



# **etr** Race Briefing Notes

**12-14 July 2024**



**Register at**  
**[www.elephanttrailrace.com.au](http://www.elephanttrailrace.com.au)**

Supported by the





# ETR CHECK-IN

27/35 Merrigal Road, Port Macquarie(only)

## 11th July 2024 [Thursday]

- Check-In/Bib Collection [all distances]

## 12th July 2024 [Friday]

- Check-in/Bib Collection
- 217km, 160km, 100km, 50km, 5km

## 13th July 2024 [Saturday]

- Check-In/Bib Collection
- 25km, 13km, 2.5km Kids

## 14th July 2024 [Sunday]

- 2.5km Kids Race [at race hub]

# 2024

# ETR RACE STARTS

The Elephant Trail Race Course is a 25-27km course, with approx. 1455m elevation.

## Friday Night

- 5.30pm - 217km Start
- 7.00pm - 160 Km Start
- 7.00pm - 100km Staged Start [Day 1 -25km]

## Saturday

- 6.30am - 100km Solo Start
- 7.30am - 50km Start
- 7.30am - 100km Staged Start [Day 2 -50km]
- 10.00am - 5km Start [Clockwise]

## Sunday

- 7.00am - 25km Start
- 7.00am - 100km Staged Start [Day 3 -25km]
- 7.30am - 13km Start
- 11.00am - 2.5km Kids Start



The ETR race is only a short distance from Port Macquarie, Wauchope, and Telegraph Point in the beautiful Hastings Area. All racing will take place in Cairncross State Forest. You will travel through the State Forest and NSW Crown Lands and land of the traditional owners, the Birpai People. Please abide by the relevant directions and instructions.

We acknowledge the traditional custodians of the land on which we travel along, the Birpai people of the Birpai nation, and recognise their continuing connection to land, waters, and culture. We pay our respects to their Elders past, present, and emerging. We acknowledge the homelands of all Aboriginal people and pay our respect to Country.

**ETR** 12-14 JULY 2024

# CONTENTS

GENERAL INSTRUCTIONS	5
ROLES	6
CHECK LIST	7
WHY?	8
TIMETABLE	9-11
MAP	12
MANDATORY GEAR	13-14
217KM, 160KM PACERS	15
EVENT CHECK-IN	16
SHIRTS	17
RACE RUN DOWN	18-21
DIRECTIONS	22
TEAM/SUPPORT TENTS	22
PARKING	23
CAFE ETR	23
BECOME A VOLUNTEER	24
TIMING, YOUR SAFETY, TRAIL ETIQUETTE	25
COLD WEATHER, MARSHALS/VOLUNTEERS	26
EVENT RULES	27
MEDICAL SUPPORT, LATE ENTRIES, UPGRADES/DOWNGRADES	28
COURSE MARKINGS	29-30
START AREA	30
AID STATIONS, FINISH, RUBBISH	31
PHONE COVERAGE, WITHDRAWING, INSURANCE, WARNING & DISCLAIMER	32
PHOTOS/VIDEOGRAPHER	33
WRAP UP FROM RD	34





## GENERAL INSTRUCTIONS

Please take a few minutes to read this document. We must give you most of this information as a condition of our permit and insurance. If you do not understand anything or need any more information, go to the website first and read. All the information about the event is on there. <https://www.elephanttrailrace.com.au/> If you still can not find what you are looking for, send us an email [run@coastaltrackandtrailrunners.com.au](mailto:run@coastaltrackandtrailrunners.com.au) or ask at check-in . ETR is a COVID 19 safe event.

We have included a bit of our COVID Plan in here. So please read all your briefing notes and everyone must adhere by them. If you do not agree with any of it, please do not come. But in the short of it the general rules apply:

- All the check points have certain items bagged. It is for everyone safety. "BE PATIENT"
- If you do not like this, then be totally self-sufficient.
- Do not split on course, please use the hand sanitizers around the place and even bring your own.
- Please, please respect everyone that are here. It has taken a lot to get us COVID Safe and here racing and we want everyone safe, and this will take everyone to abide by these rules.
- Please when lining up for toilets or café, please always practice social distancing.
- If you have a team tent, please use them.
- It is looking to be cold this year so, remember social distancing when around the heaters.
- Please be patient with the volunteers and ETR crew as we are running on no sleep and with the COVID changes I do not want people getting impatient and losing their s\*\*t over very little things, as we have to take more time to do things. The RD's have no problem telling you to leave if it gets to that. These are things that we must done to make it safe for everyone.

## STAY HOME IF UNWELL

No persons, including participants, volunteers, and spectators, are to attend an event if they have any symptoms of COVID-19 or a confirmed case of COVID-19.

Persons must not attend if in the last 6 days they have been unwell or have COVID-19 (cough, sore throat, fever, or shortness of breath). Persons should leave if they develop symptoms of COVID-19 during the event.

## LOCAL SERVICES

We encourage you to support local business/services. Hastings area has a number of hotels, B&Bs, motels, pubs, caravan parks, resorts, holiday houses/units to choose from.

There are a number of restaurants, takeaways, coffee shops, malls, clubs, supermarkets where food and meals can be purchased.

Check-in is at Coastal Sports Warehouse 27/35 Merrigal Road, Port Macquarie.

If you have not done your mandatory gear check, you must do that 1st and then once you have passed you will then be given you race pack, bib and other gear you have purchased. We will have a run shop there with ETR merchandise, nutrition, mandatory gear items and much more. We have eftpos and visa card available to make purchases.

### **To do your mandatory gear check [if you have not done it on-line prior and passed]**

YES you must bring all your mandatory gear to be sighted to complete your gear check.



# ROLES

## Race Director

Mathew Williams

0413 967 694

Email Address [run@coastaltrackandtrailrunners.com.au](mailto:run@coastaltrackandtrailrunners.com.au)

## SAFETY OFFICER

Kerry Williams

0434 048 688

Email Address [run@coastaltrackandtrailrunners.com.au](mailto:run@coastaltrackandtrailrunners.com.au)

## RESULTS

COASTAL Track and Trail Runners

0413 967 694

Email Address [run@coastaltrackandtrailrunners.com.au](mailto:run@coastaltrackandtrailrunners.com.au)

## PROGRAMME INFORMATION

Minimum Age Limit 217km, 160km, 100km, 50km, 25km

Minimum Age Limit 13km

Minimum Age Limit 5km

Location of First Aid

Event Health Services

Course Closed [all runners will be removed]

18 [\*There are Special Exceptions]

14 [There are Special Exceptions]

10 [There are Special Exceptions]

Start/Finish HQ

Race Hub

2pm Sunday

## SCHEDULE OF ROAD CLOSURES

Some of the State Forest Roads will be closed from 12/7/24 7am to 14/7/24

[May be able to get the roads open late Sunday]

Tower Road [from corner of Cpt 18/1 Trail]

Kennedys Road

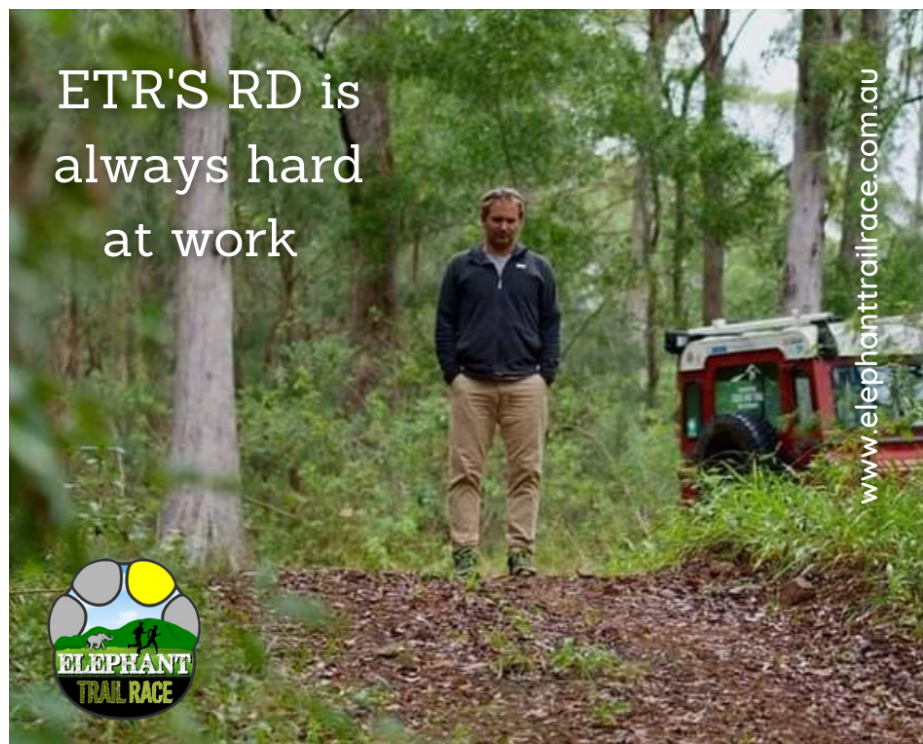
Southern Boundary Road

Jacks Road

Waterfall Road

Scrubby Creek Road

McCarthy's Road



# CHECK LIST

Please make sure you have done everything on the list before you come :

- Read the Race Briefing Notes
- Read the website (there is a lot of information on there that will answer most of your questions you may have.
- Ensure you have received your confirmation email when you registered. Go back in and check your registration.
- Make sure you get your mandatory on-line gear check done by 18/6 and pass, for race pack to be sent out on the 24th June. You must receive a confirmation back that you have passed before it is sent out. If you don't do your mandatory gear check on-line before 18th June, then you will have to come to in person check-in.
- Make sure you understand what mandatory gear and recommended gear you will need to bring. If you do not pass your mandatory gear check you will need to attain gear and pass before you will get your race pack given to you. There are samples on the website [www.elephanttrailrace.com.au](http://www.elephanttrailrace.com.au)
- Check out the ETR Map. It is your responsibility to know this on race day.
- You have entered a distance that is suited to your abilities.
- Check the race timetable to make sure you don't miss your race or check-in.
- Bring your bib and mandatory gear to the event. This is your responsibility.





# WHY?

Are you looking for a challenge/experience to help you grow and learn as a person, a runner? The Elephant is not just a race, it's a trail challenge experience. It's getting you out of your comfort zone.

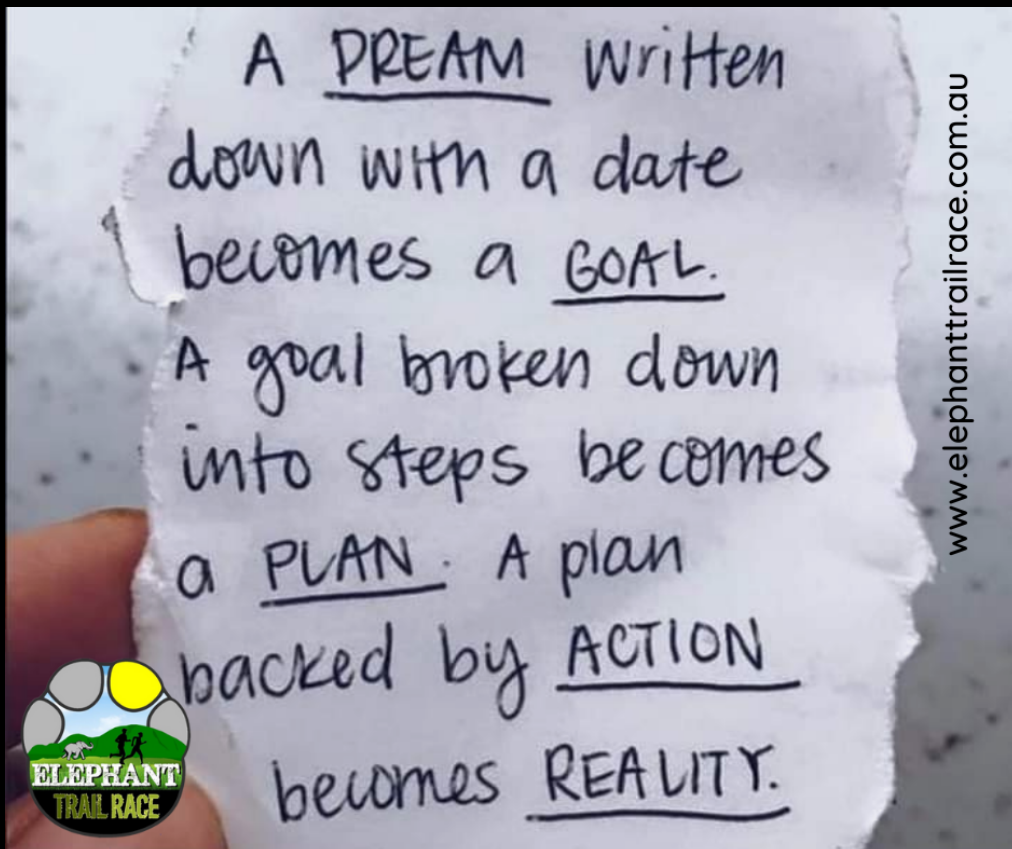
The distance will confront you with 'Who you are as a person'.

Changing direction will push you, teach you and discover:

- What type of person you are.
- What sort of character you are.
- You will reset yourself for whatever comes after ETR



'Take the Challenge and Earn the Pain'



www.elephanttrailrace.com.au





# TIMETABLE 11-14 JULY 2024

## THURSDAY 11th

### Check-in

Check-in: 27/35 Merrigal Road, Port Macquarie

4.00pm to 8pm	OPEN - 4pm Race registration and bib pick up - All distances CLOSED - 8pm
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## FRIDAY 12th

### Check-in

Check-in: 27/35 Merrigal Road, Port Macquarie

3.00pm	OPEN - Race registration and bib pick up 217km, 160km, Pacer, 100km Staged Race, 100km Solo, 50km, 5km, 2.5km Kids
4.00pm	CLOSED - 217km
5.00pm	CLOSED - 160km, 100km Stage Race
8.00pm	CLOSED - 160km Pacers, 100km Solo, 50km, 5km, 2.5km Kids

### Race Hub

10.00am	Race Hub is open to Support Crews/Friends/Family/Runners to set up transition tents.
3.00pm	Race start/finish hub OPENS to everyone
5.30pm	217km Race Starts [Briefing 15-30 mins before]
7.00pm	160km & 100 Staged Race [Day 1-25km] Start [Briefing 15-30 mins before]
9.00pm	Race start/finish hub CLOSED to transition tents being put up. (You can't put tents up Saturday)

## SATURDAY 13th

### Check-in

Check-in: 27/35 Merrigal Road, Port Macquarie

4.00pm to 8pm	OPEN - 4pm Race registration and bib pick up - 25km, 13km, 2.5km Kids CLOSED - 8pm
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## Race Hub

	Please note - NO BIB PICK UP'S SATURDAY MORNING BEFORE THE RACES
TRAFFIC 5am to 7.30am	PLEASE NOTE ONLY I WAY TRAFFIC TILL 7.30AM. NO ONE LEAVES UNTIL 7.30AM (NO DROP OFF AND GO EITHER MORNING)
5.00am	Race start/finish hub OPENS, bag/gear drop label bag
6.30am	100km Race Starts [briefing 15-30 mins before] 100km Staged Race [must be back]
7.30am	50km & 100km Staged Race [Day 2-50km] Starts [briefing 15-30 mins before]
10.00am	5km Race Start [briefing 15-30 mins before]
10.30pm	50km Race Cut-Off [15hrs for UTMB points, MUST BE FINISHED TO GET UTMB points] NOTE: You will be allowed to continue until Sunday 2pm, but no UTMB points will be awarded.
11.59am	<ul style="list-style-type: none"> <li>• If the 160km runner has pulled out already or has not come back to start their 5th lap, their Pacer is allowed to start their 50km 2 lap Reverse Direction Solo</li> <li>• If the Pacer completes the 50km – 2 laps before 2pm they will receive a 50km finishers medal, this decision will be up to the Pacer to decide to wait or not.</li> <li>• If they don't start at 12am, they may not finish the 2 laps before 1pm and miss out on a finishes 50km medal.</li> <li>• If 160km runner arrives back to start their 5th lap and their Pacer has decided to leave at 12am, they will have to continue on without them</li> </ul>

## SUNDAY 14th

### Race Hub

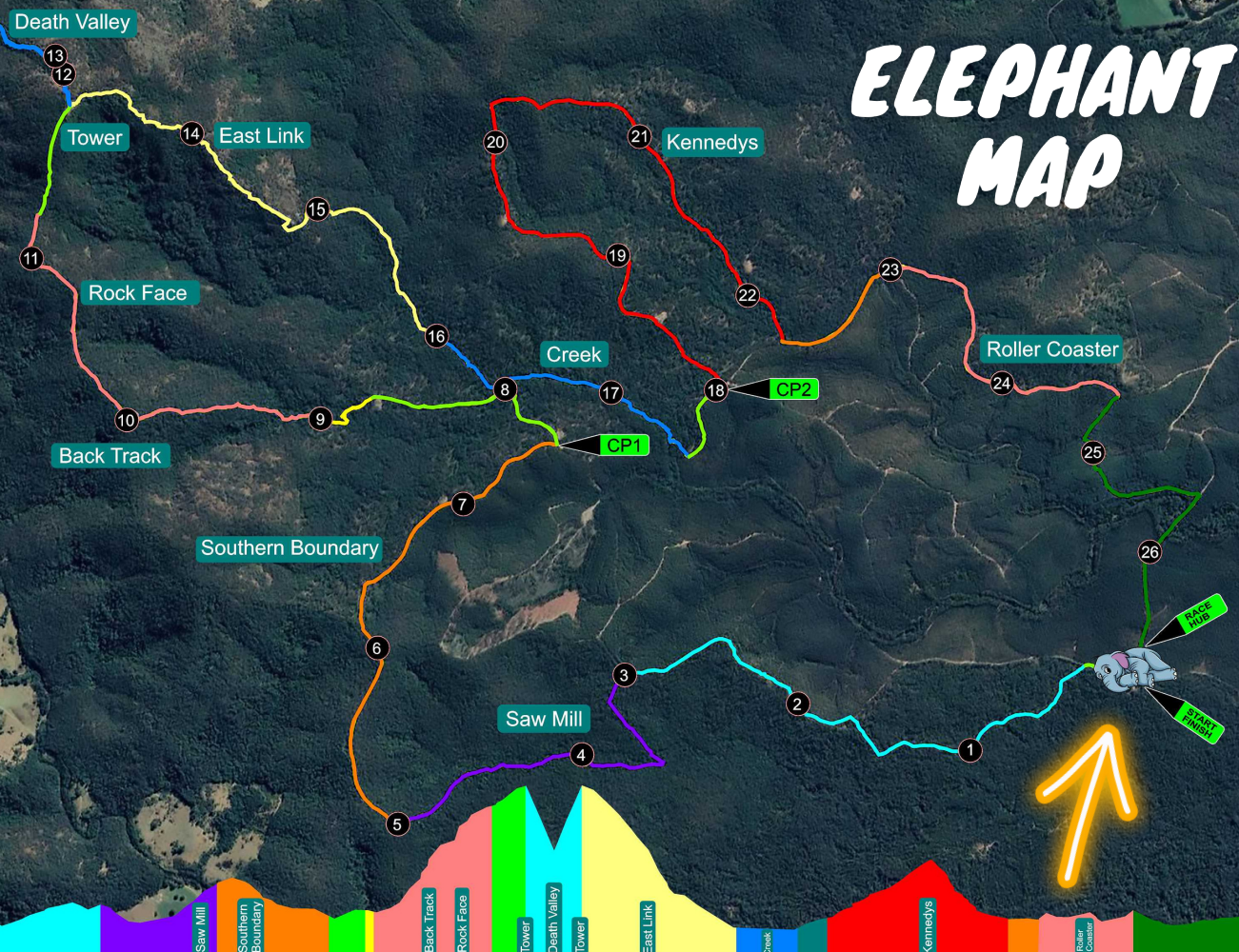
	Please note - NO BIB PICK UP'S SUNDAY MORNING BEFORE THE RACES
5.00am to 7.30am	PLEASE NOTE ONLY I WAY TRAFFIC TILL 7.30AM. NO ONE LEAVES UNTIL 7.30AM [NO DROP OFF]
5.30am	Last Lap [4th lap / 75km cut off] 100km [must have left by 5.30am or you will not be allowed to continue]
6.00am	100km Staged Race [Day 2 must be finished]
7.00am	25km & 100km Staged Race [Day 3-25km] Start [includes runners doing the ETR Double Challenge] [briefing 15-30 mins before]

	If the 160km runner has pulled out already or has not come back to start their 6th lap, their 25km pacer/s are allowed to start their 25km 1 lap reverse direction solo. If the pacer completes the 25km – 1 lap before 2pm they will receive a 25km finishers medal, this decision will be up
7.30am	13km Race Start [briefing 15-30 mins]
11.00am	FREE Kids Race Start 2.5km [briefing 15 mins]
2.00pm	Course Closed to ALL Runners
2.00pm	Sweep vehicles will leave race start/finish hub to go and pick up ALL runners regardless of where they are.
2.30pm	All drop bags must be picked up. After this time, they will be discarded regardless of if they have a number and name on them.
3.00pm	Race start/finish hub is CLOSED





# ELEPHANT MAP



217km 160km

iTRA 6

100km

iTRA 5

50km

iTRA 3

25km

iTRA 1



# Mandatory Gear

## All distances, please check the chart for mandatory gear.

You are not required to carry all your mandatory gear with you, but it is mandatory that you have it available at the start/finish hub aid station tent.

Your race pack must have enough capacity to hold the following mandatory gear and also the mandatory gear that is in your drop bag at start/finish hub [if advised to pick up by race director].

### Drop bags are to be left at the start/finish hub aid station tent.

217km, 160km, 100km Solo and 100km Staged races. Please take drop bags to race hub and put in the big white marquee tent. There is an area inside the marquee tent for all your gear and if you don't have your own tent or support crew. The white marquee tent will be where all your check point food is, heaters, stretchers if you want a quick sleep.

50km, 25km, 13km, 5km there will be a smaller tent next to ETR Café for your personal bags or if you want a gear bag there. This area is not be manned. Please note we will not post any items left behind, it is your responsibility to collect them before 2pm Sunday.

- Mandatory gear must be carried at all times. There is a list to carry and a list for the drop bag that is held at start/finish hub aid station tent. If you are told to pick up mandatory gear that is in a drop bag at the start/finish hub by the race director and you do not have it leaving that aid station, you will be pulled of course and DNF.
- Race directors instructions are final. This is for your safety due to change in weather and conditions of the day. If you do not have it there, you do not continue to race.
- There is no outside assistance on course. ETR crew, marshals and first aid services staff are the only ones that are able to assist on course. If you have support crews and family at the start/finish hub aid station, you are allowed assistance there.
- Only runners are allowed to enter the start/finish hub area for water, food, and medical help. Support crew and family are to stay behind the barriers at all times.

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## 217km-160km-100km-PACERS Mandatory Gear List

You are not required to carry all your mandatory gear with you, but it is mandatory that you have it available at the Start/Finish HQ aid station tent.

- Mandatory Gear you must carry at all times.
- Mobile Phone (for photos and to call us if you need us)
- Whistle
- Water Bottles or Bladders (capacity to carry 2 Litres of water)
- Compression Bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched).  
**NOTE:2025 We are changing over to SNAKE BANDAGE ONLY**
- Small Backup Light
- Emergency Space Blanket
- Collapsible Cup or extra Soft Flask (no cups on course)

### Mandatory Gear to be available at the Start/Finish HQ aid station tent.

- Main Headlamp + Spare Batteries (required to collect after 1pm Saturday)
- Long Sleeve Synthetic Fleece Top
- Long Sleeve Thermal Top (polypropylene, wool).
- Long Leg Thermal Pants (polypropylene, wool).
- Waterproof and Breathable Jacket with Fully Taped.
- Beanie or Buff.
- Full-Fingered Lightweight Thermal Gloves (Polypropylene, Wool)

Mandatory gear checks. They will be done over the full course at random times. If you do not have that item and you are out on course, you will get an instant DNQ and a ride back to race start. Due to only having to carry minimal gear, we will not be giving any leeway on this rule.

\*\*\* PLEASE BE AWARE\*\*\*

We have found support crew out on course before. This will not be tolerated. If one or more of your support crew are found out on course, behind barriers in a closed section you will be DNQ on the spot. This is for all runners, First Aid, volunteers and ETR Crew Vehicles out on course safety. Competitors are responsible for their support crew. ETR Crew do not want to be chasing people down thinking they are competitors, to find out they are support crew trying to get to their runners. This is classed as outside help and is an instant DNQ. So, make sure your support crew are aware. We will not tolerate outside help or cheating.

## 50km-25km-13km Mandatory Gear

You are not required to carry all your mandatory gear with you, but it is mandatory that you have it available at the Start/Finish HQ aid station tent.

Mandatory Gear you must carry at all times:

- Mobile Phone (for photos and to call us if you need us)
- Whistle
- Water Bottles or Bladders for 50km, 25km [capacity to carry 2 Litres of water]
- Water Bottles or Bladders for 13km [capacity to carry 1 Litres of water]
- Compression Bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched)

NOTE:2025 We are changing over to SNAKE BANDAGE ONLY

- Headlamp [50km only]
  - Emergency Space Blanket
  - Collapsible Cup or extra Soft Flask (no cups on course)
- 

## 5km Mandatory Gear

You are not required to carry all your mandatory gear with you, but it is mandatory that you have it available at the Start/Finish HQ aid station tent.

Mandatory Gear you must carry at all times:

- Mobile Phone (for photos and to call us if you need us)
- Whistle
- Water Bottles or Bladders for 5km [capacity to carry 500ml of water]
- Compression Bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched)

NOTE:2025 We are changing over to SNAKE BANDAGE ONLY

- Collapsible Cup or extra Soft Flask (no cups on course) Recommended.
- 

## Recommended Gear - 50km-25km-13km-5km

[Maybe mandatory depending on conditions]. Decision will be made by 4pm the night before race, but make sure you still have all gear at the hub encase weather changes and RD asks to carry.

- Long Sleeve Synthetic Fleece Top
  - Long Sleeve Thermal Top (polypropylene, wool).
  - Waterproof and Breathable Jacket with Fully Taped.
  - Beanie or Buff.
  - Full-Fingered Lightweight Thermal Gloves (Polypropylene, Wool)
- 

Drop bags are to be left at the Start/Finish HQ aid station tent.

The mandatory gear required to carry may change if weather conditions are very cold or wet.

This decision can be made by the Race Director at any time.



# Pacers

217KM (LAP 7 - 8)

160KM (LAP 5 - 6)

100KM (NO PACERS)

## RULES ON PACERS

1. Must purchase Pacer 25km or 50km ticket (this is not the normal 25km or 50km ticket)
2. 50km Pacer x1
3. 25km x2
4. Last lap of your race, is called the 'Party Wave' lap. You can have 1x 50km pacer and/or multiple 25km pacers (only on last lap) to help you finish of your race. Party Wave Lap example 1x50km pacer, 3x25km pacers to bring the runner home.

## 50 km Pacer

- They must purchase a 50km Pacer entry
- They will receive a 50km medal once the 2 laps (50km) is completed.
- Pacer must be ready to start when their runner starts their 2nd last lap, regardless of the time.
- If your 217km or 160km runner has pulled out. The pacer is allowed to leave to complete the 50km reverse laps solo. Pacer must be finished by 2pm Sunday, as course closes at 2pm. Once Pacer has completed the 50km (2 reverse laps) they will receive a 50km medal.

## 25 km Pacer

- They must purchase a 25km Pacer entry
- They will receive a 25km medal once they complete their pacer lap (25km)
- Pacer must be ready to start when their runner starts either their 2nd last lap or last lap (reverse direction) regardless of time.
- If their 217km or 160km runner has pulled out. The pacer is allowed complete in the 25km race on Sunday morning at 7am. Pacer must be finished by 2pm Sunday as course closes at 2pm. Once they complete the 25 km (1 forward lap) they will receive a 25km medal.



# Event - Check-In

NOTE: If you have not done your on-line mandatory gear check, you will need to bring ALL your gear to check-in to complete your mandatory gear check. You [WILL NOT] receive your bib and race pack until you pass. If you selected race mail out for your race pack at registration and you did not complete [PASS] your on-line mandatory gear check before 18th June. Your race pack will not be sent out on the 24th June and you will need to come to check-in with ALL your gear to do your mandatory gear check in person to get your race pack and bib.

## THURSDAY

All distances

Rego opens 4pm to 8pm Thursday

## FRIDAY

217km & Pacers

160km, Pacers, 100km Staged

100km Solo, 50km, 5km

Rego opens 3pm to 4pm Friday

Rego opens 3pm to 5pm Friday

Rego opens 3pm to 8pm Friday

## SATURDAY

25km, 13km, 2.5km Kids Race

Rego opens 4pm to 8pm Saturday

Maps will be displayed at registration/check-in.

Map will show start/finish hub, aid stations around the course.



At race check-in you will need to sign that you have read and understand the acknowledgement, release and indemnity and fill out the questions on the sheet.

**You must also do a mandatory gear check [YES you must bring all your mandatory gear to be sighted to complete your gear check if you have not done and passed a on-line mandatory gear check]. You will then receive your race bag which will include the following.**

1. Race Number [Bib Tag]: Your race number must always be visible on the outside of your clothing and on the front of your body. It must not be worn on your pants or leg. Do not cover over your race number with any backpack strap or article of clothing such as thermal top, waterproof jacket [including see-through jackets] or high-visibility vest. Do not fold, bend, your race number. It must be worn as is. Consider using a race belt to attach your number to. [We do not supply pins for your bib]
2. Runners Emergency Instructions: In case of an emergency, please ring the numbers on the back of your bib. DO NOT ring your partner/family/support crew and ask them to talk to the race director or first aid. The runner MUST follow the instructions on the back of bib and contact one of these numbers.
3. Please check your race bag: There are a lot of goodies in there. Discount vouchers from our local business and some of the race bags have random giveaways and prize pack envelopes in there. Please check everything. If you won a random prize, when you use it, please thank the business who kindly donated the prize to the Elephant Trail Race. If you win a pack, you will receive it at check-in.







4. If you are receiving a shirt, buff, it will be in your race bag. Shirt sizes cannot be changed sorry, unless we have a spares, they were custom ordered as per the size you all recorded at registration.

If you do not want your free shirt, buff, please hand back to rego volunteers. This is a gift from ETR, but some people do not like or wear the merch. It is your choice.

## Race Shirt

If you did not register in the early bird time, then you will not get a free shirt. Free shirts were for 217km, 160km, 100km, 50km, 25km [no shirt for 13km or 5km]. There will be limited sizes available at check-in on Thursday, Friday and Saturday. After all the registrations have finished on Saturday, the remaining shirts will then be available at the ETR Cafe at the event hub for sale. We have eftpos and visa available at check-in and ETR Café across the event.

## Race Run Down

Will provide essential route and safety announcements, these will take place in the start/finish area shortly before the start time. This will include any last-minute course changes, due to safety or weather.

This is a lap style race:

- 1 full lap is 25km [50km and below].
- 1 full lap is 27km [100km and above, includes Death Valley Section each lap].
- Each race is made up of 1 to 8 laps, depending on the distance.

## Directions & Pink Wrist Bands

[Very Important to understand this]

Pink tape = Pink wrist bands [the direction you are following tape]

### 217km [8 laps]

- Lap 1,2 Right
- Lap 3,4 Left
- Lap 5,6 Right
- Lap 7,8 Left (PACERS ALLOWED)
- ALL laps include the 'Death Valley' section of course.
- Pacers allowed from Lap 7 (see pacer page for information)

### Pink Wrist Bands

- Right wrist [1ap 1,2]
- Left wrist [lap 3,4]
- Right wrist [lap 5,6]
- Left wrist [lap 7,8]





## 160km [6 laps]

- Lap 1,2 Right
- Lap 3,4 Left
- Lap 5,6 Right (PACERS ALLOWED)
- All laps include the 'Death Valley' section of course
- Pacers allowed from Lap 5 (see pacer page for information)

## Pink Wrist Band

- Right wrist [lap 1,2]
- Left wrist [lap 3,4]
- Right wrist [lap 5,6]

## 100km [4 laps]

- Lap 1,2 Left
- Lap 3,4 Right
- All laps include the 'Death Valley' section of course
- NO Pacers

## Pink Wrist Band

- Left wrist [lap 1,2]
- Right wrist [lap 3,4]

## 100km Staged [4 laps] over 3 days

- FRIDAY - [DAY 1] Lap 1 Right [25km]
- SATURDAY - [DAY 2] Lap 2,3 Left [50km]
- SUNDAY - [DAY 3] Lap 4 Left [25km]
- NO 'Death Valley' section
- NO Pacers

## Pink Wrist Band

- Right wrist [lap 1] Day 1
- Left wrist [lap 2,3] Day 2
- Left wrist [lap 4] Day 3

## 50km [2 laps]

- Laps 1,2 Left
- NO 'Death Valley' section

## 25km [1 laps]

- Lap 1 Left
- NO 'Death Valley' section

## 13km [different course]

- Course will be a slightly altered course, Left

## 5km [different course]

- Different course altogether

When you come into the race start/finish hub each time there will be 3 things that will happen:

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### • 1st - RING THE BELL 217km, 160km, 100km Solo and Staged ONLY

Each lap you will ring the bell to tell everyone and the support crew/family that you have completed 1 lap



- **2nd- Hole Punching your bib - Every Distance**

You will get a hole punch on completion of each lap on your bib from the volunteers. Do not leave that area until you have a hole punch (very important). The holes in your bib tell the marshals what lap you are on and when to change your direction for you. After you have finished at race hub, you will go out the exit chute and the marshals will direct you the correct direction you will be next running, again depending on the number of holes in your bib and what wrist your pink band is on

- **3rd- Pink wrist band**

The marshal will tell you when to change your silicone pink wrist band from one wrist to the other depending on the number of holes in your bib. These wrist bands are very important. They will help you to follow the PINK tape markers when fatigued. They glow at night and that is the direction you will be following the pink tape with reflector tape. At any time out on course you think you are not following the pink tape correctly, check your bib and pink wrist band.



# Finisher Buckles and Medals

## 217km [44.5 hours to complete the full 217km course] - Finishers GOLD Buckle

217.60km / 11510m+

- 5.30pm Friday-2pm Sunday [44.5hours]

- No last lap cut off
- You must be finished within 44.5hrs, 2pm cut off Sunday to finish and receive ITRA points
- At 2pm Sunday, course is officially CLOSED to all runners regardless of where you are. All runners will be removed from course.
- Pacers will be allowed for the last 2 laps (lap 7,8). Pacers will not be provided. You must provide your own (see pacer page for more information)

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## 160km [42hrs to complete the full 160km course] - Finishers GOLD [top 3], SILVER Buckle

163.3km / 8650m+

- 7.00pm Friday-2pm Sunday [43 hours]

- NO Last Lap cut-off
- UTMB Points, you MUST be finished within the 42hrs, 2pm cut off Sunday.
- 2pm Sunday course officially CLOSED to all runners regardless of where you are on course. All runners will be removed from course.
- Pacers will be allowed for the last 2 laps [lap5,6]. Pacers will not be provided. You must provide your own (see pacer page for more information)

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## 100km [31 1/2hrs to complete the full 100km course] - Finishers GOLD [top 3], SILVER Buckle

108.8km / 5760m+

- 6.30am Saturday-2pm Sunday [31.5 hours]

- All runners must leave the start/finish hub before 5.30am Sunday to start their last lap [75km lap 4]. After this time, you will not be allowed to leave.
- NO pacers allowed
- Course closes at 2pm for all runners [all runners will be collected off the course]
- You must be finished within the 31 1/2hrs, 2pm to qualify for your UTMB points.



# 100km Staged Race [41hrs to complete the full 100km course] - Finishers GOLD [top 3], SILVER Buckle

103.4km / 4820m+

- 7.00pm Friday-6.30am Saturday [11.5 hours] 25.8km
- 7.30am Saturday-6.00am Sunday [22.5 hours] 51.8km
- 7.00am Sunday-2pm Sunday [7 hours] 25.8km

## Rules

- Must be on the start line for next race
- All runners must complete each day within the time to be able to move onto the next day
- You must stop for at least 1 hour [minimum 1hour]
- You must start at the allocated times
- You must be finished Day 3 at 2.00pm Sunday to complete the full 100 km staged race course.
- NO pacers Allowed
- Course closes at 2pm for all runners [all runners will be collected off the course]
- NO UTMB points.

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# 50km [15hrs to complete the full 50km course] - Finishers SILVER Medal

51.8km / 2410m+

- 7.30am Saturday-10.30pm Saturday [15hrs-UTMB Points]
- 7.30am Saturday-2pm Sunday [30.5hrs-No Points]

- All runners must be finished the full 50km before 10.30pm Saturday for UTMB Points. The 50km UTMB points event finishes at 10.30pm [if not finished by then, you will be allowed up to 2pm to finish yourself. After 2pm you will be taken off course].
- You must be finished within the 15hr cut off to qualify for your UTMB points.

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# 25km [7hrs to complete the full course] - Finishers SILVER Medal

25.8km / 1200m+

- 7.00am Sunday-2pm Sunday [7hrs]

- It is the discretion of the course sweep to allow you to continue, if they catch up to you at an aid station.
- All remaining runners will be removed from the course after 2pm.

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# 13km [6 1/2hrs to complete the full 13km course] - Finishers SILVER Medal

13.0km / 420m+

- 7.30am Sunday-2pm Sunday [6 1/2hrs]

- It is the discretion of the course sweep to allow you to continue, if they catch up to you at an aid station.
- All remaining runners will be removed from the course after 2pm.

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# 5km [1 1/2hrs to complete the full 5km course] Finishers SILVER Medal

5.0km

- 10.00am Saturday-11.30am Saturday [1 1/2hrs]

- The course will be closed at 11.30am
- All remaining runners will be removed from the course.



# Directions

The start of all races is at the corner of 160 Tower Road via Pembroke Village Road. Do not follow the GPS, as it will direct you to Reid's road.

## If using GPS put in Pembroke Village Road, Pembroke.

Reid's Road entrance will be closed, as you will drive through the course. You will be redirected and made to go around to Pembroke Village Road. There will be Elephant signs to follow on Pembroke Road.

This is what you are looking for on Pembroke Road. Please button for directions



# Transition/Supporter Tents

All team tents 217km, 160km, 100km Solo, 100km Staged race must be booked in. This is done through the on-line gear check. When you arrive at the race hub, please find the 2IC at the race hub, her name is Liana. She will show you where you can set up. DO NOT go set up before seeing her, as runners have to go in certain areas. If you are in someone else spot you will be asked to move to yours. They must be put up in place between 10am to 9pm Friday. There will be no tents put up after this, due to traffic and races being run.

There are NO trailers allowed in this area. You have a 3x3m tent size (please use market style tent) and you can put swags, tables, chairs, lounge etc. under it [this helps with spacing]. Road coming in and out must always flow to prevent the races from being held up. All races will start on time.



# Parking

**Note - First up this year, this is a shared road. There are people who live along this road, and I am not having what happen last year where some of the residents were run off the road. This is a 60km road but at event time it is only 40km. Do not speed down this road. SLOW DOWN 40km If your car is reported to be speeding more then 40km or interfering with local traffic you will be asked to leave. This is for the safety of animals and people. This is a very narrow road.**

There is limited parking in race area. Please park where signs and parking marshals direct you. Race parking will be from longest race, will be closest to race hub eg. 160km and 13km will be the furthest. You will be direct by the marshals to where to park.

Please respect other competitors. Do not park anyone in, as not everyone is doing the same distance. People will be coming and going over the course of the 3 days. There is NO bus area. There will be parking marshals out there to direct traffic for parking. Always follow parking marshals' instructions. There will be a turn circle right near the race hub to drive around when leaving the area. Unload your vehicle quickly and please avoid getting in the way of vehicles parking. The race hub is in the forest, not in a normal picnic area. There is NO normal carpark.

Be aware that the road will still need to be driven up the middle, especially if we need to get an ambulance through there. Park as close to the left and right side as safely possible.

To avoid traffic congestion on Pembroke Village Road. The traffic will only be travelling in one direction until after 7.30am each morning. The road is very narrow and if you are only dropping a runner off, you will not be able to leave until after 7.30am when road is open again. There is NO drop and go.

There will be no traffic going out until all races are started at 7.30am. This is for safety for everyone on the road. Be aware that local landowners may be leaving their houses and will be the only ones going the other direction.



Cars must drive and park behind last car left and right. Don't turn around.

Don't park anyone in, you will all leave at different times. Off the road as much as possible. Cars driving down the middle

**DO NOT park on or near the farm, orange trees. This is private property, and we want to keep our farm neighbors happy. The paddock is in crop, DO NOT PARK ON OR NEAR IT.**

**DO NOT PARK PAST NO PARKING SIGNS AS IT IS THE ROUND ABOUT TO TURN AROUND**

## Start/Finish Race HQ

**Race hub is located 400m west of the farm. Please follow the signs. Toilet facilities are available at this location.**



Cars must drive in around turnaround and then back down road.  
NO PARKING in turnaround bay.  
There is no parking from turnaround to hub. ETR crew parking of trucks only.

# CAFE

# ETTR

**Cash or card available**

**Coffee machine available 24/7 over the event**

### Breakfast

Burrito - Bacon and egg  
Ham and cheese croissants

### Lunch and Dinner

Pumpkin soup  
Chicken Burger with hot chips [not available all day]  
Burrito - Chilli con carne with sour cream and cheese  
Ham and cheese croissants  
Taco[soft] - Chilli con carne

Potato's - Plain

- Chilli con carne
- Sour cream, chilli sauce and cheese

Hot Chips [bucket]

### Note: we may run out of some things

- ETR Merch will also be sold at CAFE.
- Sign up to Kids Race on Sunday, can be done Sunday morning.



# Become a Volunteer

If you want to help out to pass the time while your runners out racing, why not volunteer. We have something for everyone.

You could do any of these roles

- Help out at a Checkpoint (see your runner on course)
- Help out in the Cafe
- Help marshal the 5km course
- Help marshal the kids course
- Help out at the race hub
- Sweep 25km or 13km race

Jobs could include:

- Handing out finishers medals as they cross the finish line
- Help the runners with food, water, fill bottles
- Directing runners on course the correct way
- so much more

Volunteers help change a runners experience. They may be feeling low and a cheering volunteer, will help them and light the spark in them. This can make all the difference to their race. Even a hug when they need it.

There are lots of roles available. Every volunteer will receive a volunteers shirt. Roster is open.







## Electronic Timing:

There will be an electronic timing system used. This will have all the race competitors list for all races uploaded [NO timing for the kid's race]. The timing crew will be in control of starting the race, ensuring the accurate recording and communication of results as appropriate to the event. The timing crew will deal with any enquiries/protests. They will identify the winners of each race and they will cover any other timing requirements required by race director. There are 2 timing mats. One at the bottom of 'Death Valley' [217km, 160km, 100km Solo only races]. You must go over the timing mat to have you lap counted. There is another mat at the race start/finish hub. This will be in the chute [under KEN the elephant]. The timing tag/s are on your bib. Please place the bib on the front of your shirt or on a race belt. It must be on your front [not on the back]. All races will start on time. They will not be held up for any reason.

## Your Safety Rules:

Safety is more important than anything else. A risk assessment has been carried out in the days leading up to the race. Any significant hazards will be indicated on the route map, which will be displayed at start/finish race hub.

**CHANGES DUE TO RISK MAY MEAN THAT ARRANGEMENTS FOR THE RACE COURSE MAY HAVE TO BE CHANGED RIGHT UP TO THE LAST MINUTE, AND ANY ADDITIONAL HAZARDS WILL BE ANNOUNCED AT THE RACE BRIEFING. IT IS THEREFORE IMPORTANT THAT YOU ATTEND THE BRIEFING.**



This will take place in the start area, shortly before each of the start times. Please be aware of other competitors on race route. If you are a 50km runner, you will have 100km, 160km and 217km runners running in the opposite direction, across your event throughout the day.

- a reminder not to attend if feeling unwell. If you have tested positive with COVID 19 within the last 6 days.
- a reminder of hygiene practices that will be in place and around other people(e.g. hand washing, sanitising, sneezing, and coughing, spitting).
- a reminder of any physical distancing requirements that will be in place, even out on course and check points included.
- a reminder that runners should arrive self-sufficient ready to race, including all the mandatory gear that is required and bringing their own food or drink where possible for the race. There will be food at the race hub and check points, but it will not be a self-serve buffet this year like normal. There will be volunteers that will pre-pack certain food in paper bags and fill up your drink bottles using jugs. To minimize touching/contact between volunteers and runners.
- a reminder of the 'this is not like normal years, please try to social distance when racing and being a support crew.

## Race Rules and Trail Etiquette:

- The uphill runner **MUST GIVE WAY** to a downhill runner at all times. They have right of way. Uphill runners must stay too left of a downhill runner.
- If an uphill runner does not give way and their bib number is reported for this reason to a marshal, ETR crew or race director, there will be a penalty.
- If the bib number is reported more than once for the same issue, they will be DNQ and pulled from the course if this is found to be true.
- Safety comes first for all runners, marshals, ETR crew and first aid responders.

This area is a closed course and locals will be notified and area signed. Please be aware if you see public on course, please be courteous at all times and give right of way to them. We do not want complaints from general public please.

**IF YOU COME ACROSS ANOTHER RUNNER WHO IS ILL OR INJURED, YOU MUST OFFER ASSISTANCE. WHERE APPROPRIATE, REPORT THE ILL OR INJURED RUNNER TO THE NEXT MARSHAL YOU ENCOUNTER SO THAT THEY CAN SUMMON ASSISTANCE FROM FIRST AID RESPONDERS. PLEASE TAKE NOTE OF THEIR BIB NUMBER AND ALSO REPORT THIS TO THE MARSHAL, FIRST AID RESPONDER OR RACE DIRECTOR.**



## Cold Weather

This event takes place at a time of year when bad weather might still be encountered. If the weather is cold, please ensure that you wear clothing appropriate for the conditions. A hat/buff and gloves can play an important role in the regulation of body temperature. However, you should avoid wearing too many layers of clothing as your body temperature will rise once you have started running. The weather can deteriorate during the race. It is your responsibility to be aware of, and adapt to, changing conditions. If instructed by race director to pick up a piece of mandatory gear or recommended gear, you must either carry it or put it on, as per race directors instructions. If the instructions are not followed, you will be DNF.

## Clearing Runners off Course at end of Event

There will be a sweep vehicle driving around course over the period of the race/event. When the cut off times of each race is approaching the sweep vehicle will be at key location which you have been informed you must be through before a certain time. If runners do not go through those last cut off points in the allotted time, they will be taken out of the race and put in the sweep vehicle and taken back to the start/finish hub. On Sunday the sweep vehicle will be sweeping the course and removing all competitors that have not made it to certain points by a certain time. At 2pm, all competitors will be removed from course by the sweep vehicle regardless of where they are, as course is closed at 2pm

## MARSHAL/VOLUNTEERS BRIEFING

If you are also volunteering or have friends and family volunteering over the 3 days at the race.

ETR would like to thank you for volunteering. We appreciate your help and hope you have an enjoyable day.

This document provides you with the information you need to help you carry out your role. If you don't understand anything or need any more information,

Please contact the Chief Marshal

Mathew Williams

0413 967 694

## Safety issue, Marshals and Volunteers

Must sign in and out of event, this is done through the timing system. This is for safety reasons. We need to know who is on course at all times, encase there is a safety issue i.e. fire, water that we need to cancel/evacuate course immediately. Everyone must be an accounted for.



# EVENT RULES (we don't supply pins for bibs or cups)

- You must complete the marked course on foot under your own power.
- Poles are not permitted to be used in the first 1km of the course due to creating a dangerous tripping hazard.
- Poles must be fully collapsible so they can either fit inside your running pack or be strapped to the outside of your running pack when not in use. Poles must not be held in your hands and must not protrude from your running pack at times when their use is not permitted.
- If you are planning to use poles after the 1km mark, you must start the race at the back of the field.
- Your race number must always be visible on the outside of your clothing and on the front of your body. Do not cover over your race number.
- You must always socially distance.
- You must abide by all non-touch rules at the aid points. Please be patient as volunteers are doing their best and this is a part of the race being able to run, non-touch. Please use the bins provided for rubbish.
- You must not fold, change your race number in any way. It must be worn as is, unfolded.

- **The wearing of iPods or playing music out allowed are NOT ALLOWED.**

**This is both for safety and so you don't hold up faster runners on the single track or annoy other runners. There is to be no music to be played by runners while out on course. There will be music played at the aid stations and the race start/finish hub. You must always be aware of your surroundings. This is a multi-directional race and you must always be on your toes.**

- Roads will only be 1 way into race start/finish until 7.30am on Saturday and Sunday mornings. Once all races have started, the parking will be open for leaving. If you are only dropping off runners, you will only be allowed to leave after 7.30am each morning.
- All team tents may be put up between 10am Friday morning and till 9pm Friday night. There will be no tents put up after these times due to safety and races running.
- No cup races. You must supply your own cup/bottle for fluids.
- If you withdraw from the race, please notify the race director.
- If you need first aid help on the course, you must use the phone numbers on the front of your race bib and call the race director. The first aid team will arrange to treat you. Support crews are not allowed to enter the race course to collect runners.
- You must stay on the marked course. Short cuts are not permitted. If you get lost, return to the last sighted marking. If chief marshal requests a GPX file for a place clarification, you must supply or forfeit your place. Anyone suspected to have cheated must supply the GPX file for checking. This is the race directors' rule. We will not tolerate people getting outside help and cheating.
- You must always carry your own mandatory gear during the event. Random gear checks will be performed during the race. If you are court without your mandatory gear, you will be DSQ.
- Littering is prohibited.
- You must not leave human feces on the track. If you need to poo either use a toilet, a wag bag or get well off the track and use leave no trace principles.
- You must not smoke in the State Forest. It will not be tolerated, and you will be asked to leave the course/race/area.
- You must obey all information, signs such as track closures, etc.
- The participant is responsible for the actions of their support crew. Support crews must comply with all instructions from race crew and marshals. The participant may be penalised or disqualified for actions or breaches of the rules by their support crew.
- Support crews must obey all road rules and drive within the speed limits. Please ensure that support crew get sufficient rest and are not tired when driving.
- Support crews must not eat the provided food for runners at race start/finish. The food is for the competitors only. There is a food area where you can purchase food from, cash and visa available.
- Outside assistance is NOT PERMITTED. Assistance from race ETR and marshals are fine.
- Spectators / support crews / non-race participants are NOT permitted to run with or pace runners, anywhere on course at any time.
- Pacers are permitted, for the last 50km. You can have 1x 50km pacer or 2x 25km pacers [217,160]. On the final lap [Party Wave Lap] you are allowed as many 25km pacers as you like. Make sure they list you as their runner at rego.
- The race organisers are not responsible for the safety or whereabouts of support crew.
- The race organisers reserve the right to discourage and/or penalize behavior that is considered unsporting.
- Breaking any of the rules may incur a time penalty, disqualification, or pre-race withdrawal. Any such penalties are at the organisers' discretion and are final, there will be no exception to this rule.





## MEDICAL SUPPORT

We will have professional medical support. This will be done by a professional event health services. They will be assessing all injuries minor or severe. They will be coordinating with the race director and the safety/officer/emergency services liaison. Serious injuries will be triaged by event health service staff, and they will contact the appropriate services from then on.

## Competitor Medical Information

The reverse side of race numbers will have provision for appropriate medical information and contact details to be inserted by the competitor. Where possible, competitors' medical information will be provided separately to medical providers.

## Late Entry, Upgrades or Downgrades

There are no upgrade or downgrades after 18th June on-line. If you can't run the distance your entered in, you can change at check-in only. Please talk to Kerry at Check-in.



# COURSE MARKINGS



## Pink Flagging Tape

Pink flagging tape will be placed heavily around the course. On the bottom of these, there will be reflector tape. They will be placed on the left-hand side of the road in the clockwise direction of the course.

- There is an out and back section at the top of Tower road, leading to 'Death Valley' (700m each way) on the western side of the mountain (this will be signed). You must follow the signs on the left-hand side to enter the 'Death Valley' section [217,160,100 staged]

## PLEASE

If you are not feeling well, take some time to hydrate and refuel yourself before entering the DV section (which is a 700m descent to the timing mat and recovery tent at the bottom and then 700m ascent climb back to the top to the tower).

Again, if not well, take the time to recover at the tent.

It is at least a 4 hour pull out from this point. You will only be pulled out by medical vac from DV.

### NOTE:

If you cannot get back to the top as not well or have an injury, do not go down, as there is only medical vac from this point. Pull outs that are not medical related are only picked up from aid stations, no other place on course.

## 217km, 160km, 100km Solo Only - Tower

There will be a lot of signage up there at the intersection, which is the start of the out and back. As you are doing multi-directional running, the next lot of information is especially important to understand.

Pink tape will not

always be on your left hand side. When you come back up from Death Valley you will then follow the signs at the top of the tower to East Link (remember this will be the opposite when doing the reverse anti-clockwise direction).

## Everyone

On each turning corner, there will be 2 pieces of pink tape about 3-4metres apart. This is to ensure you that you are going the correct direction. If you are unsure about how it will work, speak to volunteers at check-in.

Directions & Pink Wrist Bands [Very Important to understand this]

Pink tape = Pink wrist bands [the direction you are following tape]

NOTE: See under Race Run Down [how pink bands work]



## RED / WHITE FLAGGING TAPE

Red/white tape is a NO GO AREA (closed part of the course). It is particularly important to not go past this marking tape. You will get lost and be off course if you follow this marking. Turn around and go back to the last pink tape you have seen.

The event will have marshals who can be identified by yellow high visibility safety wear. There are no marshals on course. They are only located at the two aid stations on course. However, there are numerous coastal track and trail runners [CTTR] competing over the weekend. They will assist you if anything goes wrong. It is their home course. Most of them have run the course a number of times and should be able to assist you on where you are and also re-direct you back on track if you take a wrong turn.

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## START AREA

The start of all races is at the corner of Tower Road and Scrubby Creek Road via Pembroke Village Road. Do not follow the GPS, as it will direct you to Reid's Road.

If using GPS put in Pembroke Village Road, Pembroke.

That entrance will be closed, as you will drive through the course. You will be redirected and made to go around to Pembroke Village Road. There will be Elephant signs to follow on Pembroke Road.

## Drop Bag Service

Drop bags must be closable and SOFT [Woolworths/Coles Cool Bags are strongly recommended]. Plastic bags/garbage bags and hard plastic boxes will not be accepted. All drop bags must be clearly marked with surname and race number. Write on the bags in a thick permanent marker pen rather than trying to attach a label that may be ripped from bags in transport and handing.

Drop bags must not contain any glass bottles. Any liquids must be limited and if included, must be securely contained. Valuable items should not be left in drop bags. Marshals will line up drop bags in race number order. Any bags without a name and race number written clearly, securely, and easily visible will not be able to be placed into order. Only the runner can collect their drop bag at the drop bag locations. Once each drop bag is finished with it must be taken to the used drop bag pile. Drop bags will be returned to the drop bag tent. It is the responsibility of runners to collect their drop bags from the drop bag tent. Any drop bags not collected by 2.00pm on the Sunday will be disposed of.

## ETR Cafe - Food

ETR will be selling hot food, hot drinks/coffee throughout the race. There will be card facilities available for purchases and cash. The social distancing applies in these areas and there will be hand sanitizer there to use also. Try and use card instead of cash please.

## Toilets

There will be portable toilets at the race start/finish and 1 toilet out on course at each aid station. There will be soap in the toilet and hand sanitizer outside please use both and social distance when lining up please.

## No Drop bags

For 50km, 25km, 13km, 5km races. There is a bag area at the race start/finish. You leave them at your own risk. They must have your name and race number on them. If they are not picked up by 2.00pm Sunday, they will be discarded.



## Aid Station - Aid stations are no touch.

- Hydration [water, soda and electrolytes] Fluid: We are eliminating self-service. Volunteers will have gloves PPE on and fill bottles up with jugs of water. Runners will open their own packs and volunteers refill using jugs to eliminate cross-contamination opportunities. Electrolytes will be given out in tablets.
- Food: As with fluid, we are eliminating the buffet style self-service. We will have pre-portioning snacks into small paper bags for lollies and chips and hand out fruit portions. Volunteers will be wearing food service gloves PPE and handing out food portions as required.
- Maintain distancing
- Use sanitizing provided
- Waste management in place

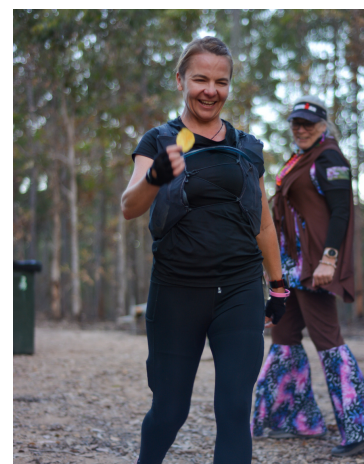


Location	Details
Start/finish HUB	<ul style="list-style-type: none"> <li>• Support Crew Allowed. Access to Drop Bags.</li> <li>• Race hub will be stocked with Electrolytes (Fizz), water, fruit, lollies and other yummy goods. We will have some hot foods during the night time noodles, soup, spuds, hot tea and coffee (There will be other food available from the food area for sale)</li> <li>• Professional first aid and medical support on course and the event hub</li> <li>• Timing mat location</li> </ul>
Tower Rd Aid Station 1	<ul style="list-style-type: none"> <li>• NO Support Crew.</li> <li>• Electrolytes (Fizz), water, fruit, lollies and other yummy goods. Professional first aid and medical support on course and at the aid station.</li> </ul>
Kennedy' Rd Aid Station 2	<ul style="list-style-type: none"> <li>• NO Support Crew.</li> <li>• Electrolytes (Fizz), water, fruit, lollies and other yummy goods.</li> </ul>
Death Valley 217,160,100	<ul style="list-style-type: none"> <li>• NO Support Crew.</li> <li>• Blankets, tent only (NO FOOD OR TOILET)</li> <li>• Timing mat location</li> </ul>
	Portable toilets will be available at Race HQ and at the Aid Stations. Please use hand sanitizer and soap provided

## The Finish

The finish is at race start/finish, food, coffee, drinks will be available for purchase. There will be a shower for the 217km, 160km and 100km runners [please consider others, quick showers please]. There will also a medical tent.

- Spectators/Supporters: The race hub is large area. If you have a support tent, please always use that when runner is not in at the race hub for transition. ETR crew will let people know when runners are coming in via mic and bell. To help keep energy high we will have music, noise makers, and an announcer calling in / congratulating finisher.
- Finisher medals will be given to runners.



## Rubbish (Leave No Trace)

No Littering. You are running in a State Forest, which is to be protect it.

Use the bins provided at each aid station to dispose of your rubbish. If you see rubbish that is obviously from another runner, we would love you to pick it up.

Toilets / Human Waste (Leave No Trace)

Do not leave poo and piles of toilet paper. Make sure you cover it up and off the track.

On the course there are toilets at the following locations:

- Aid Station 1
- Aid Station 2
- Race Start/Finish Line

## Phone Coverage

Mobile phone coverage over most of the course. Generally, you can get reception on hills and ridges across the course. Telstra coverage across most of the course, Optus more intermittent.

## First Aid

There is first aid available the race start/finish. If first aid is required at a aid station, they will come out. Each participant is responsible for their own basic first aid and should carry their own band aids/blister aids, body lubricant [e.g. like body glide], sunscreen and strapping tape, compression bandage, emergency space blanket.

Professional First Aid WILL NOT do strapping at aid stations or at race hub. We will not have our physios at the race hub over this year due to COVID. If you have your own tape, you will have to apply.

If you pass an injured runner or a runner who is obviously struggling on the course, please stop to help them and follow the Participant Emergency Instructions on the back of your bib. Emergency evacuation points are the aid stations around the course. Please let the timing team know ASAP if you helped to assist an injured or sick person, so they can adjust your time.

## Withdrawing from the Race

If you find you just cannot continue due to any number of reasons or must make your way to closest aid station to be collected. You will not be picked up on course. Only medical evacuations will be collected from your current location. If you are not well at an aid station and you feel you cannot make the next 8-10km to next aid station, DO NOT LEAVE there. Ring the race director number on the back of your bib. DO NOT ring and ask your support crew or family to inform the race director. Competitors must make that decision for medical support or to withdraw from the race.

## INSURANCE

The organiser of the race, Coastal Track and Trail Runners, has public liability insurance cover. This does not include personal accident insurance for competitors. We recommend that you arrange your own personal accident insurance, ambulance cover and income protection insurance before participating in the race to cover any unforeseen personal costs you may incur due to ambulance trips, medical expenses, or time off work due to injuries sustained whilst participating in the race.

International participants should take out travel insurance that provides cover for ultra-trail running races.

## WARNING AND DISCLAIMER

Please ensure that you are sufficiently skilled and trained to undertake the event. The course is very tough and demanding with remote sections that can result in slower first aid / rescue response times. It is a combination of fire trail and narrow walking tracks including some very steep sections, on dirt and on rock and sections, creek section that are rough under foot. It is your responsibility to ensure that you are fit enough to complete the event which may take you up to 44.5 hours to 1.5hours. Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the race. It is your responsibility to monitor your health and condition during the race and to withdraw from the race if you are no longer fit enough to continue. Please read and understand the Acknowledgement, Release & Indemnity Form on-line. You do not need to print and sign this form as you have already electronically signed this when you entered the race online. You will also sign in again at race check-in to show you have read and understood this form. You will not get your race bag until it is read/signed.







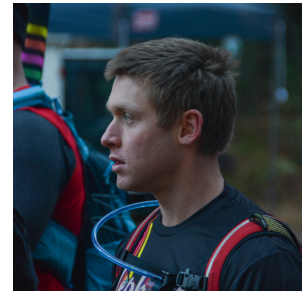
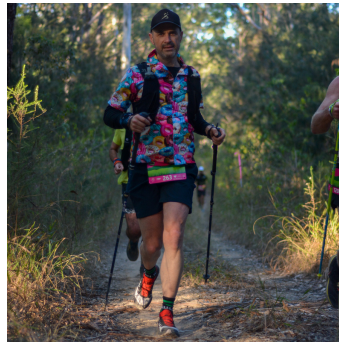
# Our Official Event Photographer / Videographer Dennis Photography

WWW. COASTALTRACKANDTRAILRUNNERS

Elephant Trail Race photos will be available for FREE to download on our website and Facebook page.

Big thank you to Cooper from Dennis Photography

Photo generally released 24-48 hours after the event



Photos will be taken out on course. Elephant Trail Race, Coastal Track and Trail Runners and Coastal Sports Warehouse, Dennis Photography reserves the rights to use all the photos taken for use in promoting the race on the website, social media and in print form. You have agreed to allow our name, results, photographs, videos, multimedia, or film likeness to be used for any legitimate purpose by Coastal Sports Warehouse, [CTTR] Coastal Track and Trail Runners, the sponsors, Dennis Photography, Event partners or assigns without payment or compensation. This was agreed in the Acknowledgement, Release, and Indemnity form.

Mathew and I would like to thank everyone for coming and taking on the Elephant. We hope you enjoy your adventure you are about to take on, in the elephant fun park and hope you will come back next year and take on the distance again or even take on a bigger distance and go out of your comfort zone. If we don't see you next year, we hope to see you back racing with us soon, which will be bigger and full of more magic.

RD

This document considers the changes in how our trail running events are managed and offers guidelines towards best practices moving forward. Nevertheless, we recognize we cannot eliminate the risk of runners, support crew, spectators leaving their home and attending a trail running event/race/training. We feel as race directors that we can only try to reduce the risk of this outdoor activity.

# ETR 24

