



GRAND CANYON ULTRA MARATHON 24 HOUR CHALLENGE

This race is of an extreme nature. It will be a serious undertaking to train hard enough to cope with covering 126km (78 miles) in the brief time span of 24 hours. The North Rim of the Grand Canyon remains untamed and isolated – an uplifted, forested plateau surrounded by desert. Although only 10 miles (as the crow flies) from the busy tourist area of the South Rim, the North Rim is more than 200 miles away by road. Just one road crosses the top of the plateau and ends abruptly at the edge of the canyon. Very few visitors attempt to visit the North Rim, so you and your fellow runners can expect to encounter a remoteness now rarely experienced in daily life.

Racing along the North Rim trail, the route will touch on some of the higher plateaus, so you will be faced with steep climbs up ancient rock layers formed over 5 million years ago. And, of course, after the climb there will be some difficult descents where a steady footing will be essential on the loose rock terrain. Contestants will be completely self reliant from the start of the race until the end, and will need to carry their food and equipment on their backs. Water stations and medical tents will be provided at regular intervals along the route.

OUTLINE ITINERARY

DAY 1 ARRIVE AT KAIBAB NATIONAL FOREST 20TH SEPTEMBER 2010

Independent travellers will be asked to meet at our base camp in Kaibab National Forest at approximately 1600. Upon arrival there will be a short orientation briefing and instructions on camp hygiene. After this you are free to settle in, begin race preparations and take in the awesome surroundings.

Accommodation: Kaibab Lodge or camping (tbc)

Meal Plan: Dinner

DAY 2 RACE BRIEFING AND PREPARATION 21ST SEPTEMBER 2010

After breakfast, our morning begins with a half day trek designed to give you an indication of the type of terrain you will faced with during the race. Our local guides will also talk about the ecosystems in the area and the types of wildlife you might expect to encounter en route. Later in the afternoon a full race briefing will be held, including route navigation, safety and a session from the ATD doctor on possible medical issues you may face and how to deal with them. A hearty pre-race meal will be prepared and served in the evening. A final Q&A session will take place early evening before you head to bed for an early night in preparation for the big day tomorrow.

Before going to bed, don't forget to take a few moments to look up – you will be amazed by the glittering display of stars in the clear Arizona night sky. By listening carefully you may hear the howling of coyotes, the hooting of owls and perhaps the bugle of a bull elk.

Trek: 4-5 hours

Accommodation: Kaibab Lodge or camping (tbc)

Meal Plan: Breakfast, Lunch, Dinner

DAY 3 RACE DAY

22ND SEPTEMBER 2010

After an early breakfast you should be making a final check over your race kit before heading to the starting line. The race will begin at 0900 and the arduous run through this spectacular part of the world will commence.

Our route will follow a series of trails through the Kaibab National Forest in Northern Arizona. This beautiful area borders the Grand Canyon National Park and is perched on a high plateau averaging between eight and nine thousand feet above sea level. The scenery is spectacular – set among towering Ponderosa pine trees and punctuated by hills and ridges interspersed by large open valleys of grass, streams and golden aspen trees. As the trail winds along the North Rim your views will stretch across the canyon to the South Rim and beyond to the highest point in Arizona – the San Francisco Peaks (over 12,000 feet in elevation and 60 miles away).

During hours of darkness, the route will be marked with glow sticks and each competitor will be issued with a strobe which must be activated at nightfall.

Accommodation: Running throughout the night (42 km runners – camping or lodge tbc)

Meal Plan: Breakfast. Runners will be responsible for their own food during the competition

DAY 4 RACE FINISH AND RECOVERY

23RD SEPTEMBER 2010

After a night spent running by starlight, the sunrise will give you renewed strength as you continue on with this punishing run back to the finish line at camp. Snacks are available when you have completed the race and breakfast is served from 0900. A tented area will be set up for you to begin your recovery at the finish line. Our doctor will be available with advice for any aches, pains or injuries you may have picked up during the run.

After the opportunity to chill out, compare blisters, chat with friends and swap stories of the race, independent travellers will then depart on their own accord.

Meal Plan: Breakfast



THE FEE INCLUDES THE FOLLOWING:

PRIOR TO THE EVENT

Public liability insurance
Safety management plan
Route research and analysis
Casualty evacuation analysis

DURING THE EVENT

Price includes all services; accommodation, transport, food etc
Day-to-day running of the event
Safety and logistical management
Provision of UK safety staff
Provision of UK medical staff
Organisation of emergency evacuation if necessary
Radio back up and support
Satellite telephone
All safety equipment needed to run the event

THE FOLLOWING ARE NOT INCLUDED:

Visas
Personal Travel Insurance
Airport taxes
Tips to local staff
Drinks at meals i.e. beer & wine
Meals during race day
Items of a personal nature

NOTES

PURPOSE, AIMS & OBJECTIVES OF THE EVENT

Across the Divide's Grand Canyon Ultra 24 hour marathon is provided as an off-road marathon of 42km and an ultra marathon of 126km over difficult terrain.

WEATHER CONDITIONS

Temperatures are expected to be min 8°C / max 29°C. Sunrise: 06:39 and Sunset: 18:18.

NB: You should expect colder weather during the race as we will be at higher altitudes in the mountains.

ACCOMMODATION

3 nights in lodge or camping

TERRAIN

Rocky mountain trails
Sections with mud
Steep sections, both up and down hill

PARTICIPANT SUITABILITY

Participants must train, be fit enough, and have experience and confidence to achieve the following:
Off road running/ trekking over undulating ground consisting of difficult, steep mountainous terrain

Continued activity for up to twenty-four hours

LEADERSHIP TEAM (INCLUDE SINGLE GENDER AND MINIMUM COMPETENCIES)

A single gender leadership team may be selected for this challenge.

Across the Divide’s leadership team for this event will be selected on their experience and qualifications, these include:

- Medical
- Group management experience in cold climates
- Ultra management experience
- Mountain environments
- Radio communications
- ATD standard operating procedures
- Crisis management
- Risk management

MINIMUM STAFFING LEVELS FOR THIS TRIP (including venture leader and doctor) are:

Number of participants	Number of staff
15-30	2
31-45	3
46-60	4

SIGNIFICANT SAFETY ISSUES

The following have been identified as significant safety issues and have been accounted for and control measures put in place in the Risk Assessment for:

- Difficult mountainous terrain
- Cold weather conditions
- Exhaustion

SIGNIFICANT ACCESSIBILITY ISSUES

Due to the physical requirements and the environment in which the activity takes place, this event is only suitable for able bodied participants.

AMENDMENTS TO ITINERARY

This route is subject to change due to weather conditions, permits and the overall fitness of the group.

ATD JURISDICTION

Across the Divide’s leadership team are responsible for all aspects of the event, excluding down time. Any periods of down time* are clearly indicated in the itinerary.

*Down time is a period of time, occurring within the overall duration of the venture, identified by agreement between venture provider and participant prior to commitment to participation, as being beyond the jurisdiction of the venture provider.

VISA REQUIREMENTS

British passport holders must apply for travel authorisation (ESTA) at least 72 hours prior to departure, for touristic visits to the United States of up to 90 days. Please go to: <https://esta.cbp.dhs.gov>

BRITISH STANDARD 8848 (COMPLIANT FOR ANY VENTURE BOOKED FROM SEPT 2008)

Venture provided by Across the Divide to British Standard 8848, *Specification for the provision of visits, fieldwork, expeditions and adventurous activities outside the UK*. Self declared.

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**ATD supports the Expedition Medicine & Leadership Company
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