



BY3 VYKEN EVENTS  
AND CORNISH TRAILS®



# SPACE GOAT

JUNE 30<sup>TH</sup> – DECEMBER 31<sup>ST</sup> 2021

OFFICIAL GUIDE



# EVENT INCLUDES

- BESPOKE MEDAL

- OPTION TO PURCHASE AN EVENT  
TEE/HOODY/SNOOD

- RACE GUIDE

- TROPHIES FOR 1<sup>ST</sup>, 2<sup>ND</sup> & 3<sup>RD</sup> ON ALL  
ELEVATIONS & MALE/FEMALE  
WINNERS TO RECEIVE GOAT GIFTS

- RACE DIRECTOR SUPPORT

THROUGHOUT THE CHALLENGE

- INVITE TO EXCLUSIVE FACEBOOK  
GROUP

- SELF ENTRY OF PROGRESS

- LINK TO UPLOAD YOUR OWN DATA SO  
YOU CAN SEE YOUR PROGRESS AS YOU  
GO. (LINK SENT OUT BY 30<sup>TH</sup> JUNE VIA  
THE EMAIL ADDRESS YOU ENTERED  
THE CHALLENGE WITH, OR JUST  
AFTER YOU'VE ENTERED IF YOU  
ENTERED LATER).

# EXTRAS

## ***T-shirt & Hoody design***

***(front & back)\****

***\*Produced by Dust & Ink***

***£20 + £3.90 P&P – Tee\****

***£30 + £3.90 P&P – Hoody\****

***£10 + £2.90 P&P – Snood***

***£10 + £3.20 P&P – Bys Vyken Beanie***

***PayPal [bysvykencornishtrails@gmail.com](mailto:bysvykencornishtrails@gmail.com)***

***Designs available for Space Goat merch. These designs will be posted to our Facebook group.***





The United Downs Raceway near St Day, Cornwall is scheduled to close in 2021.

Sixty years after it was originally a Go Kart track, and more than fifty years after it first staged Stock Car racing, Cornwall Council want it to close.

It is going to be replaced by a rum cask maturation biome, geothermal energy centre; visitor centre including ancillary shop and café, and a bar. This is the first phase of a process which aims to progress on to a Distillery and further development of the site in the years ahead.

After more than sixty years of Stock Car racing in Cornwall, the county will no longer have a circuit. Cornwall has been the breeding ground for Stock Car World Champions such as Johnny Marquand, Dave Brown, Colin Higman and Billy Batten. Former Banger World Champion Dave Spooner

Are Cornwall Council prepared to be the governing authority that oversee the death of Stock Car racing in the county?

Make your voice heard. By signing this petition, you are supporting the stance that the United Downs Raceway must remain a venue for motor sports.

**SIGN THE PETITION @**

**[Change.org/p/cornwall-council-save-united-downs-raceway](https://change.org/p/cornwall-council-save-united-downs-raceway)**

# WELCOME TO "SPACE GOAT" :

## THE ULTIMATE

## ELEVATION CHALLENGE

Welcome to the latest 'Goat' virtual challenge from Bys Vyken Events & Cornish Trails, "SPACE GOAT".

This virtual race brings together the combined elevation from the 3 highest points in the entire solar system.

This challenge has 3 different elevations. One absolutely doable, one intermediate and one that'll mayhave no finishers in the 6 month completion timeframe.

We have:

THE FULL MOON which is a combined 213,255FT

THE HALF MOON which is 106,628FT

THE CRESCENT MOON which is 53,314FT

In this race guide we will bring to you all the information you need to understand and plan what you will or could do to complete your challenge.

You have 6 months to complete your challenge. The challenge will run from 30<sup>th</sup> June until 31<sup>st</sup> December 2021. Whatever juncture you enter at, just know that will still only have until the 31<sup>st</sup> December 2021 to complete. But you CAN enter all of the run data from June 30<sup>th</sup>, even if you didn't enter until later! You don't have to run into outer-space physically. If you live somewhere that's undulating enough to bang out this challenge then you don't have to travel to any planet or rock that this challenge is based on. Once you complete each section of your run (Your sections are determined by you), you will be responsible for logging your own data onto the website ([bysvykenevents.co.uk](http://bysvykenevents.co.uk)) using the link that will be provided after the initial email.

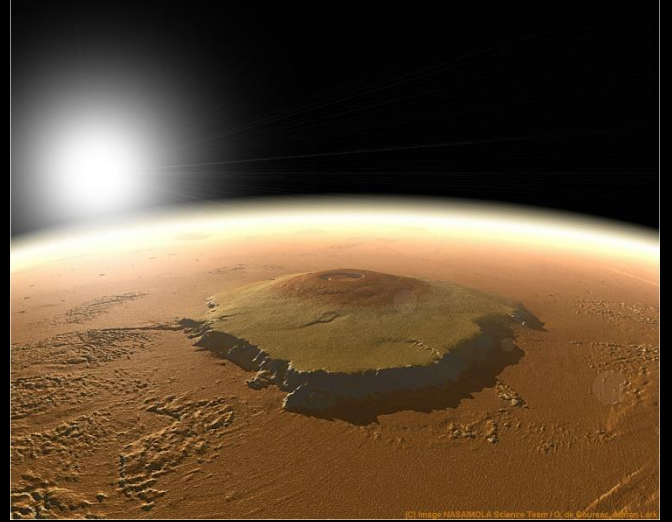
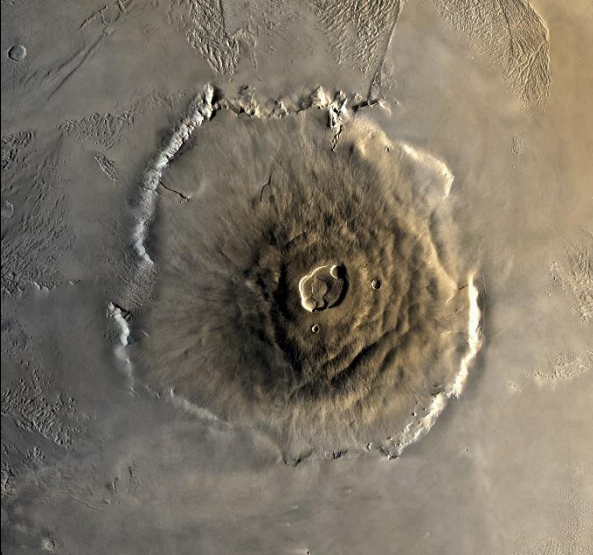
We are The G.O.A.T of medal designs here in Cornwall so you will be receiving an epic memento to match your incredible achievements. This challenge is a little different. It now comes with our 'Earth-friendly' medal created by 'Dust and Ink' in West Cornwall.

Facebook and Google search them!



# OLYMPUS MON, MARS

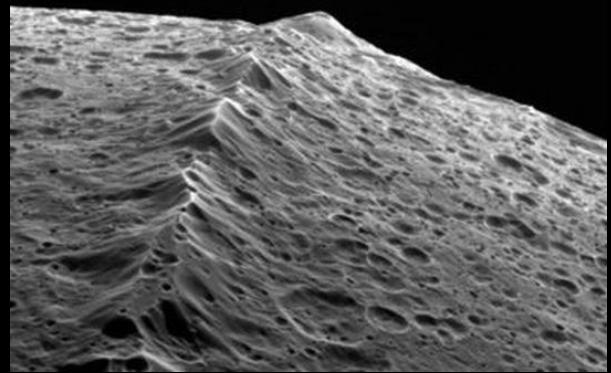
25KM/15.53M/82,021FT



The largest of the volcanoes in the Tharsis Montes region, as well as all known volcanoes in the solar system, is **Olympus Mons**. Olympus Mons is a shield volcano 624 km (374 mi) in diameter (approximately the same size as the state of Arizona), 25 km (15+mi) high, and is rimmed by a 6 km (4 mi) high scarp. A caldera 80 km (50 mi) wide is located at the summit of Olympus Mons. To compare, the largest volcano on Earth is Mauna Loa. Mauna Loa is a shield volcano 10 km (6.3 mi) high and 120 km (75 mi) across. The volume of Olympus Mons is about 100 times larger than that of Mauna Loa. In fact, the entire chain of Hawaiian Islands (from Kauai to Hawaii) would fit inside Olympus Mons.

# RHEASILVIA MONS, 4 VESTA ASTEROID

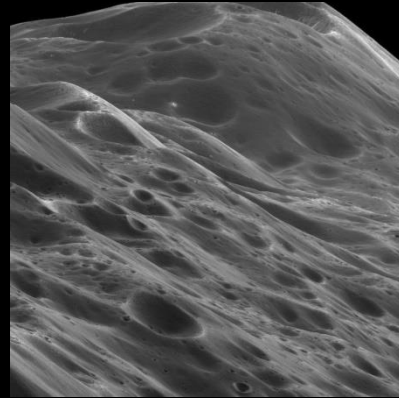
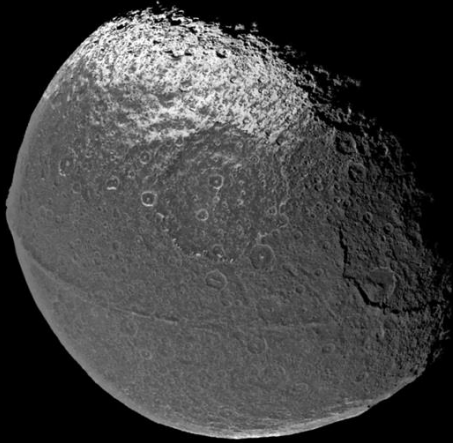
22.5KM/14M/73,819FT



**Rheasilvia** is the most prominent surface feature on the asteroid Vesta and is thought to be an impact crater. It is 505 km (314 mi) in diameter, which is 90% the diameter of Vesta itself, and is 95% the mean diameter of Vesta, 529 km (329 mi). However, the mean is affected by the crater itself. It is 89% the mean equatorial diameter of 569 km (354 mi), making it one of the largest craters in the Solar System, and at 75°S latitude, covers most of the southern hemisphere. The peak in the centre of the crater rises 22.5 km (14.0 mi) from its base or 73,819 ft (22,500 m) making it the tallest mountain known in the Solar System.

# EQUATORIAL RIDGE, IAPETUS

20KM/12.42M/65,617FT



The **Equatorial Ridge** is the tallest mountain feature on Saturn's moon Iapetus. It is a 20 km (12.4 mi) high ridge, making it the third tallest mountain structure in the Solar System. It is running along most of Iapetus' equator. It was discovered by the Cassini probe in 2004. The ridge's origin is unknown. There are bright areas on the sides of the equatorial ridge near Iapetus' bright trailing hemisphere, which were already visible in Voyager 2 images appearing like mountains and were nicknamed the "Voyager Mountains".





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BYE WEEKEND EVENTS  
AND CORNISH TRAILS



# SPACE GOAT

## TERMS & CONDITIONS

Your challenge must be completed between 30<sup>th</sup> June 2021 and 31<sup>st</sup> December 2021, giving you a total of 6 months to complete. There is no specified distances to run. There's only specified elevation gain in which you must complete to qualify for a bespoke 'Space Goat' medal and ribbon. There are 3 entry types. These are 'The Full Moon', 'The Half Moon' and 'The Crescent Moon'.

We have the combined total of the heights of 'Rheasilva Mons' located on 4 Vesta Asteroid, 'Equatorial Ridge' on Saturn's Moon, Iapetus, 'Olympus Mon' on Mars. These are the 3 highest points in the solar system and all info about them can be found separately within the official pre-event booklet.

"The Full Moon" is the combined total of all 3. "The Half Moon" is exactly half the total elevation of the combined heights of all 3 and "The Crescent Moon" is 1/4 the elevation of the combined heights of all 3.

You CAN do the challenge by running an organised running event/race. This can also be a social or training run/challenge for yourself. It's your challenge. Complete as you wish as long as it's following the Government's and our own rules, guidelines and do's and don'ts. You can also enter all the runs you've done from 30<sup>th</sup> June onward, even if you have entered later.

**TOTAL ELEVATION FOR "THE FULL MOON" = 213,255FT / 65KM / 40.4 Miles (equivalent of 1,165FT per day over the challenge)**

**TOTAL ELEVATION FOR "THE HALF MOON" = 106,628FT / 32.5KM / 20.2 Miles (equivalent of 582FT per day over the challenge)**

**TOTAL ELEVATION FOR "THE CRESCENT MOON" = 53,314FT / 16.25KM / 10.1 Miles (equivalent of 291FT per day over the challenge)**

**To put this into perspective, Everest is 29,029ft / 8,848m!!!**

**PLEASE REMEMBER THAT THE ELEVATION RECORDED IN THIS GUIDE IS THE HEIGHT ABOVE SEA LEVEL.**

Only uploading data and/or a photo to prove that you completed your challenge with your e-bib will be accepted as qualification for a bespoke 'SPACE GOAT' medal. Data from GPS watch/phone or app accepted ONLY and you must send this by uploading each segment/section of your journey onto the link sent by our tech guru, Adrian Brown.

NO OTHER METHOD WILL BE ACCEPTED THAN STRAVA, GARMIN AND THE LIKE. WE NEED TO SEE A RECORDED DOCUMENTATION OF YOUR ELEVATION GAIN THROUGHOUT EACH ACTIVITY.

ELAPSED TIME NEEDS TO BE USED AND NOT 'MOVING' TIME.

PLEASE DO NOT RUN UP A HILL, PAUSE, GO BACK DOWN, START YOUR WATCH AND THEN REPEAT. YOUR DATA WILL BE VARIFIED.

NO STAIRS ON THIS CHALLENGE. ALL ACTIVITIES MUST BE COMPLETED OUTDOORS ONLY. THIS IS DIFFERENT FROM PREVIOUS 'GOAT' CHALLENGES BUT THIS WAY MEANS THAT NOBODY'S EFFORT WILL CAN BE QUESTIONED BY OTHER COMPETITORS/PARTICIANTS.

GOING TO SPACE ISN'T NECESSARY TO COMPLETE THE CHALLENGE!

You will be able to keep track and progress of your journey with the website link. You'll be able to upload your data at the same link/webpage. You will be placed onto a 'Strava' – like leader board. The person who has achieved their chosen elevation and run the least amount of miles will be declared 1<sup>st</sup>. This is how the results will be judged. If you run 1000 miles to complete then that's great but if you do it in 100 miles then that would obviously be most efficient way to complete the event. 'Feeterage' needs to be gauged. This is the amount of feet you get on average per mile that you do. We're not sure this is even a word but it's one that was created by our runners to explain the average elevation per mile. And quite frankly, we bloody well love it!

THERE WILL BE BESPOKE TROPHIES FOR 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> IN EACH ELEVATION EVENT. THESE WILL BE PRESENTED TO THE WINNERS AFTER THE CHALLENGE HAS ENDED, CIRCA EARLY JAN 2022. MEDALS WILL BE SENT AS AND WHEN PEOPLE FINISH SO THAT RUNNERS AREN'T WAITING A LONG TIME FOR THEIR MEMENTO. THERE WILL BE GOAT GIFTS FOR MALE AND FEMALE WINNERS FROM 1<sup>ST</sup> – 3<sup>RD</sup>, DEPENDING ON WHETHER THAT PERSON HAS WON A TROPHY. IN WHICH CASE THAT PERSON WILL RECEIVE THE TROPHY AND BESPOKE MEDAL ONLY AND NOT A GOAT RELATED GIFT. (NO ACTUAL GOATS OR ANYTHING FROM A GOAT FAMILY OR REAL-LIVE ANIMAL WILL BE GIVEN AS A PRIZE. THIS ISN'T '3-2-1'. (YOUNGER RUNNERS MAY REQUIRE A GOOGLE/YOUTUBE SEARCH).

YOU DO NOT HAVE TO PHYSIACLLY VISIT THESE PLANETS, MOONS AND ASTEROIDS THAT THIS CHALLENGE IS BASED ON! YOU ARE NOT JEFF BEZOS. YOU CAN COMPLETE YOUR CHALLENGE NEAR TO HOME OR ANYWHERE YOU LIKE, AS LONG AS YOU MAINTAIN AND OBSERVE SOCIAL DISTANCING AND FALL WITHIN CURRENT GOVERNMENT GUIDELINES/RESTRICTIONS.

Head to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) to find out the latest information.

You're responsible for bib printing and ink and energy costs. Please note, even though this isn't an actual race, you are advised to still write emergency info and your name on the number in case of an emergency or should the ultimate hazard of dying mid-run actually occur! It's also advised to print more than one bib if you wish or laminate if you're taking your number on each journey, although we strongly recommend that you think about minimising waste. You are advised to keep away from built up areas with lots of people and are advised to maintain 2 metres (6ft) of distance between yourself and anyone else.

If you are taking on major hills and muddy coast path sections, then you are advised to wear the correct kit and be responsible for yourself and others whilst doing so. You are advised to use the correct maps and a compass if you know how to use one. If you don't know then learn to know. Also please stay safe and don't try to get around coastal diversion the easy way. Please follow all the diversion instructions on any diverted section of coast that is laid out before you.

ONLY RUNNING OUTDOORS WILL COUNT.

This is not an actual race! This is a personal challenge. You will be responsible for picking your own routes/paths/journey (and any events of which we're not responsible for outside of Bys Vyken Events & Cornish Trails), and the number of miles if you plan on running more than your specific

entered elevation entry type. THIS MUST BE A COMPLETED WITHIN THE 6 MONTH TIME LIMIT AND IF YOU ENTER LATER THAN 30<sup>TH</sup> JUNE 2021, YOU'LL STILL ONLY HAVE UNTIL 31<sup>ST</sup> DECEMBER 2021 TO COMPLETE IT. BUT REMEMBER YOU CAN INCLUDE EVERY RUN YOU'VE DONE FROM JUNE 30<sup>TH</sup> ONWARD EVEN IF YOU HAVEN'T ENTERED UNTIL LATER. You are advised to keep to public rights of way only and are advised to respect the basic environmental codes of closing ALL gates and not littering on your chosen route.

Upon signing up for this challenge and adventure, you are agreeing to all these rules and regulations laid out in these terms and conditions and declare yourself fit and capable and healthy. This challenge is open to all those wishing to walk as well as run. It is not eligible for any other method of transportation including, but not limited to, cycling (As stated above but needs to be mentioned more than once just in case)

Not everybody will be running the same route and same sections or chunks of elevation at the same time or even in the same places. The leader board is only for added fun.

Bys Vyken Events & Cornish Trails and their race directors, David Andrewartha & Sally Galsworthy, Bys Vyken Race Team, every landowner, tenant or charity responsible for maintaining the area in which you decide to run are not responsible for the route you take, the gear that you wear whilst doing so, the nutrition and hydration, or lack of that you take with you or indeed your injury or death whilst pursuing this challenge. We will have no marshals or aid stations or maps on your route. This is YOUR route, remember. We have no say over where you go or how fast you do it in. You assume complete responsibility for yourselves and your own environment. Sticking to public rights of way and taking and reading a map is advised and essential in lots of places. It's recommended that you figure out where you're going before leaving the home. You are responsible for yourself and recommend that challengers under the age of 16 should be accompanied by an adult.

You are ultimately responsible for sticking to the Government guidelines surrounding what we can and cannot do during the Covid-19 pandemic/crisis.

You are responsible for any and all PPE you may need during your challenges.

You are advised to read the do's and don'ts on the Gov.uk link in your initial email (the one that includes these terms and your bespoke number for the challenge) and on the first page of the terms.

By reading this and entering, you are accepting liability.

**ALL PHOTOS/IMAGES THAT ARE POSTED BY YOU ON OUR SOCIAL MEDIA AND/OR EMAILED TO US WILL MEAN YOU GIVE US PERMISSION TO USE THEM FOR PUBLICATION AND PROMOTION OF THIS AND FUTURE EVENTS. YOUR IMAGES MAY BE USED TO ADD TO CERTAIN FACEBOOK ALBUMS BUT WILL NEVER BE SHARED TO ANY OTHER PAGE THAT'S NOT OWNED BY BYS VYKEN EVENTS & CORNISH TRAILS OR WITH ANY INDIVIDUAL. BY SENDING TO US, POTTING ON OUR PAGES OR TAGGING US IN SOCIAL MEDIA POSTS, YOU GIVE US PERMISSION TO USE YOUR IMAGES/LIKENESS'.**

There will be a ***no refund*** policy in place and you will not be allowed to transfer or defer to any actual physical event held by us. IN THE EVENT OF AN EMERGENCY DIAL 999 where you will be able to contact ambulance, police, fire and coastguard services along with mountain rescue if you should need their assistance. Please respect the environmental code. Close all gates behind you and do not litter the area where you run (as previously stated within these terms). Please only do so in an actual emergency.

money for good causes. We will absolutely do our best to support you and donate to your cause if you do go down that road.

These terms & conditions were assembled by the Governing Event Director of 'Bys Vyken Events & Conish Trails, David Andrewartha.

You are responsible for all people, animals, dinosaurs, aliens, GELFs and Polymorphs you take with you on your challenge. You should take responsibility for yourselves. We are not responsible for you and for anything you do on this challenge.

We thank you for taking the time to read. Enjoy the lift-off and always reach for the moon, because if you miss and fall you'll still be floating amongst the stars...

XX

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[BYSVYKENEVENTS.VPWEB.CO.UK](http://BYSVYKENEVENTS.VPWEB.CO.UK)

**RUN OR WALK A VIRTUAL 10K**

**SALE PRICE ENTRIES**

# HOPWARTS HARRY

In aid of:  
**the eve  
appeal**



**RESCHEDULED FOR 5<sup>TH</sup> MARCH 2022**



**UNSUPPORTED FOR 2021 – RACE AT YOUR OWN PERIL**

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Let me introduce myself, I'm Tracy Waite, a personal trainer based in Cornwall. I specialise in fitness and wellness, feeling well through movement. I believe that by using our bodies well we can truly feel happier.

I have a passion for fitness as it has played a key role in improving my life and general well being. Combining functional and lifestyle fitness with wellness and self-care.

I provide one-to-one personal training, remote online coaching and single or multi-day fitness escapes.

[www.personaltrainerincornwall.co.uk/contact/](http://www.personaltrainerincornwall.co.uk/contact/)



**ALWAYS REMEMBER  
TO TAKE YOUR SHIT  
HOME!**

