

Dear Walker,

First off an apology, the last email said the walk was the 7th May. It's the 12th! But hopefully you all already knew that.

The arrival of this mail means there are only 20 more days to train for the Keswick and Coniston to Barrow walks, so if you haven't already started, wear in those shoes, grab a coat and get out there. This update contains lots of important safety information and a reminder of the changes we've had to make this year due to the road closure on the west side of Thirlmere so even if you have walked before please take the time to read it and refresh your memory.

Support vehicle instructions & team number

Can all coordinators, please take a look at the Support Documents on our webpages <https://keswick2barrow.co.uk/introduction> and <https://keswick2barrow.co.uk/support-documents> detailing Support Vehicle Instructions and Team Support Arrangements (please make sure your walkers receive a completed copy of this document so they know what support to expect where). There is also a template for your Support Vehicle number.

We recommend walkers also familiarise themselves with these documents as they detail where you can find team support as well as First Aid Services, toilets, refreshments etc. along the walk route.

Timing system

The event timing system uses a High Frequency (HF) Radio Frequency Identification (RFID) tagging system to track and time your team members along the route. The main components of this system are the reader (shown at the centre of the red target) and the tag. The reader can read the tag up to 1 to 2 cm away and will beep to confirm a good read of your tag.

Every walker is assigned a tag - see your Team Coordinator's Sheet, and are handed out to coordinators as part of the registration process. It is therefore very important that every walker gets the correct tag otherwise you will be walking under the wrong name.

Coordinators/support team's etc. can check at a check point whether or not someone has already passed through and can also obtain a prediction of when they are due to reach the remaining checkpoints and complete the route.

This is also a safety system. If you believe a member of your team is in trouble we can use the system to indicate where on the route they are. Due to this it is very important that tags are handed in to a checkpoint if walkers have to leave the walk for any reason; if you do not, valuable time and resources are spent trying to locate people to make sure they are ok, as well as replacing the tags. **If you cannot continue the walk** for any reason and cannot make your way to a checkpoint, **please inform race officials that you have left the route** (contact numbers are provided on the day) and return the tag via the post to the address provided on the website.

Changes to registration at Hawcoat Park on the 11th May

Just a pre-warning for the coordinators out there. Bus tickets will be sent out via email this year meaning you don't need to collect them. It will only be the walker tags to collect this time around.

Walkers, please make sure your bus pick-up point is correct - it currently is: Tank Square, Ulverston, else you won't get the right bus ticket.

Changes because of the road closure for 2018 only!

- The start has been moved! Due to this we ask all traffic to come down the A66, via the B5322 so we can reduce the disruption to the local area
- We'll be heading down the east side of Thirlmere
- There is no runners start so the runners will race against elapsed time
- Because of the above, the first runner home may not be the fastest!

Keep an eye out for the last 2 pre-walk e-mails as we count down to the big day and provide more important information.

See you in 20 days (that's the 12th May),

The Keswick 2 Barrow Walk Committee



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