ISLE OF WIGHT CHALLENGE

5/6 MAY 2018

CHALLENGE MANUAL 2018

Your guide to preparing for the Challenge!
Welcome to the Isle of Wight Challenge 2018!

This guide should give you a good overview of what to expect on the Challenge and, combined with other documents on the Participant’s Area of the website, provides all the information to prepare yourself. Please read it carefully and refer back to it as you get ready for the Isle of Wight Challenge, and keep visiting the Participant’s Area for updates and latest news.

Challenge timeline
March
23rd - Minimum 50% fundraising deadline (for fundraisers)
26th - Final Event Guide, GPX files, Challenge App & start times released
30th - Pre-event video briefing live

April
25th - E-tickets sent to you

May
2nd – Timing website goes “Live” – timing and tracking now available. Good Luck email

5-6th - THE EVENT
10th - Official results & certificates

June
1st - Remaining fundraising due

The Challenge
Your challenge, your way!

Over the weekend of 5-6th May we are expecting over 2,000 participants to be taking on the Full, Half or Quarter Island Challenges. There will be a mixture of walkers, joggers and runners taking part in the event with runners setting out first for a clear run of the route, with joggers and walkers following close behind.

Walk It
Walkers will be making up the majority of the field, as this is an ideal event for anyone; from those taking on a long distance walk for the first time, to the harder core and keener trekkers looking for a new personal challenge. We anticipate walkers will aim to complete their challenge in the following time frames:

- Full Island in 20 - 33 hours (33 upper time limit)
- 2 Day Full Island in 10 - 16 hours each day
- 1st or 2nd Half Island in 9 - 16 hours
- 1st or 4th Quarter Island in 4 - 6 hours

Jog It
For those looking to up their fitness and set a new personal goal, but without the pressure of being classified as a full on runner. So run a bit - walk a bit – or just keep jogging! Ideally you will aim to hit the times below, but of course you can revert to the walker time lines if needed.

- Full Island in 16 - 20 hours
- 2 Day Full Island in 8 - 10 hours each day
- 1st or 2nd Half Island in 8 - 10 hours
- 1st or 4th Quarter Island in 3 - 5 hours

Run It
Runners have specifically signed up as such – and are up for a tough Ultra or to beat a personal best and go further than before! Runners get tailored menus at the rest stops and free baggage transfers for their small day pack (30L/10kg max) to the finish (+ to half way for Full Island). There will be trophies available for the male and female winner of the Full Island Challenge. We expect Runners to hit the following times:

- Full Island 9-16 hours
- 2 Day Full Island in under 8 hours each day
- 1st and 2nd Half Island in well under 8 hours
- 1st and 4th Quarter Island in around 3 hours or less

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Preparing for the Challenge

Fundraising
If fundraising for Charity you will know your minimum fundraising target of which a minimum of 50% is due to your charity by the 23rd March. If you are concerned that you are unable to reach your target we suggest speaking to your charity for help and advice, or alternatively contact us and we will transfer you to a self funding place, where you would need to pay the difference in cost.

Training
Whichever distance you are looking to take on – there may be a serious test of endurance, stamina, and determination ahead. You will need to train and practice whatever you are planning to do (walking / fast walking / jogging / running / personal best running) in order to prepare your mind, feet, and body for YOUR challenge. Check out our walkers and runners training guides in the Participant’s Area.

Training walks
We organise a series of training walks which will help you prepare for the Challenge (if you plan on walking). They are a great opportunity to try out your kit, test your walking boots, meet fellow challengers, and ask our leaders for advice about the challenge itself.

Training runs
New for 2018, there will be training runs available throughout the year led by our expert long distance runner, Matt Buck. This is a great opportunity for you to get in that extra bit of training and to also step up your ultra running experience.

To book a Training Walk or Run visit the Participant’s Area for more information on dates, locations and how to book!

The Isle of Wight Challenge App
We will be launching the Isle of Wight Challenge app 6 weeks before the Challenge along with the Final Event Guide. Download for exclusive access to challenge specific documents, helpful guides for use on the event, maps, menus, exclusive offers and much more.

Travel

Travel – getting to / from the Island
The main challenge start and finish venue is at Chale Recreation Ground, Military Road Chale, PO38 2JF in the South of the Island. The island is very well connected, and we’ve a range of bookable services to aid your travel during the weekend of the challenge.

Ferry Options (by car or by foot)
Southampton is the main ferry port serving the Isle of Wight, and you can travel either as a foot passenger or by car to the island from here.

Car Ferry
For those travelling to the island by car, there will be parking available at both Chale and Northwood House.

- The Red Funnel Ferry departs Southampton and takes 55 mins, and arrives into East Cowes – a 30 minute drive to Chale

CLICK HERE for Red Funnel Ferry times East Cowes

- Wight Link Ferry – also have services to the island from Portsmouth & Lymington to Ryde, Yarmouth & Fishbourne which are approximately a 40 min journey to Chale.

CLICK HERE for Red Jet Ferry timetable West Cowes

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Foot Passenger Ferry
If you are planning on travelling to the Island as a foot passenger, you can either travel to Southampton by train, or park your car in Southampton, travel by ferry on foot and book onto our bus service from the ferry port on the island to Chale.

- **The Red Jet High Speed** is the quickest and most direct service, and arrives into West Cowes (meaning you don’t need to board the Chain Link ferry on this island to pick up our bus service). Crossings take ~25 mins, and run every 30 mins. Tickets cannot be purchased online but at the ticket office at the ferry terminal on the day of travel.

- **The Red Funnel Ferry** departs Southampton and takes ~55 mins, and arrives into East Cowes – from here you would need to board the Chain Link ferry, across to West Cowes to pick up the our bus service to Chale, however please note the Chain Link ferry may not be operating on the Saturday morning of the challenge.

**CLICK HERE for Red Funnel Ferry times East Cowes**

Optional Extras
We’ve laid on a host of additional optional extras to aid your journey to/from the island – these can be booked up to 1 month in advance, and we advise to do so as soon as possible.

**Bus Transfers from West Cowes, to Chale**
- This will be operating on the Friday night to meet the 2 high speed ferries
- A service will also run Saturday morning (exact times TBC once ferry times released)
- Costs **£10 per person**, and can be booked online via the Participant’s Area
- Full timings & instructions will be released 6 weeks prior to the challenge

**Parking at Chale**
- You can book parking at Chale for the full weekend for **£5 per car**
- Day parking (for supporters/drop off) at Chale is **£3 per car**

**Parking at Northwood, West Cowes**
- Weekend parking is available at West Cowes in the pay and display car park by Northwood House (Park Road, Cowes, PO31 8AZ)
- Day parking for supporters will be free, at Northwood House (Ward Avenue, Cowes, PO31 8AZ) but is limited so you may need to make alternative arrangements if it is full.

**Camping**
Accommodation is limited on the island - you can book a camping package with us in Chale or Northwood for either 1 or 2 nights.

- **Chale - Friday and/or Saturday Night - Tent Pitch Only**
  1 night camping - **£20** per pitch + £10 per additional person
  2 nights camping - **£25** per pitch + £10 per additional person

  **Package includes:**
  - Tent pitch only – NO tent included!
  - Bring any tent and we will have a space reserved for you
  - Showers are available
  - No meals included
  - No luggage storage included

- **Chale - Friday and/or Saturday Night – Pre-pitched Camping Package**
  1 person - **£59** per person per night
  2 people sharing - **£80** per night

  **Package includes:**
  - 2 man tent & roll mat - bring your own sleeping bag!
  - Showers are available

[www.isleofwightchallenge.com](http://www.isleofwightchallenge.com)
Friday night only camping - choose either Friday dinner or Saturday morning breakfast to be included
Friday & Saturday night camping - one of the above meals plus Sunday morning breakfast
Luggage storage included

- Northwood – Saturday only - for 2 Day Full Island Challengers!
  1 night camping for 1 person - £59 per person
  1 night camping for 2 people - £80 together

Package includes:
- 2 man tent & roll mat - bring your own sleeping bag!
- Luggage transfer - from start and back to finish
- Sunday morning breakfast - before you head out for the day
- Showers and washing facilities will be available

CLICK HERE to book your Optional Extras or visit the Participant’s Area

Additional meals to pre-purchase

All meals are included except at the 21km rest stop for all 100km and 1st Half Challengers and the meal at the 80km rest stop for 2nd half Challengers.
These will be available to purchase in the New Year via the Optional Extras form in the Participant’s Area, as well as supporter meals at any rest stop.

On the Challenge

Registration
For those camping with us, or staying locally - we will open ‘Early Registration’ from 4.00pm until 8.00pm on Friday at the start location in Chale - so you can Pre-Register onto the challenge the night before. This will save time on Saturday morning, and means you only need to be at the start 30 mins before your start time.

Main registration opens from 1 hour before the first start at the start location in Chale - (Recreation Ground, Military Road, Chale, PO38 2JF)

- You MUST arrive on site 1 HOUR before your start time to register (unless registered on Friday) as it may be busy
- Collect your EVENT PACK (Event Pass / timing chip, lanyard, bib number, safety pins & any meal tickets purchased)
- Collect your route card and other goodies!

Chale Start
All Challenges (bar the 2nd Half and 4th Quarter ones) start at Chale Recreation Ground, on the South side of the Island. This is also the location of our ‘Base Camp’ for those who want camping on the Friday before they set off - and also on the Saturday for after their Half / Quarter Challenge.

The venue will open from 6.00am on Saturday – where you will find a large registration tent, free tea and coffee, biscuits, water, energy drinks, medics, toilets, a warm up area, charity partners and of course – the start line! You will be expected to register at the start of the challenge, to officially ‘sign in’, collect your event pass, route maps and other items to help you along the course. If you pre registered on the Friday you will only need to arrive 30 minutes before your start time. Breakfast before you arrive is a good idea - and it’s best to bring 2 litres of water / drink with you.

You will be able to pre-purchase a breakfast to have in our marquee using our online form for optional extras (you will not be able to get a full English breakfast at the start unless purchased in advance). Alternatively there will be butties to purchase on the day in cash - and a specialist coffee vendor. You will be called to the Start Pen 15 minutes prior to your start time for a short warm up - followed by a final safety briefing. After a big countdown, you will be sent on your way in groups of 300 every 20 minutes.

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Other Challenge starting points:

- **2nd Half Challenge (for 2 Day Challengers also) – Northwood House – Sunday 6th May**
  - Full address - Northwood House, Northwood Park, Ward Avenue, West Cowes, PO31 8AZ
  - Registration opens at 5.00am for all to start at 6am
  - Teas and coffees, warm up & toilets available before you start
  - Breakfast available to purchase online in advance

- **4th Quarter Challenge – Culver Down – Sunday 6th May**
  - Full address – Culver Down, Bembridge, Sandown, Isle of Wight, PO36 8QT
  - Registration opens 7.30am for all to start at 9am
  - Teas and coffees, warm up & toilets available before you start
  - Optional pre-bookable park and ride available from Chale to starting line in Culver Down - £15 pp

**PLEASE NOTE:** Exact locations are subject to change and will be confirmed 6 weeks prior to the challenge

**Start times**
Start times will be allocated depending on your selection when you registered, the distance you are taking on, and if you are running, jogging or walking. Start times from Chale will be between 07:00 – 10:00am, with the others listed above. Your provisional start time will be emailed 6 weeks prior to the Challenge. For anyone registered in a team, the whole team will automatically be allocated the same start time. We recommend that you arrive to register on the morning of your challenge 1 hour before your start time - and enjoy the pre kick-off hospitality!

**Baggage**
If you want to leave a main bag in our store at Chale (duffel bag/backpack/suitcase/tent) OR have it transported from the start line to your finish line for Half and Quarter Island Challengers. This optional service is paid in **CASH** on the morning of the challenge at the baggage drop tent.

- **Full Island / Anyone** – optional baggage storage at Chale Recreation Ground (start and finish) venue – **£5 per bag**
- **Full Island (continuous)** – optional baggage transfer to Cowes then back to Chale – **£10 per bag**
- **1st Half Island Challenge** – optional baggage transfer to finish line at Cowes (52 km) – **£5 per bag**
- **1st Quarter Island** – optional baggage transfer to your finish line at Nodewell Farm (25 km) – **£5 per bag**
- **2nd Half Island Challenge** – optional baggage transfer to finish line at Chale - **£5 per bag**
- **Full Island 2 day** – for those not on our camping package, bag transfer to Cowes (half way) and back – **£10 per bag**
- **2 Day Challengers:** For those who have paid for our optional ‘half way camping package’ you get a free baggage transfer (1 bag) to the halfway point so you have access your overnight kit - and then it will be transported to the finish line on Sunday. If you have not opted into the camping package there will be a charge (on the day – **£10 per bag**).

**Walkers & Joggers:** You must bring a day bag (small rucksack) - 30-35 litres max which you will be expected to carry with you - and holds your essential ‘on event’ kit. Including whatever you’ll need for changing weather and the night sections if on the Full Island. Joggers should do like-wise.

**Runners:** Can carry a small lightweight running backpack if they wish. Also runners will get a free baggage transfer service to their finish line (30 Litres / 10kg max size). **Registered runners only!**

- **Full Island Runners** – single small rucksack to the halfway (Cowes) and back to the finish. You MUST ’pick up’ and ‘re drop’ your bag at the half way to ensure it is moved forward on the correct time line
- **Half Island Runners** – a single small rucksack to your finish line at Cowes (52 km)
- **1st Quarter Island Runners** – single small rucksack to your finish line at Nodewell Farm (25 km)

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Baggage Storage / Transfer: There will be an optional Baggage Storage Service at Chale for those who want a large bag looked after whilst they’re out on the Challenge (price £5 per bag - payable at the start). A Transfer Service will be in place for Half and Quarter Island Challengers to move a larger bag to their finish line (price £5 per bag - cash on the day).

Rest stops and Catering

<table>
<thead>
<tr>
<th>REST STOP</th>
<th>KM</th>
<th>TOTAL KM</th>
<th>FOOD / CATERING</th>
<th>SHUTTLE SERVICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: START: Chale Recreation Ground, Military Road, PO38 2JF</td>
<td></td>
<td>0</td>
<td>Free tea / coffee, biscuits, energy drink, &amp; water. Breakfast vendor</td>
<td>n/a</td>
</tr>
<tr>
<td>2: MID POINT: Isle of Wight Pearl, Military Road, Brighstone, PO30 4DD</td>
<td>10</td>
<td>10</td>
<td>Variety of free snacks, tea / coffee, energy drink, &amp; water.</td>
<td>n/a</td>
</tr>
<tr>
<td>3: REST STOP: Nodewell Farm, Highpown, Totland Bay, PO39 0HY (Access off Alum Bay New Road (follow signs)</td>
<td>21</td>
<td>21</td>
<td>Snacks &amp; drinks available or bring your own packed lunch. Also free tea, coffee &amp; snacks. Finishers – meal included for ¼ Challengers.</td>
<td>Shuttle back to the Chale start then onto Cowes (52 km) for Cowes ferry</td>
</tr>
<tr>
<td>4: MID POINT: Hampstead Farm, Yarmouth, PO41 0YE</td>
<td>35</td>
<td>35</td>
<td>Variety of free snacks, tea, coffee, energy drink.</td>
<td>Shuttle back to Cowes (52km).</td>
</tr>
<tr>
<td>5: REST STOP - HALF WAY: Northwood House Park, Ward Avenue, West Cowes, PO31 8AZ</td>
<td>52</td>
<td>52</td>
<td>Hot meal + tea, coffee, energy drink, water &amp; free snacks. All participants - meal included.</td>
<td>Shuttle back to the start line in Chale if needed.</td>
</tr>
<tr>
<td>6: MID POINT: Simeon Street Recreation Ground, Simon Street, Isle of Wight, PO33 1JG</td>
<td>66</td>
<td>66</td>
<td>Variety of free snacks, tea, coffee, water, energy drink.</td>
<td>Shuttle back to the Chale start.</td>
</tr>
<tr>
<td>7: REST STOP: Culver Down Road, Sandown, Isle of Wight, PO36 8QT</td>
<td>80</td>
<td>80</td>
<td>Hot meal + tea, coffee, energy drink, water &amp; free snacks</td>
<td>Shuttle back to the Chale start.</td>
</tr>
<tr>
<td>8: MID POINT: Ventnor Park, Bath Road, Ventnor, Isle of Wight PO38 1JY</td>
<td>94</td>
<td>94</td>
<td>Variety of free snacks, tea, coffee, energy drink &amp; water</td>
<td>Shuttle back to the start</td>
</tr>
<tr>
<td>9: FINISH: Chale Recreation Ground, Military Rd, PO38 2JF</td>
<td>106</td>
<td>106</td>
<td>Hot meal provided for finishers &amp; tea / coffee. Spectators may pre-purchase a meal here.</td>
<td>Shuttle back to Cowes for ferry.</td>
</tr>
</tbody>
</table>

PLEASE NOTE: Exact locations are subject to change.

Rest Stops
Rest stops are major sites, with covered marquee infrastructure (with areas to eat, rest & relax), catering, facilities, toilets, medical & massage (massage only available 52 km, 80 km & 106 km). Our Event Management Team and medical teams man them. The site ‘Info Point’ will provide you with all the support you need if you are retiring from the Challenge, looking for a shuttle back to Chale Recreation Ground, or in need of a taxi for onward travel.

Mid-Point Stops
Mid-Point stops are smaller sites that allow you to top up your water, energy drinks & snacks, and have a short rest & visit the toilet. They are all under cover, and will be manned by our Event Team & medics.
Meals / food NOT included – bookable extras

Depending on your distance some meals are not included in the challenge – but you can book in advance as an extra. These are:

- **Breakfast on Saturday morning** – not included for anyone and must be booked in advance via the Optional Extras form
  - You may wish to bring your own picnic / lunch
  - This is included for Quarter Island Challengers as your ‘finisher’s meal’ – you do not need to book
- **Breakfast on Sunday morning**
  - Only included for those signed up to the 2 Day Full Island camping package.
  - Anyone else wanting a breakfast on the 2 Day Full Island or 2nd Half Island Challenge must purchase in advance to have at Cowes.
- **Lunch on Saturday at the 21km Rest Stop** – not included for Full & Half Island Challengers
  - Can be booked in advance – a selection of hot food, salad & cake – price TBC
  - Alternatively you may wish to bring your own picnic / lunch
- **Lunch on Sunday at the 80km Rest Stop** – not included for 2nd Half Island Challengers
  - You can still book these optional meals using the **link below** - and tickets for these bookings will be in your Event Pack, collected at registration.
- **Note - you can book any of these meals for non-participating friends / family who may be supporting you.**

The route & maps....

The full route of the challenge can be viewed on the Participant’s Area of the website, by going to the Route page. In the lead up to the challenge we will be updating this route so please keep checking back. We’ve also plotted on here the Rest Stops, mid-points and also ferry ports.

Maps

You will be supplied with a route card/map when you register on the morning of the challenge – and you MUST carry this with you at all times as it will contain emergency numbers for our Event Management Team. The route and all Rest Stops will be fully signed throughout the duration of the challenge with pink arrows/flags/ribbons and glow sticks at night! Due to the nature of the coastal path - bad weather may lead to route changes in the days leading up to the challenge, or during the event itself. You must always follow our route signage (pink arrows!) - not the plotted route or downloaded GPX files.

Online Google Route Map

We have plotted the Route and Rest Stops in Google Maps. Use the links below and save to your phone’s web browser - so in an emergency, or you are lost on the Challenge – you can use your phone’s GPS signal to locate yourself on the route.

CLICK HERE to view the provisional Route & Rest Stops in Google Maps >>

GPX devices & distances – a word of caution!

Whilst we have gone to great lengths to map the route with various devices & GPS systems to determine exact distances, you may well find discrepancies on the day if you are planning on using your own GPS device. This will be for a variety of reasons, and it has been shown that many GPS devices overestimate distances / ascent by up to 20% due to the nature of how data points are scattered and plotted. For best results **TURN OFF** your GPS device when stationary for periods (eg Rest Stops etc).

OS Locate App – IMPORTANT!

This FREE app from Ordinance Survey converts GPS readings from your phone into a grid reference - enabling you to determine your location even without a mobile phone signal. ALL participants should download this to use in case of emergency.

- **CLICK HERE for the app in the Google Play Store (Android) >>**
- **CLICK HERE for the app in iTunes (Apple) >>**
  Or search for ‘OS Locate’ in either store

Using the app on the Challenge:

- Use on the Challenge if you are lost - to communicate to our Challenge Control Room
- Open the app – your location is marked by the Longitude (number) and Latitude (number)
- Use the left hand share widget to then SMS us your location – or better to write it down and call our Control Team.
Supporters
We fully encourage your friends and family to come along and to cheer you on at the start and finish and some of the other major Rest Stops. They should come well equipped with their own food, drinks and supplies. During busy times we might ask for space to be made in the marquee areas for our Challengers - who may well be in need of a seat!

Due to access constraints at some Rest Stops on the Challenge – only the ones below are open for supporters. These stops have parking nearby, and large marquees and toilets (and meals if they have been pre-purchased)

Start / 106km Finish – Chale Recreation Ground, Military Road, Chale, PO38 2JF
- Parking is available – price £3 per car for the weekend

21 / 25 km – Nodewell Farm, Totland Bay PO39 0HY – access is off Alum Bay Old Road. Follow the signage
52 km – Northwood Park, Ward Avenue, West Cowes, PO31 8AZ
80 km – Culver Down Road, Bembridge, Sandown, Isle of Wight, PO36 8QT

Please ensure your supporters refrain from visiting the other Rest Stops unless you are EXITING from the event and/or need assistance that is an absolute necessity. These other Rest Stops are small or in residential neighbourhoods with no parking and we don’t want to upset the local communities by creating noise or disruption.

Timing
Your event pass has a timing chip, and you will be scanned at Rest Stops. There will be live feed of data to the Challenge Website so friends and family can track your progress throughout the Challenge at the rest stops, and you will have the option of linking up your Facebook page for automatic alerts also as you pass through certain rest stops. 3 days after the challenge we publish official times and Challenge certificates.

Support & Hospitality
What you will get
Full Island Challenge:
- Tea/coffee, water/energy drinks at all stops
- A full range of free snacks at all stops
- At 21 km option to purchase lunch or provide your own packed lunch (not included)
- Hot meals at 52 and 80 km
- Hot meal at the 106 km finish
- A medal and a finishers t-shirt
- Shuttle service back to Cowes ferry area

2Day Full Island Challenge:
- The same as the Full Island Challenge.
- Optional halfway Camping Package at Cowes (or book your own accommodation)

Half Island Challenge:
- Tea/coffee, water/energy drinks at all stops
- A full range of free snacks at all stops
- At 21 or 80 km option to purchase lunch or provide your own packed lunch
- Hot meal at your finish
- A medal and a finishers t-shirt
- Shuttle service back to Cowes ferry area

Quarter Island Challenge:
- Tea/coffee, water/energy drinks at all stops
- A full range of free snacks at all stops
- Lunch at your finish
- A medal and a finishers t-shirt
- Shuttle service to Cowes or Chale

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**Medics**

Safety and your welfare are taken very seriously. There will be medics available at all Rest Stops and Mid Point Stops - as well as mobile medics in rapid response vehicles for emergencies, injuries and accidents. Medics vary from first aid qualified staff, nurses, paramedics and doctors. There will also have a number of massage/ sports/ physiotherapists at the later stops and are generally reserved for those who genuinely need treatment - as determined by our medical staff.

**Trek Masters**

We will have ‘Trekmasters’ who will walk sections of the course in a supporting role. Their jobs are to motivate and encourage, as well as advise the control room of any new hazards that should develop along the route. Trekmasters will be out in full force over the night stages. There will be group departures operating during the night stages to ensure that no one is having to walk alone.

**Signage**

The final route will be posted to the Participant’s Area as links, a PDF document, a GPX file, and KML file (for use on Google Earth and Google Maps). You will also be handed a hard copy of the route at Registration.

The route will be signed with PINK ARROWS and PINK RIBBON, with glow sticks during the night time. In the outskirts of villages/towns this signage may become harder to spot, so please familiarise yourselves with the route before the Challenge, and have the Route Map with you and track your progress on it so you are aware of your assumed location. It is your responsibility not to get lost!

**Control Room**

We have an Event Control Room manned by our Management and the Medical response coordinators. You will be able to contact the Control Room at any time throughout the Challenge in emergencies or in situations that you feel you want advice or help. We will also have Info points at all Rest Stops manned by our Event Staff and they are there to help you.

**Food & Snacks**

All dietary requirements will be catered for, and the meals and snacks provided will be nutritious, plentiful and varied. If there are certain snacks you have been training with or just ‘work’ for you – we recommend bringing along some supplies, but there’s no need to over load your bag with lots of different items as our rest stops are plentiful. Menus will be released in the Participant’s Area 4 weeks prior to the event so you will know what to expect when you are on the Challenge.

**The Course**

On the course it may feel lonely at times, unless you are competing as a Team. We recommend always walking in groups where possible, and for individuals this may mean making some new friends - and we will do our best to help with that. From the 52 km Rest Stop onwards we advise all individual walking participants (and small Teams if they wish) to try and join in with one of our TREK MASTERS and if not, then try and create a small team of your own.

The route follows the coastal path where possible, meaning that you are close to cliff edges - particularly along the Southern section of the Island at the beginning. There can be high winds, so stay on the path at all times, keeping to the signed route and stay alert. This will ensure that you are be perfectly safe. Please wear a hi-vis item - and Full Island and Half Island Challengers MUST have a head torch and spare batteries. We will give you glow sticks to attach to your rucksacks during night-time sections.

**The Finish line & departing the challenge**

**1st Quarter Challenge Finish Line - Nodewell Farm**

Once you’ve finished there will be a finishers meal. For those being picked up by friends / family there is ample parking. There will be shuttles from the finish point back to the start of the Challenge in Chale if you have left a car - and from here shuttles to West Cowes where you can make your way to the Red Jet High Speed Ferry Terminal or to the Chain Link Ferry for those taking the Red Funnel Ferry. Anyone staying on the Island will need to arrange their own transport to their hotel/ accommodation.

[www.isleofwightchallenge.com](http://www.isleofwightchallenge.com)
1st Half Challenge finish line - Northwood Park, Cowes

Once you’ve finished there will be a hot meal. For those being picked up by friends / family there is limited parking available at the rest stop and street parking nearby. There will be a route signposted so you can make your way to the Red Jet High Speed Ferry Terminal or to the Chain Link Ferry for those taking the Red Funnel Ferry, this is a 8 – 10 minute walk. Anyone staying on the Island will need to arrange their own transport to their hotel/ accommodation.

Full Island Challenge finish line - Chale

Runners / fast joggers - Most runners taking will finish somewhere between 4:30pm – midnight on Saturday. When you arrive at the finish there will be a finisher’s meal before you either get a shuttle to Northwood House for the ferry port or make arrangements to travel to your overnight accommodation. There will be space to rest at the finish in the main marquee, however this will be chairs and not for those looking to sleep. If you anticipate finishing outside of the ferry operational times, we recommend that you either book a camping pitch, or your own accommodation. Please bear in mind that as the runners arrive relatively spread out, the finish line can be quiet at times.

Walkers / slower joggers – There’s a finishers meal – there will be space to rest at the finish in the main marquee, however this will be chairs and not for those looking to sleep. If you anticipate finishing outside of the ferry operational times, we recommend that you either book a camping pitch, or your own accommodation. Shuttles will take finishers back to Northwood House, to catch the ferry.

Please note that there is no camping available on the Sunday night.

What to do next...

1. Keep Updated - Refer back to the Participant’s Area of the website on a regular basis to check for important updates.

2. Get Online - Join the Ultra Challenge Facebook page - and converse in our online Ultra Challenge forum for training tips!

3. Online fundraising – Keep up the fundraising!

4. Team Captains - Get recruiting! - Make sure you get your team mates signed up as soon as possible!

5. Training - Read our Ultra Challenge training guides - to aid your preparation for the challenge ahead.

6. Merchandise - Keep an eye on the Participant’s Area for when merchandise is available to purchase prior to the event.

7. Join a training walk or run - Join us on one of our night or day training walks or runs – meet fellow challengers!

8. Get your boots on! - Make sure you have a well worn in pair of boots or shoes before taking on the challenge.

9. Check your kit! - Take a look to see what other kit you may need to invest in for your training and the challenge.

10. The Official Event app - will be coming soon – this will have all the handy documents you need.

11. What to expect next - The Final Event Information will be released on the 30th March!

We hope that you are looking forward to taking on the Isle of Wight Challenge this year and look forward to seeing you on the Island in May. If in the meantime you have any questions, please email us and we will get back to you.

Kind Regards,

The Isle of Wight Challenge Team

Action Challenge

www.isleofwightchallenge.com