



Elephant Trail Race

COMPETITOR Briefing Notes

2.5KM Kids Forest Bash

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.



Supported by the



Race Director

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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 - (St John's NSW Event Health Services)	Start/Finish HQ 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.

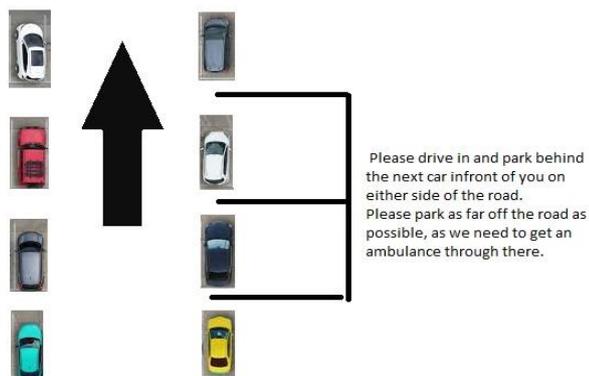
Please respect other competitors. Do not park anyone in, as not everyone is doing the same distance. People will be coming and going over the course of the 3 days. There is NO bus area. There will be parking marshals out there to direct traffic for parking. Always follow parking marshals' instructions. 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 Pembroke Village Road. The traffic will only be travelling in one direction until after 7.30am each morning. The road is very narrow and if you are only dropping a runner off, you will not be able to leave until after 7.30am when road is open again. **There is NO drop and go.**

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



RACE HUB



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.
- **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. You may still register kids an hour before 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 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

2.5km (Mandatory List)

- Kids under the age of 12 must have adult supervision when on course (either running/walking or as a marshal)
- Water Bottles

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 8th race 2.5km is scheduled to start at 11.00am 11/7/21. Registration, verbal mandatory gear check and bib collection will take place at CSW Thursday 8/7/21 4pm-8pm or Friday 9/7/21 4pm-10pm, Saturday 10/7/21 4-8pm.

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 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.

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.

2.5km will do a true trail race 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 placed heavy around the course.

They will be placed on the left-hand side of the road in the clockwise direction of the course.

Pink tape will always be on your left-hand side.

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 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 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.

MEDALS

2.5km will receive a finisher's medal and an awesome State Forest pack from the sponsors Forest Corporation. You will receive your finisher's medal and a pack at the end of the finish funnel from a CTTR member once you have completed the full course.

TIMING

There is NO electronic timing system used.

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 near the start and finish of your race only.

Course Rules:

- Road rules apply, all runners must stay to the left of the course.
- 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 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 at all times.

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.

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.

Race Check-In

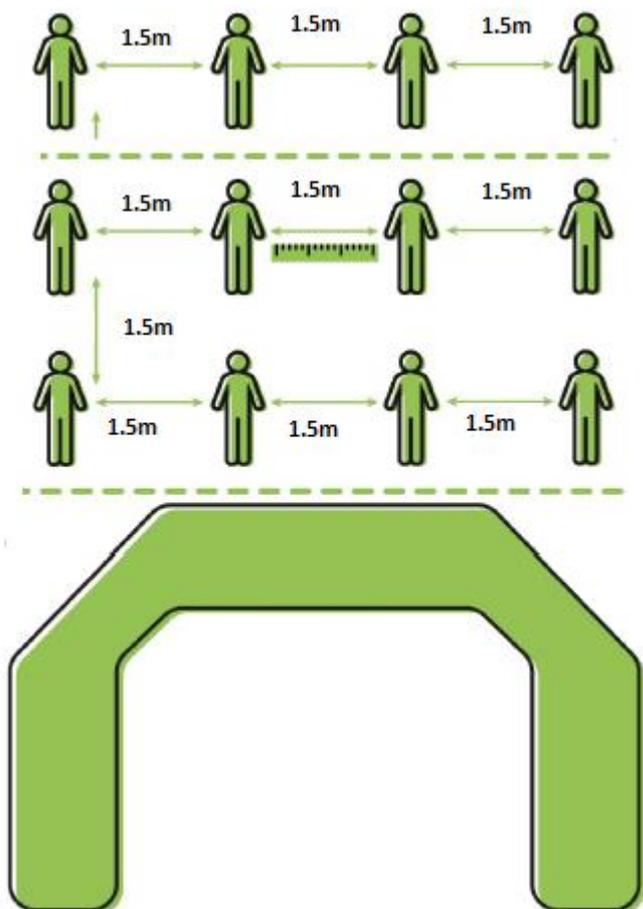
At race check-in a parent will need to read and understand the Acknowledgement, Release and Indemnity and fill out the questions on the sheet. You must also do a verbal mandatory gear check **(do not need to sight gear)**. You will then receive your race bag which will include the following.

1. **Race Number and Safety Pins (Bib):** 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:** 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. If you are receiving a buff, it will be in your race bag.

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



Aid Station

Location	Details
Start/Finish HQ	<p>Support Crew Allowed. Race HQ will be stocked with Electrolytes (Fizz), water, fruit, lollies.</p> <p>(There will be other food available from the food area for sale)</p> <p>Professional First Aid (St John's NSW Event Health Services) and medical support on course and the event HQ</p>

Location	Details
	*** Timing mat location ***
	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 be 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 protected. 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:

- Race Start/Finish Line

Phone Coverage

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

First Aid

There is first aid available 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.

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.

EVENT RULES

- You must complete the marked course on foot under your own power.
- 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.
- 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 1.5 hours 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

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:.....