



## **FAQs**

### **What is the Trans Alba Race?**

The Trans Alba Race is a self supported bicycle ride spanning over 1000 miles and over 50000ft of climbing around Scotland.

### **Doesn't Trans mean across?**

It's certainly does. Our route is more around but we have used the word Trans as a little nod to the races we love. This race wouldn't have existed, in this form, without the Trans America Bike Race or Trans Continental.

### **Whats does Alba mean?**

It's the Gaelic word for Scotland.

### **What is #talbartwo?**

Quite simply a shortened version of Trans Alba Race. It's Alba with the T from Trans and the R from Race! The 'two' states we're in our second year!

### **How much does it cost?**

Solo - £285

Pair - £275 per rider (2 Riders)

Team - £260 per rider (4 Riders)

### **Do you have a refund policy?**

Full refund can be given within 28 days of receiving payment. This serves as a “cool down period”. This is an exciting adventure to be part of but a huge undertaking. We want you to be sure you know what you’ve signed up to do!

£150 refunded after 28 day Cool Down Period until 1st May 2020.

No refund will be given after 1st May 2020.

### **Pairs?**

2 riders covering the course together (Pairs may draft each other).

### **Team?**

4 riders covering the route together (Teams may draft each other).

### **What do I get for the fee?**

Administration and Registration costs

Trans Alba Cap

Trans Alba Bidon

Trans Alba Sticker Pack

GPX File of the Trans Alba Race Route

GPS Device for Live Event Tracking

Media Car

Trans Alba Musette Bag

Finishers Trans Alba Hip Flask (finishers only...)

Plus other delightful things provided by our fantastic sponsors

One amazing adventure and some friends for life!

### **Can I have a film crew / sponsors follow me on the race?**

Any media following a particular racer will need to apply for written permission from the Race Director.

### **What is the Rider Agreement?**

The Rider Agreement is a document that each racer must read, understand and sign to take part in the event. It sets out the terms and conditions of entry. A copy of this and the race manual will also be sent to your next of kin.

### **Next of Kin**

Riders must submit a next of kin emergency contact. Trans Alba Race will send all next of kin a copy of the rider agreement and the race Manual. This is to make sure they understand what an undertaking the rider has signed up for.

### **Do I need insurance?**

In a word YES! Personal Accident Insurance and Public Liability are the areas we look to be covered. You must provide evidence of your insurance before you will be allowed to ride.

### **It's called a race but you refer to it as a ride?**

Simply there are no prizes for coming first, second, third or a wooden spoon for last place. Actually there is a wooden spoon for last place but it's not much of a prize. Due to the distance it's very much a personal challenge against the clock. You get out what you put in to it. What I can say is that you will experience highs, lows and everything in between. You'll make friends for life and see scenery that will blow your socks off but it's not a typical race.

### **Rules?**

Falling inline with the majority of self supported races we've tried to keep the rules similar and as simple as possible.

- 1. RACERS MUST RIDE FROM START TO FINISH FOLLOWING THE TRANS ALBA RACE GPX ROUTE**
- 2. NO DRAFTING (NOT APPLICABLE TO PAIRS OR TEAM ENTRIES)\*\***
- 3. ALL FORWARD TRAVEL MUST BE SELF POWERED**
- 4. ALL RIDERS MUST MAINTAIN EVIDENCE OF THEIR RIDE**
- 5. ALL RIDERS MUST KNOW, UNDERSTAND AND OBEY LOCAL TRAFFIC LAWS**
- 6. RIDE IN THE SPIRIT OF SELF RELIANCE & EQUAL OPPORTUNITY**
- 7. BE NICE.**

**\*\* pairs/teams may draft however limited to their own partner/teammates only**

We did not have to enforce any of the rules in the first edition and we hope that we won't going forward.

### **Who enforces the rules?**

The Race Director has the final say if there are any major breaches of the rules but the onus is on you to conduct yourself in an appropriate manner. So follow the rules, be nice to each other and we won't have any problems!

### **What qualifications do I need to enter?**

There are no formal qualifications needed to enter as this is an amateur sport. A background in long distance cycling or another endurance sport is beneficial. Due to the terrain and the varying weather conditions in Scotland this is a challenge that should not be underestimated.

You need to be self reliant, you need to know how to fix your bike and look after yourself.

### **Is there a time limit?**

No, there is no time limit. However we would expect riders to complete the route within 10 days. 100 miles per day on this course is more than achievable. You will have the long hours of day light on your side.

### **What happens at the registration?**

Steps as follows:

1. Registration, we'll give you a number and you'll wait patiently to be called forward for a bike check.
2. Your bike will be given he once over by a qualified mechanic. If, for example, you're brakes do not work or you have a gigantic crack in the frame you will not be allowed to start. Make sure your bike is in an appropriate condition.

3. Safety check. We want to see a demonstration that your lights work and what reflective gear you have. Make sure you are prepared! We want to see you lit up like Xmas trees!
4. When you pass the above checks we get you to sign physical copy of the racer agreement and waiver. We check your insurance. If you do not have appropriate insurance you will not be allowed to ride our event.
5. You'll receive your GPS and instructed to how it works.
6. You'll receive your Cap, Bidon and Musette.
7. Sign the starters board and get some photos.
8. Hang out, grab a coffee, beer or both and wait for the briefing.

### **What happens at the briefing?**

The following topics will be covered:

Route - Any last minute changes / Diversions.

Rules.

Discuss start and the neutralised portion of the course.

Answer any last minute questions.

All racers are required to attend this. No Briefing no ride!

### **Is there anything planned for after the briefing?**

Right now, no. But we are working on a little something. This will be optional as many of you will want to prepare for the next day. What I will say is that we are working to get a high profile cyclist from the world of Ultra Endurance to do a talk.

### **What's the Media Car?**

Jack our Media Guru will be following the riders around the route to get pictures, videos and interviews of the race.

### **Why is there a unicorn on the logo?**

Unbelievably this is a frequently asked question! So, here's the answer - The unicorn is Scotland's national animal, isn't that awesome?