



Elephant Trail Race

COMPETITOR Briefing Notes

13KM

22 July 2018

The Elephant Trail Race Course is a 25-27km course, with approx. 1169m elevation. Friday Night at 10pm sees the start of the 160 Km race (2 laps reverse, 2 laps clockwise and 2 laps in reverse), Saturday will see the 100km course, Solo and Teams of 2, (being 2 laps in clockwise and 2 laps in reverse). Saturday will also be the 50km course, 2 laps clockwise one direction. Sunday will see the 25km, 13km course and the Kids Trail Race. 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.



Supported by the



Race Director

Mathew Williams

0413 967 694

Email Address sales@coastalsportsandfitness.com.au

Safety Officer

Kerry Williams

0434 048 688

Email Address sales@coastalsportsandfitness.com.au

Results

COASTAL Track and Trail Runners

0413 967 694

Email Address sales@coastalsportsandfitness.com.au

PROGRAMME INFORMATION

Expected time of last finisher	1pm	22/7/18
Expected time prize winners list available	9.30am	22/7/18
Minimum Age Limit 160km, 100km, 50km, 25km	16 (*There are Special Exceptions)	
Location of First Aid - (St John's NSW Event Health Services)	Start/Finish HQ	
	Aid Station 1	Tower Rd
	Aid Station 2	Kennedys Rd
Course Closed (All runners will be removed)	1pm	22/7/18

SCHEDULE OF ROAD CLOSURES

This event does not require any Council road closures. Some of the State Forest Roads will be closed from 20/7/18 12pm to 23/7/18 (May be able to get the roads open late 22/7/18)

Tower Road (from corner of Cpt 18/1 Trail)

Kennedys Road

Southern Boundary Road

Jacks Road

Waterfall Road

Scrubby Creek Road

McCarthy's Road

TIMETABLE

THURSDAY

8.30pm	Arrive at Majestic Cinemas for 'Trails in Motion'
8.40pm	Meet and Greet
8.45pm	Pizza Carbo Party Starts
9.00pm	Seated for 'Trails in Motion'

FRIDAY

10.00am	Team/Supporter tents may be put up at Race Start/Finish Hub
4.00pm	Race Registration and Bib Pick up (160km/100km Solo & Teams of 2/50km/Kids) Opens at Settlers Inn (Hastings River Drive, Port Macquarie) 100km Drop bags can be left at Settlers Inn Check-In (160km runners, please take them with you to Race Start/Finish Hub)
4.00pm-10pm	Pre-Race Dinner - Pasta & Pizza Buffet begins at Settlers Inn
6.00pm	Race Start/Finish Hub Closed to Team/Supporters tents being put up
9.00pm	160km (100 Miler) Briefing is at Race Start/Finish Hub
9.30pm	
10pm	160km (100 Miler) Race Starts (Slow and steady wins the race. Have fun)
10.00pm	Race Registration and Bib Pick up (160km/100km Solo & Teams of 2/50km/Kids) CLOSED at Settlers Inn

Please note - NO BIB PICK UP'S SATURDAY MORNING BEFORE THE RACES

SATURDAY

TRAFFIC

5.00am	Race Start/Finish HQ OPENS and bag/gear drop (make sure you label your bag)
5.50am	Welcome to Country'
6.00am	100km Solo / Teams of 2 Race Briefing
6.30am	100km Solo / Teams of 2 Race Starts
7.00am	50km Race Briefing
7.30am	50km Race Starts
7.30am	

TRAFFIC

	Road is open to 2 way traffic. Please drive slowly please.
	Race Registration and Bib Pick up (25km/13km/Kids) Opens at Settlers Inn (Hastings River Drive, Port Macquarie)
4.00pm	Pre-Race Dinner - Pasta & Pizza Buffet begins at Settlers Inn
6.00pm	
8.00pm	Race Registration and Bib Pick up (25km/13km/Kids) CLOSED at Settlers Inn
	Please note - NO BIB PICK UP'S SUNDAY MORNING BEFORE THE RACES
10.30pm	50km Race Cut-Off (15hrs for UTMB Points, MUST BE FINISHED TO GET THEM)

SUNDAY

TRAFFIC

	Please note ONLY 1 WAY TRAFFIC TILL 7.30AM. NO ONE LEAVES UNTIL 7.30AM (NO DROP OFF AND GO EITHER MORNING)
	Last Lap (4th Lap / 75km Cut Off) 100km Solo / Teams of 2. (Must have left by 6.30am or you will not be allowed to continue)
6.30am	
6.30am	25km Race Briefing
7.00am	25km Race Start

7.00am	13km Race Briefing
7.30am	13km Race Start
9.30am	Results and Presentation
	160km (100 Miler) Race Cut-Off
10.00am	(36hrs for UTMB Points, MUST BE FINISHED TO GET THEM)
11.00am	FREE Kids Race
1.00pm	Course Closed to ALL Runners
	Sweep vehicles will leave Race Start/Finish Hub to go and pick up ALL Runners regardless of where they are.
1.00pm	
	All drop bags must be picked up. After this time they will be discarded regardless if they have a number and name on them.
1.30pm	
2.00pm	Race Start/Finish Hub is CLOSED
	Post-Race Debrief and drinks at Settlers Inn. All very welcome to join and share your Elephant Tails with us.
4.00pm	

On Behalf of the Elephant Trail Race Crew, COASTAL Track and Trail Runners, Mathew and Myself (Kerry), we would like to thank everyone for coming along and making out Elephant Fun Park come alive for 2018 and hope to see you all and more with us in 2019.

COMPETITOR BRIEFING & FINAL INSTRUCTIONS

Please take a few minutes to read this document - we have to give you most of this information as a condition of our permit and insurance. If you don't understand anything or need any more information, just email

sales@coastalsportsandfitness.com.au

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. The Race Hub at Settlers Inn where Check-in and Bib pick is, has a Bistro as well. Some Competitors may have already purchased Pre-Race Dinner Meals from Settlers Inn. Please support our locals business, as they are supporting you in this event.

Team/Support Tents

All team tents for 160km, 100km (solo / teams of 2) and 50km. Must be put up in place between 10am to 9pm Friday 20th. There will be no tents put up after this, due to traffic and races being run. Road coming in and out must flow at all times to prevent the races from being held up. All races will start on time.

Parking

There is limited parking in race area. Please car-pool wherever possible. 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 get a card that needs to be placed on the dashboard on the driver's side window. This will direct the marshals to where to park you.

Please respect other competitors. Please do not park anyone in, as not everyone is doing the same distance. People will be coming and going over the course of the 2 days. There is NO bus area. There will be Parking Marshals out there to direct traffic for parking. Please follow Parking Marshals instructions at all times. There will be a turn circle right near the Race Hub to drive around when leaving the area.

Please unload your vehicle quickly and this will avoid you 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.

Please be aware that the road will still need to be driven up the middle, especially if we need to get an ambulance through there. Please park as close to the left as safely possible, thanks.

To avoid traffic congestion on Pembroke Village Road. The traffic will only be travelling in one direction to 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 7.30am when road is open again.

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 land owners may be leaving their houses and will be the only ones going the other direction.

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

Start/Finish Race HQ

Race HQ is located 400m west of the farm. Please follow the signs.

Toilet facilities are available at this location. Start/Finish HQ will be open from 09.00pm Friday 20/7/18 to competitors. Will close at 2pm Sunday 22/7/18.

Team tents will only be allowed to be put up between 10am Friday and 9pm Friday.

Race HQ will be the location for:

- any competitor last minute information
- announcement of the results
- bag drop – please note that although Race HQ will be manned throughout the race, you leave your bags at your own risk.
- No bibs or late registrations will be done or collected the morning of each race. They must be done/collected at Settlers Inn Race Check-In the night prior to their race.

About You

We want you to have a fun and above all, a safe event. However, the nature of trail running means that things can happen.

To help us help you in the event, if you need an EpiPen, please carry one in your pack and advise the St John's NSW Event Health Services staff and/or Marshall of this.

Also please let check-in volunteers know, so they can record it for First Aid with your Race Number.

Your medical information you supplied is printed on the back of your bib if you registered before the 9th July 2018. If you registered after this date and have any medical conditions or medicine that the First Aid need to know to help you, please inform the person you are checking in with and they can record on your bib, thanks.

Trail running will take you to locations that are not easily accessed. PLEASE DO NOT TAKE PART if you are injured or feel unwell. If you are unsure, please consult your doctor prior to the event.

Trail Running

Trail running may involve hazards. You will need to be able to cope with them. Race Briefing will inform you where they are.

You should stay aware of your surroundings, including uneven ground, ditches, holes, ruts, creeks, bog holes, boggy or slippery surfaces (i.e. rocks), vegetation and overhanging branches, tree roots and other trip hazards, rocks, debris, etc.

Mandatory 13km Gear

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 1.2 Litres of water)
- Compression Bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched)

Recommended Gear (Depending on Conditions)

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

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.

Please note we will not post any items left behind, it is your responsibility to collect them before 1pm Sunday 22nd 2018

This Event

The Fifth race 13km is scheduled to start at 7.30am 22/7/18. Registration and bib collection will take place at Settlers Inn the night before each event, from 4pm to 8pm 21/7/18.

13km Rego opens 4pm to 8pm Saturday 21/7/18

Maps showing each race will be displayed at Registration/Check-In.

These will show Start/Finish HQ, Aid Stations around the course, where First Aid is located on each course.

Each runner has received a list of Mandatory Gear when they registered. The gear lists are also located under the event distance on the elephanttrailrace.com.au website.

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 HQ Aid Station Tent.

If you are told to pick up mandatory gear that is in a drop bag at the Start/Finish HQ by the Race Director and you do not have it leaving that Aid Station, you will be pulled of course and DSQ. Race Directors instructions are final.

This is for your safety due to change in weather and conditions of the day. Race Directors decision is final. If you do not have it there, you do not continue to race.

There is no outside assistance on course. ETR crew, Marshals and St John's NSW Event Health Services staff are the only one that are able to assist on course.

If you have support crews and family at the Start/Finish HQ Aid Station, you are allowed assistance there. Only runners are allowed to enter the Start/Finish HQ area for water, food and medical help. support crew and family are to stay behind the barriers at all times.

A race briefing, which will provide essential route and safety announcements, will take place in the Race Start/Finish area 30 minutes before the start time. This will include any last minute course changes, due to safety or weather.

This is a lap style race; Doing part of the 25km Lap. Each Race is made up of either 1 to 6 laps, depending on the distance.

13km will do part of 1 laps. Lap is in clockwise direction.

There will be mixed terrain but mostly tracks, trails, single track, creek beds. Markers will be pink tape (with reflector) and black/yellow tape. You must keep the pink tape on your:

PINK MARKING TAPE

Pink Flagging tape will be place heavy 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.

On each turning corner, there will be 2 pieces of pink tape about 3-4metres apart (both directions). This is to ensure you that you are going the correct direction.

Directions - Very Important to understand this

Pink tape you are following

Left (part of 1 Lap) Pink tape on your left-hand side.

When you come into the Race Start/Finish Hub

- When you finish your lap, you will receive a medal at the end of the Finishing chute.

Yellow and Black-Flagging tape

Black/yellow tape is a NO GO AREA (Closed part of the course).

It is very important to not go past this marking tape. You will get lost and be off course if you follow this marking. There will be red and white X signs past this tape. Do not go past the X signs, it is a closed section. Turn around and go back to the last pink tape you had 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 competing over the weekend. They will be wearing the Green/Blue or Pink/Blue CTTR Shirts/Singlets. They will be able to 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.

Cut Off Time

13km Race will have 5 1/2hrs to complete the full 13km course.

- There will be a Sweep out on course. The Sweep will not be staying behind the last runner. They will be moving through the course and will be at the 2nd Aid Station by 11am. You must be with the Sweep or in front of them to stay in the Race.
- At 1pm Sunday 22nd the Elephant Full Course is officially CLOSED to all runners regardless of where you are on course. All runners will be removed from course regardless of where you are.

Safety issue, All Competitors Must sign in and out of event

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.

MEDALS

13km will receive a finisher's medal. You will receive your finisher's medal at the end of the finish funnel from Mathew or Kerry once you have completed the full course.

The results for Place Getters will be declared, on a provisional basis.

To query any result, please contact the timing team within 15 minutes of the results being declared provisional. Formal protests or objections should be submitted to the Race Director within the same period. If no queries, protests or objections are lodged within this time, the place getter will be declared final and will not be amended under any circumstances. If any are lodged, related places will not be declared final until all matters are resolved. This may mean they are not presented at the ceremony.

The full results will be posted up on the elephanttrailrace.com.au after the timing team have checked them and resolved any queries they may have.

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 Kids 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 is a timing mat at the Race Start/Finish line. This will be located in the chute. The timing tags 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

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 HQ.

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, 30minutes before each of the start times. Please be aware of other competitors on race route. If you 13km runner, you will have 100km and 160km runners running in the opposite direction, across your event throughout the day.

Course Rules:

- Road Rules apply, all runners must stay to the left of the course.
- The uphill runner MUST GIVE WAY to a downhill runner at all times. They have 'Right Of Way'.
- 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 DSQ 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.

This event includes tracks and/or areas of ground that may have been exposed to animals in the period leading up to the race. Please take the following minimum precautions:

- a. Wash hands before eating, drinking, i.e. use soap, clean towels and, preferably, hot and running water
- b. Do not consume water from creeks
- c. Ensure adequate supervision of children, particularly those under 5 years of age at all times.

Times will be adjusted to compensate for any losses.

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 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 DSQ. If you are told to leave with it at the Race Start/Finish Hub and you do not have it there, you will not be able to leave until you have it. This Rule is final, no exceptions for any reason.

Principal Contacts:

Chief Marshal	Mathew Williams	0413 967 694
Race Director	Mathew Williams	0413 967 694

Clearing Runners off Course at end of Race:

Sweep vehicle will be leaving the Race Start/Finish Hub at 1pm and will pick up any remaining runners on course. If you have not finished by 1pm. You will be picked up, no exceptions to this rule, regardless where you are.

MEDICAL SUPPORT

We will have professional medical support. This will be done by St John's NSW 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 St John's NSW 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 Transfers

There are no transfers, upgrade or downgrades now.

Race Check-In

Race Check-in will take place at Settlers Inn on Saturday 21st July 2018.

Photo ID: Make sure you bring your photo ID with you. No ID, NO Race Bag.

Saturday 21st July 4pm – 8pm for 25km, 13km and Kids. If you purchased a Pre-Race Dinner, your Voucher/s will be given to you there.

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 will then receive your Race Bag which will include the following.

- 1. Race Number and Safety Pins (Bib Tag):** Your race number must be visible at all times 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.
- 2. Runners Emergency Instructions:** Encase of an emergency, please ring the numbers on the back of your bib.

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 won a pack, there will be an envelope with the Pack No. on it. Bring the envelope to the Race Start/Finish line after your race and collect your prize.
- If you are receiving a singlet, hat, buff or early bird pack. It will be in your Race Bag. (Singlet sizes can't be changed sorry, they were custom ordered as per the size you all recorded at registration).

The 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 GP's, as it will direct you to Reid's Road. 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.

- **BBQ and Mobile Food Van:** They will be selling hot food, hot drinks/coffee throughout the race. Saturday night will see a set meal for dinner. There should be Card available for purchases and cash. When I have the menu and price for dinner I will post on facebook.
- **Toilets:** There will be portable toilets at the Race Start/Finish and 1 Toilet out on course at each Aid Station.
- **No Drop bags:** for 50km, 25km, 13km 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 1.30pm Sunday, they will be donated to charity.

Race Briefing

This will give you last minute changes of course and safety issues. Also explain your race, you must attend. All races will start on time.

Start Groups

There are NO start groups. Please self-seed yourselves. Don't push, you will all have enough time out there on course I promise.

Aid Station

Location	Details
Start/Finish HQ	Support Crew Allowed. Race HQ will be stocked with Electrolytes (Fizz), water, fruit, lollies and other yummy goods. (There will be other food available from the BBQ and Food Van for sale)

Location	Details
	Professional First Aid (St John's NSW Event Health Services) and medical support on course and the event HQ
Tower Rd Aid Station	NO Support Crews. Electrolytes (Fizz), water, fruit, lollies and other yummy goods. Professional First Aid (St John's NSW Event Health Services) and medical support on course and at the Aid Station.
Kennedys Rd Aid Station	NO Support Crews. Electrolytes (Fizz), water, fruit, lollies and other yummy goods. Professional First Aid (St John's NSW Event Health Services) and medical support on course and at the Aid Station.
	Portable toilets will be available at Race HQ and at the Aid Stations

The Finish

The finish is at Race Start/Finish, Food, Coffee and drinks will be available for purchase. There will be a shower for the 160km and 100km runners only (please consider others, quick showers please). There will also be the Medical tent.

Rubbish (Leave No Trace)

It should go without saying – No Littering. You are running in a State Forest, please protect it. Be particularly aware of the gel tops. Please 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)

Please do not leave poo and piles of toilet paper for everyone to see either on or beside the track.

On the course there are toilets at the following locations:

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

Dig a little hole and cover up your waste please.

Phone Coverage

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

First Aid

There is First Aid available at the Aid Stations and at the Race Start/Finish. Each Participant is responsible for their own basic first aid and should carry their own band aids/blister aids, body lubricant (eg. like body glide), sunscreen and strapping tape, compression bandage, emergency space blanket.

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.

They are a number of emergency evacuation points numbered around the course, as a guide to assist with First Aid Evacuation.

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 you need first aid / medical assistance on the course, phone the Race Director or First Aid (number is on the back of your bib).

The Safety Team will arrange for you to be picked up and returned to the Race Start/Finish Hub. Friends, support crew, spectators are not allowed to enter the race course to collect runners or phone incoming runners to Race Start/Finish Hub. Only runners are allowed on the course.

If you are withdrawing from the race you will have to find the Race Director (Mathew) or the Safety Officer (Kerry) to fill in the paperwork. You must also sign out of the race in the sign in/out book.

EVENT RULES

- You must complete the marked course on foot under your own power.
- Performance enhancing drugs are not prohibited in accordance with The World Anti-Doping Code.
- 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 be visible at all times on the outside of your clothing and on the front of your body. Do not cover over your race number.
- 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 be aware of your surroundings at all times. This is a multi-directional race and you must be on your toes at all times.
- 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 up 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, you must sign the withdrawal form at the Race Start/Finish and sign out off course through the sign in/out book
- If you need First Aid help on the course you must use the phone numbers on the back of your race bib. The Race Safety Team who will arrange to retrieve 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 carry your own Mandatory Gear at all times during the event. Random gear checks will be performed during the race. If you are caught without your mandatory gear, you will be DSQ.
- Littering is prohibited.
- You must not leave human faeces 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 participants are 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 are food van/BBQ to purchase food from.
- Outside assistance is NOT PERMITTED. Assistance from Race ETR & 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 not permitted.
- Runners race distance card must be displayed in the window on the driver's side. This will allow Parking Marshals to park you in the correct spot.
- The race organisers are not responsible for the safety or whereabouts of support crew.
- The race organisers reserve the right to discourage and/or penalise behaviour 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.

INSURANCE

The organiser of the Race, Coastal Sports and Fitness, COASTAL Tracks 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 41 hours to finish. 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. 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.

RACE AWARDS AND PHOTOS

The presentation will take place Sunday morning, Medals will be given out at the completion of your race at the Race Start/Finishing chute.

Photos may be taken out on course. Elephant Trail Race, COASTAL Track and Trail Runners and Coastal Sports and Fitness, 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 and Fitness CSF/CTTR Coastal Track and Trail Runners, the sponsors, 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 in 2018. 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, which will be bigger and full of more magic.

Kerry

Coastal Sports and Fitness CSF (Coastal Track and Trail Runners CTTR)

Acknowledgement, Release and Indemnity -The Elephant Trail Race

This is an important document which affects your legal rights and obligations. You must read it carefully prior to entering 'The Elephant Trail Race' (Event/Race). When you do your on-line entry, you will be asked to tick a box to confirm you have read and understood this form. This is a very important form for the race. All participants and late entries will be asked to sign one of these forms at Rego/Check-in. Please re-read it before coming to Rego/Check-in. You need to be aware of the risks of participating in the Event/Race.

In consideration of Coastal Sports and Fitness CSF and Coastal Track and Trail Runners CTTR (the "Event/Race Organisers") accepting my participation in any of 'The Elephant Trail Races' (Event/Race) to be held at **CAIRNCROSS SF 20-22 July 2018** (the "Event/Race") I Agree to this release of claims, waiver of liability and assumption of risk.

1. I have read and understood the relevant 'The Elephant Trail Races' Competitor Briefing document and information relating to the Event/Race for 'The Elephant Trail Race'.
2. I understand the demanding physical nature of the Event/Race. I declare, as a condition of entry to the Event/Race, that I have sufficiently trained for this Event/Race and that I am not aware of any illness, injury or any other physical disability which may cause me injury or death whilst participating in the Event/Race.
3. In the Event/Race that I become aware of any medical condition or impairment, or I am otherwise sick or injured prior to or during the Event/Race, I will withdraw from the Event/Race.
4. I acknowledge that participating in the Event/Race is a dangerous activity and that by such participation I am exposed to certain risks. I acknowledge that the enjoyment of trail running is derived in part from the inherent risks and exertion beyond the accepted safety of life at home or at work and that these inherent risks contribute to such enjoyment and are a reason for my participation in the Event/Race.
5. The Event Organisers CSF/CTTR may at their sole discretion, refuse Event Entry or cancel an event entry (with full refund) to any person for any reason whatsoever.
6. I acknowledge and understand that whilst participating in The Elephant Trail Race:
 - I may be injured, physically or mentally, or may die from various causes including, but not limited to, over exertion, dehydration, cardiac arrest, slips, trips or falls, accidents with other participants, spectators and road users, or accidents caused by my own actions;
 - My personal property may be lost or damaged;
 - The conditions in which the Event/Race is conducted may vary without warning;
 - I may cause injury to other persons or damage their property;
 - I assume the risk and responsibility for any injury, death or property damage resulting from my participation in the Event/Race.
 - I may be in a remote or isolated location where access to medical support may be limited and take significant time to reach me;
 - There may be no or inadequate facilities for treatment or transport of me if I am injured;
7. I agree that if I am injured or require medical assistance, the Event/Race Organisers may, at my cost, arrange medical treatment and emergency evacuation as deemed necessary by the Event/Race Organisers. 'The Elephant Trail Race' does not have personal accident insurance for Runners.

We recommend that you arrange your own personal accident insurance, ambulance cover and income protection insurance before participating in the Event/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 Event/Race. I agree that I am responsible for my own medical and ambulance insurance cover.
8. I understand that my medical history and personal information, collected as part of the entry process for the Event/Race will be made available, if I am evacuated from the Event/Race by Emergency Services, Medical Team or Operations Team, this personal information plus any new data entered by Event/Race staff will be supplied to the Emergency Services staff to enable my continued care.
9. I agree to allow my name, results, photographs, videos, multimedia or film likeness to be used for any legitimate purpose by Coastal Sports and Fitness CSF/CTTR Coastal Track and Trail Runners, the sponsors, Event partners or assigns without payment or compensation.
10. I also agree that in the event I am injured or my property is damaged, I will bring no claim, legal or otherwise, against the Event/Race Organisers in respect to that injury or damage.
11. I agree to abide by the Event/Race Briefing Rules and the directions of all Event/Race officials.
12. I agree to release, indemnify and hold harmless the Event/Race Organisers (Coastal Sports and Fitness CSF/CTTR Coastal Track and Trail Runners), its officers, employees, agents, volunteers, contractors, public bodies, landholders and sponsors, from and against any and all claims, demands, right or cause of action, suits, expenses, costs and proceedings of any nature whatsoever which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property as a result of my entry or participation in the Event/Race whether by negligence, breach of contract or in any way whatsoever. (This is an Event/Race. The Runners make use of facilities at their own risk and without express permission from Event/Race Organisers or the State Forest or Council Authorities.)

13. I acknowledge that my image may be taken by an Event/Race photographer and the Event/Race Photographer may contact me after the Event/Race to offer for sale images of me at the Event/Race.

14. I acknowledge that the Event/Race Organisers may change the advertised course without notice if the Event/Race Organisers deem this necessary. I also acknowledge that the Event/Race Organisers may cancel the Event/Race due to weather conditions, safety considerations, terrorism or ‘acts of god’ and in such circumstances my entry fee will be non-refundable.

Name:..... Signed:.....

Date:.....

If under 18years: Guardian Name: Guardian signature:.....