Elephant Trail Race

COMPETITOR Briefing Notes

25KM

9-10-11 July 2021

The Elephant Trail Race Course is a 25-27km course, with approx. 1455m elevation. Friday Night at 8pm starts the 200km (2 laps reverse, 2 laps clockwise, 2 laps reverse, 1 clockwise + 13km course). Also, at 8pm sees the start of the 160 Km race (2 laps reverse, 2 laps clockwise and 2 laps in reverse), Saturday at 6.30am will see the 100km course solo, (being 2 laps in clockwise and 2 laps in reverse). Saturday will also be the 50km course at 7.30am, (2 laps clockwise one direction) and 10am the 5km will start. Sunday at 7.00am will see the 25km start, 7.30am 13km course and the 2.5km Kids Trail Race will start at 11am. 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.

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Race Director

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Safety Officer

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Results

COASTAL Track and Trail Runners
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PROGRAMME INFORMATION

Expected time of last finisher	1pm	11/7/2021
Minimum Age Limit 160km, 100km, 50km, 25km	18 (*There are Special Exceptions)	
Minimum Age Limit 13km	14 (*There are Special Exceptions)	
Minimum Age Limit 5km	10 (*There are Special Exceptions)	
Location of First Aid -	Start/Finish HQ	
(St John's NSW Event Health Services)	Aid Station 1	Tower Rd
Course Closed (All runners will be removed)	1pm	11/7/2021

SCHEDULE OF ROAD CLOSURES

This event does not require any Council Road closures. Some of the State Forest Roads will be closed from 9/7/21 7am to 11/7/21 (May be able to get the roads open late 11/7/21)

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

4.00pm	Race registration, bib pick up **(all distances)** and mandatory check **(YES, you must bring all your mandatory gear to be sighted to complete your gear check this year) -** opens at Coastal Sports Warehouse (27/35 Merrigal Rd, Port Macquarie)
8.00pm	Race registration, bib pick up **(all distances)** and mandatory check **CLOSED at Coastal Sports Warehouse CSW**

FRIDAY

10.00am	Race hub opens for team/supporter tents (3m x 3m) 100km and above.
4.00pm	Race registration, bib pick up **(200km, 160km, 100km, 50km, 5km)** and mandatory check. **(YES, you must bring all your mandatory gear to be sighted to complete your gear check this year) -** opens at Coastal Sports Warehouse (27/35 Merrigal Rd, Port Macquarie)
4.00pm-10pm	Drop bags please take with you to race hub start/finish area **(200km, 160km, 100km)**
6.30pm	Race start/finish hub opens. Rego is closed for (**200km, 160km)** at CSW.
7.30pm	200km and 160km race briefing at start/finish hub
8.00pm	200km and 160km race start (here we go, crack on)
9.00pm	Race start/finish hub closed to team/supporters' tents being put up.
10.00pm	Race registration, bib pick up **(100km, 50km, 5km)** and mandatory check **- closed at Coastal Sports Warehouse (27/35 Merrigal Rd, Port Macquarie)**

SATURDAY

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

TRAFFIC	**PLEASE NOTE ONLY 1 WAY TRAFFIC TILL 7.30AM. NO ONE LEAVES UNTIL 7.30AM (NO DROP OFF AND GO EITHER MORNING)**
5.00am	Race start/finish HQ opens and bag/gear drop (make sure you label your bag name & number)
5.50am	Welcome to Country
6.20am	100km race briefing
6.30am	100km race starts
7.20am	50km race briefing
7.30am	50km race starts
7.30am	**TRAFFIC** - Road is open to 2-way traffic. Please drive slowly please.
9.50am	5km race briefing
10.00am	5km race starts
4.00pm	Race registration, bib pick up **(25km, 13km, 2.5km kids)** and mandatory check **(YES, you must bring all your mandatory gear to be sighted to complete your gear check this year) -** opens at Coastal Sports Warehouse (27/35 Merrigal Rd, Port Macquarie)
8.00pm	**Race registration and bib pick up and gear check** (25km/13km/Kids) **CLOSED at CSW**
10.30pm	**50km Race Cut-Off (15hrs for UTMB Points, MUST BE FINISHED TO GET THEM)**
12.00am	**Pacers** – If your 160km runner has pulled out already or has not come back to start their 5th lap, their 50km pacer or 1st 25km pacer is allowed to start their 50km 2 lap reverse direction solo (if they complete their race before 1pm they will receive a 50km medal or 25km medal - 1 lap pacer). It is the pacers decision to wait for their runner or leave. Note if they (your runner) do not leave at 10pm they may not finish in time.

(If the 160km runner arrives back to start their 5th lap and their pacer has decided to leave at 12am, they will have to continue without them.)

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

SUNDAY	**TRAFFIC**	**PLEASE NOTE ONLY 1 WAY TRAFFIC TILL 7.30AM. NO ONE LEAVES UNTIL 7.30AM (NO DROP OFF AND GO EITHER MORNING)**
	5.30am	**Last Lap (4th Lap / 75km Cut Off) 100km.** **(Must have left by 5.30am or you will not be allowed to continue)**
	6.50am	25km race briefing
	7.00am	25km race start
	7.20am	13km race briefing
	7.30am	13km race start
	10.50am	2.5km Kids Briefing
	11.00am	FREE 2.5km Kids Race
	1.00pm	160km (100 Miler) Race Cut-Off (41hrs for UTMB Points, **MUST BE FINISHED TO GET THEM**)
	1.00pm	200km (41 hours), 160km (41hours), 100km Finish (30.5hrs) Course Closed to ALL Runners
	1.00pm	**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 of if they have a number and name on them.
	2.00pm	**Race Start/Finish Hub is CLOSED**

Drop Bags- 200km, 160km, 100km (take Drop bags to race hub and put in the big white tent. There is an area inside that tent for all your gear). That will be the tent where all your check point food is also.
50km, 25km, 13km, 5km there will be a smaller tent near the café tent for your personal bags or if you want a gear bag there. This area will not be maned.

Check-In -

- If you have done your on-line gear check and **have received** your race pack through the postage option, you can go to race hub. You can call in to the check-in if you have any questions, you need answered beforehand also.
- If you have done your online gear check **but have not** received your race pack and are picking it up at check-in (1- you do not need to bring your gear to check-in as have already done it on-line).
- If you paid for your race pack to be send out but you did not do your online gear check before the mailout cut off day. **Your pack will not be sent out.** You must pass your online gear check before it is sent out. You were made aware of this when you registered. You will have to bring all your gear and come to race check-in to do it and pick up your race pack (no refunds for race packs not sent out). You had so much time to do it (Facebook and emails have gone out to remind you). The online gear checks are found on the website. https://www.elephanttrailrace.com.au/mandatory-gear-checks
- If you **have not done** an on-line gear check then you must bring all your mandatory gear to check in to do your gear check. You also must pass your gear check before you get your race pack.

COMPETITOR BRIEFING & FINAL 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, just email. We know there are a lot of questions about how COVID 19 will affect the racing this year.

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.
- Please stay 1.5m away from anyone that does not live in your house. We will be on the mic reminding you of this.
- 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 this year. The RD’s have no problem telling you to leave if it gets to that. I will say it again we are all in this together. There are things that we must do by law to make this happen this year safe for everyone.
- We would like everyone to download the COVID SAFE app before the race. This will help with tracing later if need be.
- **Everyone MUST fill in their COVID Safety form online before they either check-in or if you have already received your race pack in the mailout, you must fill out before Friday 6pm. If you have not filled out, no racing.**
- **Masks must be worn to check-in and in the 3x3m tents at race hub. If you cannot stay 1.5m away from people at the race hub, you must please wear a mask. No mask required on course racing except when at each Check Points, Thanks.**

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 is at Coastal Sports Warehouse where check-in and bib pick and gear check **(YES you must bring all your mandatory gear to be sighted to complete your gear check this year)** is. Wicked Elf is located about 200m from CSW and they will be doing our Pre-Race Dinner and beers on Friday and Saturday night. There is a Pre-race dinner sign out the front. No bookings needed. Please support our local’s business, as they are supporting you in this event.

Team/Support Tents

All team tents 200km, 160km, 100km (solo / teams of 2) first must be booked in this year. This was done through the online 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 9th.** There will be no tents put up after this, due to traffic and races being run. They will be more spaced out this year due

to COVID 19. 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

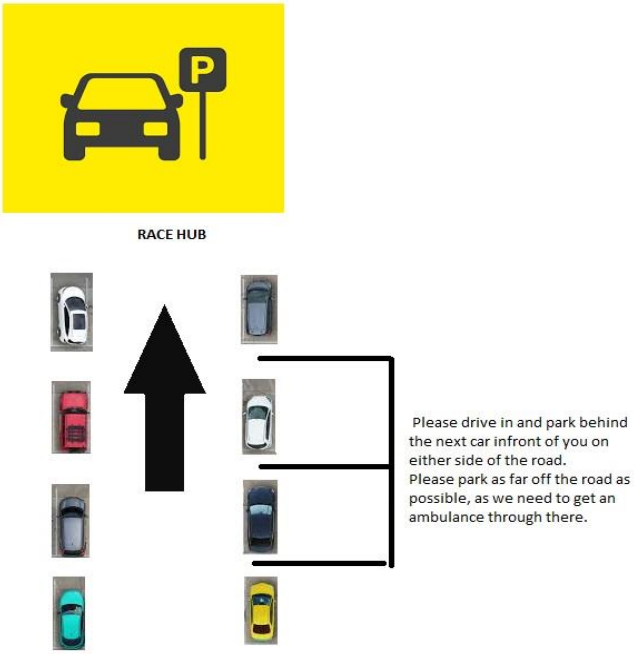
*****Note – first up this year, this is a shared road. There are people who live along this road, and I am not having what happen last year where some of the residents were run off the road. This is a 60km road but at event time it is only 40km. Do not speed down this road. SLOW DOWN 40km**
If your car 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 Pembrooke 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



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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.

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 07.00pm Friday 9/7/21 to competitors. Will close at 2pm Sunday 11/7/21.

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

Race HQ will be the location for:

SOCIAL DISTANCING 1.5m always

- 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.
- drop bags for the **200km, 160km, 100km (100 Miles) must be dropped off their bags direct to Start/Finish HQ before the race.**

- **You MUST collect your bib & complete your mandatory gear check either Thursday 8th between 4-8pm or Saturday 10th 4-8pm before going to race start.**

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 marshal 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 17th June 2021. If you registered after this date and have any medical conditions or medicine that the first aid needs to know to help you, please inform the person you are checking in with and they can record on your bib.

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 Gear

25km (Mandatory 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.

Your Race pack must have enough capacity to hold the following mandatory gear and the mandatory gear that is in your drop bag at start/finish HQ (if advised to pick up by Race Director).

Mandatory Gear you must always carry:

- 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)
- Emergency Space Blanket

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

- Long Sleeve Synthetic Fleece Top
- 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.

Please note we will not post any items left behind; it is your responsibility to collect them before 1pm Sunday 11th 2021

This Event

The 6th race 25km is scheduled to start at 7.00am 11/7/21. Registration, mandatory gear check (with all your gear) and bib collection will take place at CSW Thursday 8/7/21 4pm-8pm or Saturday 10/7/21 4pm-8pm.You must take your drop bags to the start line.

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 always be carried. There is a list to carry and a list for the drop bag that is held at start/finish HQ aid station tent. There will be mandatory gear checks done over the course of the race.

If you do not have your mandatory gear when the mandatory gear check is done, 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.

There is no outside assistance on course. ETR crew, marshals and St John’s NSW Event Health Services staff are the only one that can assist on course.

If you have support crews and family at the start/finish HQ aid station, you are allowed assistance there. Only runners can enter the start/finish HQ area for water, food, and medical help. Support crew and family are always to stay behind the barriers.

***** Please be aware *****
We found support crew out on course. This is 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 DSQ 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 DSQ. So, make sure your support crew are aware. We will not tolerate outside help or cheating.

A race briefing, which will provide essential route and safety announcements, will take place in the race start/finish area 10 minutes before the start time. This will include any last-minute course changes, due to safety or weather.

25km will do 1 lap. Their laps are 25km. **Does not including the 'Death Valley' section of course.**

There will be mixed terrain but mostly tracks, trails, single track, creek beds. Markers will be pink tape (with reflector) and black/yellow tape.

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. This year at the top section at the top of Tower Road, you will go straight past the tower and follow the signs to East Link. This area at the top will have different signage up there. You are NOT doing Death Valley. Follow the signs to EAST LINK.

If you cannot get back to the next aid station from the tower, as not well or have an injury, 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.

There will be a lot of signage up there at the intersection.

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: Very Important to understand this

Pink tape is the direction you are following tape.

Left (lap1)

Yellow and Black-Flagging tape

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

25km Race will have 6hrs to complete the full 25km course.

- To qualify for your UTMB Points, you **MUST** be finished within the 6hrs, 1pm cut off Sunday 11th. If you have not finished by 1pm Sunday, there will be NO UTMB allocated.
- At 1pm the elephant full course is officially CLOSED to all runners regardless of where you are on course. All runners will be removed from course.
- There is a sweep, you must be in front of them before you get to the aid station. If they pass you before the aid station, you will not be allowed to leave the aid station as you will not meet cut off time. You will pick up from the aid station and receive a DNF.

MEDALS

25km will receive a finisher's medal. You will receive your finisher's medal at the end of the finish funnel from a CTTR member once you have completed the full course.

The results for place getters will be declared, on a provisional basis. Trophies will be awarded at time of finish for 1st male and female of each race distance.

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. All race results will be checked at the end of the race. If the course is different, you will be contacted.

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 are 1 timing mats. You must go over this timing mat to have the lap counted. Timing mat at the Race Start/Finish line. This will be 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, 10 minutes 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 200km runners running in the opposite direction, across your event throughout the day.

● a reminder not to attend if feeling unwell. If they have been in contact with a COVID 19 patient, had a cold in the last 14 days or returning from overseas in the last 14 days.

● a reminder of any hygiene practices that will be in place (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 for them in paper bags and fill up their drink bottles using jugs. To minimize touching/contact between volunteers and runners.

● a reminder of the 'this is not like normal years, you must social distance when racing and being a support crew' approach.

● a recommendation to download the COVIDSafe app.

Course Rules:

- Road rules apply, all runners must stay to the left of the course.
- The uphill runner **MUST always GIVE WAY to a downhill runner.** 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.
- Social distancing still always applies out on course.

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 always and give right of way to them. We do not want complaints from 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.

Times will be adjusted to compensate for any losses.

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 always.

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 pick it up 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 of 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 Upgrades or Downgrades

There are no upgrade or downgrades after 1st July 2021.

Race Check-In

Race Check-in will take place at Coastal Sports Warehouse CSW on Thursday 8th and Saturday 10th July 2021.

Thursday 8th July 4pm-8pm for all distances. Drop Bags please take to start line with you, thanks.

Saturday 10th July 4pm-8pm for 25km, 13km, kids

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 this year).** You will then receive your race bag which will include the following.

1. **Race Number and Safety Pins (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.

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 as ask them to talk to 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 spare; 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.

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 14 days they have been unwell or had close contact with a known or suspected case of COVID-19 (cough, sore throat, fever or shortness of breath).

Persons should leave if they develop symptoms of COVID-19 during the event.

DOWNLOAD THE COVIDSAFE APP

As event organiser we recommend (but need not require) that participants, volunteers, spectators, and other attendees download and activate the Australian Government's COVIDSafe App before attending the event.

The Start Area

The start of all races is at the corner of Tower Road and Scrubby Creek Road via Pembrooke Village Road. Do not follow the GPS, as it will direct you to Reid's Road.
If using GPS put in Pembrooke Village Road, Pembrooke.
That entrance will be closed, as you will drive through the course. You will be redirected and made to go around to Pembrooke Village Road. There will be Elephant signs to follow on Pembrooke 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 1.00pm on the Sunday will be disposed of.

- **Food Area:** 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 1.5m when lining up please.

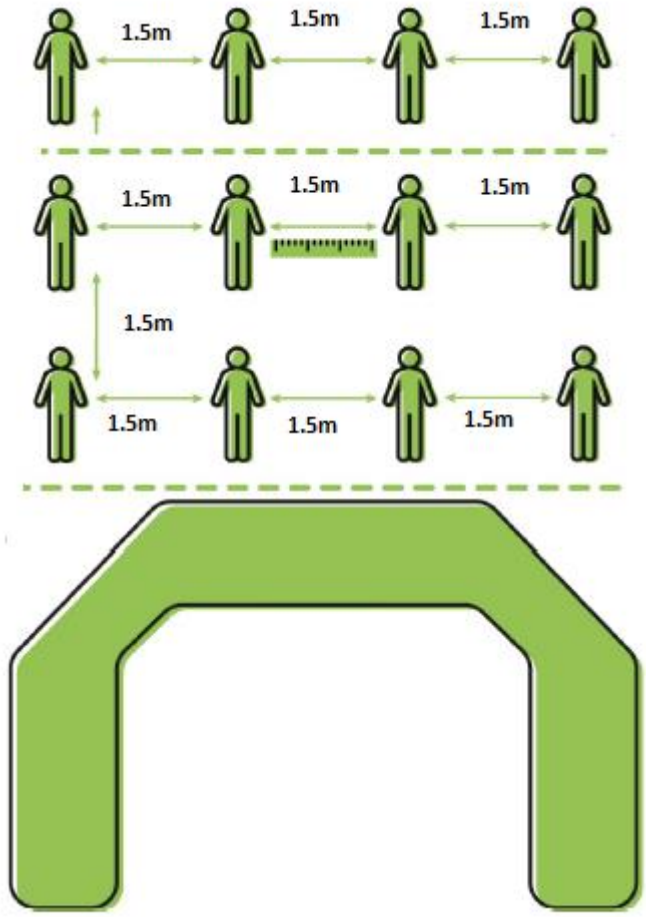
- **No Drop bags:** for 50km, 25km, 13km, 5km races. There is a bag area at the race start/finish. You leave them at your own risk. They must have your name and race number on them. If they are not picked up by 1.00pm Sunday, they will be donated to charity.

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. This year more important than ever you need to be 1.5m away from each other when starting. This is a requirement by law. Do not push, you will all have enough time out there on course I promise.



Aid Station - Aid stations are no touch.

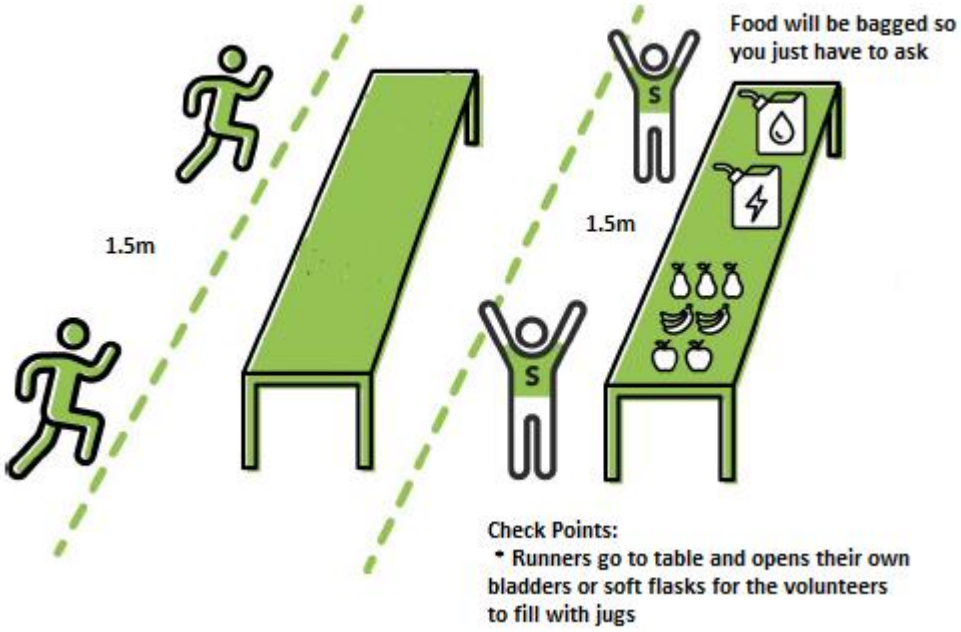
- **Hydration (water, soda and electrolytes) Fluid:** We are eliminating self-service. Volunteers will have gloves PPE on and fill bottles up with jugs of water. Runners will open their own packs and volunteers refill using jugs to eliminate cross-contamination opportunities. Electrolytes will be given out in tablets.

- **Food:** As with fluid, we are eliminating the buffet style self-service. Safer option is ETR is pre-portioning snacks into small paper bags for lollies and chips and plastic bags for 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**

Aid Station

Location	Details
Start/Finish HQ	**Support Crew Allowed**. Race HQ will be stocked with Electrolytes (Fizz), water, fruit, lollies. (There will be other food available from the food area for sale)

Location		Details
		Professional First Aid (St John's NSW Event Health Services) and medical support on course and the event HQ *** Timing mat location ***
Tower Rd Aid Station		**NO Support Crew**. 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 Crew**. Electrolytes (Fizz), water, fruit, lollies.
		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 200km, 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. 1.5 square metre rule applies here unless, persons who are all from the same household.
- **Finisher Medals:** We are extending the finishing area. 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

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. Telstra coverage across most of the course, Optus more intermittent.

First Aid

There is first aid available at aid station 1 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 (e.g. like body glide), sunscreen and strapping tape, compression bandage, emergency space blanket.
St John's WILL NOT do strapping at aid stations or at race hub. We will not have our physios at the race hub over certain hours of the day this year due to COVID restrictions. 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 this year. 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. Race director is terribly busy at the race hub. If 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. 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 when withdrawing from the race.

EVENT RULES

- 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 (1.5m apart)
- 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 do not 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, 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 first aid team 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 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 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 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.
- **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, for the 25km.
- 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 Warehouse, 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 6 hours to finish at 1pm Sunday to complete. 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 when the first male and female of each race finishes. Medals will be given out at the completion of your race at the race start/finishing chute.

Photos will be taken out on course. Elephant Trail Race, COASTAL Track and Trail Runners and Coastal Sports Warehouse, 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 CSW/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 2021. We hope you enjoy your adventure you are about to take on, in the elephant fun park and hope you will come back in October for ETR 2.0 this year and take on the distance again or even take on a bigger

distance and go out of your comfort zone. If we do not see you at the warmer elephant in October, we hope to see you back next year, which will be bigger and full of more magic, as it will also be our 5th year and one not to miss.

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.

Mathew and Kerry

Coastal Sports Warehouse CSW (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 an especially 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 Warehouse CSW 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 9-11 July 2021** (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, COVID-19, not travelled back from overseas in the last month, injury or any other physical disability which may cause me injury or death whilst participating in the Event/Race.
3. Prior to race start or in the Event/Race that I become aware of any medical condition or impairment, or I am otherwise sick or runny nose, dry throat or any other COVID 19 symptoms or have COVID-19 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 CSW/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;
    - I may be infected or may die from various causes including, but limited to, someone at the event without their knowledge may have been in contact with someone with COVID-19 prior to the event and have no symptoms prior to starting the race and find out later that they had COVID-19 and may have given it to anyone they may have come into contact with or even die from the result of contracting COVID-19 from that contact;
    - 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, contracting COVID-19 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. '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 Warehouse CSW/CTTR Coastal Track and Trail Runners, Don Haldane Photography, the sponsors, event partners or assigns without payment or compensation.
10. I also agree that in the event I am injured, contract COVID-19 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 Warehouse CSW/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:……..

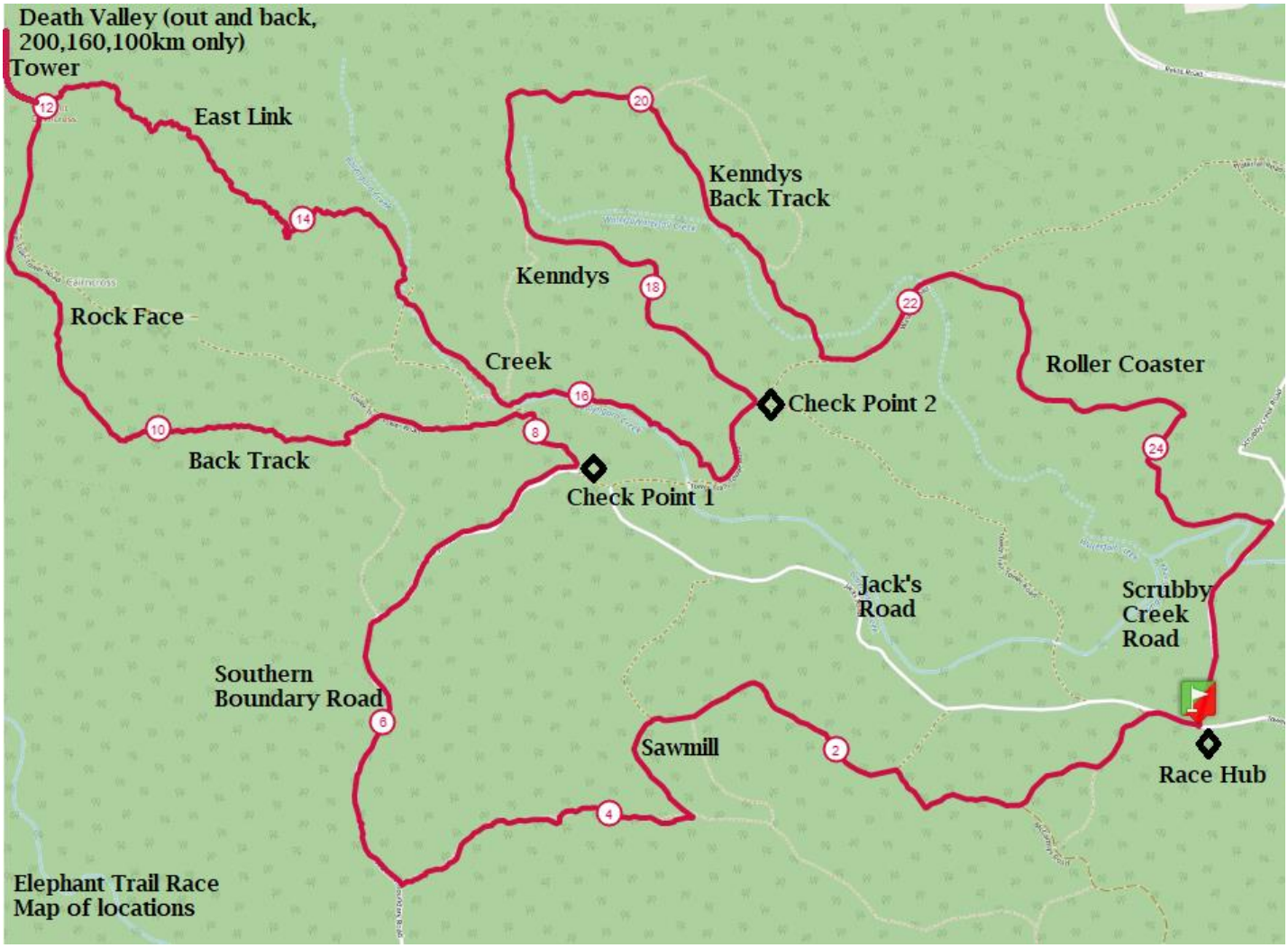
ETR Course Map

Race Hub:

- First Aid
- Food & hot food
- Stretcher beds for a quick sleep/recovery
- Toilets
- Support crews
- Timing mats
- Water / electrolytes

Check Point 1 (8kms from race hub):

- First Aid
- Food
- Stretcher bed (1)
- Toilet (1)
- Water / electrolytes

Check Point 2 (8kms from race hub):

- Food
- Stretcher bed (1)
- Toilet (1)
- Water / electrolytes