

The Bad Cow Weekender Race Instructions



Hosted again at the amazing Burnbake Camp Site, so you can run around the lovely Purbecks. So what's happening, No massive hills and giant descents, the Bad Cows are flat, trail and laps, Sunday is a two lap marathon and one lap half.....no honest it's flat!

Race timetable

Friday

12.00 Campsite opens
1500-1900 number pick up
18.00 food service starts & Bar opens

Saturday

6.00 Admin opens for number collection
6.30 Breakfast starts
7.15 Race Briefing
7.30 Frolic starts
11.00 Lunch starts being served
19.00 Runners still going out need a head torch on
19.29 Last runner starts lap
20.30 final runners finish
21.00 Prize giving

Sunday

06.30 Breakfast starts
07.00 admin opens for number collection
08.15 briefing at start/finish
08.30 Marathon race starts
09.15 Half Marathon race starts
10.45 First Half marathon runner finishes- maybe
11.00 Lunch starts
12.00 First marathon runner finishes
13.00 last Half marathon runner
16.00 last marathon runner finishes

Finding the Bad Cow

<http://www.burnbake.com/>

Burnbake Campsite
Corfe Castle
Wareham
BH20 5JH

By car.

FOLLOW THE SIGNS
SIGNS FOLLOW THEM.....got it?.

By train.

There are direct trains from London Waterloo to Poole, but the nearest station is in fact Holton Heath but trains are infrequent have a look on the trainline website. Taxis are available it's a 15 minute journey

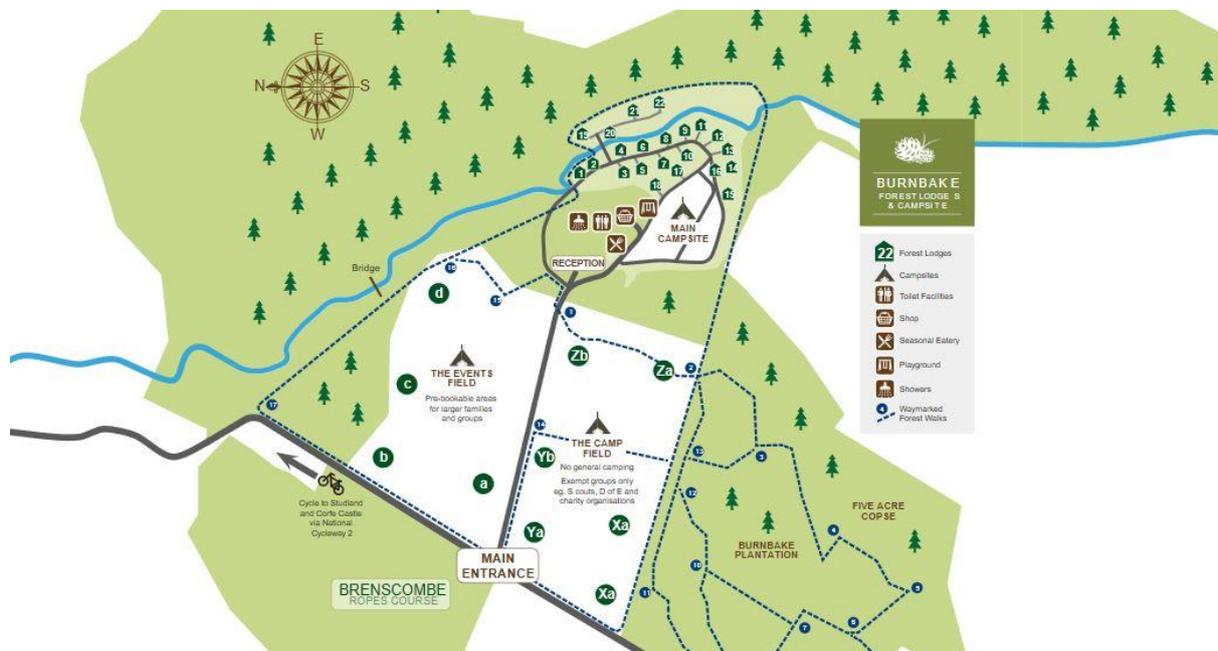
By bus. Please check <http://www.morebus.co.uk/> for bus details.

By air. Bristol, Exeter airports are all about an hour and half away and hire cars are available at all airports, Bournemouth airport is 30 minutes away.

By Sea. Bring your yacht and park in Poole Harbour swim ashore.

Hotels.

There are plenty of hotels in the area and the site www.visit-dorset.com will help you select a nice one.



Camping

Camping is a great success at our races. We are ever grateful to Burnbake for the use of the field. The campsite is huge, right in the centre of the race, a one minute walk from the start/finish and registration. This field or as we like to call it

'The Athletes Village' has plenty of space to spread out in and you can drive your car onto the field. Follow the signs to enter

Portalavs will be onsite. There may be toilet paper...might be quilted who knows? Doubt it though. Bring some just in case.

Burnbake have excellent camping facilities and there will be drinking water supply. They have showers that are free to use. We realise a lot of people have travelled a long way, so for once, we thought it might be nice for you to go home smelling sweet. Bring your own wash gear and towel it's not a Travelodge.

If you bring your dog to camp, please, please, pick up any poos they will leave and dispose of them sensibly. Burnbake request they are on a lead, please look after your dogs. That means control them, do not let them near any farm animals at any time. We don't want you to get in trouble and your dog or livestock hurt or distressed.

Booking Camping This year please book camping by going to <https://www.fullonsport.com/event/weekend-camping-for-a-wsr-event-2018/profile> it's cheap, in fact try finding two days camping in Dorset cheaper.

Arrive no earlier than Midday on Friday and go home on Sunday after the races please.

Fire pits are available for hire from the shop or you can use your own. Fire pits must not be left unattended and must be put out before you turn in. Ground fires are a **BIG NO NO!** If you are having a BBQ make sure it is off the ground, bricks and logs are around the cap area for this.

Kids and Dogs

We had a few issues with unsupervised kids at the East Farm races.

Please do not leave your children unattended at our races, we are not a crèche. We will not "keep an eye on the kids for you", if you leave children under 16 on their own we will pull you out of the race to take care of them.

Same with dogs, leave them with someone responsible. Do not leave them in your car or in your tent. Please clear up after your dog. Rant over.

FOOD and BOOZE

Now you will remember Dorset Catering van, they will be at the Cows doing food all day from Friday evening and then 6.30am Saturday and Sunday. There's also food onsite from Snack Shack . As well as a campsite shop open 8-11am and 4.30-8pm.



Race instructions

Number Collection

Please collect your race number from the admin tent, which will be open 3-7pm Friday and from 6am on Saturday and 7am Sunday.

Please allow enough time to do this before the race starts and complete back of numbers.

Race times

Saturday- Frolic starts at 7.30am

At 7.15. am there will be a race safety briefing. Please be there to listen to the briefing, it's for your benefit. Anyone not listening will be handed to The Nifty Nanas for punishment

Sunday

The marathons start at 09.00 and the Half marathon at 9.15am

At 8.45am there will be a race safety briefing for all of you. You will be mingling with the marathon runners so feel free to run past them like gazelles as most of them have done a marathon the day before so will be a bit tired.

Baggage

Car keys will be easier label them and see Mrs WSR in the shop, she will look after your keys, we reserve the right to take your car for spin round and set it on fire, it's what the locals do.

Presentation of your number will get your keys back, we will only give the person wearing the number their key.

There will be a place to store your kit at the finish so you can access it between laps.

Please note you leave the bags and keys at your own risk.



The Races

Saturday

The route is multiple laps, each lap measures 4.4m (ish)

Start and finish is in the race field.

Please make sure you go over the mat on each lap. We know that's obvious buuuut ya know.

You've got the swing of Frolicking by now, 7.30am start.

Solos you must complete one lap to get the bling.

You must do 6 laps to get marathon distance....marathon with a 12 hour cut off

Teams here's the rules. So pairs must do at least 2 laps before finishing, three's must do 3 laps and four's must do 4 laps. Got it?

No exception if you don't complete the minimum number of laps you don't get no bling or and you don't get no scores. You must pass on your squeaky toy in the team races and it must be carried at all times whilst running.

Sunday

Is Half marathon loop, so marathon distances will complete it twice. The clock will start on marathon time for Sunday races.

THE ROUTE and WHAT TO EXPECT WHILE RUNNING

Rempstone Heath is a beautiful and varied environment, heathland, woodland, farm tracks, bridle paths, open fields and a tiny bit of road. Its flat pretty much, there are

some twisty turny bits. Follow the signs, there are a lot of paths that crisscross the site so on the first lap pay attention. Got it?

The going underfoot will be hard so wear what you like, road shoes are ok. If it's raining or its been wet, it will be slippery so take care.

The route does narrow in a few places so until it thins out please be patient, we are looking at you super fast half marathon runners.

There are gates on route, we will put marshals there to help where we can but if you open gate and go through it, please close it behind you.

There will be a mass start on the road out of Burnbake to begin but then loops will cross 3 short sections of road. The roads are private and only residents and workers have access to them. This doesn't mean there won't be cars, but it means they will be quiet so you will still need to pay attention when crossing these roads.

AID STATIONS

Now we realise running a lapped race, around a beautiful enclosed park environment in area of much regarded heathland, is not as spectacular as running round some awful post-industrial town in the middle of place you wouldn't visit normally but are going because they have a race.....on roads.....is different to your normal running race sooooo the Lovestation will be open all day, both days, for all races

This aid station + will be fully stocked with food, drinks and booze.

There will also be water and an area for a drop bags at finish line/lap area for Saturday. Sunday there will be an additional 2 water stations out on the course.

CUT OFFS

Sunday cut off for the marathon is 7 hours and Half marathon is 4 hours.

There will not be a sweeper in any of the races, we will be monitoring the races on the course and we reserve the right to pull you out of the event if you will not make the cut off.

Finishing the race so you cross the finish line that's it you are done. Frolickers if you are still out after the 7.30pm cut off you still get a time and distance. This means you have 12+ to achieve say marathon distance or 50km or even 50 miles if you are spesh!!!! Runners going out after 7pm should wear a head torch.

Safety

On the back of your number is an emergency details section for you to fill out. Please fill it out, we need an emergency contact number. This will help us and you. If you are hit by a meteor or run into the sea we need to get you help as quickly as possible.

If you need to drop out of the race at anytime we will try and get you as quickly as possible. The good thing is, the race is very centralised and you are never far from an access road or from the finish. We will have an ambulance on standby to come and get you if need be. If you do drop out please, please return your number to admin. We then know that you are safe and we do not have to send out search parties.

If you drop out at a marshal point, aid or water station give your number to the lead marshal.

Cows

There are some cows onsite. Bad Cow, get it? Do not go near them. They will ignore you for the most part.



Medals

Like last year this set of races we will be giving everyone a medals designed by our mate Lucy Tidbury. We are ever so grateful to Lucy for letting us use her paintings and would like you to pop along to www.lucytidbury.com for a butchers at her pics and buy a tea towel or something. Check out the pet portraits

Prizes

Top three in each race get a Lucy Tidbury print and kiss from the dog. There won't be a ceremony or prize giving we will award your prize as you cross the line.

Photos

Race photos are expensive, so we have our own photographers and make photos available to you, free, on our own Facebook page.

This means any photos you or your supporters or fan club take can be added as well. Our pet photographer will be on site to snap you looking your best, before, during and after the race. Our photographers will be wandering around the course taking snaps and will be at the finish should you wish to have a photo with friends and family. These snaps will then be uploaded in due course to the Facebook page. By entering the race you are giving your permission to have your photo taken and placed on Facebook. If there is a pic you object (didn't get your right side, your bum looked too big etc.) please contact us and we will remove it. (Please note you must highlight the said photo we won't root through all the pics looking for it)

Massage

Attending the event are PhysioFitness for Frolic Race on Saturday. They will be on site 6.30am- 9pm offering treatments all day for £10 a session.

Also this year they are offering you a day pass for treatments that will allow you to have as many treatments as you want for £30 (in advance) all day. See picture for more details and how to purchase your day pass in advance



PHYSIOFITNESS

**BAD COW
PHYSIO**

We are super excited to be back working with White Star Running for 2018 and want to let you know about all the possibilities for you at this years events.

We will be attending all the 12 hour Frolic events over the summer, starting with The Bad Cow on April 28th. We will be offering treatments all day for £10 a session. This could include physiotherapy, massage, taping, ice compression, mobilisation and vibration therapy amongst others. Whatever you and we feel that you need.

NEW FOR THIS YEAR!

You have the opportunity to buy a whole day pass for treatments! This allows you to have as many treatments across the day as you want. You will also get priority access to a therapist with minimal waiting time and a wristband to confirm identity.

Day Pass up until 27th April - £30

Day pass on the day - £35

To get the reduced rate, purchase your day pass in advance by calling us on 01202611244 and pay over the phone or pop in to the clinic (Physiofitness, Swallow Barn, Parley, BH23 6BB). Payments on the day can also be cash or card.

Wristbands are to be collected from us at the Bad Cow

We will be at the event from 6:30am until 9pm

white star running

Subtle Touch

Will also be on site once again to offer lots of treatments, get in touch to discuss your needs. https://www.facebook.com/Nikkiismall/?hc_location=group

Freebies

Once again our mates @Runderwear are giving you the chance to win a pair of award winning Runderwear. Enter here on the competition page <https://a.pgtb.me/FtGXQm> entries close midnight Sat 5th May.

Or if you know what you want we've also secured you 15% Discount code: RW-BADCOW15 - valid until 13 May 2018 that can be used on their website <https://www.runderwear.co.uk/>

Also our friends @Primrose Kitchen will be on hand giving away tasters of their muesli and Granola. They'll also be able to tell you about all their other products from their delicious selection <http://primroseskitchen.com/>

Burnbake Offer

Because the lovely team at Burnbake host this event they know what great people we have at our events and are offering you 10% off bookings for their amazing Tipi Village this summer, when you mention White Star Running.

Running for one month in August 2018 at Cleavel Point, a beautiful location with plenty of running routes around or even cycling if you fancy getting on 2 wheels.

Open between Friday 3 August 2018 to Friday 31 August 2018, Camp Cleavel Tipi Village offers a totally unplugged, get-away-from-it-all experience. Hidden in beautiful

Dorset countryside, it is a stunning, secluded location in which to relax with incredible views over the southernmost tip of Poole Harbour and its' islands.

So get a group of mates together and see what exciting things you can get up to this summer <http://www.burnbake.com/campsite/cleavel-tented-village>



White Star Running Shop

Will be onsite selling our own branded t-shirts and hoodies on Saturday and Sunday. Please remember to bring cash.

FAQs Based on feedback from our other races

Q. Can I bring my dog to the campsite

A. Yes, please look after them

Q. Can I wear an iPod, MP3 ?

A. If you like

Q. I want to camp near/away from my friends?

A. Arrive early and sort yourself out, it's a big field.

Q. What do I need to bring for camping?

A. Usual stuff, mozzie repellent, sunscreen, wet weather gear, a torch is essential, as is a sense of humour.

Q. Will there be a naked farmer?

A. No wrong race.

Q. Do you take debit or credit cards?

A. No cash only.

Q. Is camping secure?

A. No, lock cars and place valuables out of sight.

Q. Where is the nearest Dr. A&E etc?

A. Poole. If you need A&E come and find one of the admin team.

Q. Can I pet or frolic with the Cows?

A. No don't even think about the cows in Dorset are nearly all wild and will attack on sight. We are not joking cows are heavy, like to trample and squash, they are usually angry or frightened or both.

See you next week for a fun filled weekend

WSR Team