

BUKC INFORMATION FOR ALL DRIVERS

Housekeeping.

- EXHAUST ARE HOT – the exhaust on the kart is extremely hot and will remove the skin from any part of your body that touches it, it will also melt your clothes and gloves, so the best plan is to NOT TOUCH THE EXHAUST
 - In 2022 we treated 45 burns to hands.**
- It is compulsory that anyone in the pit area is wearing gloves at all times.**
 - If you are in the pits/pit lane or driver change areas, you must have suitable clothes and shoes – no flip flops! Or other open toed shoes.**
- Please remember to eat and DRINK WATER during the event if the weather continues to be very hot, you will get dehydrated very quickly whilst driving.
 - Meal cards are available from the bar saving you money without having to carry cash during the event.
 - Please DO NOT camp in the café or eat your own food in the seating area – seating is reserved for people buying food and drinks.
- Plugs and Power – The power supply to the circuit is limited – DON'T PLUG ANYTHING IN ANYWHERE – Last year someone unplugged the digital flag to charge a torch! 😞
- BIG FOOTS –
 - Please only use vinyl stickers no DUCT TAPE or similar
 - Do not cut or drill holes into the big foots without speaking with the race director or machanic first.
 - The number stickers will be stuck over the top of any stickers you have applied so the everyone has the same easily identifiable numbers. Keep this in mind when decorating the number panel should be left blank.
- GO-PROS – GO-PRO or similar cameras CANNOT be attached or worn on head during any part of this event. You can attach them to the Big Foot consent from the Race Director – they must be mounted securely with the mounts.
 - We will not look for any cameras if they become detached. If any loose camera falls off and hits someone, you may be liable.
- Lights be used to decorate your kart and make it easier to spot from the track side.
 - Lights can NOT flash/ change colours
 - Lights can NOT be yellow/red or green.



your body or panel with proper

Getting Your Kart

- When you check in you will be given the opportunity to choose a number, this will be the number of the kart your team will be allocated for the race.
- This is nothing to do with your race number.
- At kart allocation time you will be able to go down and collect your kart
 - YOU MAY NOT TAKE ANY TOOLS WITH YOU INCLUDING A TYRE PRESSURE GAUAGE
 - This includes any team members or their families.
- The steering wheel can be swapped for your own – you cannot change the boss – most steering wheels fit apart from OTK.
 - Please place your steering wheel in the seat of the kart – several staff members with tools will be available to change the steering wheel for you.
 - Lap timers may be used.
- If tools are seen to be used your kart will be removed and you will be reissued another kart.
- If tyre pressures are adjusted by teams, you will receive a lap penalty in the race.
- No Stickers can be stuck to the kart itself only the BIG FOOT NASSUA panel may be decorated.
- Sex toys may not be used in the decoration of the karts.

Racing.

1. YELLOW FLAG –
 - a. during the waived yellow flag [if you feel confident to do so] raise a hand to acknowledge to the marshal that you've seen the flag and once past the flag or the incident carry on as normal.
 - b. FULL COURSE YELLOW/ Battenburg Flag We will be operating the FCY differently this year!**
 - i. When a FCY boards/Held Yellow flags and the Battenburg flag shows on the digiflag
 - ii. Everyone needs to slow down and acknowledge the flag/boards/marshals.
 - iii. Do not overtake – drivers that overtake or gain an advantage during FCY will be black flagged and brought into the Clerk of the Course
 - iv. We will then find the leader and they will then take control of the pack everyone must form up behind them closing gaps to form a single chain.
 1. This is so we can more safely access the circuit to recover drivers/karts or to perform any repairs to tyre walls.
 - v. If the Leader fails to slow to suitable speed, they will face severe penalties.
 - vi. Once the incident or repair is over, we will resume racing when the leader next reaches the Start/finish line the circuit will be green at all points.
2. RED FLAG –
 - a. When possible, we will use a FCY to slow down the circuit before heading in to a RED FLAG – however in very serious incidents we may need to quick perform a RED FLAG with no warning.
 - b. Please follow the procedure below.
 - i. Safely slow your kart down without skidding or locking the wheels and whilst being aware of karts around you.
 1. At walking speed make your way back to the start line – STOP 2 METERS BACK FROM THE LINE in a single file on the inside of the track following the track around leaving space for emergency vehicles etc. to pass.
 - ii. DO NOT GET OUT OF YOUR KART
 - iii. DO NOT TURN OFF YOUR ENGINES
 - iv. DO NOT CARRYOUT ANY WORK ON YOUR KARTS – THESE ARE PAR FEMME CONDITIONS
 - v. TEAM MEMBERS WILL NOT BE ALLOWED ON TO THE CIRCUIT
 - vi. PASSING THINGS LIKE DRINKS OVER THE BARRIER WILL RESULT IN PENALTIES
 - vii. KARTS WILL NOT BE ALLOWED TO ENTER THE PITS
 - c. RESTART- to restart the race the race director will give instructions on the line to the lead karts depending on the situation.
 - i. Normally we will run a couple of laps under FCY to get all karts up to speed before going green and resuming racing.
3. STOPS – Every time you enter the pits you will have to drive on to the weighbridge and be weighed.
 - a. Drive slowly into the pits.
 - b. Slowly approach the weighing scales and drive on.
 - c. Your weight will be confirmed by the official on the scales.
 - d. You will need to turn your engines off at this point.
 - i. A helper can meet you at this point and help to turn off the engines and push you forwards.
 - e. At this point you have two options
 - i. Push out of the weighbridge and fuel area – restarting your engines at the start engines line.
 - ii. Or push forwards to the fuel area
 - f. In the fuel area you only have one job – TO KEEP OUT OF THE WAY
 - i. Do not remove the fuel cap.
 - ii. Do not touch the kart.
 - iii. Do not Touch a fire extinguisher.
 - iv. Do stand back out of the way until you are told you can take your kart.
 - g. If you behave in an abusive manner, continue to interfere with the kart.
 - i. All fuelers will stop fueling any karts in the fuel bay until you follow the rules.
4. Leaving the pits and driver changes

- a. Push your kart UNTIL you are in the drive change area– one team member may help you to push your kart.
 - b. DO NOT CHANGE DRIVERS IN THE FUEL AREA – DRIVER CHANGE IN DESIGNATED AREA ONLY.
 - c. Do not change driver at the very beginning of the driver change area – move further along.
 - d. The pit lane is divided in to a driver change area on the LEFT side and a through pit lane on the RIGHT side.
 - e. You must only change drivers and stand behind the white line on the left-hand side.
 - f. In a driver change only a minimum number of drivers should be with the kart.
 - g. Do NOT take off lead or seat inserts and throw them on to the ground -place them carefully into a suitable container to be easily taken away with you.
 - h. DO secure your ballast properly to the weight post.
 - i. Most importantly – look after your team mates – check their helmet is fastened, check they are not wearing a scarf or hoody that could become entangled.
5. PIT LANE SPEED – IS WALKING SPEED ONLY – we are talking an old granny crossing the road not Usain Bolt.
THE PIT LANE EXTENDS UNTIL YOU PASS THE TWO BARRIERS ON THE PIT LANE.

Life Hacks

Over the years we have seen the easy way and the hard way of competing in a 24Hr race - here's some tips we picked up to make your race easier.



Big Foots

Make your Big Foot Nassau panel easy to spot! Use bright colours and non-flashing LED lights to make it easier to spot your driver on track at night. Each team will be given a number sticker for the Big Foot which is stuck to the centre square of the panel, so please leave this area blank. If you would like to keep your Big Foot at the end of the race, there is a £50 charge.



Communication

Work out how to communicate with your driver whilst on the track. Pit boards, signs that can be held out towards the track, are helpful to signal the driver. Another way to communicate is by using a two way radio. Bike shops sell radios that clip to the helmet securely.



Mechanics

It is important to clearly describe any problems you have with your kart calmly to the mechanical staff, this will allow them to diagnose the problem. It is important that whilst your kart is being fixed or during the service window, all drivers should stay outside of the mechanics building and the area around the doors. We use forklift trucks and other equipment that could cause injury.

Life Hacks



EAT AND DRINK!

Real food and lots of water is KEY! Protein shakes, weird gels, snacks etc seem like a great plan but they only give you short bursts of energy and leave you feeling terrible. What you need is lots of good quality carbs like pasta and proteins like meat, alongside slow release foods like bananas, porridge and nuts/cereals. Prep starts in the days before the race - make sure you carb load before the race and make sure you're well hydrated,



Be Prepared

Chairs, beds, warm clothes, dry suits and wet suits, sleeping bags, blankets and insect spray. Although it does tend to be hot in Le Mans, overnight can get chilly if you're already tired and sleeping outside. All teams get a pit bay space (shared) and set up a tent/motor home in the grass area behind. It can still rain in Le Mans so be prepared as you CANNOT purchase wetsuits at the circuit.



Take Care of Yourself

Neck braces, rib protectors, and knee pads are your friends. These three items will help you to not end up covered in bruises and last the full race. Rib protectors can be made easily from foam sheets and duct tape, knee pads for the garden or skateboarding are very easy to find and should be worn turned inwards to stop your knees hitting the petrol tank and steering column. The gloves you wear shouldn't have any seams on the palm or bottom of the thumb. Use physio tape, KT tape or cohesive bandage to cushion your hands.

Food at BUKC 24h 2023

The café will once again be open 24hrs for the BUKC 24hr we will be serving a wide selection of hot and cold food and drinks.

Friday from 1000 -1500

Breakfast Buns – sausage/bacon/egg/hashbrown/cheese – choose any three items.

Lunch Menu

Selection of Loaded Fries and Hot dogs – see menu on the day for more information.

toppings include cheese, bacon, beef chilli, chicken curry, beans, gravy, chicken pieces and a wide selection of sauces.

Pizzas and munch boxes will be available to pre-order for collection from 1730 – see menu board on the day for details.

Saturday from 0700

Breakfast

Breakfast Buns – sausage/bacon/egg/hashbrown/cheese – choose any three items.

Porridge

Fruit

Lunch from 1230

Sandwiches, sausage rolls snacks.

Loaded fries.

Hot dogs.

Salad boxes – lots of toppings including veggie and vegan options.

Dinner from 1730

Chicken Curry with rice and chips

Veggie curry with rice and chips

Beef Stew with mash potatoes and Yorkshire pudding

Chilli with rice and chips

Baked Mac'n'Cheese with salad

Salad boxes

From 2330

Pizzas made to order various toppings.

Breakfast from 0500

Breakfast Buns – sausage/bacon/egg/hashbrown/cheese – choose any three items.

Porridge

Fruit

All through the event and selection of cakes and snacks will be available alongside our espresso coffees, fancy hot chocolates, made to order Milkshakes, a wide variety of soft drinks and water.

We do not sell energy drinks and alcohol will not be served on Saturday or until after 1300 on Sunday.

You can purchase your food in advance from the café for £40pp you can eat during the race without having to bring any money or a card up to the café.

Included is [any other items must be paid for at time of ordering]

2x breakfast

1x lunch

1 x dinner

2 x snacks

5 x bottles of water

10 x instant coffee and tea

2 x soft drinks

You can purchase this from the café on site when you arrive on site.