

team kilimanjaro

KILIMANJARO SPEED ASCENT AND DESCENT - WORLD RECORD ATTEMPT THE FIRST VERIFIED INTERNATIONAL RACE, DECEMBER 2005

Introduction: *On race day (Saturday 17th December 2005) following the event's start it is possible that you may not have contact with any other persons except staff stationed at the three support stations on the ascent route. It is therefore of imperative importance that you thoroughly familiarise yourself with the route and log GPS waypoints frequently during the acclimatisation and familiarisation phase.*

The option will exist to compete in this race as a supported or an unsupported competitor. Should you elect to compete for the unsupported world record (held in superior esteem by competing athletes) you will be required to carry your own lightweight provisions and collect your own water from clean natural sources that our staff will indicate to you during the acclimatisation and route familiarisation phase. The competitor may however initially aspire to an unsupported status yet subsequently judge that he / she must accept support in order to complete the race. This is possible and full support will be available to all competitors regardless of whether they elect to run supported or unsupported.

On race morning you will be provided with three 'support vouchers' for use at each of the support stations. The staff stationed at these locations have been instructed not to provide any food or fluids to any competitor unless a voucher is submitted. In the event that you lose these vouchers and elect to receive support you will be required to accept a letter written with a permanent marker on either of your forearms. On completion of the race you will be photographed and asked to submit any remaining vouchers. An athlete who is able to produce all three support vouchers and who is unmarked will be verified as having completed the race unsupported.

On completion of the race you will be required immediately to submit your heart rate monitor and GPS to Team Kilimanjaro for analysis. These instruments will be returned to the address that you have provided by insured special delivery.

The following specialist equipment is required in order to be admitted onto the race programme:

- 1. AXN700 or S625X heart rate monitor with combined barometric altimeter + 1 spare battery**
- 2. Garmin Foretrex 101 + 4 spare batteries (AAA) on race day**

For timing and positional verification purposes it is essential that the above instruments and not alternative similar devices are used unless you are able to confirm by no later than 2 weeks prior to the expedition's departure that the proposed alternative:

HRM is compatible with Polar Precision Performance software and has an integrated barometric altimeter; GPS has replaceable batteries (ie. not the Foretrex 201) and is compatible with Memory Map software.

- 3. Mobile phone that will accept a SIM card other than that with which it was provided.**

We will provide you with a local SIM card charged with TSh5000 of call credit. Should you wish to use this SIM card in events other than an emergency or rescue request on the mountain you will be required to purchase this additional credit yourself. Our staff will advise on how to do this.

You will be required to verify to us on the morning of the race that your phone is fully charged and has TSh5000 of call credit remaining.

- 4. Lightweight headtorch containing new batteries. This MUST be carried during race.**

For non-specialist equipment required during the acclimatisation phase please consult our recommended [kit list](#).

December 2005 Race Itinerary

Arrival

Monday 5th December 2005 or before

Arrive Kilimanjaro International Airport and transfer by shuttle (KLM only) or private vehicle (request this) to lodge accommodation (*recommended*: Outpost Lodge [1393m] or L'Oasis Lodge [1463m], Arusha).

Overnight in lodge, Arusha.

Tuesday 6th December 2005

At leisure in Arusha. Supplies (if desired) to supplement mountain diet during acclimatisation week can be obtained at Shoprite. Taxi drivers will know where this is. Directly to left of Shoprite are the best cafe's and restaurants in Arusha. Avoid buying bottled water at lodges at prices are 2-3 times those of Shoprite's.

Please hydrate thoroughly today and have a carbohydrate rich supper this evening.

Acclimatisation and Route Familiarisation Phase, 7th to 13th December 2005

Wednesday 7th December 2005 - acclimatisation day 1

You'll be collected by a driver from your lodge between 0930 and 1000. All athletes will be driven together to Machame Gate (2 hours) to collect the required 8 day permit. Please have your passport number readily available or memorised as this is necessary for registration.

Following registration at Machame Gate we transfer to Umbwe Gate (1 hour) where we commence our first day's acclimatisation ascent at approximately 1400.

Day's route detail: Umbwe Gate (1661m) to Cave Camp (3013m) and further excursion to assist acclimatisation to 3250m before descending to sleep in tents at Cave Camp.

Altitude gain: **1352m** net, 1589m total.

Distance: 9.2km / **5.7 miles** excluding excursion, 11.7km / 7.3 miles with excursion.

Thursday 8th December 2005 - acclimatisation day 2

Day's route detail: Cave Camp (3013m) to Barranco Huts (3965m) and further acclimatisation excursion to 4250m before descending to sleep in tents beside Barranco Hut.

Altitude gain: **952m** net, 1237m total.

Distance: 4.5km / **2.8 miles** excluding excursion, 7.6km / 4.7 miles with excursion.

Friday 9th December 2005 - acclimatisation day 3

Day's route detail: Barranco Huts (3965m) to Arrow Camp (4871m) and further acclimatisation excursion to 5250m before descending to sleep in tents at Arrow Camp.

Altitude gain: **906m** net, 1285m total.

Distance: 3.6km / **2.2 miles** excluding excursion, 5.4km / 3.4 miles with excursion.

Saturday 10th December 2005 - acclimatisation day 4

Day's route detail: Arrow Camp (4871m) to Crater Camp (5729m) and further acclimatisation excursion to summit at 5895m before descending to sleep in tents at Crater Camp.

Altitude gain: **858m** net, 1024m total.

Distance: 2.8km / **1.7 miles** excluding excursion, 4.6km / 2.9 miles with summit excursion.

Sunday 11th December 2005 - acclimatisation day 5

Morning's route detail: Crater Camp (5729m) to Ash Pit rim (+-5840m) to Crater Camp.

Afternoon's route detail: Crater Camp (5729m) to Summit (5895m) to Stella Point to Crater Camp.

Altitude gain: 277m approx.

Distance: 7.2km / 4.5 miles.

Monday 12th December 2005 - acclimatisation day 6

Own schedule based at Crater.

This morning you are required to provide the expedition leader with a sketch map of all your proposed movements and estimated timings from camp today. Please do not deviate from these details without first informing the expedition leader. **The expedition leader's phone number is 0748 567 949.** Please ensure that your mobile phone has the local SIM card inside that we have provided you with and that it is turned on today. You are equipped with limited phone credit. Please do not make unnecessary calls. You will be frequently reminded to capture GPS waypoints for use on your own during the race. However, in the rare event of GPS memory loss and adverse weather conditions the co-ordinates of Crater Camp

Recommended: summit circuits from Crater Camp to Stella Point to Crater Camp. Each circuit comprises **3.5km** in distance and **166m** in height gain.

Schedule own movements to allow for breakfast at 0730, lunch at 1300 and supper at 1900.

Sleep at Crater Camp in tents.

Tuesday 13th December 2005 - acclimatisation day 7

0600: Crater Camp to Summit - 0.9km / 0.6 miles, height gain: 166m.

0700: Slow jog / fast walk: summit to Mweka Gate

Distance, summit to Mweka Gate: 20.0km / **12.4 miles**; height loss: 4254m.

Approx. 1300: registration and departure from Park at Mweka Gate (1641m)

Return to lodge, Arusha.

Wednesday 14th December 2005 - rest day 1

Complete rest in Arusha. Morning: shopping excursion to Shoprite. Opportunity to prepare own running daysack's contents for self support. Each competitor will also be required to make selections of provisions to be available to him / her at each of the support stations regardless of whether he / she is electing to run supported or unsupported. Please insert a large piece of paper into each bag with the name of the support station at which you would wish the pack to be available should you elect during the race to request it, and your issued race identity number. Each competitor is also required to prepare a pack containing their own pre-race breakfast.

It is advised that specialist performance supplements and drinking powders are carried from the competitor's own country as these will likely not be available in Arusha.

Should you require contact with the expedition leader for any reason this is the last day that he will be available prior to your summit visit on race day (Saturday). Please use this opportunity to address any event related questions or concerns you may have.

Thursday 15th December 2005 - rest day 2

Complete rest in Arusha.

(Expedition leader will be dispatched to establish support stations on race route.)

Friday 16th December 2005 - rest day 3

Morning: transfer to Machame Gate for permit registration. Please ensure that your passport number is memorised or available. Transfer to the Umbwe Resthouse. Please note that this accommodation is very rudimentary. Each athlete is required to prepare and pack own pre-race breakfast for consumption at 0530-0545 tomorrow morning.

Saturday 17th December 2005 - race day

Reveille is recommended for 0330.

0400 promptly: commence brisk warm up walk from Umbwe Resthouse (1381m) to Umbwe Gate (1661m) - 4.8km / 3.0 miles, 280m height gain.

Prior to race: recommended: main multiple fields display page on Garmin Foretrex 101 includes the following fields:

Elevation - speed - vertical speed - total time - trip odometer.

0530-0545: eat prepacked breakfast. All to synchronise watches to GPS's. If electing to use digital cameras for benefit of sponsors please synchronise camera's time to GPS. *Recommended:* select option to display time of day on photo image.

0545-0550: stand in clearing near start line. All GPS's to be turned off and on again to commence new track file; heart rate monitor sensors moistened and confirmed as reading properly; barometric altimeters to be calibrated to 1661m; foot pods turned on and confirmed as read by wrist unit (S625X only). Final equipment check.

0555: ready on starting line with cleared GPS track log / at least 30% memory remaining; HRMs confirmed as having at least 30 hours of available memory.

*During seconds approaching 0600 please ensure that your Polar AXN700 or S625X is set to 'action' mode. Please have your GPS on main multiple fields display page. About 10 seconds before 0600 please select 'enter', scroll down to 'reset trip data' and select 'enter' again. The staff member starting the race will count down from 10 as 0600 approaches. **As he / she says 'zero' understand that this word commences the race** and press the start button (centre right - AXN, top centre - 625)) on your Polar device when in the 'action' mode. Note: the race starter will not say 'go' or 'start' or give any commands to begin the race.*

0600: All competitors to commence race simultaneously.

Soon after commencing the race your Garmin Foretrex will display 'weak signal'. This is due to dense tree canopy cover. Please press 'enter' ('OK') and continue. This is normal and will not affect the integrity of the verification for your attainment. Periodically while under dense cover your Foretrex may acquire signal. The analysed track file will display obvious aberrations but at certain points on your route your position will have been verified with your time automatically logged at those positions. This signal weakness will occur until approximately 3060m when near full signal strength will be acquired and maintained until approximately 3065m on the descent, shortly after Mweka Camp. The absence of reliable GPS data during forest legs is addressed with the provision of barometric altimeter data from your Polar device.

As you approach each support station please ensure that your Polar device is in 'action' mode. Precisely as you reach each support station please ensure that you press the start button once only while in the 'action' mode. This will capture a split time for the leg and provides useful corroborative data when presenting proof of your attainment.

If you elect to be self supported:

As you approach the support station please acknowledge that you have seen the member of staff manning the station and signal to him with a 'thumbs down' sign. He will understand that this means you still wish to continue without support at this stage. You are advised not to pause or talk to the member of staff. In the event of this interaction being witnessed the witness may later claim that they witnessed your receiving support at one of these stations should you make a claim of being unsupported.

If you wish to be supported:

Your vouchers are marked with your own issued race number and the name of the support station at which each is valid. Please submit the corresponding voucher to the staff member. The staff member will present you with your prepared pack and two 500ml bottles of water. Should you wish fluids other than water to be made available to you, you would be required to have inserted these into the freezer bag you prepared on Wed 14th Dec for use / possible use at each station.

Saturday 17th December 2005 - race route breakdown

Umbwe Gate to Cave Camp

1661m to 3013m
1352m gain
9.2km / 5.7 miles

Cave Camp to Barranco Hut

3013m to 3965m
952m gain
4.5km / 2.8 miles

Barranco Hut to Arrow Camp

3965m to 4871m
906m gain
3.6km / 2.2 miles

Arrow Camp to Crater Camp

4871m to 5729m
858m gain
2.8km / 1.7 miles

Crater Camp to Summit

5729m to 5895m
166m gain
0.9km / 0.6 miles

Summit to Mweka Gate

5895m to 1641m
4254m loss
20.0km / 12.4 miles

Route summary

Ascent:

Distance - 21.0km / 13.0 miles
Height gain - 4234m

Descent:

Distance - 20.0km / 12.4 miles
Height gain - 4254m

Total distance: 41.0 km

Please visit www.teamkilimanjaro.com/speedclimbs.html for updates on relevant standing records.

Sunday 18th December 2005

Complete rest. Overnight at lodge, Arusha.

Notice of second attempt requests to be received no later than 1200.

Candidates requesting a second speed ascent attempt will be transferred to Umbwe Resthouse. Hereafter timings will be as per 16th / 17th December.

Monday 19th December 2005

Unsupported-only second speed ascent attempt opportunity available if requested.

Tuesday 20th December 2005

Transfer to Kilimanjaro International Airport for return international flights.