

13.07.24

CREWS TO THE COAST



Runners Race Pack

Team Racers



Word from the Team

Crews to the Coast started as a conversation amongst friends in the summer of 2023.

“Back then it was, “Hey, wouldn’t it be cool if we tried to run from London to Margate?” And, well, I suppose the rest is history.

What’s happened since has surpassed expectations. CTTC ‘23 acted as our proof of concept — “can we pull this off?” was constantly running through our heads. We pieced together the race in about 6 weeks’ time, orchestrating everything from registration, to teams, cars, creative, comms, afterparty, and, of course, the many volunteers who helped bring it to life. It was an event that energised us all, leaving us with no doubt that we had to bring it back — only bigger, better, and unparalleled by any other race out there.

Crafting a race like CTTC doesn’t happen overnight. It takes a united team of passionate leaders to get something of this scale over the line — a lot of zoom calls to say the least! The dedicated, though small, team below brought the vision to life, investing months to ensure it remains an unforgettable experience for everyone involved.

CTTC 2024 embodies our collective love of running, and is a testament to our growth, not just as a team but as a vibrant community. As our running circles and love of the sport have grown over the past year, we’ve been eagerly waiting for the opportunity to bring the crew something uniquely London and unmistakably YFR. CTTC ‘24 promises to be an event like no other, and I hope you love it as much as I do.”

Happy racing!

- Luke
CTTC Race Director

The CTTC Team



Luke Bennett
CTTC Race Director



Matt Horrocks
YFR Co-founder



Oliver Hooson
YFR Co-founder



Ethan Buttress
Merchandising Lead



Yaz Johnson
Community Lead



Jason Ford
Design Lead

Contents

1. Race Day Checklist	01
2. Important Dates	02
3. Communicating with YFR	03
4. Race Orientation	04
5. Race Kit	05
6. Planning your Route	07
7. Full Race Day Guide	08
8. FAQs	12

Race Day Checklist

Use this checklist to make sure you've done everything you need to ahead of race day.

- All of my team's runners have completed their **individual runner registration by 1st of May**

[SUBMIT HERE](#)

- I have communicated with YFR race organisers if **my team requires assistance hiring a car for the race** by the **1st of May**.

[SUBMIT HERE](#)

- My team has registered for either an **in-person OR online race orientation**.

[REGISTER IN PERSON](#)

In-person orientation will take place on the 12th of June at 6pm.

[REGISTER ONLINE](#)

Online orientation will take place on the 16th of June at 6pm.

- At least one runner from my team has joined the **CTTC WhatsApp group(s)**

[SEE PAGE 03](#)

- I have **mapped out my team's run on the day**, and have provided this route to race organisers by the **15th of June**.

[SUBMIT HERE](#)

- I have gathered all **mandatory kit** and recommended kit for race day. I have prepared kit in the event of hot or cold weather

[SEE PAGE 05](#)

Important Dates

15.04

Teams confirmed.

01.05

Last day to submit individual runner forms.

12.06

Race Orientation *in person*
@ Knees Up
455 Hackney Road

15.06

Last day to submit map of planned route.

16.06

Race Orientation
Online
Virtual

12.07

Pre-race Pasta Party
@ Knees Up, 455 Hackney Road

13.07

Race Day
Start @ Knees Up Cafe
Afterparty @ The George & Heart,
Margate

Communicating with YFR

Join our WhatsApp Groups

The quickest and most efficient way to stay up to date on race day details is by joining our dedicated WhatsApp groups. These will be used by race organisers to communicate important information about the race, provide guidance around race prep, and give you the chance to connect with other runners and crews.

While anyone in your team is welcome to join the group chat, we require that, at a minimum, your team captain join each group.

We've created two main chats for teams — one for all general comms, and an additional chat for International Teams. If you're an international team, please join both. If you're not an international team, please just join the main CTTC group.

Scan the QR Code to join each group

CTTC WhatsApp Group

For all runners!

Major announcements, general updates, and all participants/team captains in one place.



International Teams

For International Teams

To help coordinate travel, accomodation + smaller updates specific to international runners.



Race Orientation

Attend a Race Orientation before Race Day

One runner from each team is required to attend a race orientation. While we recommend this be your team captain, anyone from the team is welcome.

The race orientation will last about 1 hour and cover all aspects of race day, including preparing for the race, crafting your strategy, rules and regulations, and safety. It will also give you the chance to meet other runners and crews.

We ask that you register for either the in-person or online orientation so that we can get a clear idea of attendance for each beforehand.

Attend virtually or in-person

This year, we'll be offering 2 different orientations: one in-person and one online. You only need to attend one.

Register for in-person

In-person orientation
@ Knees Up
455 Hackney Road
12th June at 6pm.

[CLICK TO REGISTER FOR IN-PERSON](#)

Register for online

Online orientation
via Google Meets
16th June at 6pm.

[CLICK TO REGISTER FOR ONLINE](#)

Race Day Kit

Mandatory Race Kit

All teams are required to have the following kit on race day. Unless specified, the kit can be stored on the team's bike, in the car, or on the runner.

YFR race organisers may ask to be shown mandatory kit on race day. Failure to present the required kit could result in your team being disqualified and unable to race.

Item	Required
Running trainers (all runners must wear shoes designed for running)	x
Appropriate running kit (running top and shorts) that are moisture-wicking and designed for running	x
Basic First-Aid kit	x
Food reserve for each runner	x
A minimum of 1 litre of water per runner , to be stored in the car or on the bike	x
An additional warm second layer	x
Smartphone with both a cellular network and access to the internet. The team must be reachable at any time before, during and after the race. Keep the phone on — airplane mode is not allowed. An external battery is highly recommended	x
Hi Viz gear	x
Survival Blanket	x
2 Working headtorches with spare cells/batteries for each torch. Recommendation: 200 lumens or more for the main torch	x

In the event of hot or cold weather, teams will be required to provide the following kit **in addition to the mandatory kit**. Teams will be notified in the week leading up to race day if they will need hot or cold weather kit. While race organisers will endeavour to notify teams as early as possible, this could be announced as late as 24 hours before race day. Please be prepared.

Hot Weather Race Kit

Item	Required
Sun screen	x
A hat that covers your ears and nape of neck	x
Sunglasses	x
Minimum water supply per runner: 2 litres	x

Cold Weather Race Kit

Item	Required
Beanie	x
Jacket with hood for bad weather. The jacket must be made of a waterproof and breathable membrane (e.g. Outdry)	x
3rd warm layer (intermediary layer between the 2nd layer and the waterproof jacket)	x

Mapping your Route

Plan your Route for Race-Day

CTTC 2024 is an unsanctioned race and teams will be expected to plan their own route on race day. Despite this, in the interest of safety, we require that all teams submit their planned route to race organisers no later than the **15th of June**.

While we appreciate that this could change on race day, an overview is important for race organisers to provide adequate care in the event of injury.

How do I plan my route?

There are many tools available to plan your route. We recommend tools like Komoot, Strava, and Google Maps to name a few.

Ideally, you submit your route to us as a GPX file, though if you have links to the file, this is also acceptable.

Submit your route here

GPX format or URL to the route.

[CLICK HERE TO SUBMIT](#)

Race Day Guide

INTRODUCTION

The Crews to the Coast (CTTC) race is a 100 mile team relay race from London to Margate and takes place over the course of about 12 hours. This year, the race is taking place on Saturday, 13th July 2024.

Crews to the Coast is an unsanctioned race, and there is no set course. The race culminates in a friendly party in Margate.

PARTICIPATING IN CTTC 2024

This year, we're excited to expand race participation beyond just members of Your Friendly Runners. Entry is open to all runners and abilities (read below about building your teams), and you can enter via the following 2 routes:

1. Team entry made up of 5 runners
2. Solo runners

Team Entry

The team entry involves each runner in the team taking turns running over the 100-mile distance. Every team must consist of 5 members and include at least 2 women. All women teams are also encouraged to apply.

We require that every team have at least two drivers with valid driving licenses and be comfortable driving. We also recommend that everyone be comfortable on a bike.

For international teams, you may be required to have an international driving license. Individuals can only apply as part of one team. Multiple entries will be rejected.

Solo Entry

This year, we've also opened a solo runner category. Solo runners are expected to run the entirety of the race on their own. As such, the solo CTTC race is currently only available to runners who have previously completed an ultramarathon distance of at least 50km. Entrants to this race category are approved on an individual basis.

RUNNING THE RACE

For the team category, most runners will run an average of 30km, though there is no set distance requirement for any individual runner. Each runner must be accompanied by a cyclist from their team wherever possible (this helps runners break up their distances more easily, but also ensures no one runs alone in the case of an emergency).

The runner and cyclist can switch positions at any time (one running, the other cycling). Others in the team will follow their teammates with a hired car, driving ahead to the next checkpoint, where you can swap cycling and running positions throughout the race.

A Worked Example:

Team members: A, B, C & D

For the first 30 kilometres, A and B are a pair running and cycling together. C and D are driving. A runs for the first 15k while B cycles. At the 15k point, A and B swap so that B is now running and A is cycling. At 30k, they meet up with C and D, who then run and cycle as a pair for the next 30k. A and B then drive to meet the runners at the next swap-over point.

What does the Cyclist do?

The cyclist is meant to provide support to the runner while racing. We recommend having water, gels or other snacks on the bike, and switching between the runner and cyclist frequently while running. We recommend a hybrid bike for the purposes of this race, as there will likely be some off-road terrain.

The Route

CTTC 2024 is an unsanctioned race with no set course. We will not be providing a course map this year, and teams will be required to construct their own route from London to Margate. All routes are allowed as long as they adhere to the following:

1. 1 runner from the team must be running at any one time
2. No routes can pass through private property
3. All routes must pass through the 2 designated CTTC checkpoints (to be announced closer to race day)
4. All traffic and bike laws must be followed at all times

Checkpoints

Throughout the race, we require that you pass through 2 specified checkpoints, which will be announced closer to race day. At these checkpoints, you will be given a stamp/sticker to indicate that you've passed through the checkpoint. At the end of the race, you will be asked to show these stickers/stamps. Runners, not cyclists, must collect the stamp/sticker.

These checkpoints will also offer limited aid to runners — including nutrition and hydration — and can be a point to easily communicate with CTTC staff about any concerns you may be having during the run.

For teams running, you need just 1 of your runners to pass through each checkpoint; these can be different runners at each checkpoint. For solo runners, you are expected to pass through both checkpoints on your own.

Planning when you Run

It helps to have a strategy when it comes to your race, including planning who will be running at which times. You can do this any way you choose, but we've formed a spreadsheet here (feel free to make a copy to populate for your team):

https://docs.google.com/spreadsheets/d/1J_hblLu1uwK50nucEufiQDfIPbgPMbB0CypzwrzbZhmo/edit?usp=sharing

Handing off between Runners

While we do not have a way of determining if runners have handed off between each other at all times, we function on an honour system and expect normal integrity and sportsmanship during the race. We ask that you 'swap' or 'hand off' between runners by simply tapping hands. Each team and solo runner will also be given a tracker for the duration of the race, which must be passed between each runner.

Finishing Together

Though not all teams need to run across the finish line together, they do all need to be present at the finish line for their time to be counted.

RACE DAY

Arrival

The race kicks off at 07:00 from Knees Up (455 Hackney Road, E2 9DY). Please arrive no later than 06:00 to give your teams enough time to prepare before the race kicks off.

Solo runners may be asked to arrive and start earlier.

Time to Finish the Race

The expectation is that most teams finish the race no later than 19:00, giving teams the challenge of completing the race in under 12 hours. In order for your team to be placed in the final scoring, the cutoff to complete the race is 14 hours (this does not apply to solo entrants).

The post-race festivities will kick off from about 19:00.

Sportsmanship

You will likely pass other teams during the race. While the race is a friendly competition, please practise normal running etiquette and make space for other runners and bikes. Please practise common sense during the rest of the race, and follow all rules of the road where necessary.

Questions or Concerns?

For any questions or concerns, please contact the team at team@friendly-projects.com

What happens if someone in my team gets injured before race-day?

Throughout the course of training, we understand that runners in your team may develop an injury as to be unable to race on the day. In the event that a runner on your team is unable to run, you may elect someone to run in their place. When selecting a runner, you must ensure that your team still consists of at least 2 women, though the original gender makeup of the team doesn't need to be the same.

You may only swap a runner from your team if the runner becomes injured. You cannot swap out runners just because you'd prefer a different runner.

Are there awards for 1st, 2nd and 3rd place finishers?

Yes, there will be awards for 1st, 2nd and 3rd place finishers amongst all teams. There will also be a prize awarded for the 1st place all-women's team.

Who do I contact on race-day?

Please note down the following number for race day. This will also be communicated to you on the day and in the lead-up to race-day:

In case of emergency, always dial 999 before contacting race organisers.

All questions can be directed to the following number on race day: **+44 07760578238**. Your query will be triaged appropriately to ensure we get you the help you need. Contact this number on the day for:

- Race logistics or general questions
- Race-day Issues, such as bike punctures or car issues
- Navigational issues, or if you get lost
- Concerns around safety on the day

Can non-runners be in the car?

No. Only runners participating in the race can be in team vehicles. This rule, however, does not apply to solo runners.

What happens when we arrive in Margate?

It's time to party! The CTTC afterparty festivities kick off from 7pm on race day at the George and Heart. More details about the party will be released closer to race day.

Can we stay over in Margate?

Of course! We encourage runners, especially after a long race, to unwind in Margate. Race organisers are unable to facilitate overnight accommodation, and it is up to each team/runner to sort their overnight stay.

Do we need to source a car and a bike for the run?

Yes. All teams will be required to have a bike (we recommend a hybrid bike for this race) and a car. Where possible, we encourage you to use your own car if you have one. If not, you must let race organisers know. While we cannot provide you a car free of charge, we can help you hire one for race day.

Other questions or concerns?

Feel free to contact race organisers at team@friendly-projects.com or by messaging us in the CTTC WhatsApp groups.