

FAQ's

Some frequently asked questions. Call if you have more.

What is the minimum level of fitness/experience required to enter the LIU?

The LIU has been designed as a pinnacle event for the adventure loving ultra runner. With that in mind, the minimum requirement for entry to the LIU is that each competitor must have completed at least one ultra-marathon within the previous 18 months. A DNF does not count (for any reason). This rule is there to ensure you have the very best chance of success whilst you are with us and that you at least understand what it takes to complete an extreme event such as the LIU.

With regards to fitness levels, we advise that our competitors build an all-round level of fitness that includes strength conditioning as well as the obvious running fitness. Please e-mail us for a race-matched training plan for the LIU.

I have never competed in an ultra before, will I be able to safely compete in the LIU?

No. Each and every competitor must have completed at least one other ultra race of 27 miles or longer, within the previous 18 months to your race start date. With this pre-condition satisfied, with the right training you can succeed. Please e-mail us for a race-matched training plan. We require a copy of your finishing place and race details in email format at least 4 weeks prior to your race start date.

How safe is the LIU?

Competitor and Staff safety is at the heart of our amazing race. Our Co-Founder and Race Director Wes Crutcher, is not only multi-award winning for his designs, but also a race safety pioneer. His innovations include GPS tracking and pre-determined competitor to medic ratios, to name just a few. The LIU has also been fully risk assessed to ensure your safety every step of your journey. Rest assured you are in safe hands.

How much is it to enter the LIU?

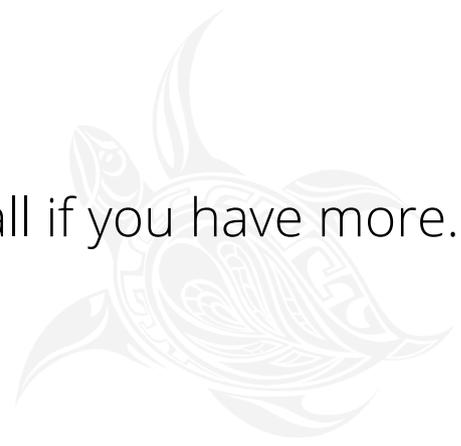
For 2018 we have some amazing offers to tempt you to #LoseYourself with us in Fiji.

For all entries between November 1st 2016 and 31st December 2016, each competitor will save £500 off the 2018 entry fee of £1800. From the 1st January 2017, the price will rise by £200 each month. By entering in 2016 you can pay your £300 deposit, then pay monthly until December 2017 at just £75 per month! Sign Up Here Also, with the weak £ (UKP), if you are signing up from overseas by signing up now you are saving even more, sometimes as much as 30% more. [Did we mention you can Sign Up Here?](#)



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What is included?

- Experienced Race Director
- Support Team
- Medical Staff
- Amazing course design in Fiji
- Transfer of duffel bag each day (you take your day kit)
- Water during the race (available from first day at base camp)
- Food after you have crossed the finish line
- Local multi-lingual support staff
- Complete digital photographs of entire race
- Awesome race medal
- Race T

What you need to arrange on top:

- Race Kit
- Flights
- Travel to pick-up point (Nadi)
 - Vaccinations
 - Travel Insurance / Evacuation Insurance (essential)
 - Visas / Local Taxes
 - Personal expenses
 - Any personal equipment
 - Race food and energy supplements
 - Food before pick-up and after closing ceremony
 - Extra nights accommodation or onward travel

Can you help us with the kit requirements?

Yes of course! We're are happy to help by phone or email, drop us a line with your questions.

Can you help us with flights?

Yes - but hold fire! The race isn't until 2018, it's too early to book. We are working hard behind the scenes to bring you some amazing travel options at unbeatable prices. Drop us a line to register your interest in flight information as we near your race date (these will be released April 2017).

Can we extend our stay?

Yes! We have partnered with several hotels, resorts and travel companies to cater for your every Fijian whim! You're here, why not stay a little longer? #GetLost #LoseYourself



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Is the LIU course marked out?

Yes we mark every part of the race course with bio-degradable and reflective tapes. This is not a navigation race, the compass is for your safety only.

Does each stage have a cut-off point?

Yes, however these cut-off points are extremely generous and only there to ensure we do not have competitors out at night (except for the night stage of course!).

What will I find in camp?

Each camp will have the availability of a WC and place to set up your sleeping arrangements. You will also have your main kit duffel bag as well. We will provide you with drinking and boiling water for food and hydration.

Can I run for charity?

Yes please! We will support you every step of the way and add your story to our media runners page!

Can I bring a friend/family member to support me?

Yes, this is the friendly ultra!! We offer a limited number of Support Places, where friends and family are able to sign up to join us. This means the support entrants will join in with the race organisation, man check points, help with logistics, and generally get involved in the day to day. Support entrants should not expect a holiday, they should not expect lots of down time to sit on a beach, if you're taking a support place you will be expected to muck in! A good level of fitness is required to assist on the LIU, as well as a sense of adventure (and sense of humour!). You could be trekking 20k through the forest one day, or carrying kit the next, what we can promise you is one of the best times of your life! To apply for a support place please contact us by email.



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Join in and add your support to the race.

I want a support place, what sort of thing would I have to do on the race?

Great! Well, you're in for one hell of an adventure! Okay, you're not going to be running, but you will be working hard and experiencing all that Fiji has to offer in the way of adventure! You will be hiking to runner check points, carrying kit, generally helping out and of course supporting the runners! What you won't be doing much of is laying on a beach and having a holiday... Please do not take up one of our support places unless you are looking for an adventure!!

What is included in my support place?

- The adventure of a lifetime!
- Being part of the LIU team
- Medical Staff (we need to make sure you're looked after as well you know!)
- An amazing, off the beaten track experience in Fiji
- Transfer from Nadi pick-up point to basecamp
- Transfer back to Nadi after race (single coach departure)
- Water during the race (available from first day at base camp)
- Meal after the runners have crossed the finish line
- Complete digital photographs of entire race
- Awesome race medal (yes you get a medal too!)
- Support Staff T-shirt

What you need to arrange on top:

- Kit – Clothing etc suitable for trekking in tough terrain
- Flights
- Travel to pick-up point (Nadi)
- Vaccinations
- Travel Insurance / Evacuation Insurance (essential)
- Visas / Local Taxes
- Personal expenses
- Any personal equipment
- Food during race
- Food before pick-up and after closing ceremony
- Extra nights' accommodation or onward travel

