



2017 Relay Race Information & FAQs

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Race Date: Saturday 29th April 2017

Friday Registration: 3:00pm - 9:00pm in the Burnbrae Inn, Milngavie, G61 3DQ

Saturday Registration: 6:15am - 6:45am in Milngavie Station car park, G62 8BX

Race Start: 7:00am in Milngavie Station car park

Ceilidh Party: 8:00pm till late at the race finish

TEAM RACE NUMBERS CAN BE FOUND ON THE RACE [WEBSITE](#) AND [FACEBOOK GROUP](#)

Race Rules:

- Do what the marshals tell you. Always. At all times. Absolutely no arguing with them!
- All teams must have motorised vehicle backup. (Teams cannot take part without a team car!)
- Your team vehicle pass must be displayed inside your windscreen at all times.
- Race numbers must be worn FRONT and BACK, and must be visible at all times while running.
- All runners MUST carry an emergency foil blanket and charged/switched on mobile phone.
- No support runners/pacers. No running poles. No dogs accompanying runners. No littering.
- Earphones are allowed, but you MUST be able to hear what is going on around you at all times.
- If a marshal signals you to remove your earphones, you MUST do so immediately.
- Only one runner per leg of relay - team members cannot run together at any point.
- Only one team member is allowed to run on the race route at any one time, with or without race numbers on.
- This rule applies until the entire event is over i.e. 9:00pm.

IF ANYTHING ABOUT THESE RULES IS NOT 100% CLEAR, PLEASE CONTACT US BEFORE RACE DAY FOR FURTHER CLARIFICATION AS IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE RULES WELL IN ADVANCE OF THE EVENT. MARSHALS ON THE DAY ARE VOLUNTEERS WHO MAY NOT BE AWARE OF EVERY SINGLE RULE AND IN ANY CASE ARE NOT THERE TO ANSWER QUESTIONS YOU SHOULD HAVE ASKED US AGES AGO!

Please note that the Race Director's decisions on all matters regarding race rules and all aspects of runner safety are absolutely final.

Team Captains

1. Team captains are responsible for making sure each member of their team knows the race rules and sticks to them. Team captains should share this race briefing with all team members. In the event of a relay team member breaking the race rules, lack of knowledge will NOT be accepted as an excuse.
2. Team captains must have the mobile phone numbers of each of the other team members stored in their own mobile phones. Each team member must have the mobile phone number of the team captain stored in theirs. Team captains are broadly responsible for their team members' safety and wellbeing.



A word from the Race Day Medical Team:

The Highland Fling Medical Team do not sanction anyone as 'fit to run'; instead we want to be aware of our runners' history in order to be as well prepared for emergencies as possible. We provide first aid facilities only, in a remote environment, and we cannot cover all eventualities. All runners should consider their own fitness to participate and should, if they have any concerns, discuss with their GP or specialist before participating. We would like you to share those discussions with us prior to the event, so that we are best prepared. Any information provided to us is not shared outside of the medical team and will be destroyed after the event.

It is very important that all Relay Team Captains provide us with up to date medical information for every runner on their team. If any team members have asthma, high blood pressure, diabetes, epilepsy, any form of heart condition, any other condition they have been diagnosed with that might affect their ability to safely participate in the race, any condition they are currently taking medication for, then **WE NEED TO KNOW ABOUT IT!** These updates can only be made by the person who made the original team entry. Log into your Si Entries account, select the Highland Fling relay from your list of races, then edit and save your Team Details. **Full team medical information must be submitted online by midnight on Sunday 23rd April.** If any relay team member experiences last minute changes to any medical conditions or prescribed medications after 23rd April, their team captain must let us know via email.

Any relay team member who would like to discuss anything with our medical team before the event should contact team@highlandflingrace.org as soon as possible.

Race Registration

Friday 28th, 3:00pm - 9:00pm: The Burnbrae Inn, Glasgow Rd, Milngavie, G61 3DQ.

Saturday 29th, 6:15am - 6:45am: Milngavie Station car park, G62 8BX.

One team member can register for the whole team. We would prefer if this was done by the team captain but any one of you will do. We will be checking that our information for teams is complete and correct. We will already have mobile numbers and medical details for all team members but if any changes need to be made, please bring along the details so we can update our information. **Please note that if you intend to replace a team member with a new runner, this new runner MUST attend Friday registration in person to complete an entry form and give us their medical information.** Replacement runners cannot be registered on Saturday morning.

Raceday Morning

When arriving by car, please do NOT attempt to drive into the station car park. Please follow marshals' directions and park in the Tesco car park which is right beside the station. If registering on Saturday morning, please allow plenty of time to arrive and get parked, as registration will close at 6:45am sharp.

Race Briefing

6:45am: Race Briefing for relay teams, at the race start line. We don't insist on every runner being present for the race briefing, as we know that some teams will be picking up team members later on in the day. If you're running one of the later legs and you can't make the race briefing, it's not a problem.

Race Start

7:00am: Race start. Teams have 14 hours to run 12 + 15 + 13 + 13 miles to end up 53 miles away in Tyndrum!



Compulsory kit

The following items must be carried by all relay runners at all times:

1. An emergency foil blanket (minimum size 200cm x 100cm)
2. A fully charged and switched on mobile phone

Don't try to be sneaky about this, please just carry what we tell you to. Marshals along the race route do have the authority to carry out random kit checks, so be prepared to produce your foil blanket if asked. Please note that a foil blanket is the minimum safety kit that we insist on. If you want to carry something more substantial like a bivvy bag or an emergency shelter instead, that is absolutely fine with us.

Relay Legs, Changeover Points and Cutoffs

The relay changeover points are located at ultramarathon checkpoints, and have the same cutoff times:

Leg	Start & finish	Distance	Cut off time
1	Milngavie - Drymen	12.6 miles	No cut off at Drymen
2	Drymen - Rowardennan	14.6 miles	1:00pm at Rowardennan
3	Rowardennan - Beinglas	13.7 miles	5:30pm at Beinglas
4	Beinglas - Tyndrum	12.6 miles	8:30pm cut off at A82 road crossing (approx 9.5 miles)

These cutoffs are in place for runners' safety and will be strictly enforced. In addition, if at any point between checkpoints our marshals or race medics think anyone is unwell or unfit to continue, they may withdraw runners from the race. We really don't expect this to happen to any relay runners, so please don't worry about it. However, if it does happen to you, please comply gracefully. Our marshals are only concerned for your safety and have given up their day to look after you, so be nice to them, even if they're pulling you out of the race!

Route markers and Navigation

The race route follows the West Highland Way footpath which is waymarked with wooden marker posts and is very easy to follow. In addition to these marker posts there will be yellow arrows along the route at points where we think extra route marking would be helpful. You don't need to be able to navigate and we don't ask you to carry a map and compass. On race day there will be almost 1,000 other runners sharing the route with you, so it's very unlikely you'll get lost. If you want some extra reassurance, you can download the gpx file of the route from the race website and store it in your GPS device to aid with navigation. If you would prefer a map, we recommend the Harvey's West Highland Way one which covers the entire race route.

Changeover Point Locations

Here are the locations of the changeover points, with postcodes for smartphone/satnav navigation:

Changeover point	Location	Postcode	Total race distance
1 - Drymen	by 'The Old School' B&B	G63 0BW	12.6 miles
2 - Rowardennan	Ben Lomond car park	G63 0AR	27.2 miles
3 - Beinglas	Beinglas Farm campsite	G83 7DX	40.9 miles

Drymen changeover point is in a small cul-de-sac just off a busy main road. It is always very crowded as all 50 team cars tend to arrive very close together. You may have to park up to a quarter of a mile away and walk along the road. Please park safely and considerately.

Rowardennan changeover point is similarly busy. It is in a public car park and hill walkers/campers/dog walkers have access to it too. You may have to queue out on the road to let other cars leave before you can get in. Marshals will be directing traffic, so please be patient and follow their instructions. Also please remember you still have to buy a Pay & Display parking ticket from the machines in the car park.



Beinglas changover point is a private campsite with lots of room for car parking. The road in and out is single track with passing places. Again, marshals will be directing traffic here so be patient and follow their instructions. **Absolutely NO PARKING is allowed at the Drovers Inn, Inverarnan. This will be enforced by race marshals and police, who will be in attendance throughout the day.**

Please note: The race route criss-crosses the roads you will be driving on. Runners could be crossing the road right in front of your car at Drymen, Balmaha, Rowardennan, and at several other locations too. Please drive slowly, drive sensibly, and pay attention. Any dangerous or inconsiderate driving witnessed by marshals will be reported to Race Control and could result in teams being disqualified from the race. Thank you in advance for driving safely! ☺

The Race Finish

The Highland Fling race finish is pretty fabulous. As well as your team's medals, race t-shirts and goody bags, the following treats are available at the finish line for all relay runners completely FREE of charge:

- Homemade soup and rolls - courtesy of Matt and Ena Duncan (Mum and Dad Fling)
- Baked potatoes - courtesy of Albert Bartlett and The Real Food Cafe
- Ice cream - courtesy of Mackies and The Real Food Cafe
- Heated marquee to relax in
- Unlimited tea and freshly brewed coffee for all runners. (There might even be beer too!)
- Hot showers (please bring your own towels and toiletries)
- Post-race massage

The Real Food Cafe are putting on a BBQ and will be selling fabulous burgers and other chargrilled delights. There will be first aid/medical assistance available at the finish for any runner who requires it.

Race sponsors Beta Running, Lyon Outdoors and Scottish ultrarunning specialist store Run and Become will have stalls at the finish, with gear from Ultimate Direction, Injinji, La Sportiva and Petzl, as well as Tailwind Nutrition and other suppliers of all sorts of fancy pants running accoutrements.

Fling Bling

There will also be the Fling merchandise tent where runners will be able to purchase a variety of our top quality and highly admired 'Highland Fling' race hoodies, gilets, kids hoodies, buffs, vests, cowbells, pants, socks, jockstraps (okay, perhaps not jockstraps, but if we get enough requests, maybe in 2018...) And our lovely hoodies aren't just for runners who have actually completed the race. We're happy for your mum, your kids, your dog etc to wear them too. If you're looking for a bargain, there will be special race day only deals on previous years' items. Please bring cash as the patchy 3G mobile signal in Tyndrum means our card machine usually doesn't work.

Team Prizes

The prizegiving ceremony will take place at the race finish at approximately 5:00pm. If your team has won a prize but you really can't stay until prizegiving, please let us know and we will try to give you your trophy to take away with you.

Trophies will be awarded to

- 1st, 2nd and 3rd female team
- 1st, 2nd and 3rd male team
- 1st, 2nd and 3rd mixed team

Additionally we will be awarding spot prizes to teams who catch our eye, for whatever reason.



Medical Cover

The highly experienced Highland Fling Medical Team are covering the whole event and will be present throughout the day. Race medics will be at the race finish to assist any runner who requires medical attention. Outdoor first aid marshals will be present at all checkpoints to deal with minor cuts and scrapes. However, in the event of any life-threatening emergency, please call 999 first, then Race Control (this phone number will be printed on your race number).

Use of painkillers during the race: Please do **NOT** take non-steroidal anti-inflammatory medications (NSAIDS) such as ibuprofen, diclofenac or naproxen. These medications are known to stress the kidneys and while the overall risk is low, they can contribute to life-threatening issues for ultrarunners. If you are sceptical about this information, please google 'ibuprofen and ultrarunning' and read about the risks yourself. If you really need to take painkillers during the race, please take something else.

Saturday Evening Ceilidh Party

Same as previous years, there will be a traditional Scottish ceilidh party in the marquees at the finish line from 8:00pm until about 11:30pm. No tickets are required - entry is completely free. Everyone is welcome to attend - runners, friends, families, supporters and of course marshals. Hot food will be available from approximately 9:30pm. This year there WON'T be an official bar in the evening, so if you think you might fancy a wee drink or two while you're dancing, please bring your own bottle. The ceilidh is a private party on private property and children are very welcome to attend.

Last Minute Information

Team captains: Please make sure that the email address you provided can be accessed right up until the night before the race. Please also join the Highland Fling Race Facebook group. Any unforeseen last minute changes we need to make will be posted in the group as well as emailed out to all team captains.

Lost property:

We will do our best to reunite any lost property with its rightful owner, however we can't guarantee this. Any items found at checkpoints will be taken to the finish after the checkpoints have closed. For stuff left behind at Beinglas this could be well after 7:00pm so please don't pester our marshals about lost property before then. If you can't wait until that time to get it back, please just make sure you don't leave it behind in the first place.

At the race finish, any lost property items will be put under a 'LOST PROPERTY' sign beside all the ultrarunners' kit bags. (High value lost property items will be looked after by a member of the Fling Race Team - please come and ask at the mahoosive big blue merchandise tent.) Anything not claimed by the end of race day will be taken back to Fling HQ and safely stored so please email team@highlandflingrace.org if you realise later that you lost something important at the race. Please note that we do not class pants and socks as 'something important', especially not grubby ones left behind on the shower floor!

A Final Word

Accessibility and inclusivity: We want as many people as possible to be able to take part in our race and our ceilidh party, and to feel as welcome as possible. To that end, all event portaloos and showers are gender neutral and there is a properly wheelchair-accessible-with-enough-room-for-carers toilet and shower at the race finish. If there is anything we can do to make you or any of your friends and family feel more welcome, or if you have any suggestions you would like to make in this regard, please just email us and we will do our absolute best to help you out: team@highlandflingrace.org. **We are proud signatories of the Scottish LGBT Sports Charter and are fully committed to upholding all of its principles.**



FAQs - Frequently Asked Questions

Qs about general stuff:

Can I have some basic information about the race please?

Okay, where to start... The Highland Fling is a 53 mile trail race which takes place along the lower section of the West Highland Way footpath. It starts in Milngavie, on the outskirts of Glasgow, then rapidly heads out into the countryside. It goes through Drymen and over Conic Hill to Balmaha, then follows the east side of Loch Lomond up past Rowardennan, skirting Ben Lomond, the most southerly of all Scotland's Munros. Further on up the lochside is the remote and beautiful Inversnaid Hotel, then the path carries on past the head of the loch and upwards through the 'rollercoaster' forest above Crianlarich to finish in the pretty Highland village of Tyndrum.

The Fling started in 1996 as a low key training run for the West Highland Way race, with fewer than 20 runners taking part. Since then it has grown and grown, and this year, its 12th anniversary, there will be approximately 1000 runners taking part. The relay has been an integral part of the event for many years.

Who organises the event?

The race is organised by John Duncan (better known as Johnny Fling!) and is run as a non-profit event. John gets a lot of help from other people who also give up their time for free. No one gets paid anything for their time or expenses - not even John! - and every penny of entry fees is put towards event expenditure with the aim of giving runners the best race experience and best value for money possible. On race day, there will be around 200 members of the Fling Team giving up their time to help out. Many will spend more of their own money on fuel than teams spend on their race entry fee so please remember to thank them when you run past and be very nice to them at all times.

The Highland Fling is sponsored and supported by a number of organisations and companies who all contribute to and help the event a lot. Race sponsors are Run and Become, Beta Running, Ultimate Direction, Injinji, Tailwind Nutrition UK, Lyon Outdoors, La Sportiva, Petzl, and the Real Food Cafe. Supporters of the race weekend are By The Way Hostel and Campsite, Innis and Gunn Brewery, the Burnbrae Inn, Strathfillan Community Trust, Forestry Commission Scotland, Police Scotland, Loch Lomond and The Trossachs National Park, East Dunbartshire Council, Stirling Council, and Argyll 1st.

What is the terrain like?

The route is approximately 90% off-road with just a few short sections on tarmac. The off-road sections are a mixture of wide landrover tracks, flat railway lines, tough uphill slogs, manicured paths, shingle beaches, rough stone steps, pretty forest trails and fairly demanding technical scrambles. There is also the infamous Cow Poo Alley a few miles north of Beinglas checkpoint to be negotiated. The race route includes 2300 metres (7500 feet) of ascent.

Should we be planning to wear road shoes or trail shoes?

Perhaps not helpful, but it really does come down to personal preference. Some runners wear road shoes to run the whole West Highland Way race, so if that's what you prefer, great. Most of the paths are very good and unless it's been raining for the whole week before the race, it's not likely to be too muddy underfoot. Apart from Cow Poo Alley, where you could sink knee deep at any time. Basically, whatever you normally run off-road in will be fine.



Qs about Pre Race Stuff

Is anything sent out to us by post?

No. Each team will collect their race numbers, timing chip with ankle strap, and team vehicle pass at registration. T-shirts, medals and goody bags will be given out at the race finish.

Does the whole team have to be there to register?

No. One team member can register for the whole team.

What should we do if any of our details have changed since we entered?

If you need to change any details, this must be done online, by the person who made the original team entry. Log into Si Entries, select the Highland Fling relay from your list of races entered, then edit and save your Team Details. This can be done right up until midnight on Sunday 23th April. Please ensure we have up-to-date names, mobile phone numbers, and medical information for all team members. **If any of your runners change after that date, the new runner MUST come along to Friday registration in person to fill in an entry form and give us their medical information.** Replacement runners cannot be registered on Saturday morning. If teams turn up on Saturday morning with a brand new runner whose details we don't have, that person will not be allowed to run.

How do we decide who runs each section?

It's entirely up to all of you to choose who runs which section. Section 1 is probably the easiest, being mostly flattish and not very technical. Section 2 is the longest distance and includes the ascent and descent of Conic Hill, but is still relatively easy terrain. Section 3 is very technical, very 'scrambly' and you'll be using your hands as well as your feet in quite a few places. Section 4 is tougher than you'd think, as it is mostly uphill plus it contains the notorious Cow Poo Alley.

If you're fighting over who gets to run the 'glory leg' and sprint down the fabulous red carpet finishing straight, please don't fall out about it, as we would love for all members to run the final 100m together and cross the finish line together, as a team.

Our team won't be able to take part now, can we have a refund of our entry fee?

Sorry, no, the date for obtaining a refund has now passed. Similarly, deferrals of entries are not allowed either. If your team is needing a replacement runner, you may find one by asking in the Highland Fling Facebook group - there are usually lots of runners who would love to step in and help out!

We asked a question on the Facebook group; why didn't we get an answer yet?

Sorry about that! The Facebook group is really mostly intended for Fling runners to share advice with each other and have a bit of a laugh. Important questions usually get lost in amongst all the general chit-chat. If you want to ask something 'official', please email the Race Team: team@highlandflingrace.org

Qs about Raceday stuff

Where should we park at the race start?

For dropping off at the race start and short term parking (i.e. relay team vehicles), please use the Tesco car park right beside the station and the race start. Please note that any cars left here after 7:15am will be clamped by Tesco.

Who do I ask if I've got a question during the event?

There will be around 200 Fling Team marshals and helpers who are there to look after runners. They will all be wearing event hoodies and Race Team ID badges. If you have a question or need help with anything, please just ask one of them.



Are there toilets along the route?

Yes. There are toilets at:

- 13 miles - Drymen checkpoint (portaloos)
- 20 miles - Balmaha checkpoint (portaloos AND public toilets inside the visitor centre)
- 22 miles - Milarrochy Bay (public toilets in the car park)
- 25 miles - Sallochy Bay (public toilets in the car park)
- 27 miles - Rowardennan checkpoint (public toilets in the car park)
- 34 miles - Inversnaid checkpoint (portaloos)
- 41 miles - Beinglas checkpoint (portaloos)

Water is available at all these locations. If you need to go to the toilet between these locations, please move well off the trail and do your best to make sure no one can see you - especially the general public and local residents.

How do the relay changeover points actually work?

Each of the relay changeover points is also a checkpoint for ultrarunners doing the full 53 miles. It's important that the two groups of runners don't get in each other's way. The specific relay changeover areas will be slightly separate from the main checkpoint area, and will be clearly marked. Relay teams waiting for their runner to arrive should try as much as possible to stay close to the marked relay changeover point, which will be AFTER the timing mat at each of the checkpoints. Relay runners arriving at the checkpoint should run over the timing mat and follow marshals' directions through the checkpoint until they reach the relay changeover point, where they can then stop and pass their timing chip and ankle strap onto the next runner. **After doing the actual changeover of runners, relay teams should leave each checkpoint as soon as possible, to free up parking spaces for other relay teams and support crews.**

What is provided at checkpoints?

Water is available at all checkpoints. No energy drinks or solid food is provided by the organisers. In between checkpoints, nothing is provided by the organisers - this is a trail race, the route goes through some very remote locations, and it simply isn't possible to have water stations every few miles like most road races. Runners are expected to carry their own supplies and be self-sufficient! Water is available at many points along the race route - there are a variety of honesty shops, taps in car parks, public toilets and wild water sources that are safe to drink from (with the usual proviso of checking upstream for rotting sheep carcasses...)

What's the nicest way to get past slower runners?

If you want to overtake a slower runner on a narrow section of trail, ask politely! Say please and thank you. Offer some encouragement to them as you go past. Don't just shout "Coming through!" and storm past them. That's extremely arsey.

Is the route open to the general public?

Yes, so please be polite to everyone you pass, not just other runners. Say hello. Don't get annoyed if you have to slow down for small children or dogs. They have absolutely as much right as you do to be there! If you're trying to pass walkers on narrow sections of trail, a friendly "Excuse me please" will work a lot better than shouting "Runner coming through," which again is extremely arsey.

What are the rules about gates?

If you pass through an open gate, leave it open. If the gate is closed, please close it behind you. If another runner is coming up behind you, it is good race etiquette to wait a second and hold the gate open for them rather than just run off and let it slam shut.

Is there First Aid assistance/supplies at the race checkpoints/relay changeover points?

Yes, there will be outdoor first aiders at all checkpoints. If you need patching up, they will be able to help you out. There will also be race medics at the finish line.



Navigating, driving and parking stuff

Does the team vehicle pass get us right up close to the changeover points?

The vehicle pass grants access to the race checkpoints/changeover locations. It doesn't (it simply can't!) guarantee that teams will get parked right beside the relay changeover point.

Where can we park at the finish in Tyndrum?

Parking in Tyndrum is extremely limited. Please try to use the visitor centre car park in the centre of the village. Postcode is FK20 8RY. Relay teams please note: A team vehicle pass does NOT grant vehicle access to the race finish or to ByTheWay Hostel and Campsite. Vehicle access to Lower Station Road will be controlled by race marshals. We are hoping to arrange extra car parking within a mile or so of the race finish. Please pay attention to race signage and obey marshals' instructions at all times.

Whereabouts in Milngavie can we park extra cars on race day?

For free long term parking on race weekend please use the West of Scotland Rugby Football Club's car park: Glasgow Rd, Milngavie, G62 6AQ. It's a ten minute walk from here to the race start. Please note that cars parked here are not the responsibility of the West of Scotland Rugby Football Club and are left entirely at the owner's risk. If you do not accept this disclaimer, please arrange to park elsewhere.

Please do not plan to leave your car in Milngavie station car park. Traffic marshals will be controlling access to the car park and you will not under any circumstance be allowed to bring your car in.

Qs about the Race Rules:

Do we really have to carry the stuff on the compulsory kit list?

Yes, you really do. All relay runners MUST carry an emergency foil blanket (or bivvy bag, or emergency shelter) and a fully charged and switched on mobile phone. At registration we will be checking that we have correct mobile phone numbers for all of you.

Why can't we use walking/running poles?

It's not our decision. Under Scottish Athletics rules, the use of poles or any other similar running aids is forbidden. The race is run under Scottish Athletics permit, so we have to abide by their rules.

Why can't we run with our dogs?

Again, it's not our decision. It's a Scottish Athletics rule. Sorry, but we do have to be strict on this. Anyone seen running with a dog will be stopped by race officials and withdrawn from the event.

What should we do with our litter?

You should carry it with you till you reach a bin! **You absolutely MUST NOT drop any litter on the trail!** Please use the official big red FLING DUSTBINS which will be located a hundred yards or so before and after each checkpoint. If you see a runner dropping litter please ask them to pick it up. If you spot any race litter on the trail, e.g. gel wrappers, please pick it up and bin it at the next checkpoint.

Are support runners/pacers allowed?

No, sorry. Absolutely no support runners or pacers are allowed on the trail. Team members not currently running MUST remain in the immediate vicinity of the checkpoint. They must not run along the trail before or after the checkpoints.



We can use iPods/MP3 players, right?

Yes, absolutely, but please keep the volume low. You must be able to hear what is going on around you at all times. Also, as previously stated, you **MUST** remove earphones completely at checkpoints, at road crossings, when approaching marshals, and at all times when running along public roads. It is not enough to just turn your music off, earphones **MUST** be removed from your ears completely. This is so that marshals and other road users can clearly see that you will be able to hear them.

If you see marshals in hi-viz vests anywhere along the race route, take your earphones out. If you forget, and a marshal signals you to remove your earphones, you **MUST do so immediately. If you try to argue the point about your music being turned off, your earphones may be confiscated from you until after the race, and you also risk being removed from the race for your own safety, i.e. disqualified.**

Also, please don't use earphones on narrow sections of trail. This pretty much means everywhere from Rowardennan to Beinglas, so Leg 3 runners take special note! Every year we get loads of complaints after the race from runners who got stuck behind someone with earphones in who couldn't hear them asking to get past. Please make sure this 'someone' isn't you. Please don't be an earphone twat!

If you get stuck behind an earphone twat, please give them a tap on the shoulder/clip round the ear and politely remind them of the 'no earphones on narrow sections of trail' rule. Also roll your eyes at them and tut loudly.

What should we do if one of the team becomes injured and decides to withdraw from the race?

If a team member has to withdraw from the race before reaching their relay changeover point, please phone Race Control (the phone number will be on your race numbers) and let us know about it. If your team wants to continue, we will do everything we can to help out. In this situation however, your team might not receive an official finish time in the race results.

Please DO NOT simply exit the race and go home with the rest of your team without telling anyone about it. We don't want to have to call out mountain rescue to go looking for you, especially if all of you are already sitting at home with your feet up!

Qs about safety stuff

What should we do if we come across an injured runner?

You absolutely **MUST** stop and try to help. It is very important that we all look after each other out there! If a runner is seriously injured then **please call 999 first (ask for ambulance and mountain rescue)**, then Race Control (this phone number will be on your race number). If you have no mobile phone signal please wait with the injured runner till another runner arrives to assist then one of you run on until you get a signal. Please use your own and other runners' emergency foil blankets to keep the injured runner warm while you wait for help to arrive.

What if one of us gets lost?

If you realise you have taken a wrong turning somewhere, you should turn around and retrace your steps until you get back onto the race route. Once you're back at the point where you went wrong, you'll probably be able to see what the correct way actually is. Please do not phone Race Control asking us for directions, as we will be unable to help you.

Why is the Race Control number printed on our race numbers then?

This is so you can contact us in the event of a serious accident or an emergency that requires our urgent attention, or as previously mentioned, if one of you becomes injured and wants to hand over to another runner in between the official changeover points. Please think of it as the equivalent of 999, and only call it in an emergency.



Thank you for taking the time to read all the race info. Hopefully this has covered everything you might want to know, but if not, just send an email to:

team@highlandflingrace.org

Please note: If you ask a question about something that has been explained in the FAQs, you will just get a reply saying 'Please refer to FAQs'. Hopefully you can appreciate that we are extremely busy with race preparation so please help us out and read through the FAQs carefully before emailing with any questions.

You can also look for information on the race website:

www.highlandflingrace.org

...or the event's official Facebook page:

[Highland Fling Facebook Page](#)

...or ask in the Facebook group:

[Highland Fling Race Facebook Group](#)

Happy tapering, and we look forward to seeing you all on race day :-)

Ding Ding xx