



Pilot Information Bulletin 1

31.1.07

The event

The X-Scotia event is an adventure race based on the successful X-Alps format, involving paragliding and hiking.

It is a mass start race to goal via a number of predetermined turnpoints. Multiple flights connected by walking/running are permitted.

The event is a self-propelled and self-supported race with each competitor carrying all their own equipment (either on foot or by paraglider). All competitors are expected to conform to the spirit of the competition, which is essentially, self-regulated.

This event is being promoted by the Scottish Hang-Gliding and Paragliding Federation.

Dates - IMPORTANT

We want this event to include a significant amount of flying, so the chosen weekend will depend on suitable weather forecasts.

The event will take place on the first flyable weekend, starting:

- April 19-20
- April 26-27
- May 10-11
- May 17-18

Based on weather forecast information on the Tuesday before, we will issue either an **AMBER** or **RED** warning.

RED means the event will not be held that weekend.

AMBER means there is a possibility it will run. In this case an update will be issued on Wednesday, again this will be either **RED** or **AMBER**.

If **AMBER** we will issue an update on Thursday which will either be **RED** or **GREEN**.

GREEN means it's all systems go'.

Race Location

The X-Scotia will take place around Lochearnhead and Killin on Loch Tay. Details of the Race HQ, registration, start, finish and campsite will be confirmed in a subsequent bulletin.

Pre-requirements

All Participants must be BHPA members holding the Pilot (Hill) Rating as a minimum. Equivalent ratings from other national governing bodies will be considered.

All competitors must complete and sign a race application form.

Race Registration

The race entry fee is £30. A cheque made out to 'The Scottish Hang-gliding and Paragliding Federation' must accompany each registration.

Race entry includes a pasta party on Friday evening and an event T-shirt.

Race Numbers

A limit on entries may be set. Places will be allocated as entries are received. Each participant will be allocated a race number, which should be used when communicating with event organisers during the race.

Final Registration

Will take place between 1900-2200hrs on the Friday evening.



Competitors will be asked for proof of BHPA membership showing Pilot (Hill) rating or equivalent. Race maps, event information and emergency contact details will be distributed. An event and weather briefing will be given at 2200hrs. Attendance at registration and the event briefing is mandatory.

How to get there

Lochearnhead is at the west end of Loch Earn, at the junction of the A85 (from the A9 and Perth) and the A84 (from the M9 and Stirling).

Where to stay

Overnight camping will be available. Details to follow.

For details of local B&B, Guest House and Hotel accommodation in the area go to:

www.incallander.co.uk/lochearn.html

A pasta party meal is planned for all competitors on Friday evening from 2000 - 2200.

Equipment

Each competitor is responsible for selecting, maintaining and carrying his or her kit for the competition. This is divided into compulsory and personal items.

Compulsory

The following equipment must be carried by each competitor at all times:-

- Glider (any certified glider will be accepted)
- Harness
- Reserve
- Helmet
- Map (supplied by the event organisers) including details of the turnpoints (including GPS Co-ordinates in both Long/Lat and OS Grid Reference format) and emergency procedure information including telephone numbers and radio frequencies.
- Compass
- GPS
- 2m Radio
- Mobile Telephone
- Torch
- Whistle

Personal

- You decide what clothing, accommodation/sleeping arrangements, food and water you carry.
- Your clothing and footwear should be suitable for the forecast weather conditions and appropriate for flying and walking in a high mountain area.

Please note that mobile phone coverage can be variable.

Event Schedule

Friday	1900 – 2200	Registration
	2000 – 2200	Pasta Party
	2200	Event and weather briefing
Saturday	0700 – 0715	Sign to fly (compulsory for all competitors)
	0715	Final weather briefing
	0730	Race start
Sunday	1700	Finish window closes, vehicle retrieves commence
	1800	Deadline for all competitors to sign in
	1830	IMPORTANT Any competitor not signed in by this time will be listed as missing and the appropriate emergency services will be contacted.

Route

The start point will be confirmed in the next bulletin.

There will be 3 turnpoints. The turnpoints will be located on summits of the following mountains.

- Meall nan Tarmachan (1043m)
- Ben More near Crianlarich (1174m)
- Ben Vorlich near Lochearnhead (985m)

Goal will be confirmed in the next bulletin.



The distance of the course is about 62kms (as-the-crow-flies). So pray that you fly lots. Turnpoints can be visited in any order. Each competitor must plan their own route. No route marshals will be in place.

Please note the main roads in the area can be very busy with fast moving traffic and no pedestrian pavements. All competitors will be expected to take care when crossing or traversing any road. The event organisers will provide a map that shows preferred routes that avoid the busiest and most dangerous section of road. Competitors will be expected to use these safe alternatives where possible. There is an overnight element to this race. It is for each participant to decide when they need to rest and/or sleep. If you want to walk through the night that is your call. You need to be clear that if you get tired your ability to make rational decisions regarding flying might be compromised. If in doubt get some rest or have some sleep.

Flying

All flights must be legal and conform to current UK air law. You should familiarise yourself with air law prior to the event. All flights must be recorded with a suitable GPS.

GPS Evidence

GPS will be used to confirm each turnpoint has been visited. It will be the competitor's responsibility to provide a GPS tracklog proving without doubt that each turnpoint has been rounded. Each turnpoint must be rounded on its outside, GPS evidence must show a clear tracklog rounding the turnpoint on the outside.

Start and Goal will be a 400m cylinder. All competitors must show GPS evidence of them leaving the start cylinder and entering the goal cylinder. If you do not make goal you should mark your position at 1700hrs on Sunday. This position will be used to calculate your distance around the course (assuming you have correctly entered and left previous turnpoints).

The event organisers will attempt to ensure that download cables are available for all GPS units commonly used by pilots. The organisers give no guarantee that a download cable will be available for your unit. You are strongly advised to bring a download cable for your particular GPS unit.

If you are unsure if your GPS unit will be supported then please contact the event organisers for clarification.

Race Scoring

Will be done firstly on shortest time to goal then furthest distance around the course.

If no one reaches goal the person who gets furthest round the course wins.

Safety

An event of this nature is not without risk. You should seriously consider your participation in this event and the risk you are prepared to take. Once the race starts you will be responsible for your own safety every step of the way. The event organisers will be available (via phone landline, mobile and 2m Radio) to assist. If you are in difficulty you can attempt to contact the organisers who will then co-ordinate a rescue (involving the emergency services if required). The event involves flying in, around and over some very big Scottish Mountains and you should be confident that your skills will enable you to deal with whatever situation you find yourself in. There will be no one at take off to supervise you, there will be no site or weather briefings once the race starts, there will be no one to advise on route choice, local airology or be there to bail you out if you crash. In short you'll be on your own and responsible for your own actions.

All participants will be expected to assist the event organisers in the event of an emergency. During the race if you see a participant in distress you should mark the location, attempt to offer assistance to the participant (if safe to do so) and inform the event organisers, again when safe to do.

The event also includes an element of hillwalking so you must be prepared for your time on the ground and in the hills. The area has been chosen to avoid large areas of remote terrain. The area is criss-crossed by many roads so there should be very little chance of you ending up far from civilisation. That said if you crash even a very accessible hill can be difficult to organise a rescue or evacuation. It is recommended that all participants have reasonably sound hillwalking skills and/or mountain experience. It is highly recommended that all participants have some form of first aid training before the race.



Communication

You are asked to carry a mobile phone and 2m radio at all times. An Emergency Information Sheet will be provided and it is strongly recommended that all participants pre-programme their phones and radios with the supplied information.

All participants will be asked to attempt to relay their positions en-route to the event organisers, at appropriate times. Mobile phone coverage in the area is reasonable so it should be possible to relay your position at reasonable intervals.

Radio 'chat' should be avoided on the emergency channel.

Prizes

We hope to have some prizes available.

Any prizes will be allocated not just to winners but also those who showed good sportsmanship, airmanship etc.

Other Information

For further information please contact

Cliff Smith via x-scotia@sky.com

We have also started a Googlegroup as a means of the event organisers communicating with participants.

It is also hoped that participants will use the Googlegroup to discuss the event with fellow competitors.

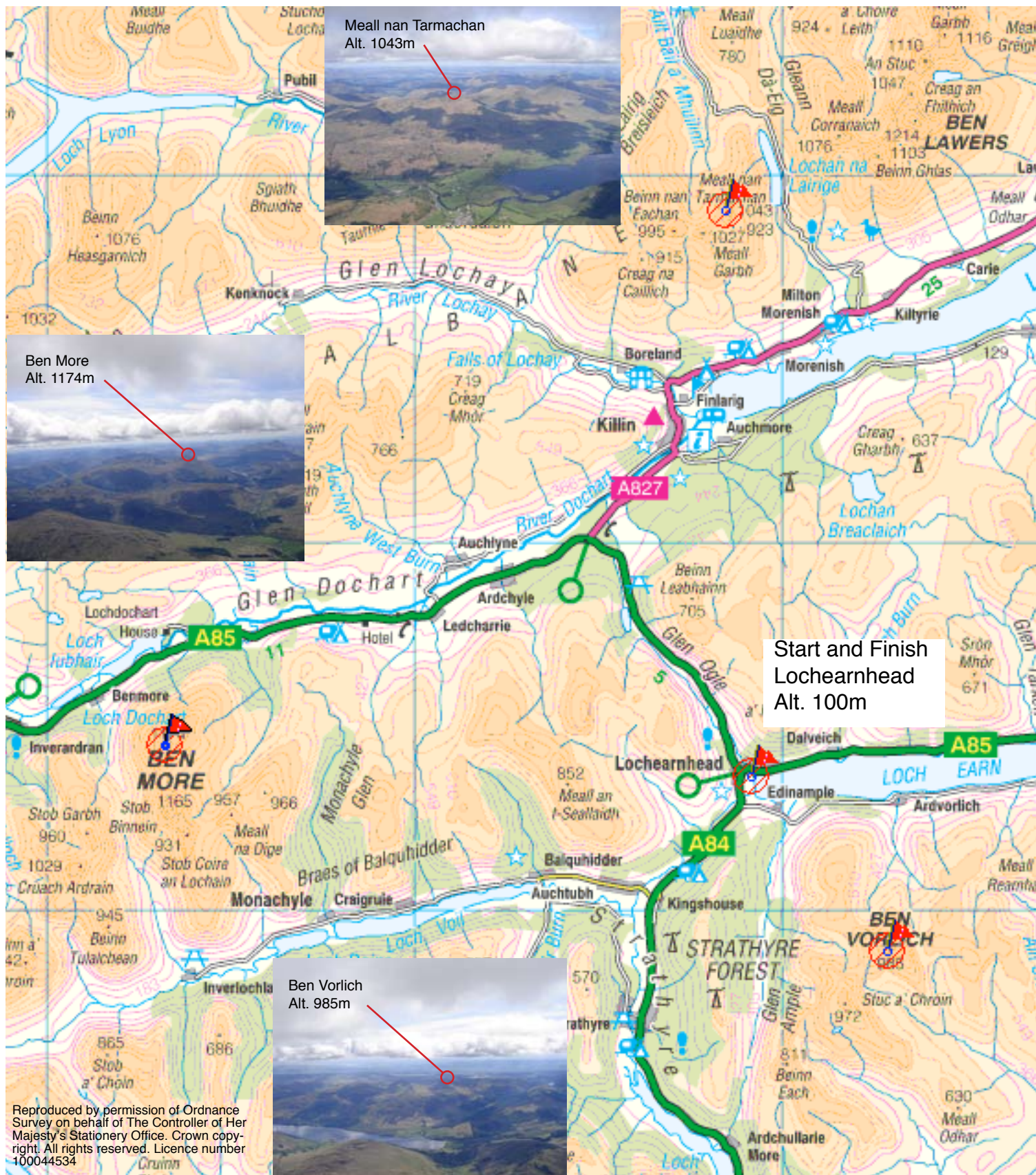
To sign up, log onto:

<http://groups.google.com/group/x-scotia2008?hl=en>



Provisional course - subject to approvals and permissions

Photos by Bob Mathews from 7,000 ft May 2007





Registration Form - Please return by 1 March 2008

Name			
Address			
Post Code		Date of Birth	
Telephone		Mobile	
Email			
Medical Information Please give details of any medical conditions which the event organisers should be aware of.			
Also details of any medication being taken.			
Emergency Contact			
Address			
Post Code			
Telephone		Mobile	
BHPA Number		Club	
Entrants must be BHPA Pilot (Hill) rated or equivalent international standard.			
Glider Make & Model		Colour	
Participation Statement I understand that the X-Scotia event is one that contains a danger of personal injury or death. Participants in this event should be aware of and accept these risks and be responsible for their own actions and involvement.			
Signature			
Date			
All entries must be accompanied by a cheque for £30 made out to SHPF Completed forms and entry fee to be sent to: Cliff Smith, 16 House o'Hill Gardens, Edinburgh, EH4 2AR			
Office use only		Number	
Date received			