



CAUTION
RAT RACE



Penny Brohn
Cancer Care



Thanks for your interest in **the Rat Race Bristol June 14th and 15th 2008**, it really is a fantastic event, a great way to have fun and help people with cancer! I have included further details below. If you register through us you will get a great discount on the registration fee too. The sponsorship target is £600 per team, so that's £200 per person.

About the Rat Race Bristol

WHAT IS THE RAT RACE URBAN ADVENTURE?

The Rat Race is a mental and physical adventure challenge that uses the cityscape as its playground over a whole weekend. Teams of three run, climb, mountain bike, abseil and kayak the streets, structures, waterways and urban landscape as they navigate their way around a course that's only revealed hours before they begin.

Taking place in Bristol, the Rat Race Urban Adventure shares the Event Village base with live music entertainment, urban sports battles, action sports demos, outdoor sports and refreshment stalls, and of course the Rat Race party!



For more information please contact Kirsty McLatchie
01275 370081 running@pennybrohn.org



Race Format

- Teams of three : reasonable fitness : over-18's : Saturday and Sunday
 - i.) the Saturday night 'Mean Streets' Prologue: choose your own routes through the city streets accumulating checkpoints within a 3-hour time limit.
 - ii.) Sunday's all day adventure class event - navigate your team around a 65km course of adventure - on bike, foot, kayak, & rope, with surprise "Rat Trap" challenges on the way.

ANYONE can take part (subject to general fitness requirements) and any team will have equal chance to shine on the differing activities in the course.

What does entry to the Rat Race involve?

- Teams of three (mixed male and female where possible)
- 25-100km urban adventure course (depending on whether you do the Mean Streets or Adventure courses)
 - Testing your nerve and teamwork to the limit
 - Pre-event training and advice clinics
 - Race goody bags and prestigious prizes
- Event Village within the city centre for team preparation and public entertainments

What actually happens?

The Rat Race Urban Adventure begins Saturday morning with registration and briefing.

Throughout the day (before the race begins) the participants and public enjoy the adventurous try-out activities, retail therapy, urban sports demos and hubbub of the event village community...

Saturday Night brings the 'Mean Streets' Prologue where competitors will all disappear into the streets of the city, navigating their own routes to as many checkpoints as possible within a three hour time limit.

The Adventure class event continues on Sunday morning, where competitors embark on at least 6 hours of adventure - on bike, foot, kayak, rope and various other forms of transport - to reach all the designated checkpoints. The race is designed so that the slowest teams can cut



corners (but receive a time penalty) in order to physically complete most of the course and reach the best activities and locations! The race is geared to all ability levels and while it's both physically and mentally challenging, the emphasis is still on fun!

Race for Penny Brohn Cancer Care!

14th & 15th June 2008

Join the Penny Brohn Cancer Care team for the most exciting event to hit Bristol this year!

We are pleased to announce that we are the official charity for the Bristol Rat Race!

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Penny Brohn Cancer Care (formally Bristol Cancer Help Centre) provides complementary care to people with cancer, and their loved ones. So not only will you have a great time taking part in this awesome, unique event but you'll be safe in the knowledge that you'll also be helping people in Bristol with cancer now.

Your fundraising will make a considerable and very tangible difference to all those who will pass through our doors. We are open to all and offer a safe environment for our mind body and spirit when we are at our most vulnerable. Visit our [website](#) to find out more about Penny Brohn Cancer Care.

We'll be with you every step of the way with your training and fundraising, as well as on the big day. As well as helping support a local charity, by registering for the Penny Brohn Cancer Care team today you will also ensure you get a fantastic entry rate and all the support you need to help you cross the finish line a winner!



Event Disciplines

Foot Travel

You can run or walk the key is to select suitable footwear and travel at whatever pace is best for your team. Within the prologue section, or rookie event, you will be on your feet for 3 hours. In the Sunday event section, you will be swapping between the bike and your feet a few times; the key is to set a consistent pace that will see you through to the end of the race, as a team.



Mountain Biking

Your bike needs to be robust, not flash. And although we dictate that it must be a mountain bike, there are a number of different road surfaces you will encounter. You will no doubt have noticed the pictures of people careering down flights of steps; well, that is part of the action but just as many people walk as fly down these on their bikes. So don't worry about the steps. For technical single-track junkies, there should be some challenging riding sections and for those that don't fancy the berms and bumps, some chicken runs. Being in a city, you will be on the road a fair amount, but rarely on main carriageways; we would rather show you the ins and outs of the city from lesser travelled routes and thoroughfares.



Navigation

This is the backbone of the Rat Race the ability to move as a team with map in hand. We use a number of differing styles of mapping and this can prove interesting for even the most seasoned of orienteers how many times have you navigated from an aerial photograph, in a city. You should familiarise yourself with classical mapping from the city environment, particularly A to Z maps. Whilst the navigation underpins the whole Race, it is not designed to



catch people out. And, with so many people on the course and friendly locals out and about in the city, you will rarely be very far away from help with directions!



Rope-work

The Rat Race has to be the only opportunity anywhere you get to abseil off buildings and engage with the architecture of the city in such a dramatic adventurous way. You may be climbing something, you may be descending, but you are always safe and under the supervision of our professional safety crews. Enjoy the views, enjoy the surreality and next time you drive through town, gaze skywards and wonder what building we're busy organising activity on, in or over!

Many people ask us about the climbing or abseiling and skill levels required. You have to be able to tie into a harness and be confident on a rope. You DO NOT need to be Spiderman. If you're unsure about your skill level, then we can take you through a one-hour refresher course before the event on the Saturday morning. So enjoy it, don't worry about it!



Parkour

You may have seen Jump London or Jump Britain and watched lean Frenchmen, or "traceurs", jumping from rooftop to rooftop. We work with PK traceurs in each city to develop sections of the course that take their inspiration from Parkour raversing walls, vaulting benches, swinging round lamp-posts and generally using the built environment as an obstacle course through which to flow freely. That is the name of the game. It's fun and fast. You'll love it.



Kayaking

This is the arena where we have fun watching! The difference in skill levels of various paddlers is always evident in the Rat Race. You should be able to paddle a kayak in a straight line; you are not going to be descending the Zambezi in Bristol City Centre. It's fun to be afloat and the teams that paddle together as a team prevail. You may be on the sea, on a canal or on a river. You'll always be under the watchful eye of our safety-kayakers and safety-launches and if you're a little rusty in the water, take advantage of the Saturday morning refresher course before the race.



Now that's an event!



Kit List

There are two mandatory kit lists: individual and team kit. They are all essential to your race-safety, as well as helping your enjoyment. The final definitive kit list will be emailed to all team captains in advance of each Rat Race Urban Adventure events. The race organizers will check that you have all kit listed before, during or after the race, and if there is an omission, then a time penalty may be applied

MEAN STREETS MANDATORY INDIVIDUAL KIT:

- RUNNING SHOES¹
- HYDRATION SYSTEM⁴
 - WATCH
 - WHISTLE
 - PEN
 - HEADTORCH
- FOOD (MINIMUM OF TWO ENERGY BARS OR EQUIVALENT)
 - VEST
- RACE VEST AND NUMBER (supplied) SHOWING AT ALL TIMES
 - MOBILE PHONE

ADVENTURE CLASS MANDATORY INDIVIDUAL KIT:

- RUNNING SHOES¹
- MOUNTAIN BIKE²
 - BIKE HELMET
 - BIKE BELL
- CLIMBING HARNESS³ (Can be hired in advance)
- CLIMBING HELMET³ (Can be hired in advance)
 - HYDRATION SYSTEM⁴
 - WATCH
 - WHISTLE
 - COMPASS
 - PEN
 - HEADTORCH
- A MINIMUM OF 2 FOOD-ENERGY BARS
- RAT RACE VEST & NUMBER (supplied)

RECOMMENDED INDIVIDUAL KIT FOR BOTH CLASSES:

- Waterproof jacket
- Shorts/leggings



- Long sleeved wicking base layers
 - Hat/cap/race buff
- Technical fabric, comfy socks
 - A small rucksack

Notes about individual kit

1. *Remember, when choosing appropriate running shoes, there'll be a lot of hard-street running and you also want good grip for the hills and parks*
2. *Mountain bikes don't have to be flash. It's reliability that counts. Also think about having bike-gloves, SPD-shoes and bike water bottle*
3. *Apart from climbing harness and helmet, NO OTHER climbing gear is required. We will provide all other relevant climbing safety equipment.*
4. *For "hydration systems" we mean and strongly recommend "bladders" that can be carried in a rucksack so that water can be accessed without stopping from a tube-and-mouthpiece while you race. At least make sure you have a water bottle and keep drinking from it!*
5. *Buoyancy aids and paddles will be provided by Detail Events. You do not need to provide your own. For kayaking, helmets are mandatory, but bike-helmets or adventure-race-helmets can be used. Kayaks will be also be provided.*
6. *There are multi-discipline adventure race helmets on the market that combine bike/kayak/climbing helmets. The Salewa helmet is the most popular. Please check with the race organizers if you have any doubt whether yours complies with the H&S regulations.*

MANDATORY TEAM KIT (FOR ADVENTURE CLASS)

- MOBILE PHONE & WATERPROOF PROTECTION FOR THIS
- ONE OR MORE BIKE LOCKS SUFFICIENT TO LOCK TOGETHER YOUR THREE BIKES AT TRANSITION
 - SURVIVAL BAG or blanket
 - FIRST AID KIT - MUST CONTAIN:
 - wound dressings (one large)
 - triangular bandage
 - roller bandage
 - painkillers (e.g. paracetamol)
 - anti-inflammatory (e.g. ibuprofen)

NB Make sure that you have a fully sealable waterproof bag to carry your team's mobile phones/s. You never know when you're going to get wet!



The Penny Brohn Cancer Care Package

Penny Brohn Cancer Care has guaranteed team entries for the Bristol Rat Race Adventure.

There are two different formats for Rat Racing in 2008:

1. Adventure Weekend If you're up for the full challenge, the Adventure Class includes the Saturday night Mean Streets, then attack the full Rat Race adventure course, with ropes, boats and bikes on the Sunday!

- Registration fee is £150 per team (£50 per person)
- Pledge to raise a minimum of £600 between all three team members.

OR

2. Mean Streets

If you want to get the flavour of the Rat Race you can enter the Mean Streets and enjoy 3 hours of checkpoint and activity hunting on a Saturday night in the heart of Bristol.

- Registration fee is £60 per team (£20 per person)
- Pledge to raise a minimum of £300 between all 3 team members

REGISTER NOW!!!

To register fill in the form below and return to Penny Brohn Cancer Care with full payment for a team or give me a call on 01275 370081. We can only accept entries for a full team for 3 people – if you need help getting a team together please get in touch...



Team Entry Form 2008

Events [tick event and class you wish to enter*]

Mean Streets

Adventure

Team Name

Team Biography [100 words approx]

Tell us something about your team and/or your subterranean habits!



Team Name			
Racer Details*			
	Rat Racer 1 <small>(principal contact to which all correspondence will be directed)</small>	Rat Racer 2	Rat Racer 3
Name *			
Sex *			
Date of Birth *			
Address *			
Telephone *			
Mobile number *			
Email *			
Emergency contact name *			
Emergency phone number *			

Each racer please sign below to declare that the details provided are correct.
 Your signature also confirms that you have read and understood the following statement:
 I DECLARE I AM PHYSICALLY FIT. I ACKNOWLEDGE THAT ADVENTURE RACING CAN BE HAZARDOUS, AND WAIVE AND RENOUNCE ANY RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANISER OR HIS AGENTS FOR LOSS/INJURY AS A RESULT OF PARTICIPATION IN THIS EVENT.

We do suggest competitors consider obtaining insurance cover for their sporting endeavours.

Team Signatures*			
	Rat Racer 1	Rat Racer 2	Rat Racer 3
Signature			

Where did you hear about the Rat Race? * <small>(please tick)</small>							
Word of mouth	<input type="checkbox"/>	Rat Race website	<input type="checkbox"/>	Taken part before	<input type="checkbox"/>	Poster or flyer	<input type="checkbox"/>
Magazine	<input type="checkbox"/>	Other					

* Field required

Please post this form, along with your cheque for entries, to:

Penny Brohn Cancer Care, Chapel Pill Lane, Pill, Bristol, BS20 0HH. On the back of all cheques please QUOTE YOUR TEAM NAME. All cheques to be made payable to Penny Brohn Cancer Care. Entries are only confirmed when fully paid. Hence, all cheques/payments for each team entry should be made at the same time/in the same envelope

For more information please contact Kirsty McLatchie
 01275 370081 running@pennybrohn.org