



**Saturday 7 September 2019**  
Event guide

Event partner:

**TRUE GRIT**  
events

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

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## Welcome

Thanks for taking part in the Causeway Coast Challenge!

Every hour, two people in the UK are told they have Parkinson's – a brain condition that turns lives upside down, leaving a future full of uncertainty. Parkinson's UK is here to make sure people have whatever they need to take back control. And we won't stop until we find a cure.

By taking part and raising money for this challenge, you'll help us bring forward the day when no one fears Parkinson's.

## Key times

### Friday 6 September 2019

5pm	Registration opens at Ulster University
9pm	Registration closes

### Saturday 7 September 2019

6.50am	Buses leave Ulster University for start line
7.20am	Buses arrive at start line
7.45-8am	Event starts
8pm	Event closes

Please call Event Control on **07760 323756** and **07376 853862** in the event of a medical emergency or route issue. Please add this number to your mobile contacts.



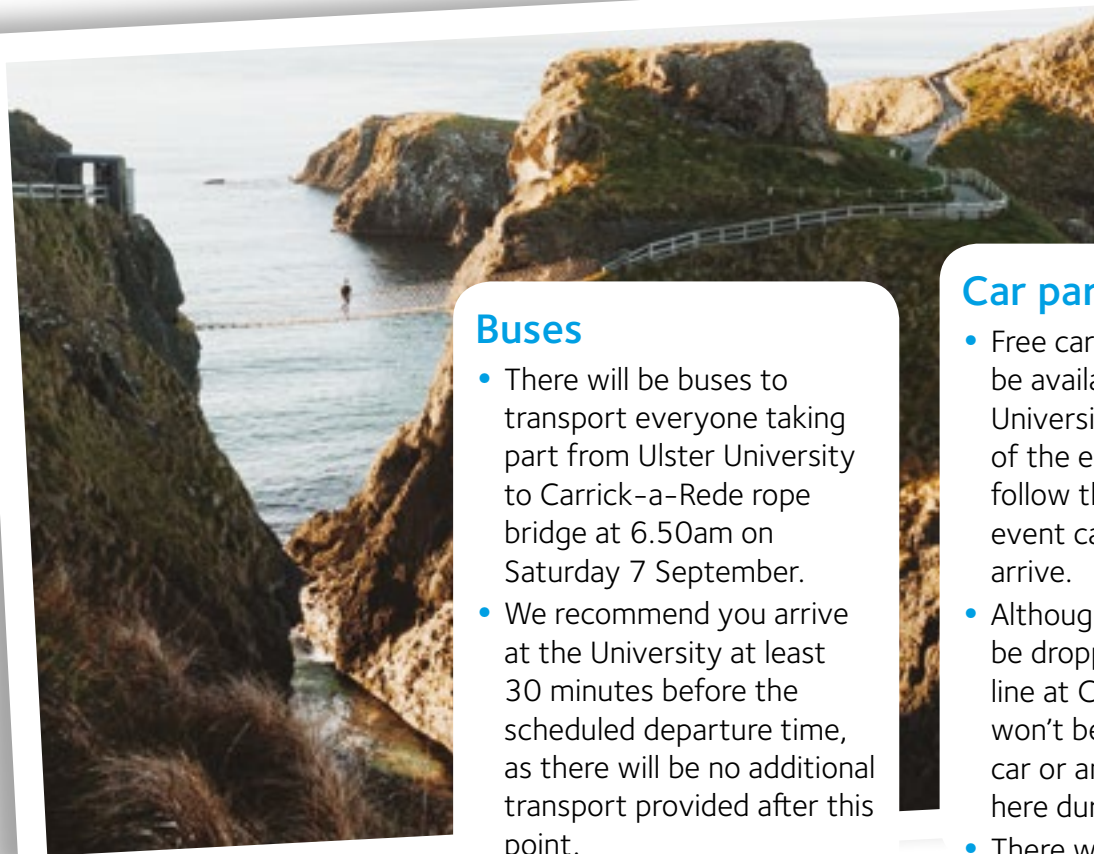
## Registration

- 1 You'll need to register on-site to take part in the event.
- 2 You can register for the event at Ulster University's sports centre at any time between 5pm and 9pm on Friday 6 September 2019.



- 3 Please bring your event waiver form with you to register. Once registered you will receive your race number and timing chip.
- 4 If you have booked accommodation at Ulster University for the event, you will also be able to check in for this at registration.





## Buses

- There will be buses to transport everyone taking part from Ulster University to Carrick-a-Rede rope bridge at 6.50am on Saturday 7 September.
- We recommend you arrive at the University at least 30 minutes before the scheduled departure time, as there will be no additional transport provided after this point.

## Car parking

- Free car parking will be available at Ulster University for the duration of the event – please follow the signs to the event car park when you arrive.
- Although it is possible to be dropped off at the start line at Carrick-a-Rede, you won't be able to leave your car or any other vehicle here during the event.
- There won't be any car parking along the route or at any of the rest stops.

# Coleraine campus map



## Kit list

### Clothes

- Walking boots or trail shoes – well broken-in, lightweight and waterproof!
- Two pairs of walking socks (in case you need to change).
- Lightweight trekking trousers or shorts.
- Waterproof trekking trousers.
- A pair of gloves.
- Bandana/buff/warm hat.
- Trekking top/base layer/breathable top.
- Fleece top.
- Lightweight waterproof and windproof jacket.

### First aid

- Any medication you already take – bring more than you need.
- Painkillers (such as Ibuprofen or other anti-inflammatory).
- Antihistamine tablets and cream.
- Plasters, gauze dressing and bandage.
- Zinc oxide tape.
- Compeed or other blister plasters.
- Safety pins, tweezers and scissors.

### What to pack

- Day pack (25-litres, with a waterproof cover OR use a bin bag to line the inside).
- Sunglasses (with UV protection).
- 2-litre Camelbak/Platypus water pouch or water bottle.
- Vaseline or Sudocrem (in case of chafing clothing).
- Mobile phone (make sure this is fully charged before you start).
- Credit card/cash.
- High-factor sun cream and lip balm (SPF30+).
- Aftersun/moisturiser.
- Antibacterial hand sanitiser.
- Small and large sandwich bags (ideally biodegradable, useful to store rubbish while walking).
- Wet wipes (ideally biodegradable).
- Snacks– there will be snacks and refreshments available at each rest stop but please bring any specific ones which you like while exercising.

## Rest stops

There are three rest stops on the course – at 7, 13 and 19 miles – which are the perfect opportunities to refresh yourself and recharge for the next section.

At each rest stop, there'll be a selection of snacks and refreshments, including sweet and savoury options.

You'll be able to fill up your water bottle or carrier at every rest stop, and we recommend topping this up even if it isn't empty. You'll also be able to check in with first aid staff at each rest stop.

Hot food, massages and changing facilities are available

for all participants at Ulster University. Please note, the 13 and 19 mile rest stops also act as the finish line for these routes.

## Cut-off times

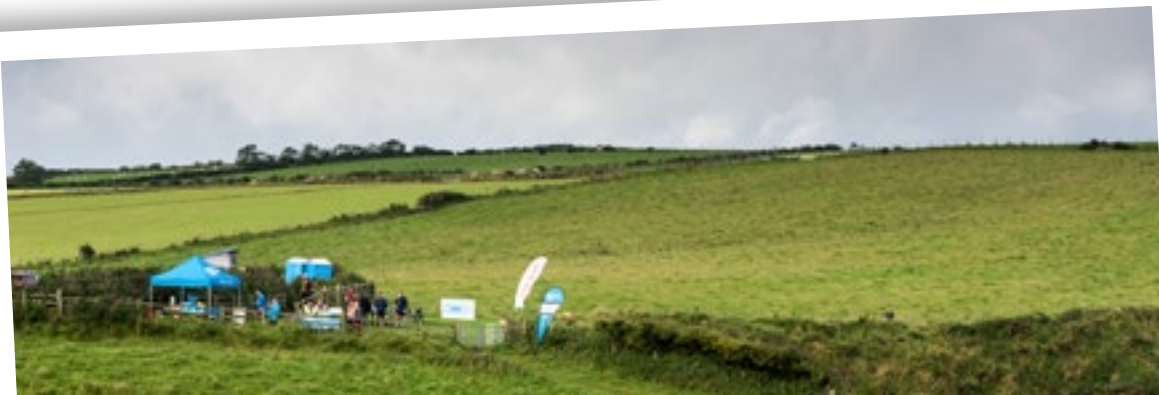
Each rest stop will open and close at a particular time (see below). This is so you can get all the support you need along the route, and we can safely monitor and manage everyone who takes part. It's a good idea to make a note of these times.

If you haven't reached a rest stop by the cut-off time, we can't let you continue with the challenge for your own safety.

We've based the closing times on generous walking and rest-stop turnaround times, so there should be plenty of time for you to get to each stop.







Rest stop	Distance (miles)	Open	Cut-off time
Rest stop 1: Dunseverick Castle	7	9am	10.30am
Rest Stop 2: Portballintrae	13	11am	1pm
Rest stop 3: Portrush	19	12.30pm	3pm

Please note – all distances are approximate and may be subject to change on the day.



## Event safety

The Causeway Coast Challenge is a challenging event, and you'll be pushing yourself outside your comfort zone while taking part. Your health and safety is the most important thing on the challenge, so please make sure to read the following instructions:

### On the route

- Follow ALL event arrows.
- Follow the Highway Code when crossing or walking/running on roads.
- Please stop at rest stops and don't get waylaid in local pubs or we may lose you!
- Inform Event Control if you have any issues or are leaving the event.

## Accidents

If you have an accident, or come across someone who has had one, please follow this procedure:

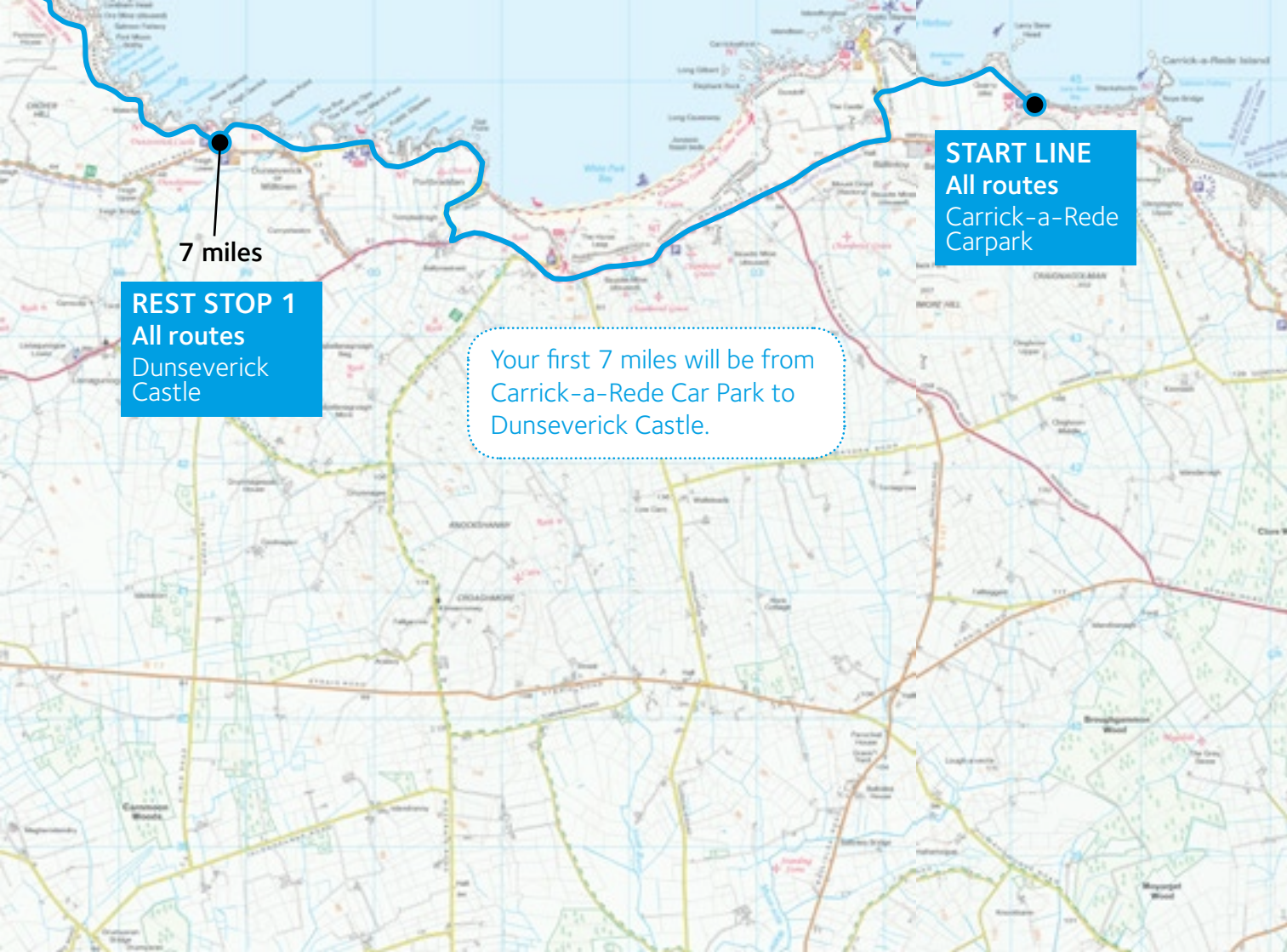
- If it's a critical medical emergency, call 999 direct.
- Apply first aid and, if possible, make your way to the nearest rest stop where a medic will be on hand.
- If you can't get to the rest stop on your own, ask for help from fellow participants.
- If you still can't make it to the rest stop, call Event Control.



### If you get lost

If at any time you think you are lost, please follow this procedure:

- Stop, check your map and try to work out where you are, using reference points.
- Walk back to your last known point/arrow.
- If you're still lost, stay where you are and call Event Control, who will guide you back on to the route.



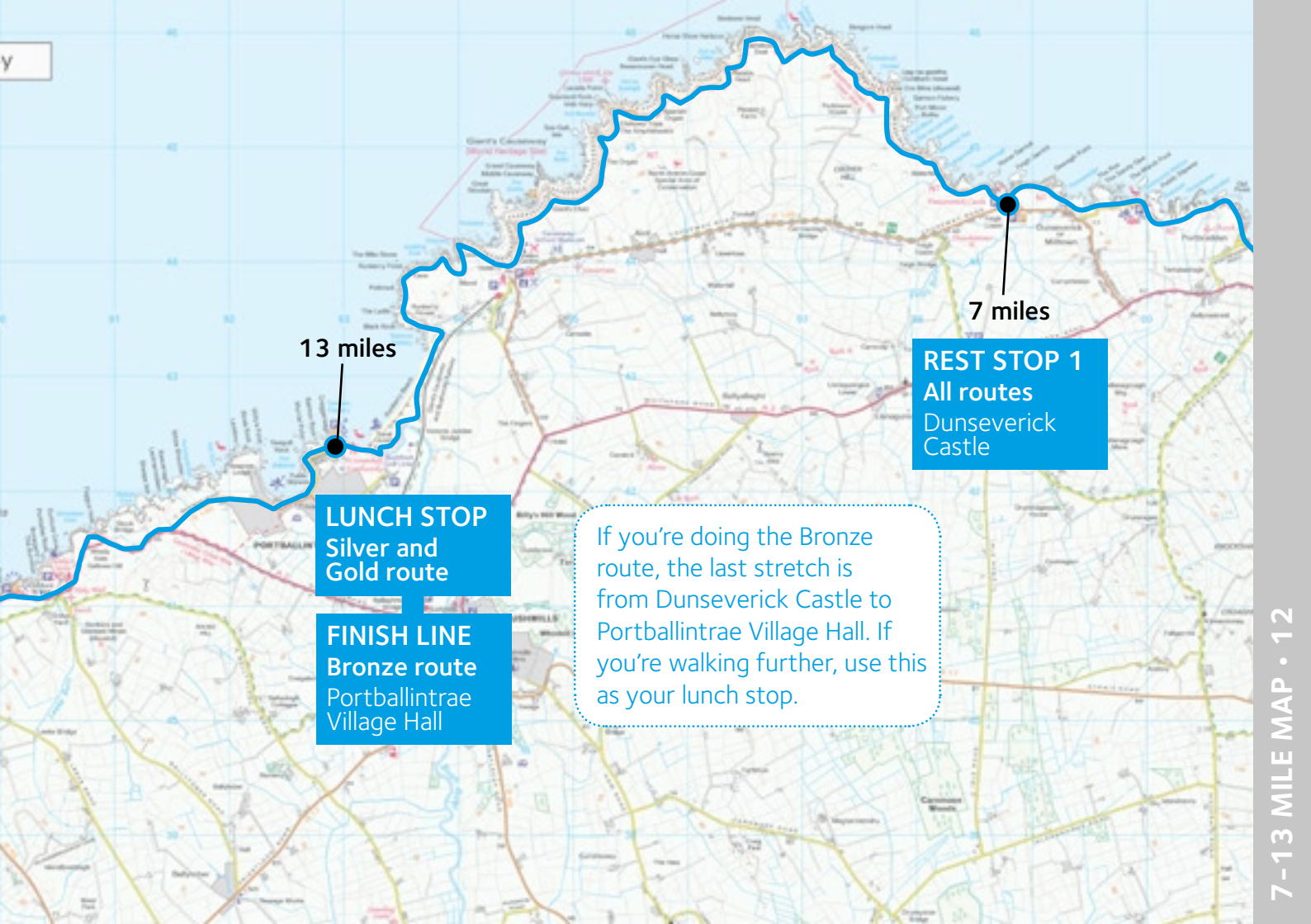
**START LINE**  
All routes  
Carrick-a-Rede  
Carpark

**REST STOP 1**  
All routes  
Dunseverick  
Castle

7 miles

Your first 7 miles will be from  
Carrick-a-Rede Car Park to  
Dunseverick Castle.





13 miles

**LUNCH STOP**  
Silver and  
Gold route

**FINISH LINE**  
Bronze route  
Portballintrae  
Village Hall

7 miles

**REST STOP 1**  
All routes  
Dunseverick  
Castle

If you're doing the Bronze route, the last stretch is from Dunseverick Castle to Portballintrae Village Hall. If you're walking further, use this as your lunch stop.



## Portstewart to Ballintoy

ATLANTIC OCEAN

For the Silver route, the 6 miles from Portballintrae Village Hall to Portrush is the final furlong. If you're on the Gold route, this is your next stop.

19 miles

**REST STOP 2**  
Gold route

**FINISH LINE**  
Silver route  
Portrush

13 miles

**LUNCH STOP**  
Silver and  
Gold routes

**FINISH LINE**  
Bronze route  
Portballintrae  
Village Hall

to Portrush

ATLANTIC OCEAN



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19 miles

**REST STOP 2**  
Gold route

**FINISH LINE**  
Silver route  
Portrush

From Portrush to Ulster University Coleraine Campus, it's the last 8.5 miles of the walk and then you'll be charging through that finish line.

27.5 miles

**FINISH LINE**  
Ulster University  
Coleraine Campus

Thank you for being part of the Causeway Coast Challenge 2019 for Parkinson's UK. We really appreciate all your support and we hope you enjoy taking on this spectacular challenge!





We're the Parkinson's charity that drives better care, treatments and quality of life.

**Together we can bring forward the day  
when no one fears Parkinson's.**

Parkinson's UK  
215 Vauxhall Bridge Road  
London SW1V 1EJ

Free confidential helpline **0808 800 0303**  
(Monday to Friday 9am–7pm,  
Saturday 10am–2pm). Interpreting available.  
NGT Relay **18001 0808 800 0303**  
(for textphone users only)

**hello@parkinsons.org.uk**  
**parkinsons.org.uk**

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554). © Parkinson's UK 7/19 (CS3364)