

ESSENTIAL Event Guide



SUPBIKERUN™

EXPERIENCE THE ULTIMATE TRIATHLON

#01
SOUTH WALES
Llangorse Lake
14th & 15th May

#02
EXMOOR
Wimbleball Lake
11th & 12th June

#03
DORSET
Cleavel Point
2nd & 3rd July

#04
THE LAKE DISTRICT
Ullswater Lake
10th & 11th September

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INTRODUCTION...

WE'RE READY! ARE YOU?

Welcome to **SUPBIKERUN** the ultimate triathlon, we're ready! Are you?

Not your average triathlon, SUPBIKERUN has taken the standard triathlon format and flipped it on its head. We've ditched the strict regimented rules and shaken it up, covered it in mud, made it cooler and friendlier, and taken it to some of the most beautiful locations around the UK!

Each two-day event provides our participants with a stunning location to relax for the weekend. The Saturday is all about paddle boarding tuition, with a choice of classes including Taster sessions, Masterclasses, and SUP Yoga, with the main event staged on the Sunday morning.



EVERYONE'S INVITED!

Triathlons are typically quite a tense affair, highly competitive, with the focus on timings and speed. At SUPBIKERUN we want you to relax, enjoy the outdoors, and experience a true adventure of a weekend. Our events are fun and supportive and open to every standard, age, and ability.

We encourage you to camp with us, to invite your friends and family, enjoy a fantastic weekend away... and to get your SUPBIKERUN on!

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VENUE

INTRODUCTION, OVERVIEW & MAP

WIMBLEBALL LAKE

A peaceful lake offering stunning walking, water sports lessons and hire, cycle trails and camping and glamping all within Exmoor National Park. Wimbleball Lake is a water supply reservoir constructed in the 1970s and completed in 1979. The 161 feet high dam is of concrete buttress construction and impounds the River Haddeo to provide a water storage capacity of some 21,000 megalitres over an area of 374 acres.

Wimbleball Lake Activity Centre, Brompton Regis, Dulverton, TA22 9NU



OUR EVENT HOSTS

Wimbleball Activity centre are our hosts for the Exmoor event. The spectacular Wimbleball Lake, nestled amongst the rolling hills of Exmoor National Park, is an unforgettable location. This 530 acre site has something for everyone to enjoy. Take to the water on a kayak, canoe, or paddleboard, explore the miles of footpaths and cycle ways or simply sit back, immerse yourself in nature and enjoy the views.

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SATURDAY SUP

TRAINING, COACHING & WORKSHOPS

The Saturday at every SUPBIKERUN event is dedicated to paddle boarding tuition. Whilst this tuition is not compulsory, it is something we offer all participants as part of their event ticket. When you booked your ticket, you would have either selected: Taster, Masterclass, or SUP Yoga. We are proud to boast one of the UK's leading paddle boarding coaching teams, headed up by the highly experienced Emily King. Emily has nearly a decade of experience racing at elite level in the UK and Internationally. Coming from a surfing background originally, Emily has been consistently one of the top SUP athletes regularly winning Iconic Elite Races and UK National Race Series.



The Saturday coaching and tuition will see the Taster sessions being run throughout the morning. We then break for lunch and deliver the Masterclasses throughout the afternoon. SUP Yoga will run throughout the day. All water-based coaching and tuition is subject to weather conditions.

The paddle boarding tuition is not compulsory, you do not have to attend but we ask all participants to pre-book their preferred class times before 1st April. Use the link below to book your free class:

[CLICK HERE TO BOOK YOUR SUP CLASS »](#)

Subject to availability and space, we can also offer your guests (friends and family) paddle boarding tuition. They can purchase a water entry wristband £10 per person, these cannot be pre-booked and are only available on the day.

Please note that due to the terms set out within our insurance we cannot provide coaching and tuition to anyone under the age of 16.

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SATURDAY SUP

TASTER SESSION



The Taster session is aimed at those people that have either never tried paddle boarding or perhaps you've already 'had a go' and now need your confidence building.

Over this 1hr workshop, we can take you from SUP newbie to feeling confident to hit the water.

The SUPBIKERUN team of highly qualified coaches will guide you to get the very best from your paddling skills, the taster session is going to help you learn, and brush up on all the key skills you'll need to get around the SUP course of SUPBIKERUN.

- | Safely carry/enter/exit the water with the appropriate kit and technique.
- | Improve your paddle stroke and how to stay safe whilst paddling.
- | How to manoeuvre a board using a paddle/ laying down prone and kneeling/standing on your board on the water.
- | How to safely fall off and self-rescue yourself back up onto your board.
- | How to make turns and alter the direction of your board.

🕒 1hr Class

🕒 8am, 9:30am, 11am

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SATURDAY SUP

MASTERCLASS SESSION



We are very excited to have the British SUP Multi-Award-Winning Champion Emily King with us once again, hosting our Masterclass. She brings with her over a decade of experience competing and winning all disciplines of racing, Whitewater SUP, and SUP Surfing at the highest level. Having herself competed in SUPBIKERUN, she really knows what it takes to make the difference in your training and competing.

This Session is a land-based group discussion and demonstration allowing you to gain the knowledge and experience from Emily King, and also learn about our new format for this year.

The session will include:

- | Visual demonstrations on techniques and biomechanics
- | Kit discussions
- | Racing strategies
- | Training techniques
- | An interactive Q&A session.
- | Detailed answers to all your SUP questions

Get your thinking cap on about all those questions you'd really love answered about all things SUP!

1hr Workshop 2pm, 4pm

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SATURDAY SUP

YOGA SESSION



A different kind of SUP experience. Discover SUP in a more relaxed and centered way. These 45minute classes are a chance to give yourself the time and space to align your body, mind, and senses.

There are many proven benefits to SUP yoga including muscle strengthening, improving your breathing technique, increasing flexibility, drastically improving your balance, and most importantly stress relief. This 45minute class allows you to totally immerse yourself in the stunning scenery, to relax and take in the fresh air and sounds of the water.

- | Relax, unwind and de-stress yourself
- | Enhance your focus
- | Improve your balance
- | Focus on breathing
- | Gain strength and condition techniques
- | Improving your posture
- | A fun and unique experience on a SUP board

🕒 45min Class

🕒 8am, 9am, 10am, 2pm



REGISTRATION

GET BOOKED IN!

New for this year's events, we will be running two registration times to keep crowding to a minimum in line with our Covid-19 safety policy.

Main registration will open at 4pm on the Saturday and close at 6pm. Please try to register on the Saturday even if you are not attending our training day. This will prevent congestion and any delays on the Sunday morning.

Our event staff will take your surname, check a few details for our Covid policy, you will then be issued your registration pack. This pack contains the following items:



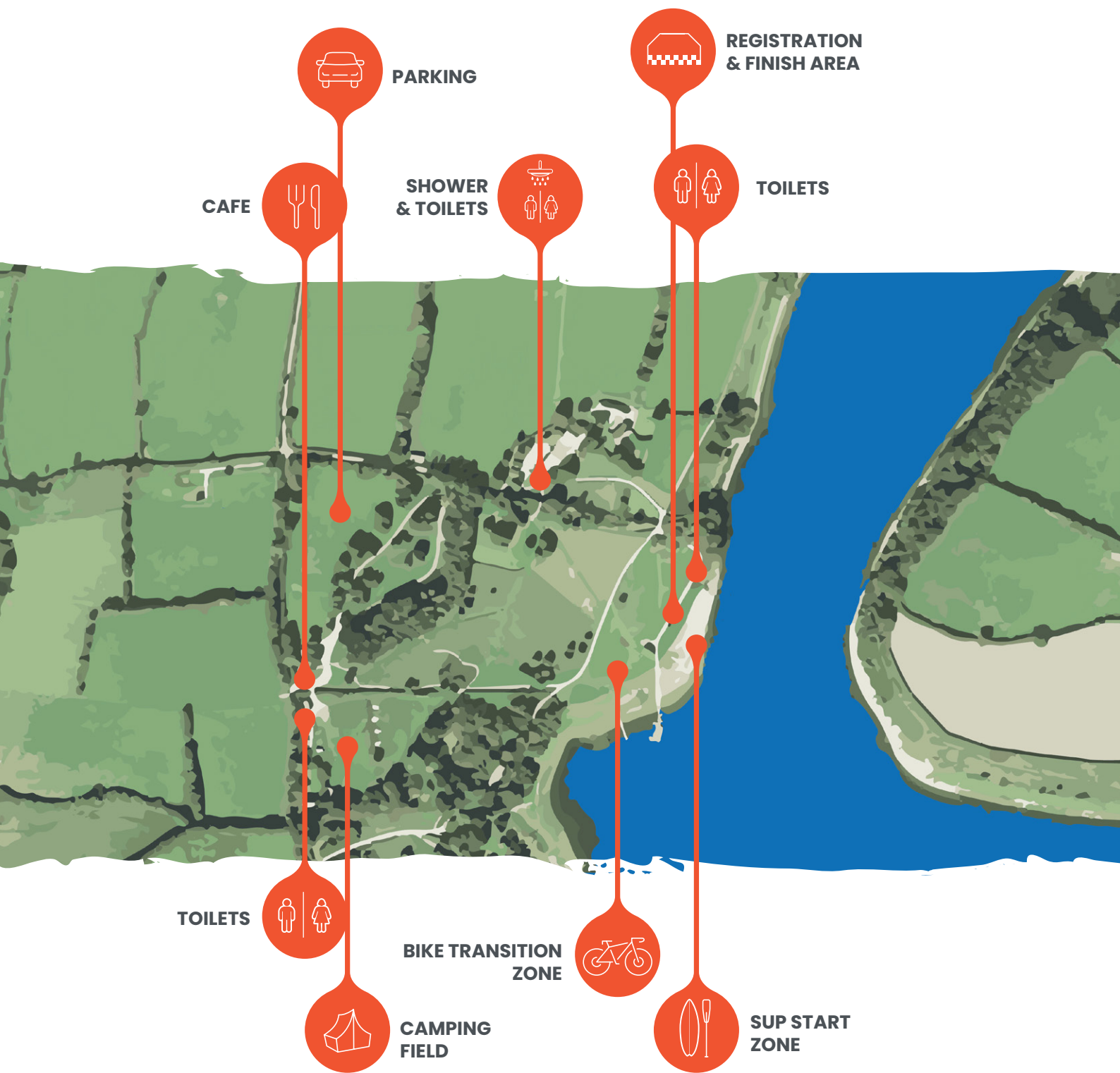
- | **Pro Tech Tee** – wear with pride!
- | **Race number sticker sheet** – label all your personal belongings
- | **Bike race number** – fix to your handlebars with cable ties provided
- | **Race number bib** – this includes your chip timer... do not lose it!
- | **Wristband number** – must be worn for duration of the event
- | **Fluro lanyard** – only participants that are allowing us to use their board
- | **Muc-Off samples** – lube for the bike, cream for the rider
- | **TrueStart Coffee Bags** – Super-smooth, clean Colombian Arabica coffee bags
- | **Lifesystems Mountain Sun Cream** – skin protection factor 50+

Participants that are not attending the Saturday training or likely to miss the main registration on Saturday can attend a final registration on the Sunday morning between 7am – 8am.

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SITE MAP

GET YOUR BEARINGS



THE MAIN EVENT

FROM START TO FINISH

Sunday morning is the main SUPBIKERUN event. When you booked your ticket, you would have selected an event start time of either 8am, 9am, or 10am, all Long distance participants will start at either 8am or 9am.

Please note that any participant using their own board can start the event at any time from 8am regardless of the time they originally booked. Our main objective is to get as many of you using your own kit out on the water as quickly as possible.

GETTING READY

The first thing you need to do is take your bike and personal belongings to the Bike Transition Zone. Wheel your bike into the zone and place within the racking at your designated race number by hooking your saddle over the bar.

Any bags, change of clothing, or footwear can be stored here in transition and will be safe (marshals on hand to help and guide you). Ensure all your kit is labelled with your race numbers, these were provided within your registration pack.

We advise you to label your bike, bags, helmet, and if using your own board and paddle then ensure you have labelled these too.



THE MAIN EVENT

CONTINUED...

SUP

Now make your way to the SUP Start Beach. If bringing your own board then collect this from your car and ensure both the board and paddle is labelled (provided at registration).

If you are happy for us to use your board with another participant and you have already agreed this, then you will find a long Fluro lanyard within your registration pack. Clip this to the leash attachment point on your board. That way our team know it's OK to be used again on the water as you finish your SUP.

All participants must wear a leash (hire boards will have leashes attached). Once you are ready, make your way to the Start Beach and the safety marshals will phase you on to the lake in small groups just as soon as you are ready. Your chip timing will not start until you cross the last rubber mat at the waters edge.

TRANSITION

Once you have completed the 3K or 6K SUP you will exit the lake between two clear marker flags. At this point our SUP safety marshals will help you leave the water. If using a hire board, the marshals will take the board from you and return this to the start, you are then free to move on to the Bike Transition Zone. If you are using your own board then exit the water carefully and move to the SUP Storage Zone. Here you can leave your board safely with our team, only you can collect the board after your event. Now make your way to the Bike Transition Zone.



THE MAIN EVENT

CONTINUED...



BIKE

You can stay in transition for as long as you need to. Your bike time will only start once you leave the Bike Mount Zone. We advise that you make use of the water station within the bike transition zone and fill your water bottles. As soon as you leave the Mount Zone your bike course time will start, and you are on your way. All bike routes are clearly signed and easy to follow. All Standard distance participants will complete one lap of the bike route and all Long distance participants will complete a double lap. After completing the bike course, you will re-enter the Bike Transition Zone and dismount wheeling your bike back to your designated / numbered section.

RUN

Now get ready for the Run Course. Ensure you have everything you need and walk through the bike transition zone towards the Run Start. Marshals will be within the Bike Transition Zone at all times to help you if required. You will now head out for an exciting 5K or 10K trail run.



THE FINISH

The run ends with you heading through the SUPBIKERUN inflatable finish line. Cross the line and you will be presented with your finishers medal and a chilled beer or iced coffee. Now your event has finished you are free to collect your personal belongings from the transition zone and either make your way home or chill out with your friends and family at the finish line.

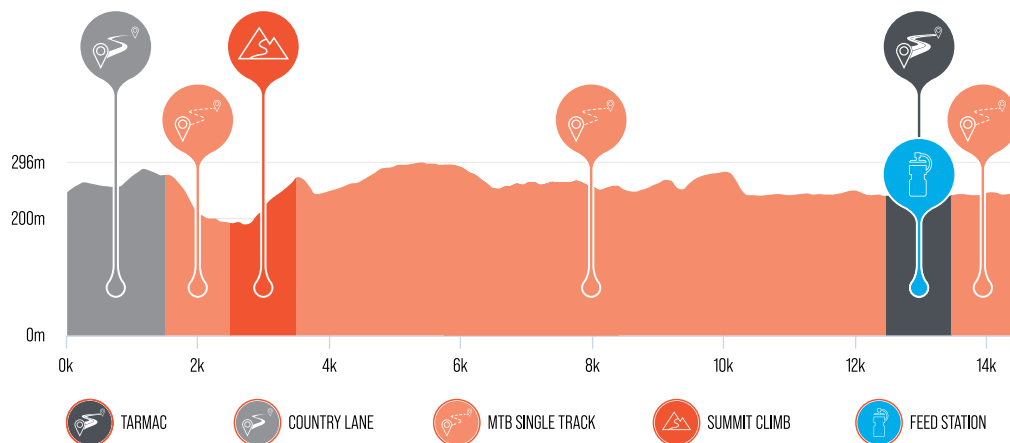
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BIKE COURSE THE MOUNTAIN BIKE ROUTE

The mountain bike route uses a combination of sleepy roads, bridleways, and single-track trails that navigate the entire lake. Open to all abilities, this MTB has nothing too technical, it really is a joy to ride with stunning views and magical woodland. Your ride starts on a very quiet country lane before a steep descent on bridleway to pick up meadows that hug the riverbank below. You then hit your summit climb known as 'Dam Hard', a short but super steep private road section that take you from the river to the very top of Wimbleball Lake Dam.

“ You then hit your summit climb known as 'Dam Hard' ”

A series of bridleways then connect you to the lake single track, super fun sections that wind through West Hill Wood, from here on in the ride just gently undulates with no real challenges, just stunning views across the lake. At the 13K mark you'll see the feed station and connect briefly with a small section of road before breaking left picking up a cycle trail to head back to the bike transition zone.



ROUTE STATISTICS

Distance:	16K
Total ascent:	235m
Lowest point:	190m
Highest point:	296m
Uphill:	7.20K
Downhill:	5.85K
Flat:	1.35K
Steepest uphill:	+15.6%
Steepest downhill:	-21.1%
Longest uphill:	1.62K
Longest downhill:	1.17K

[VIEW BIKE ROUTE](#)

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BIKE COURSE

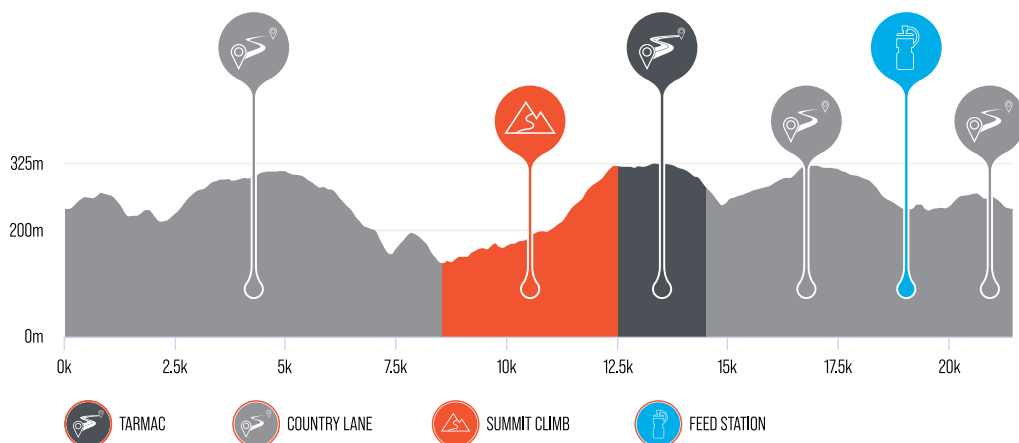
THE ROAD BIKE ROUTE

One of the toughest in the 2022 series, the Exmoor Road bike route does not disappoint with a whopping 509m of ascent over a stunning 21K route.

Leaving the lake, it's a gradual but enjoyable climb to warm your legs up on good surface quiet country lanes. From 5K in you then start to descend on steeper sections until you reach the pretty village of Bury and cross the Ford. Once past Bury, you'll then commence your summit climb with almost 200m of ascent and stunning views across the Exmoor National Park. From 12K, you hit the top of your summit climb and then have a nice flat quick section of road before breaking into another descent.

“ A whopping 509m of ascent over a stunning 21K route

From 15K you then break left following a series of sleepy country lanes that take you back towards the lake. At 19K you'll see the feed station and for a short section of road join the mountain bikers who are ending their ride. At 20K, those riders doing the Standard distance will turn left back into the lake, with the Long distance riders heading straight on to complete their 2nd lap.



ROUTE STATISTICS

Distance:	21K
Total ascent:	443m
Lowest point:	138m
Highest point:	325m
Uphill:	10.62K
Downhill:	9.36K
Flat:	1.44K
Steepest uphill:	+14.4%
Steepest downhill:	-16.7%
Longest uphill:	2.1K
Longest downhill:	2.07K

[VIEW BIKE ROUTE](#)

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COURSE SIGNS

KNOW THE ROUTE

Mountain Bike Route Signs



The MTB bike route will be signed as shown, we will also use PINK flagging tape.

Road Bike Route Signs



The ROAD bike route will be signed as shown, we will also use YELLOW flagging tape.

Run Route Signs



The RUN route will be signed as shown, we will also use BLUE flagging tape.

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GET FIT!

CHECK YOUR EQUIPMENT



SUP

If you're new to the sport then try not to rely on the free training we give you on the Saturday pre event. Whilst our training will help prepare you, you'll be better placed if you can hit the water several times before your main event. Your objective for the Standard distance is to be on the water and paddling for a minimum of 30-minutes continuously. Those participants completing the Long distance should aim their training sessions for 50-minutes to 1hr.

Get your body used to being in the saddle for the duration of time your event is likely to take. Standard distance riders can expect 1hr 30, and Long distance riders 2-3hrs. Each SUPBIKERUN event includes a Summit Climb, so no matter which route you have selected (MTB or Road) make sure you tackle some good hills within your training.



BIKE



RUN

If you don't run off-road regularly, then make sure you get off road and run some trails. Trail running can be more physically demanding than road running. Generally, there are more obstacles, hazards, and tougher terrain to cover. Strengthen your body and mind and build some hill runs into your training. Just 30-minutes of hill running each week will dramatically improve your fitness and overall running time.

KIT PREPARATION

CHECK YOUR EQUIPMENT



SUP

Check your board 2-weeks before your event to ensure it has no leaks and is ready to go. We advise pumping up your board and leaving it in the shade for an hour, check it doesn't lose any pressure. Next check your fin and fin box, is it secure, ideally always carry a spare fin bolt encase you lose yours. Next, check your paddle, is it all-intact, no fractures, cracks, or splits. Finally, check your leash and leash attachment point. Remember, if you forget your leash you cannot start your event!



BIKE

Put your bike in for a service and take it for a solid test ride. Ensure your gears are smooth changing especially when under pressure on the hills. Check your brakes are good, tyres have good tread or in road worthy condition, and check your chain is in tip top condition. The greatest percentage of DNFS at our events are due to broken chains! Do a quick once over of your bike helmet, shoes, and what you plan to wear for the ride. Weather conditions can change dramatically, and you want to be comfortable and dry if raining.



RUN

Have you broken in your running shoes, or are they broken already!

Are your laces going to hold, are the insoles comfortable? This is the final stage of your SUPBIKERUN event, you'll be running on tired legs so make sure your feet are as comfortable as possible with the right trail shoe.

Courtesy of Lifesystems, plasters and blister kits will be available within the bike transition zone.

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FINAL PREPARATION

EVERYTHING YOU NEED TO TAKE PART

We've tried to make this as easy as possible for you by listing out what we deem Essential Kit for your event and then Other Kit that could prove useful.

Essential Kit

- | SUP board + fin (unless hiring from SUPBIKERUN)
- | SUP leash (unless hiring from SUPBIKERUN)
- | SUP paddle (unless hiring from SUPBIKERUN)
- | Mountain bike or Road bike
- | Bike helmet
- | Spare inner tube
- | Basic repair kit / tyre levers
- | Pump
- | Lights advisable, essential if foggy or heavy rain!
- | Water bottle for your bike
- | Beach shoes or old trainers (protection for the SUP)
- | Cycling shoes, trainers, or trail shoes
- | Small backpack or Hydration pack
- | Waterproof pouch for phone
- | Money for onsite catering / café
- | Lifesystems Nano First Aid Kit - [Purchase Here](#)



Other Kit

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



3

NUTRITION 48HRS

PRE-EVENT DIET

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 the event with less fatigue. In the same way that you adjust your training as the big day approaches, you can also adjust your diet to make sure your body is fuelled 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: increase the amount of carbohydrates, low fat and moderate-high protein you consume. As always, rice, potatoes, pasta (depending on how you cope with digesting wheat) should be your staples, but now they should take an exaggerated place within your diet. As you reduce your training (SUP, bike, and run), be sure to reduce your calorie intake too.



Carb-loading is an important period to stock your energy reserves to their max. Follow your normal balanced diet and kick in some extra carbohydrates in the week prior to the event. Fruit juices and sports drinks are good carbohydrate supplements if you are having trouble eating rice, potatoes, and pasta. Try not to miss meals, but also avoid stuffing yourself to bursting point. Balance and consistency are important as the event approaches. Avoid trying new foods at this point. Eat foods that you enjoy and foods that agree with your body.

About 7-days before the event start your hydration. Drink water consistently throughout the day. Try to avoid alcohol, since it not only dehydrates you but also can interfere with proper storage of glycogen and undercuts your carb-loading. If you fancy a drink, then enjoy an alcohol-free beer from Athletic Brewing.

For your pre-event 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 ideally get some good sleep. Avoid eating too close to bedtime as it can lead to increased restlessness (on top of the race day anticipation nerves).

Relax, chill-out, and get ready for your SUPBIKERUN adventure!

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NUTRITION 48HRS CONTINUED...



EVENT DAY DIET

On the morning of the event, have a light breakfast, avoid anything too heavy. During the event itself, staying hydrated is the most important. Drink fluids every 10-15 minutes, keep yourself topped up, it's better to sip water regularly than drink pints in one go.

SNACK ALONG THE WAY TO KEEP YOUR ENERGY UP

Try to get about 25grams of carbs every 30-minutes from a supplement and/or sports drink, or from easily digested foods like gels, sports bars, bananas, sweets. Make sure you test gels with your training as some products can cause stomach discomfort.

WHATEVER YOU EAT, BE SURE YOU HAVE TRIED IT BEFORE DURING YOUR TRAINING

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

AFTER THE RACE, DRINK PLENTY OF WATER WITH ENHANCED ELECTROLYTES

During the event you will burn through some serious calories and draw upon the glycogen stores you had worked hard to top up. Post event you need to fuel, eat when you can, drink plenty of water (ideally with enhanced electrolytes), and plenty of Athletic Brewing alcohol free beer!

CARB-RELOADING IS AS IMPORTANT AFTER THE EVENT

As important as carb loading is before the event. Post event is equally as important!

It's during this post event window of time that your muscles will absorb the glycogen most readily. Your muscles are hungry, feed them. By the end of the following day you should be back to normal (other than feeling tired) and ready to start thinking about your next SUPBIKERUN adventure!

4

SPONSORS

OUR SPONSORS AND PARTNERS



An exciting edition to the SUPBIKERUN sponsor and support partners, Muc-Off are BIG into being active. Whether it's on a mountain, trail, or at the skate park, they just love to be outside and going big!

A global leader in the manufacture and supply of bicycle and rider care products, Muc-Off is the perfect partner to protect our participants in 2022.

FREE IN YOUR REGISTRATION BAG

Courtesy of Muc-Off, each participant will receive two generous samples within their registration bag. A C3 Ceramic Dry Lube for their bike and an Athlete Performance Chamois Cream for the rider!



C3 CERAMIC DRY LUBE

C3 Dry Ceramic Chain Lube raises the bar when it comes to providing the ultimate lubrication. It provides total corrosion protection and unparalleled performance in dry, dusty, and damp conditions. With added nano ceramic particles and synthetic polymers, C3 Dry Ceramic Chain Lube maximises your power output by reducing metal to metal contact to a ground-breaking, low level and provides up to 10 times the performance of conventional chain oils and lubes.



ATHLETE PERFORMANCE CHAMOIS CREAM

Apply to your skin and cycling short chamois 5-mins before you start your ride. Then enjoy your ride in comfort – no more saddle sores! Luxury formulation for total riding comfort. Extreme skin lubricant naturally reduces the friction of your skin. Mild cooling function.



4

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At Athletic, we're firm believers that you shouldn't have to sacrifice your ability to be at your best to enjoy great beer – so, we created our innovative lineup of refreshing, alcohol-free craft brews.

Integral to our mission is access to safe outdoor spaces for communities to get outside, to be active and mindful, and to create memories with friends and family.

FREE CHILLED BEER AT THE FINISH LINE

Courtesy of the Athletic Brewing Company, each participant will receive a refreshing chilled alcohol-free craft beer as they cross the finish line at each of our events.



THE FLAGSHIP BEERS

RUN WILD IPA

The ultimate sessionable IPA for craft beer lovers. Always refreshing and only 65 calories.

UPSIDE DAWN GOLDEN

Refreshing, clean, balanced, light-bodied. Gluten free and only 45 calories.



4

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surf therapy
surfing is healing

Surf Therapy CIC is a not-for-profit community interest company established in 2019. Based in Swansea and Gower, South Wales, they use surf therapy to work with men suffering from mental ill-health. Through a mix of surf therapy, outdoor therapy, blue gym and cold-water therapy they work with healthcare professionals, support agencies and the local surf community to improve the mental and physical wellbeing of the UK's surf riders.

Surf Therapy CIC work closely with local communities, businesses, volunteers, and surfers to help men in need experience the physical health benefits of surfing, and the calming and therapeutic effects of the ocean. As well as formal surf therapy courses, they also run a weekly 'surf club' for men to attend. If the conditions are flat, they will meet for a beach walk and an informal beach clean.

Government statistics show that suicide is the biggest killer of men under the age of 45 in the UK. As well as the physical health benefits of surf therapy, we also provide a community for men to be part of.

Learning to surf in a challenging but safe environment, under the guidance of expert facilitators will allow the participants to overcome personal boundaries and address their mental health. This will enable natural experiences such as fear, apprehension, and adrenaline rushes to be generated in the context of a major personal challenge, undertaken in a safe environment. This 'managed fear' integrates a unique combination of psychological and physical experiences: a supportive peer group,

expert facilitators, cold water therapy, blue mind and natural surroundings, the challenge of learning new skills - and provides the opportunity for excitement and enjoyment.

Surf Therapy CIC is a not-for-profit company and any funds generated are used to provide free surf therapy sessions for participants. If you think you can help support the project in any way, please contact us on...

info@surf-therapy.org

4

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TRUESTART YOUR DAY. TRUESTART YOURSELF.

TrueStart Coffee is a B Corp certified, ethical British family business. We make award-winningly delicious, super clean, healthy coffee that makes you feel amazing! From barista-grade instant coffee to specialty roasted beans and sugar-free drinks, there's a positively energising TrueStart Coffee for every occasion, hot and cold.

POSITIVE ENERGY IS CONTAGIOUS

To make your mark, you need to feel great!

Courtesy of TrueStart coffee, those participants not wanting chilled beer can opt for a positively energising salted caramel iced coffee from TrueStart Coffee at the finish line.



£5 OFF
YOUR FIRST ORDER

Use code **SUPBIKERUN** at checkout

No minimum spend. New customers only



All TrueStart products are crafted for ultimate taste with unrivaled health benefits. All sugar-free and no calories, and naturally rich in antioxidants, so you can enjoy the cleanest, healthiest coffee on the planet. Whether you are trying to beat the 3pm slump or to simply find a healthier coffee that isn't packed with nasty ingredients, TrueStart Coffee is for you!

Helena & Simon, Co-Founders

Click here to visit truestartcoffee.com →

4

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**Alzheimer's
Research
UK**

Make breakthroughs possible

Alzheimer's Research UK is the UK's leading dementia research charity, dedicated to making life-changing breakthroughs in diagnosis, prevention, treatment, and cure. Backed by our passionate scientists and supporters, we fund and deliver pioneering research. We challenge the way people think about dementia and bring together the people and organisations who can speed up progress. Through research, we will make breakthroughs possible.

Help us give hope to families today and to future generations, and end the heartbreak of dementia.

Discover more about Alzheimer's Research UK



WIN 2 TICKETS

TO ANY SUPBIKERUN EVENT IN 2023!

Join **#TeamARUK** and help fund pioneering research to change the lives of those living with dementia. To be entered into the competition, simply set up a Just Giving page for ARUK and get fundraising. All participants will be added to the competition and three lucky winners announced in September.

4

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LIFESYSTEMS®

Lifesytems products are British designed and developed using cutting edge materials and techniques. Every design has been deeply considered to help you get the best out of life's adventures, no matter how big or how small.

To enable you to adventure further, secure in the knowledge you're prepared for anything.

The success of any adventure you choose in life all boils down to how well you prepare. Through experience, we have found it's always the little things in life that can throw you off balance. That nagging blister as you transition from the bike to your run. The cloudy weather that lifts to leave you baking in the afternoon sun. The persistent annoyance of biting insects.

Whatever life throws your way, with a little preparation and careful thought to your kit, you can take on the world!

Lifesytems will be supplying each participant with a sachet of Mountain Sun Cream, providing access to Blister Kits within the bike transition zone, and kitting out our safety marshals with Mountain First Aid Kits.

Visit the Lifesytems website to purchase your essential kit list items, free delivery, and 15% off any two items using code 15OFF2 - lifesytems.co.uk →





FAQS

YOUR QUESTIONS ANSWERED

WHEN CAN I ARRIVE AT THE EVENT VENUE?

Participants that have booked onsite camping can arrive Friday afternoon from 1pm to set up their pitch. Day visitors on the Saturday can arrive from 8am, drive down towards the lake and look out for the SUPBIKERUN parking signs. Marshals will then guide you to the main event registration area.

HOW DO I LOCATE MY CAMPING PITCH?

You should have received booking confirmation and a site map directly from Lakeside Caravan Park. If upon arrival you are unsure then please park at the reception and shop to enquire.

HOW DO I CONTACT OR FIND THE CAMPING PARK?

Lakeside Caravan Park, Llangorse Lake Brecon, Powys, LD3 7TR | +44 (0) 1874 658226

HOW DO I BOOK MY SUP LESSON FOR THE SATURDAY?

Participants have access to free paddle boarding lessons throughout the day on the Saturday. In order that we can train as many of you as possible we require you to pre-book your lesson or workshop. Use the link below to book your free training session: [Book your SUP Class >>](#)

DO WE HAVE TO ATTEND THE WHOLE WEEKEND?

No not at all. You can either join us for the weekend or you can simply attend the main event on Sunday. Ideally, we ask that you register for the main event on the Saturday but if this is not possible then we will run a registration on Sunday between 7am – 8am.

TOILETS AND SHOWERS

Llangorse Lake has toilets and shower facilities within the main camping area. Please note the showers are only for those that have booked camping. There are also toilets within the main car park, and additional porta loo toilets within the main event registration and finish area.

REGISTRATION TIMES

New for this year's events, we will be running two registration times to keep crowding to a minimum in line with our Covid-19 safety policy.

Main registration will be open on the Saturday between 4pm – 6pm. We would like to encourage as many participants to register on the Saturday as possible. For those that cannot attend Saturday, there will be a 2nd registration open on the Sunday 7am – 8am.



FAQS CONTINUED...

WHAT HAPPENS AT REGISTRATION?

Head over to the Registration tents, our team will then ask your surname, you'll be signed into the event and issued your SUPBIKERUN registration pack. When you booked your ticket, you would have selected a preferred start time, please ensure you make your way to the Sup Start Zone on the Sunday morning at this time and not before (unless using your own kit. Own kit participants will be phased onto the water just as soon as they are ready.

WILL THERE BE FOOD AND DRINK AT THE EVENT?

Our South Wales venue has an onsite café, shop, and bar. There are also pubs within walking distance from the event site. Drinking water will be available within the main event transition zone and feed stations with snacks and water out on the bike courses.

WHEN CAN I PUT MY BIKE IN THE BIKE TRANSITION ZONE?

You can leave your bike within the transition zone from 7am on the Sunday morning. Locate your race number within the racking, hook your saddle over the bar, personal belongings can also be left by your bike. This zone will be staffed from 7am – 2pm so your equipment will be safe.

WHAT HAPPENS TO MY SUP GEAR AS I LEAVE THE WATER?

On exiting the water, our SUP safety marshals will direct you to the SUP storage zone. Here you can leave your board and paddle, this zone is staffed so your equipment will be safe. Please note that all equipment must be clearly labelled (these labels are within your registration pack). If you have given us permission to use your board and paddle, then please ensure you fix the Fluro orange lanyard (also within your registration pack) to your board leash attachment. We then know which boards can go back out on the water.

WHERE SHOULD FRIENDS AND FAMILY WAIT WHILST I COMPLETE THE EVENT?

We encourage your support crew to line the barriers at the finish line. This area is clearly signed and gives the best view to see you cross the finish line.

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CONTACTS

EMERGENCY AND USEFUL NUMBERS

Emergency Services

Dulverton Police Station:	0845 456 7000
Exmoor Medical Centre:	01398 323 333
Dulverton Dentist Practice:	01398 323 436
Minehead Hospital A&E:	01643 701 701
Musgrove Park A&E, Taunton:	01823 333 444

Useful Info

Exmoor National Park:	01398 323 665
Wimbleball Lake Activity Centre:	01398 371 460
Exmoor Distillery:	01398 323 488

Local Pubs & Dining

The George Inn, Dulverton:	01398 371 273
The Copper Kettle (amazing cream teas):	01398 323 697
Tongdam Thai Restaurant:	01398 323 397