



**#BORNMUDDY**

## Participants Information Pack

Saturday 9<sup>th</sup> September 2017

Lowther Castle, Lowther, Penrith, Cumbria, CA10 2HH



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## INTRODUCTION:

Well this is it; you've enlisted and it's time to get your Born Survivor face on! Everyone at Born Survivor HQ is super psyched about you joining us for what we know will be a truly awesome event. As you can imagine, there's lots to organise to make sure you have an unforgettable experience. To help make this happen, we'd love it if you put your feet up with a brew and a Jaffa Cake to spend 5 minutes reading through the following important information. Taking all of this in will mean you have a much more enjoyable day!



## EVENT WAIVER:

Before we go any further, you know what you're getting yourself in for: Born Survivor is an extreme challenge, physically and mentally and taking part can be dangerous. So, we need to know and be clear that you fully understand this and that you are happy taking part in Born Survivor. That's why we need you to complete our event waiver. Please read it carefully, print, sign and bring it with you on the day to Event Registration.

**Downloaded Event Waiver Here:** [www.born-survivor.com/Event Waiver.pdf](http://www.born-survivor.com/Event%20Waiver.pdf)

**IMPORTANT: PARTICIPANTS WITHOUT A SIGNED EVENT WAIVER WILL NOT BE WILL NOT BE ABLE TO REGISTER AND WILL NOT BE PERMITTED TO TAKE PART IN BORN SURVIVOR.**

## EVENT TIMETABLE:

Date: Saturday 9<sup>th</sup> September 2017

**IMPORTANT:** You must register at least at least 1 hour before your wave start time.

- 08:00 - Car park opens
- 08:15 - Registration opens
- 09:45 - Elite Squadron wave
- 10:00 - First main wave starts. Repeated every 20-30 minutes dependent on exact event timings. Please check the WAVE START LIST for your specified wave start time)
- 12:30 - **Registration closes**
- 13:00 - Last wave start
- 18:30 - Last orders
- 19:00 - Event village closes

## LOCATION & DIRECTIONS:

**NOTE:** Please follow these travel directions and event roadside signs (and not your sat nav as you get close to the event) for ease of access to the event site and to minimize traffic impact on the local community. We encourage you to 'car share' in order to reduce the number of vehicles traveling to the event site.

You can easily get directions to the event location and parking via google maps, click 'Get Directions' then add your postcode and destination Lowther, Cumbria.

### **BY ROAD**

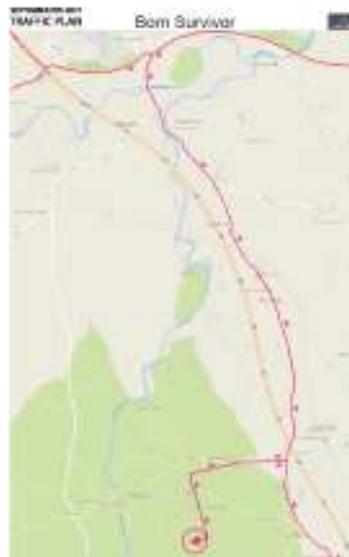
Born Survivor is set in a historic and rural country estate but with easy road links to the M6 North and South being only 5 miles from the motorway.

From the North or South – leave the M6 at junction 40. Take the A66 towards Appleby-in-Westmorland. At the first roundabout turn right onto the A6 towards Kendal. Follow the A6 for 1 mile until you reach Eamont Bridge. There are traffic lights on the bridge and once you have crossed, at the mini roundabout go straight ahead following the A6 towards Shap and

Kendal. Passing through the village of Clifton and after c1.5 miles turn right signposted Lowther and Askham.

After 0.5 mile bear left at Y junction signposted Lowther. The entrance to the event parking area is approximately 0.5 mile along this road.

You will see Born Survivor direction signs at road junctions and along the road side to give you confidence you are on the right route. On arrival our helpful marshals will direct you to the event site parking area. Please do not park in the Castle Grounds and Cafe car park.



## **BUS**

A full bus time table for travel from Penrith is available at [www.cumbria.gov.uk](http://www.cumbria.gov.uk)

## **BY TRAIN**

The nearest train station is at Penrith, which is on the main West Coast line. There are very fast links with Glasgow, Edinburgh, Manchester and London and all ports in-between. The transfer to the event site is about 10 miles or 15 minutes.

For large groups planning to arrive by train, please contact us via email at [hq@born-survivor.com](mailto:hq@born-survivor.com).

## **CAR PARKING:**

Event car parking opens at 8am. We ask that participants don't arrive before 8am.

We have extensive and marshalled onsite parking on grass which is charged at the following rates. Please remember this is a **CASH ONLY** payment and once parked it is a 10 min amble to registration and the event village.

**Cars - £5**

**Minibuses - £10**

**Coaches - £25** (This **must** be pre-booked by e-mailing [hq@born-survivor.com](mailto:hq@born-survivor.com))

We operate a one way traffic system in our car park – one way in, one way out. The exit route will be clearly signposted. The speed limit while on the event site is 10mph – this is for the safety of participants and event crew

**No parking on approach roads!** Participants and spectators at Born Survivor must **not** park on approach roads to the event site. We ask all competitors to respect this and to only park in the designated event parking area. Please note, Cumbria Police and the Local Authorities have been informed of the



## **TAXI**

Penrith is well served by local taxis.

event and the drivers of any vehicles parked causing an obstruction or in a dangerous position will be dealt with by the authorities.

## **DISABLED ACCESS:**

Anyone requiring disabled parking or easy access to the event village, please e-mail [hq@born-survivor.com](mailto:hq@born-survivor.com) and we will organise parking arrangements dependent on your specific requirements.

## **WAVE TIMES:**

When you registered you were asked to select your preferred wave start time. If you registered as part of a team, your team captain will have selected a start time for you. For safety and competitor numbers per wave we may have to adjust your start time. Don't worry though; we will endeavour to keep to a start time as close to the one you originally selected and team members will all be in the same wave.

**Please note, wave times are not transferable.**

Confirmed wave times will be sent to you by separate communication after online event registration closes on the 1<sup>st</sup> September.

### REGISTRATION:

**Registration opens at 08.15.** You should register at least at least 1 hour before your wave start time. This will give you enough time to sort yourself out, meet your mates, take your bags to 'bag drop' and hear the all-important safety briefing.

We will be registering you by SURNAME, so when you arrive at registration, please go to the clearly marked desk that corresponds to the initial letter(s) of your SURNAME used when you registered.

At registration our team will establish your identity (you do not need to bring any form of ID), confirm your details and hand you your **Participants Pack**. The pack contains your numbered event identification wrist band, you **must** put this on your wrist as without that the Load Master will not let you enter the starting cage. It will also contains your coveted Born Survivor head over and temporary Born Survivor tattoos. Our team will also body mark you with your event number on an arm or leg or forehead or any other piece of exposed flesh – easy tiger, keep it clean! This is for your safety: should you lose your event wrist band and we need to identify you for medical treatment.

An area will be available in the event village with water to apply your tattoos before you set off, it'll make your **FREE** photos look even better when you post them on Facebook, Instagram and Twitter.

Remember, the hashtag is **#BornMuddy**



As a reminder, we don't send anything by post and registration takes place on the day onsite at the event village; all you need to do is **print off, read and sign** our 'Event Waiver Form'.

You'll have to wait until you cross the finish line before receiving your prize 'SURVIVOR' T-shirt; we don't just give those out to anyone!



### BAG DROP & KEY DROP:

We will operate a Bag Drop area for items that you might wish to store whilst you're out on the course. Simply go to the Bag Drop and leave your bags with us for just £3. Your bag will be tagged with an identification tag and we will give you a numbered coloured wrist band. We strongly suggest that you (a) remember or better still (b) body mark yourself with your Bag Drop number just in case you lose your wrist band. Any item left with us is **strictly at your own risk.**

We will also operate a Key Drop area, (located at Bag Drop) for cars keys, wallets, small items etc. that you might wish to store whilst you're out on the course. Please put your items into your Participants pack envelope (A4 size) given to you at Registration. This will already have all of

your details on it and helps us to keep your items safe and secure. You will be required to sign your items in and out of 'Key Drop' and any item left with us is **strictly at your own risk**. It's just £1 per item left in Key Drop.

Both Bag Drop and Key Drop are operated on our behalf by our fantastic charity partners at UNIQUEKIDZ.

Check out their website [www.uniquekidzandco.org.uk](http://www.uniquekidzandco.org.uk).

**IMPORTANT** – Please do not leave any medical items or medicines (e.g. inhalers) that you might need before, during or immediately after the event. Once bags are left with us there is no access to bags until you collect them.

### FACILITIES:

Please note, we will **NOT** be providing showers on the day, so please come prepared with sufficient towels, baby wipes and deodorant to make it feel like you've had one.

Don't worry we have kindly arranged a 'bathing au naturel' obstacle near to the finish so you will be sparkly and clean as you cross the finish line. We will be providing hand wash facilities at the finish line, which we strongly advise all participants to use before diving into their celebratory burger.

We will be providing ample toilet facilities on the day, including disabled facilities so there will be no need to nip into the bushes to find a loo.

### BORN SURVIVOR SHOP:

There will be a Born Survivor shop in the event village with a range of quality Born Survivor branded items. The shop operates a cash and card payment system. So if you want to go home in a thick luxurious Born Survivor Stealth Training Hoodie, or a spiffing Born Survivor branded t-shirt and

who wouldn't? Then bring your readies and plastic.

### ENTERTAINMENT:

There is a lot going on in and around the Event Village. There is a kids' obstacle course, which is operated by Ultm8. Check out <http://www.ultm8warrior.co.uk> where you get more info and book your kids in for their own obstacle challenge. We have quality food to cater for confirmed carnivores and vegetarians. There is a beer tent and a lovely coffee stall. There will also be trade, sponsor and charity stands to visit.



### EVENT PHOTOGRAPHY:

We will have a team of photographers on the course and at the finish to capture you in the most testing and spectacular locations. Smiling is strictly forbidden, even if you have the energy for a smile. We will post all images on our website and many on social media after the event. Grab any you want, they are **FREE!**

We will try our best but sadly we cannot guarantee to get a snap of everyone. There is a photo wall in the event village so round your team mates up and have a pre and post photo taken. There will be lots of other victims (err, we mean participants) milling around who will be happy to help and take your picture.

### CHANGING AREAS:

There will be limited tented separate changing areas for girls and guys in the event village. Just the ticket for getting out of your wet clobber before you enjoy

something to eat from our superb catering facilities and a few well-earned beers. Please no nudity in the event village.

### CLOTHING:

You're going to get very, very muddy, thoroughly wet and probably quite cold. So we recommend you wear suitable clothing that dries quickly, won't bog you down and is comfortable enough to run the distance in. It will also need to protect you from the barbed wire, rough surfaces and other challenging elements of the course. If you've a penchant for fancy dress, knock Team t-shirts or uniforms are always fantastic to see.

We will endeavour to give your team a name check in the starting cage. Speedos are ok, but taking part naked is definitely not allowed. Also, make sure you bring some warm, dry clothes and a fluffy towel for afterwards; you don't want to be supping beer in wet clothes!



## BIOSECURITY:

We are privileged to be able to hold Born Survivor at the stunningly beautiful Lowther Estate. We take our responsibility to the environment, land, flora and fauna very seriously. We ask for your assistance to put some simple but effective biosecurity measures in place for preventing the spread of invasive non-native species at and from this event. Impacts of invasive species are considered to be one of the greatest threats to biodiversity worldwide. They threaten the survival of rare native species, damage sensitive habitats and cost the British economy approximately £1.7 billion each year. Non-native invasive species can have huge detrimental implications if they 'hitchhike' on your equipment.

**Ditch the Hitchers:** As part of a scheme to help prevent the spread of foreign invaders into UK freshwater, it is compulsory for all participants to follow a simple 'Ditch the Hitchers' procedure. Follow this simple 3 step process every time you leave any river, lake or other body of water to protect our freshwaters from the spread of Invasive Non-Native Species (INNS):

### **Check:**

Check your equipment and clothing for living organisms. Pay particular attention to areas that are damp or hard to inspect. If you do come across any organisms, leave them at the water body where you found them.

### **Clean:**

Clean and wash ALL equipment, footwear and clothes thoroughly.

### **Dry:**

Dry ALL equipment and clothing. Some species can live for many days in damp

conditions. The measures we ask you to take are VERY SIMPLE but effective.

We ask that you **CLEAN AND DRY** all of your kit **BEFORE** you arrive. We also ask that you **clean and dry you kit before using it again** for training or taking part in any events.

Click the link to learn more about the importance of Biosecurity and how you can play your part:

[http://www.scrt.co.uk/images/stories/pdfs/biosec\\_pack.pdf](http://www.scrt.co.uk/images/stories/pdfs/biosec_pack.pdf)

## FOOTWEAR:

Tight footwear is a must, or once you enter the top quality high viscosity mud we have arranged for you, you won't see them again! Make sure they've got a good tread on them too, the going underfoot will be very, very soft in places, so the better grip the more easily you'll be able to move! Please note, footwear with spikes or studs are strictly not allowed.



## WARM UP:

Before each wave starts, participants will be expected to be 'on parade' & ready to roll 15 minutes in advance of their wave start time. This will give you sufficient time to enjoy the warm-up in the 'start cage', which is being delivered by our military PTI's. Forget your leggings and leotards, this will

be a full on military warm up designed to prepare you for battle. Once you're supple, you'll hear the crucial safety briefing.

### DRINK STATIONS:

There will be a drinks stations located on the course that you will visit twice at approximately 1/3 and 2/3 distance. In the event of global warming reaching Cumbria by September and the weather being very hot additional drinks stations may be located on the course.

### COURSE MARSHALS & EVENT CREW:

Many of our brilliant marshals and crew members are volunteers giving up their time to help make the event great for you. Please give them a wave and if you have the puff a cheery 'thanks' as you go around the course or at any of the support locations. Marshals and crew are there for your safety and to make sure you have a brilliant experience. Help them enjoy the day with you.

### COURSE AMENDMENTS:

Whilst it's highly unlikely, we do reserve the right to alter the advertised course and obstacles to ensure the health and safety of our participants and spectators. Should this be the case, all participants will be notified accordingly.

### SPECTATORS:

We encourage as many spectators as possible to come to Born Survivor to support friends and family in their hour(s) of need. Much of the route is on uneven and rough ground and care should be taken at all times to avoid trips and falls, so wearing sensible footwear (boots or wellies) is highly recommended. This is not the occasion for killer heels or gold lame mules. Although it's early autumn, it is the Lake District and it is

England, it could be scorching or freezing, drought or monsoon, so some warm and waterproof clothing is highly recommended! Be positive & pop your sunscreen and Ray Bans in your bag, just in case.

**Please note:** Spectators must not enter the course at any time, except at designated crossing points, or attempt any of the obstacles or challenges for their own safety and that of the event participants. Children under the age of 16 must be accompanied by an adult at all times.

### KIDS OBSTACLE COURSE:

While the participants are out on the course or perhaps once Mum or Dad has 'survived' we have a brilliant kid's assault course provided by Ultim8 Warrior for the 'Little Survivors' to tackle. Visit their website <http://www.ultim8warrior.co.uk> to sign your kids up for a challenge just like Mum or Dad. You can also book on the day.

### LOST PROPERTY & CHILDREN:

It's going to be a busy day on-site, with muddy and tired guys and gals swarming around the course and event village. It's also a pretty big site too. So if you're planning to bring children aged 16 or under to watch, please ensure they are accompanied by an adult at all times. There will be a lost children, and lost / found property point located in the event village, where a member of our event team will assist you. We have a communications system through the event site which is located here to make announcements. Or of course speak to any member of the event crew who will be wearing high visibility Born Survivor branded jackets.



## DOGS:

Your canine friends are more than welcome to come along. Lowther is a working estate and dogs must be kept on a lead and accompanied at all times. Dogs will not be allowed to accompany participants on the course. Finally, don't forget your pooper scooper, nobody likes poo on shoe!

## CASH:

Don't forget to bring plenty of dosh, you'll need it for the Born Survivor shop, car parking, tasty food and most importantly, beer. (Payment by card is only available in the Born Survivor shop)



## MEDICAL INFORMATION:

When you registered you were asked to tell us about any medical conditions that might hinder your participation in Born Survivor. It is vital for your safety that this is accurate for you prior to event day. If necessary please update us on changes to your medical condition by emailing us at [hq@born-survivor.com](mailto:hq@born-survivor.com). In the event of any medical emergency we will refer to this information to provide you with any appropriate medical and emergency treatment. That vital piece of information may be crucial for us and most importantly for **you** on the day.

## IMPORTANT SAFETY INFORMATION:

We want you to have the time of your life at Born Survivor, but we also want you to be 100% safe. YOUR safety is our number one priority. Because of this, we need all of our participants to follow some simple advice and guidance to help ensure everyone's safety on the day:

### **Fighting Fit**

When you arrive at the start line, we want to make sure you're ready for the challenge of Born Survivor. So if you're injured or unwell on the day, you need to decide whether you're in a position to safely complete the course. Our advice would always be not start the course if you are injured or unwell, speak to us and we will do all we can to help.

### **Obstacle Safety**

All of our obstacles are designed to be challenging, but safe; as long as you follow instructions given at the safety briefing, listen to the obstacle marshals and use some common sense. If you find yourself at any time not confident to tackle an obstacle, there's no shame in missing it out. Each obstacle will have an option to avoid and run around.

### **Water Safety**

Being able to swim is not essential for any sections of our course, but in the instances where water is involved especially the deep water obstacles, we would only encourage participants to tackle the obstacles if you feel confident to complete them. We will have water safety & rescue specialists on the course, but you can easily avoid any obstacle if you prefer.

### **Injured In Action**

In the event of an injury, please inform the nearest marshal or ask another competitor to inform the nearest marshal, you will then

be assisted by the Born Survivor team according to the scale of your bump. Should you need to retire, please inform the nearest marshal who will record your race number and advise the best route back to the event village. In the event that you are not capable of safely getting back to the event village on your own, we will organise appropriate extraction.

### **Man Down**

We're all in this together. So, if you see another participant or spectator anywhere on-site who is injured, unwell or in distress and isn't being cared for, please stop what you are doing and alert the nearest marshal by raising your right arm and shouting "Man Down!" at the top of your voice!

### **Alcohol**

We know most of our participants will want to savour a cold, refreshing beer after the event and we can't wait to see you party! However, consumption of alcohol before completing the course is strictly forbidden. Born Survivor reserves the right

to refuse entry to the event should we believe a participant is impaired through alcohol or drugs. So don't be a chump, save the booze for after the finish line!

### **Earphones**

We know you might want to rock along to a bit of Celine Dion to help get you around the course, but we'd rather you didn't. There will be enough music and entertainment at the event village to keep you motivated. More importantly, you need to be all eyes and ears so you can hear any safety announcements and instructions you need to be aware of on the course or at the event village. So please leave your earphones at home; anyway, your prized Beats won't appreciate a dunking in best quality Lakeland mud!

### **MORE INFORMATION:**

Hopefully, we've covered everything you need to know about the day, but if you have any questions, please email [hq@born-survivor.com](mailto:hq@born-survivor.com).

# #BORN★MUDDY

