



From the organisers of

GLACK ATTACK

INFO PACK.



CONGRATULATIONS!

You have signed up to take on the brutal trails of the infamous Glack hill!

You will run and leap through forests, hills and open countryside, weaving around stunning wilderness on what is best described as a rollercoaster of a trail run...

Good luck!

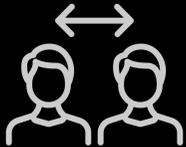
REGISTRATION

- Glack Trail will start at 11.00am on 4 September 2021. Participants will start in waves, which go out at 20 minute intervals. You will have selected your wave time when booking – please see your Eventbrite booking confirmation if you need a reminder.
- Registration opens at 10.00am. We recommend arriving 45 minutes prior to your wave time. Please remember to allow at least 10 minutes to walk from the car park to the registration area.
- When you arrive, head to the registration tent to pick up your race number. To do this, you need to show your Eventbrite e-ticket - either on your phone or paper copy.
- The race number bib contains your timing chip. It is assigned to you so please wear it at all times and do not swap it with anyone else. Race times will be available online shortly after the event but if you'd like to receive your time by text message, please ensure your mobile phone number is on your Eventbrite contact details.
- Junior runners (aged 8 – 15) and their participating guardian must register together.
- Once you have your race number, please complete the safety information on the back – there will be a table with pens to the side of the registration area.
- 10 minutes before your wave time, please head to the start area.

COVID guidelines



Please sanitise
your hands



Please keep your
distance

Respect each other

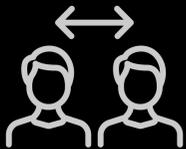
As of 9 August, most coronavirus legal restrictions will no longer be in place. However, we are conscious that we are still in a transition period and so to make sure everyone at the event feels safe, we have the following guidelines:

- **Maintain physical distancing where possible:**
 - Avoid crowded areas and keep to the right when walking along paths.
 - When queuing for registration, catering, etc., please leave adequate spacing and consider wearing a facemask.
 - The starting area has been extended to ensure sufficient space for physical distancing. And to help spread everyone out in the wave, please go to the front if you're aiming for a fast time, and towards the back if you're more about taking part for the views! 😊 Your timing will only start when you cross the start line so this spreading out will not impact your recorded time.
 - When running, be aware of other runners and ensure there is sufficient space for overtaking. If you would like to overtake anyone, please give them a polite warning allowing them time to move over.

COVID guidelines cont.



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Respect each other

- **Contact details:** For the 'Check-in Scotland' COVID programme, we must keep a record of all participants' details – please ensure your details on Eventbrite are correct. This information will be handled in accordance with the General Data Protection Regulations.

- **Enhanced hygiene:**

- Please use the hand sanitiser station as you enter Glack woods (from the car park), and use the hand sanitiser stations around the base camp as and when needed.
- After using the toilets, please use the disinfectant spray and paper towels provided to wipe down surfaces.

And, as per government guidelines, if you have any coronavirus symptoms in the lead up to the event, please do not attend.

HEALTH & SAFETY

– WARNING!

Your safety is our number one priority. You will receive a safety briefing at the event but in short, the two key risks to be aware of are:

1. The course navigates natural terrain so please look to avoid rabbit holes, hidden rocks, slippery ground, tree roots, loose branches, bumpy ground, low hanging branches, etc. Please watch every footstep and run in a controlled manner especially when going down hill!
2. The trails may prove challenging, especially if we have warm weather. Please do not over exert yourself – take your time, take breaks if needed, and ensure you take on sufficient liquid. If you feel unwell, please speak to the nearest marshal who will call a medic.



Bag drop

If you need to leave a bag while you're on the course, there will be a bag drop tent in the base camp area. It will be supervised, however it's a self-service bag drop and items are left at your own risk. We recommend attaching your own bag tag before the event.

Catering

The awesome Skoff catering will be on site, providing a tasty range of hot and cold food and beverages!

Toilets

For the all important pre-race call of nature, toilet facilities will be available at base camp.

Glack shop

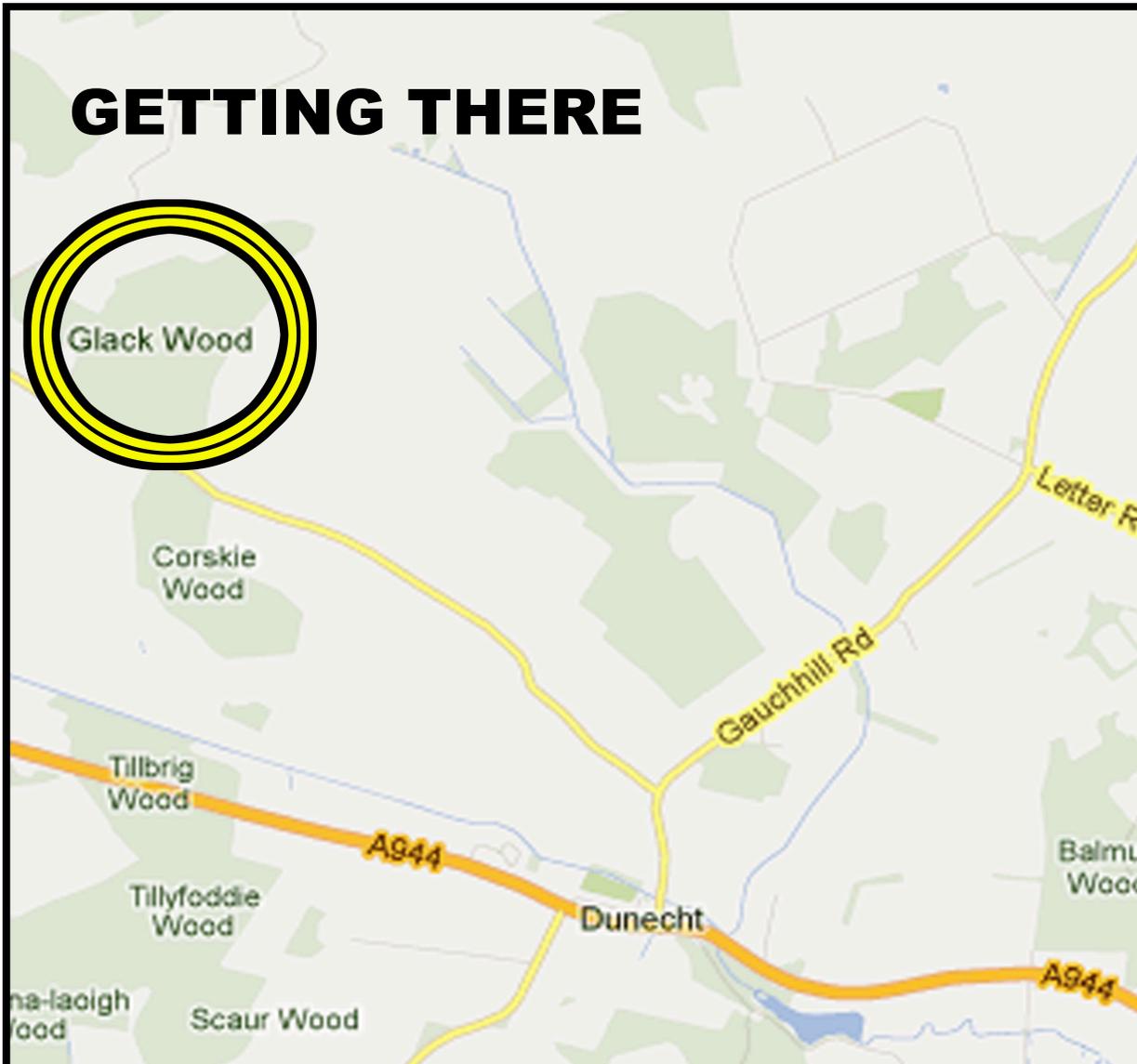
Once you've completed the brutal Glack course, you'll definitely want people to know about your achievement! To help, our wee shop has car stickers, woven badges and t-shirts (plus some retro Glack Attack merch)!

Please remember to bring cash as not all vendors will accept card payments.

FACILITIES



GETTING THERE



Getting there

Coming from Aberdeen, take the A944 out of the city. After about 12 miles you will reach Dunecht. Take the first right on to Gauchhill Road/B977. After just a few hundred meters turn left. You will see the hill up ahead to the right. Continue along the road for roughly a mile and a half and you will see the signs for the car park entrance. The turning is just past a rise in the road, and cars tend to speed along there, so please be careful when turning. The hill can also be easily got to from the Kemnay and Kintore roads.

Parking

Complimentary parking will be in a field next to Glack Hill. It will be clearly signed from the main road. Please allow at least 10 minutes to get from the car park to the registration area.

Spectators are more than welcome, but please note that they enter the hill at their own risk and we ask them to follow the guidelines below:

- When entering the Glack woods from the car park, please check-in using the 'Check-in Scotland' QR code displayed.
- Please use the hand sanitiser station as you enter Glack woods (from the car park), and use the hand sanitiser stations around the base camp as and when needed.
- Please keep to the signposted spectator paths and areas and do not to walk on the course.
- Please avoid unnecessary crowding – there is plenty of space to spread out.
- Anyone under the age of 16 must be accompanied by an adult at all times.
- By attending the site of the run, whether participating or not, they are deemed to be accepting the run's terms and conditions.

SPECTATORS



Friends of Anchor

We are excited to be partnering again with local, Aberdeen-based charity Friends of ANCHOR to help make a direct difference to a cancer and haematology care in the region.

If you would like to help in the assault against cancer, there are a number of ways to raise money for Friends of Anchor with Glack Trail. Visit www.glackattack.com/fundraise to find out how.

