

## **INFORMATION SHEET FOR DUSKY VALLEYS**

Dusky Valleys 12 is the first mountain bike endurance race to be held in Blaenau Gwent. It has been organised by Blaenau Gwent council, Parc Bryn Bach Mountain Bike Club and the Hospice of the Valleys.

All profits from the event and entry fees will go to Hospice of the Valleys, which provides round the clock care, every day of the year, for patients with cancer in Blaenau Gwent.

### **INFORMATION.**

Once you have arrived at the Dusky Valleys 12 event you can familiarise yourself with the park

**Car parking:** There is ample car parking at Parc Bryn Bach. On arrival at the park you will be shown where to leave your car by marshals.

**Campsite** - First thing to do is set up camp. We have plentiful camping spaces. The campsite will be open through the weekend. If you are planning to camp, please pay attention to the website camping list, open on the 1st of April and book with the park on 01495 711816. Proof of booking will be required. Electric hook-ups are available. You will need all your own camping supplies

**Toilets** – there will be toilets available close to the campsite at the visitor centre. There will also be portable toilets at certain points of the course.

**Showers** – Hot showers will be available through the day and night at the visitor centre. All we would ask is that if you are particularly muddy, is to wipe off the worst of the mud before going in the showers so they don't clog up.

**First Aid** – For the whole of the weekend we have a full crew of top class first aiders from St John Ambulance on hand to deal with any situation that may arise.

**Information stand** – Lost or confused? Pop over to our information stand at the visitor centre and we'll do our best to point you in the right direction. This is the hub from which you can find out everything you need to know - details of where all the exhibitors are, when things are happening, who to speak to in an emergency, lost property and so on.

**Lights Charging** – will be available at transition point.

**Food Stalls** – Riding bikes is hard work and after a lap or two you deserve refuelling. A variety of food (hot and cold meals, soup and snacks) will be available for purchase at the venue's visitor centre on the Friday, Saturday and Sunday.

**Prizes** – There will be trophies for winners in all the categories. Every competitor will receive a goody bag and an event T-shirt.

## **TIMETABLE**

### **Friday, September 3**

**10am** - Camp site open for riders wishing to arrive the day before racing. Food and drink available at the park's visitor centre until 5pm.

### **Saturday, September 4**

**8am** – Parc Bryn Bach gates open

**10am** – Cycling trade village and children's fun area open

**11am – 6pm** – course available for inspection.

**2.30pm – 3.30pm** – registration for family cycle ride.

**4pm** – Fun family cycle ride around the lake begins.

**5pm – 7pm** – registration open for Dusky Valleys 12 at visitor centre.

**7pm** – Briefing for Dusky Valleys 12 riders at visitor centre.

**7.30pm** – all riders to be in place.

**8pm** – Dusky Valleys 12 begins

**8.30pm** – sun sets.

**11pm – 6am** – quiet time at camp-site.

### **Sunday, September 5**

**7am** – sun rises.

**8am** – Dusky Valleys 12 race finishes. All riders on course must complete their lap.

**9.30am (approx)** – Prize giving ceremony

## TIPS FOR 12 HOUR RACES

### **1. Team Mates**

The riders you'll be with are vitally important to you. Make sure that everyone on the team has the same kind of goal in mind. If one member has their heart set on winning outright, whereas the rest of the team would be happy just to finish, then friction is likely to occur.

Elect a team captain to organise and also keep track of everyone's progress and the team's overall placing throughout the event.

### **2. Camping**

Take up our offer campsite places. You, your team mates and helpers are encouraged to come and set up camp the night before the race. This will give you plenty of time to get organised

### **3. Food**

You're going to burn off a lot of calories over the duration of the event, so making sure that you are fully fuelled is imperative to success. We have a visitor centre on site that will be on hand night and day to serve you hot and cold food. Bear in mind that you don't want anything that's too complicated to make or that takes a long time to prepare if you are bringing your own supplies.

Your time off the course is precious and you'll want to spend as much of it as possible resting up. Have a good meal the night before and expect to consume little and often when the race is on. Remember to keep well hydrated at all times too.

### **4. Clothes**

Take as many changes of clothes as possible. It doesn't matter if the weather is good or bad, there's nothing quite as demoralising as having to pull back on cold, wet kit. Likewise, bring more than one pair of trainers. Also take warm clothes to keep warm between laps.

### **5. The Race**

Remember how long the race is. Don't go out like a bat out of hell and end up shattered after the first couple of laps. Pace yourself.

### **6. Darkness**

For some competitors this will be their first experience of running off-road in darkness. It adds a new dimension to the competition and it should be treated with respect. Get a good light, test it and have a back up in case of emergencies.