



**Yorkshire Three Peaks
Taster 10K
#TeamBonesTrek 2020**

**TEAM BONES
PARTICIPANT GUIDE**



Welcome

Congratulations on securing your place in the **Yorkshire Three Peaks 10K #TeamBonesTrek 2020!** This is an incredibly rewarding event that is guaranteed to leave you with lasting memories of the beautiful Yorkshire Dales.

The #TeamBonesTrek is delivered in partnership with our friends Kuta Outdoors who are experts in leading walkers on unforgettable treks around the Yorkshire Three Peaks. The information in this guide is provided by Kuta Outdoors and should be adhered to to ensure your safety and comfort during the event.

Please read through this guide to ensure you have all the information you need ahead of the big day.

Preparation

Preparation is key to completing the trek safely, comfortably and in good time! Make sure you check out our kit list below and start your training early to avoid any issues on the big day.

Kit List

We strongly recommend that you have all the items on the below kit list. Essential items are highlighted in **bold**. We advise checking the weather forecast to assist you with your packing.

- **Worn-in walking boots or shoes with ankle support.**
- Lightweight walking trousers
- **Walking socks** (it is often wise to take a spare set of socks)
- Walking poles (if used to walking with them)
- **Windproof or fleece type top, merino or another wicking base layer**
- **Waterproof jacket & quick drying trousers (NOT jeans)**
- **Rucksack**
- **Hat** and gloves
- **Sun cream**
- Sunglasses
- **Personal first aid kit** (include blister plasters) or zinc oxide type sports tape and any personal medication/inhalers
- Post-event spare clothes and shoes
- **Snack**
- **Water** (at least 1 litre)

Weather

The weather rarely forces us to cancel events however it can and often does have us wearing full waterproofs even when the weather forecast is sunny – this means that you should hope for good weather but **prepare for bad**. We will check the forecasts 48 hrs before the event date and unless it is forecast very heavy rain and strong winds we will go ahead. In the event of an electrical storm we will cancel the event.

Forecast for your event: plan for the worst and ensure that you have **full waterproofs**. On the day we will determine whether it is worth leaving the waterproof bottoms however it is your choice as to whether you carry them or not.

Registration

Registration and parking will be in White's field in Horton in Ribblesdale. All participants must arrive **no later than 09:30am** report to the registration desk to sign in and be ready for the safety briefing at 09:45am. Following the safety briefing we will have a team photo and the trek will begin at 10:00am.

Please be on time.

Toilet facilities are available at Pen-Y-Ghent Carpark (2-minute walk).

Parking is charged at £3 per vehicle and payment is taken via the honesty box on the entrance to the field.



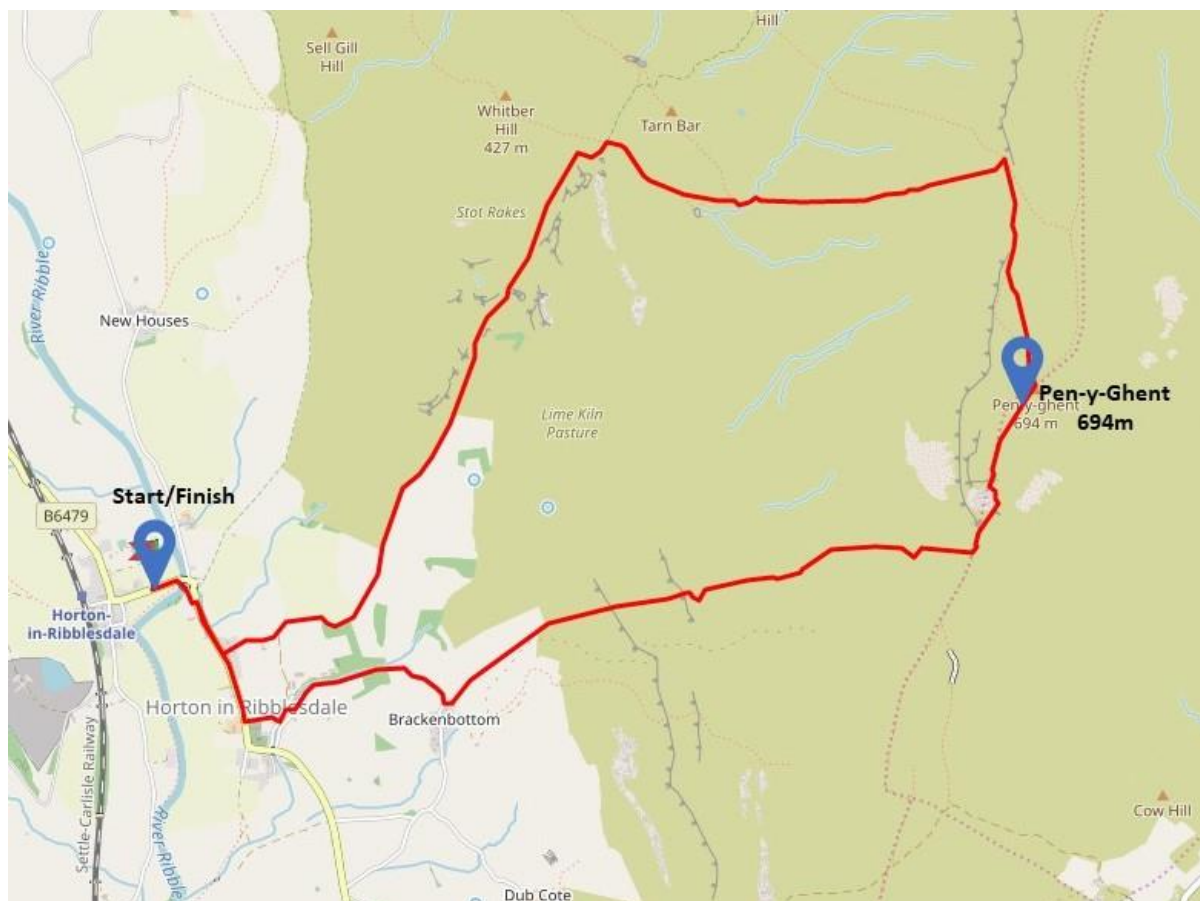
On the day when travelling to or away from your event please do not speed - **Police are often lurking in and around the Settle and or Ingleton area** and we encourage safe driving and respect towards the locals especially within the village of Horton in Ribblesdale.

When you arrive at Horton in Ribblesdale, drive to the Crown Inn on the B6479, post code: BD24 0HF and drive across the bridge towards the train

station, as you come off the bridge you should notice the field and an entry gate to the right) You will find parking in the field indicated by orange arrow above.

The Route

The route starts and ends in Horton-in-Ribblesdale. We will complete the route in an anti-clockwise direction, first passing through Horton in Ribblesdale.



Withdrawing

Should you need to withdraw from the challenge, please inform your nearest guide/marshal who will be able to assist you and radio for a support vehicle if necessary.

Trek Guides

You will be walking with experienced guides who will lead you around the route and can provide assistance should it be required.



Accommodation

Accommodation and transport are not provided by BCRT or Kuta Outdoors. All participants will be responsible for making their way to and from the event and booking any accommodation.

There are numerous pubs and bunkhouses in the area providing accommodation close to the start/finish location in Horton-in-Ribblesdale, which are ideal for walkers.

Trekking Etiquette

Noise – please be conscious that you will be starting the trek in a residential area, very early in the morning so although you will no doubt be raring to go and full of enthusiasm, please be considerate of the locals who may be having a lie in.

Gates – remember to close all gates behind you.

Path – thousands of people trek the Yorkshire Three Peaks each year which has a damaging effect on the paths and surrounding areas. Please be conscious of this and stick to the well-worn paths to reduce any unnecessary impact.

Litter – we like to do our bit for the environment and we're sure you do too, so please remember to take your rubbish with you, so we can help maintain the beauty of the Yorkshire Three Peaks.

Walking buddies – the group will naturally spread out as the trek progresses, this is fine, but please do stick with at least one other person. This minimises any safety risks, plus walking with others makes the trek more enjoyable.

Training Tips

Check out our top tips for completing the Taster 10K Yorkshire Three Peaks:

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- **Build up your mileage** in the lead up to the event. Pen-y-Ghent has a 694m elevation, so make sure you are training on some hills!
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- If you are going to use walking poles on the day, ensure that you get used to using them prior to the event. Walking poles are useful on the steeper section if you feel like you may require some assistance.
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- When you are going on training walks, ensure you always **leave a route card** listing where you will be and by what time and what to do if you are not at said place and time. Always leave more than one route card.
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- Always carry your **own first aid kit**
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- **Join a walking club** or come along to the **Kuta Outdoors FREE walks** and aim to do long distance routes that have some tough hills. We will be in touch with more information about these walks over the coming months.
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- Get a walking partner, **create a goals sheet with mileage targets** – reward the targets that you hit!
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Finish

We will be waiting for you at the finish line to congratulate you on your fantastic achievement and hand you your well-deserved medal!

Good Luck!

We are thrilled you are joining us on the Taster 10K Yorkshire Three Peaks #TeamBonesTrek and would like to thank you for supporting the Bone Cancer Research Trust. We will be in touch over the coming months to ensure you have everything you need to make your challenge a huge success, invite you to our VIP event at Go Outdoors and our free practice walks, but if you need anything in the meantime do not hesitate to get in touch.

The very best of luck with your training and fundraising.

We look forward to seeing you on Sunday 28th June!

Go #TeamBones!

Tilly, Amy & the team at Kuta Outdoors

