awesome experience at the same time – Experience Days are for you..... Cruise along a river surrounded by trees, meadows, and castles on a Fanatic SUP board, power up and down an exhilarating single track bridle way along the South Downs Way on a Specialized 29er MTB bike, then finish it off by striding out on a trail run through yet more stunning scenery in a brand new pair of Salomon Speedcross 3 trail shoes... yours to keep!

Alternatively get along to a BSUPA accredited SUP school for a lesson.

www.bsupa.org.uk

supbikerun.co.uk/experience-days



3 | Get kit!

Training Kit - Solid training and preparation is fundamental in ensuring you have both a successful and enjoyable #supbikerun event. To support you, we have worked closely with our instructors and sponsors to bring you a definitive kit checklist, just click on the links to view:

	Paddle >	Board shorts >	
			Training Wetsuit >
	SUP Board >	Rash vests >	
			Helmet >
Leash >	Water shoes >		
	Running trainers >	Running top >	
			Specialized bike >
Running Accessories >	Waterproof jacket >		



4 | Get fit!

#supbikerun is super friendly and not a hyper competitive event, but to make the most of it, get yourself into decent shape. We recommend over the weeks leading up to your event you should:



SUP - Give it a go, get your stroke to a decent standard and work yourself up to a continual 30 minutes of paddling at a decent pace. Most people will complete a 3K SUP course in under 30 minutes but remember, there's no pressure!



Bike - Get used to being on a mountain bike, get off-road and tackle some hills and mud, build yourself up to at least 25K of off-road cycling.



Run - Make sure you are happy with a sturdy pair of trail shoes or running shoes with good grip, break them in with a variety of different terrain and generally familiarise yourself with a variety of terrains. To aid your training, build in some hill running. Just 20 minutes of hill running each week will dramatically improve your fitness and overall running time.

Keep an eye on the #supbikerun Facebook page. On the run up to each event we will publish key information and training tips and techniques.

<https://facebook.com/supbikerun>



Westhampnett Lake | September 20th 2015 | South Downs National Park, West Sussex

5

Nutrition and Hydration

Nutrition and Hydration are both so important for preparation, training, and recovery, prior to and during the event. What you consume in the lead up to the event can help you train better and perform greater on the day.

Whatever you do, stay hydrated at all times, with plenty of water and a good quality healthy drink like Little Miracles.

Little Miracles are a beautiful blend of organic tea and super fruit juice. With carefully selected panax ginseng in its purest form and açai, it is the perfect pick-me-up morning, noon and afternoon.



It is well-documented that both carbohydrate depletion and dehydration are two of the major causes of fatigue in endurance exercise. In addition to ensuring optimal carbohydrate stores and hydration status before exercise, delivering additional carbohydrate and fluid during exercise is known to improve performance, race times and delay the onset of fatigue.

www.drinklittlemiracles.com



Super Vitality Electrolyte Hydration Powder is a perfect choice to help. A balanced blend of essential electrolytes and carbohydrates to support recovery and help maintain correct hydration levels.

www.supervitality.me

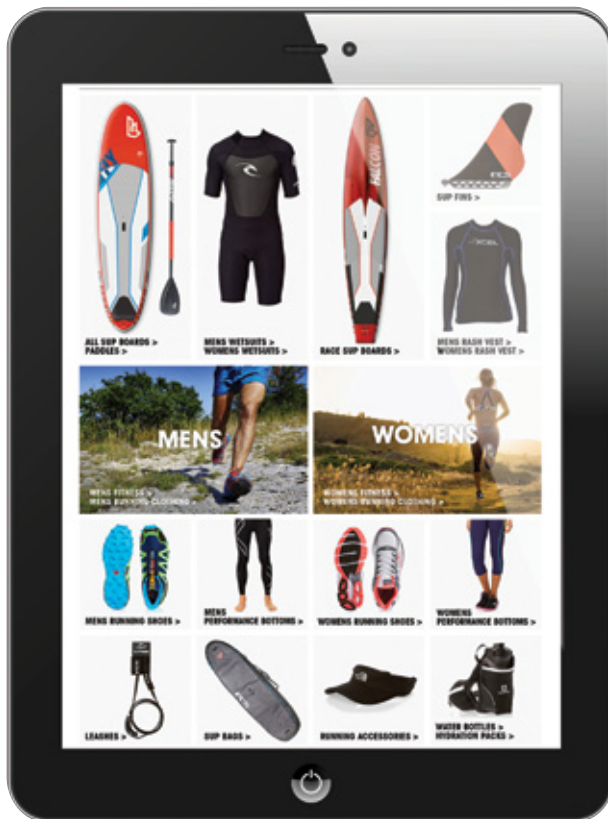


6 | Final preparation

Kit checklist

We've made this easy for you, everyone is different so we have broken this down into essentials and recommended, remember that Surfdome offer a next day delivery service. So if you need anything below simply click the image to take you through to the Surfdome shop.

www.surfdome.com



Essential Kit

- SUP board + fin (unless hiring from #supbikerun)
- SUP leash (unless hiring from #supbikerun)
- SUP paddle (unless hiring from #supbikerun)
- Mountain bike
- Helmet
- Spare inner tube or repair kit
- Pump
- Lights advisable if foggy or heavy rain forecast
- Cycling shoes or running / trail shoes
- Small backpack
- Drinks bottle or Hydration backpack
- Money for Café and Surfdome pop-up shop

Other Kit

- Running or cycling t-shirt
- Lightweight waterproof jacket (if rain forecast)
- Lightweight fleece (if cold)
- Running / cycling shorts (boardshorts)
- Towel or change robe
- Sunglasses

surfdome
ENJOY THE RIDE



Westhampnett Lake | September 20th 2015 | South Downs National Park, West Sussex

7

Kit preparation

Make sure your kit is as ready as you are, there's nothing worse than equipment failure when your pumped and ready to go!



SUP - Make sure your SUP doesn't have any holes, if it does get a repair kit and get fixing.

Check your paddle is all-intact and has no fractures that will split under those power strokes you will be putting in!



BIKE - Put your bike in for a service and take it for a solid test run. Just because it's been serviced doesn't always mean it's event ready.

Get it lubed with Muc-Off. Muc-Off are supporting all three events and we will have a Lube Station at the bike transition zone so you can lube your chains for free.

Do a quick once over of your helmet, shoes and what you'll be wearing. You want to be comfortable, warm, dry if raining and of course looking good!



RUN - Have you broken in those running shoes?

Do the laces look like they are going to hold?

How are the insoles? Make sure they're not rubbing. It's only 5K but blisters can soon develop.



8

Taking part

#supbikerun is a very relaxed and chilled affair. Sure it's serious, and whilst not a race, we do provide state-of-the-art timing technology for participants who want to challenge themselves and record their event times.

We have put in place simple pre-event stages to ensure you are prepared and ready for your event, the following list should help prepare you with what to expect upon arriving at a #supbikerun event:

- **Park in the car park.** Our parking is split between two zones, Parking A and Parking B. Parking A is located on Stane Street (Rolls Royce) and is for all participants that are using a hire board (plus spectators / general public). Parking B located on Coach Road is for all participants bringing their own SUP board. Please note this parking is limited so once full you will be directed to Parking Zone B (a short walk from the main registration zone).
- **Make your way to Registration.** ONLY attend registration at your designated time, this would have been allocated to you when you purchased your ticket and will be printed on your tickets. 8am for series ticket holders, 9am, 10am or 11am. You can arrive at registration 10 minutes prior to this time but no earlier.
- **Once registered, you will be allocated your Goody bag including sticker sheet and labels.** Clearly label all personal belongings as instructed then take your bike and personal belongings to the bike transition zone. You can leave a small rucksack at the bike transition zone. Our staff will watch over your personal belongings and bikes but will not be held responsible for any loss or damage.
- **Make your way to the SUP Start Beach.** If bringing your own SUP board and paddle then please ensure that you bring a leash with you. Participants will not be allowed on to the lake without a leash (leashes can be purchased from the on-site Surfdome shop). Clearly label all your personal items as instructed at registration, all participants will receive a sticker sheet with labels displaying their numbers. Once you are ready to start the event, we will phase you on to the lake in small groups of 3-4 people (please note we do not run a mass start).
- **Event timing and video.** Our events use state of the art timing and video. This means that each participant can gain access to their split course times as soon as they cross the finish line, this will be printed out for them upon request. We also video all participants crossing the finishing line. Simply visit our results page and click on the video link next to a participant to see them crossing the finishing line.



9

Nutrition 48 hours

A few dietary tweaks in the days before the race could give you the extra edge you need to break your PB or simply complete with less fatigue. In the same way that you adjust your training program as the big day approaches, you can also adjust your diet to make sure your body is fueled to capacity and ready for action.

This dietary “taper” should begin about the same time you start to taper your training in anticipation for a race – approximately 7 days is recommended. The approach is straightforward: keep doing more of the same by eating lots of carbohydrates, low fat and moderate-high protein. As always, rice, potatoes, and pasta (depending on how you cope with digesting wheat) should be your staples, but now they should take an exaggerated place in your diet. As you reduce your mileage, however, be sure to reduce your calorie intake too. For most runners, this means eating about 100 calories less per day for every running mile that you drop.

Carb-loading

Carb-loading is an important period to stock your energy reserves to their max, but don't make too much of the process. Follow your normal balanced diet and kick in some extra carbohydrates in the week before a race. Fruit juices and sports drinks are good carbohydrate supplements if you're having trouble eating all that rice and potatoes. Try not to miss meals, but also try to avoid stuffing yourself to bursting point. Balance and consistency are particularly important as the big run approaches. For the same reason, this is not a time to sample new foods. Eat foods that you know agree with you.

About two days before a race, start loading up on fluids. Try to stay away from alcohol, since it not only dehydrates you but also interferes with proper storage of glycogen and undercuts your carb-loading.

In the last 48 hours, avoid high-fiber foods like beans, bran cereals, lettuce and broccoli to avoid an upset stomach or other gastrointestinal discomfort during your run. Avoid hard-to-digest foods like peanut butter, fried food etc. If possible, cut back on dairy products, too.

By the end of the day before the run, your high-carb diet should have worked its magic and topped off your glycogen stores. You should snack moderately and frequently on familiar foods. Drink water and juice constantly. For your final meal the night before, eat moderately and go for food that contains (you guessed it) lots of carbohydrates and only a little fat. Skip the beer or wine and get to bed early. Do not eat too close to bed time as it could lead to increased restlessness (on top of the race day anticipation nerves).



Nutrition 48 hours (Continued)

Race day diet

On the morning of the big day, have a light breakfast; a bagel and some fruit juice is ideal. Don't eat any solid food for three hours before the run, just water.

During the race itself, staying hydrated is most important

Drink fluids every 10-15 minutes (be sure to review our tips about hydration in section 5). It's better to sip on fluids regularly than drink 4 pints every couple of hours.

Snack along the way to keep your energy up

Try to get about 25 grams of carbohydrates every thirty minutes from a supplement and/or sports drink, or from easily digested foods like gels, sports bars, bananas, orange slices, or even sweets!

Whatever you eat, be sure you have tried it before during a practice run

Everyone's stomach reacts differently to different foods, and a race is not the best time to discover that a new sports bar doesn't agree with you or that you can't chew it and breath at the same time!

After the race, drink plenty of water with enhanced electrolytes

(refer to section 5 for tips on staying properly hydrated) and eat some food as soon as possible.

'Carb-reloading' is as important after the race

As important as carb-loading before the race. Try to have a bagel, an energy bar (SuperVitality Super Flapjacks are perfect) and a protein shake (Super Protein Blueberry Smoothie is great here) in the fifteen minutes after you stop running. It's in this window of time that your muscles will absorb the glycogen most readily. Your muscles are hungry, feed them. By the end of that next day you should be back to normal (other than your aching and battered body) and ready to ramp up for the next race or training session.



10

What to expect on the day

Where do I go and Park?

Our parking is split between two zones, Parking A and Parking B. Parking A is located on Stane Street (Rolls Royce) and is for all participants that are using a hire board (plus spectators / general public). Parking B located on Coach Road is for all participants bringing their own SUP board. Please note this parking is limited so once full you will be directed to Parking Zone B (a short walk from the main registration zone).



What do I do when I arrive?

Upon arrival you will be greeted by our parking marshals, once parked make your way to the Mitsubishi Registration Zone.

Ensure that you only attend registration at your designated time (this will be printed on your PDF ticket).

Once registered, you will be given a goody bag including your event sticker sheet. Please label all personal belongings as instructed on the sticker sheet.

Take your bike, helmet, personal belongings and trainers to the bike transition zone. You can leave a small bag or rucksack at the bike transition zone providing it is clearly labelled.

Return to your car to collect your SUP and paddle then make your way to the Start Beach (all participants to wear a board leash).



What to expect on the day (Continued)

Bike Transition Zone Storage

Each participant will be permitted to leave his or her personal belongings at their designated bike zone point. We advise storing all personal belongings in a small backpack to prevent cluttering the area and to prevent items being lost. At registration, each participant will be allocated a sticker sheet with numbers and luggage labels.

The bike transition zone is staffed with safety marshals at all times. However, #supbikerun accept no liability for missing items.

What are the course routes?

The best place to check out the course routes is on our website.

Each participant will also receive 3 months digital mapping with Ordnance Survey to view and print out the course maps. We will also have a large course map at the registration zone and printed A4 maps for all participants courtesy of Ordnance Survey.



11

FAQ's

How do I find out my registration time?

When you purchased your ticket you would have been allocated a registration time. You are not allowed to attend the registration zone until this time. If you are unsure then you should print out your PDF ticket, which will display your registration time: 8am – Series ticket holders or 9am, 10am and 11am.

What do I do if I arrive early?

Each event location has onsite facilities including a café, catering and the Surfdome Retail Zone. Please feel free to visit these areas and relax but ensure you attend registration at your designated time.

Will there be food and drink available onsite?

Each event location has a café, catering and the Surfdome Retail Zone. Please bring any supplements you may need with you.

What do I do once registered?

At registration our staff will give you clear instructions on where to go and what to do with your kit. We run a phased registration process so there is no rush or panic. We simply phase you on to the lake to commence the SUP course once you are ready.

What happens to my SUP gear once I leave the lake?

On exiting the lake our SUP marshals will guide you to the SUP storage zone, which is located close to the bike transition zone. Both these zones are staffed at all times so your equipment is quite safe. Please note that all equipment must be clearly labelled (these are provided at registration).

You can only collect your bike and SUP gear if you are wearing a numbered wristband that corresponds with the bike or SUP (friends and family cannot collect your personal belongings).



FAQ's (Continued)

I understand I have to wear a SUP leash and bike helmet, what if I forget mine?

Any participant not wearing a SUP board leash or bike helmet will not be permitted to take part in the event. We have a limited number of spare helmets available on the day and SUP leashes can be purchased from the Surfdome store (onsite at each event).

Where can I stay, is there camping onsite?

Each event guide also includes links to local camping, B&B's and local hotels. Please note that all accommodation is booked directly and not through #supbikerun.

Hotels and B&Bs -

www.visitchichester.org/where-to-stay

Camping -

www.wicksfarm.co.uk

www.stubcroft.com

www.scotts-farm-camping.co.uk

www.ellscottpark.co.uk

Can I bring family or friends with me?

We actively encourage all participants to bring their family and friends with them to cheer them on. Each event location has excellent viewing locations close to the lakes so they can watch you on the SUP course. We also have spectator-viewing points at the finish line so friends and family can cheer you on.

Each event location will also have excellent catering available, the Surfdome Retail Zone and sponsors tents where you can view the latest kit for #supbikerun adventures.

