



Race Information Pack



Fáilte

MacEverest takes place in Glencoe, Scotland, an area of outstanding natural beauty with rugged landscape and stunning views.

It is a hiking event. It is not a race or competition, it is a personal challenge of endurance, for your body and your mind. It is you and the mountain.

The event is self-supported and requires each participant to prepare adequately for the challenge. It is an intentionally a no-frills experience with the objective being that you challenge yourself and show yourself what you are capable of.

I envision an event community of like-minded people gathering to challenge themselves and support each other as they aim for Everest summit. It will be fun and a test of your endurance all at once.



Race Overview

You have 36 hours to hike 28 ascents which takes you to just over 29029 ft to reach Everest summit before time runs out. The terrain is a gravel road, it is steep and winding up 2.2kms/1050ft.

The cost is £150 per person.

The event begins at 6am on Saturday 25th May 2024 and ends at 6pm on Sunday 26th May.

For every 4 ascents you will have reached the summit of one of Scotland's highest mountains, an awesome achievement in itself.

Highest Mountains in the UK	Height in ft	Ascents required* (rounded to nearest whole ascent)
Ben Nevis	4413	4
Ben Macdui	4295	4
Braeriach	4252	4
Cairn Toul	4236	4
Sgor an Lochain Uaine	4127	4
Cairn Gorm	4084	4



Key Information

Glencoe Mountain Resort is in an area of outstanding natural beauty on Rannoch Moor and offers stunning views of the iconic Buachaille Etive Mor. It is situated on the A82, 26 miles south of Fort William and 23 miles north of Crianlarich.

The onsite campsite boasts a large camping area, hook-ups and microlodges. There are toilets and showers. Please book accommodation direct via www.glencoemountain.co.uk

Information on how to get to the resort can be found [here](#). Please arrive on Friday 24th May so you can settle in and prepare for the start of the event at 6am on Saturday 25th May.

The café will be open **OPENING HOURS TBC**

There will be an aid station with supplementary snacks however – **PLEASE ENSURE YOU BRING ENOUGH FUEL** for the duration of the event as these are only to provide a tasty boost and are not intended to provide fuel for the entirety of the event. There are water taps to refill your water.

A race briefing will take place on Friday 24th May at 6.30pm.

Please review the kit list and ensure you have all the mandatory kit which will support you throughout the event and provide you with the best chance of completing as many ascents as you can.

Scotland's temperatures at this time of year can range 2-18°C and will be even colder during the night so please pack accordingly and be ready for wet and dry conditions!

First Aid – there will be a first aider available however please pack your own first aid kit to attend to yourself in the first instance. This is all part of being self-sufficient for the event. The terrain is a gravel road so less risk of injury on the ascent. The main challenge will be hydration and nutrition for which you are solely responsible to ensure you are prepared for the entirety of the event.

The Route

The terrain is a gravel road which winds up the mountain side for 2.2kms up to 1050ft. It has spectacular views around all of Glencoe and beyond.

At the end of the road there is the chairlift which will be running for the duration of the event and takes approx. 10 mins to get you back down to the start of the road.

There will be approx. 100 people however everyone will be going at their own pace. The chairlift may be busy at the beginning of the race so please be patient and remember, this is not a race. The chairlift will quieten as the event progresses and everyone finds their own rhythm of ascent.





Itinerary

Friday 24th May 2024

Arrive at Glencoe Mountain Resort and get settled into accommodation

2pm-6pm - Registration open

6.30pm – Event/H&S briefing

Saturday 25th May 2024

5am – Up and fuelled for the start of MacEverest

6am – Time to begin the first ascent

Sunday 26th May 2024

6pm – Event ends

7pm – Event close and time to rest/celebrate



Nutrition and Hydration

An important aspect of preparing for this event is ensuring you know your personal nutrition and hydration requirements. You will want to bring enough to be adequately fuelled throughout the event carrying supplies on each ascent, knowing that you can refill your supply after the descent. Fuel includes both food and electrolytes as water alone will not be sufficient to stay hydrated during the 36 hours of MacEverest. You will need to be self-sufficient (supply your own food) for the duration of the event. The Aid station will be well stocked with fluids and a variety of energy balls but should not be relied upon.

The café on site will be open for hot drinks and food for most of the event. **Opening times will be confirmed and communicated ahead of the event.** You will be able to fill up a flask with hot water before the café closes to rehydrate food/make hot drinks during the night until the café re-opens.

As an approximate, please bring a minimum of 2000 calories per day of the event and have extra food to refuel and mostly, enjoy, during the event and after!

Please consult someone who knows about fuelling for endurance events if you are in any doubt about what is best to eat/drink for this type of event.



Tapping out before 36 hours

You can choose to stop the event at any time. Please go to the MacEverest HQ tent and confirm that you are not continuing. This is so we can ensure everyone is accounted for and we are aware who is still on the mountain throughout the event.

Aid Station

There will be a small supply of protein balls, nuts and ginger shots available throughout the event. All vegan and created by the wonderful plant chef, Planted by Cali.

These are free and finite and are there to compliment your fuel supply. Please do not rely on the aid station for your fuel needs.

Clothing & Footwear

What you wear is up to you. Please ensure your kit is tried and tested and worn in prior to the event to ensure maximum comfort for the duration of the event. The terrain is gravel all the way. The conditions may be wet at times so waterproof footwear is advised.

The temperature can drop significantly throughout the night and conditions during the day can range from wet to sunny sometimes within 24 hours so be prepared for all weather!



Event Rules

1. HAVE FUN and be nice.
2. There will be no unofficial participants (i.e pacers).
3. Participants must be completely aware of the length and specificity of the event and be prepared for it.
4. It is the participants responsibility to stay up to date with the event information as is emailed to participants and published on the event webpage.
5. Participants must always follow the marked trail/ course.
6. Each participant must complete the entire course under their own power.
7. Littering of any kind will not be tolerated. Please respect the natural beauty of the area and the right of everyone to enjoy it. Littering will threaten the use of the mountain and the future of MacEverest.
8. Any participant who is would like to tap out of the event before the end of the 36 hours must personally inform the event organiser at MacEverest HQ tent of their decision.
9. Participants who leave the course without letting us know will be classified as “lost,” initiating search and rescue.
10. Participants are responsible for the actions of any supporters. If your supporters are deemed to have broken any of the event rules the participant will be held accountable. Your supporters act on YOUR behalf and based on YOUR instructions.
11. Participants must carry with them AT ALL TIMES the kit required.
12. Participants are not to be accompanied by dogs at any time whilst on course.
13. Participants must at all times comply with any instruction given by event management, staff and volunteers.



Looking after your body

The physical exertion of an endurance event can have a negative impact on the body and feet. However, it doesn't have to be detrimental to your event experience. It is important you not only take care of your feet during the event but also in the lead up to it. Suitable hiking socks must be worn. Participants should try and select those that are comfortable and trial different options in training. Blister treatment will significantly impact both performance and enjoyment. Neglecting this area of your body is one of the most common causes of tapping out early from an endurance event of this nature.

Look after your feet and they will look after you! The majority of issues which cause people to leave endurance events before the end are due to feet and hydration neglect. Participants who stay on top of these will give themselves the best chance of completing the event and summiting Everest!

What's Included?	
Entry	✓
Fully marked course	✓
Chairlift pass	✓
Drinking water & supplementary snacks	✓
Ground assistance & safety support	✓
Accommodation	X
Personal food, kit and equipment	X
Comprehensive insurance (to cover cancellations, loss of items, injury etc)	X



‘The body achieves
what the mind believes’

Napoleon Hill