

ADVICE / INSTRUCTIONS for ULTRA ENTRANTS GH 100

MEDICAL:

The medical aspects will be coordinated by Peter Boardman (0411 151 291), a Sports Trainer, Massage Therapist and Kinesiologist, who has worked in the medical aspects of Glasshouse Trail Runs since 1996.

Medical Form: All entrants must complete a Medical Form which can be downloaded from the website www.glasshousetrails.com.au. It would be preferred if this form was posted (TRAQ , PO Box 1059, MORAYFIELD 4056) or scanned and emailed to ijaves@caloundra.net before the 10th September. If not it should be handed in completed on the Friday (4pm to 7.30pm) or the Saturday morning after 4am.

There is no need to put the weight on the form as that will be checked before the start when you are in your Running gear and it will be written on your Race Number. Your weight will be checked at Checkpoints 5, 8, 2 and 10. This is mainly a self check for you but you will be advised to rest and rehydrate if you have lost over 3kg.

Runners would be **advised to carry** a compression bandage in case of snake bite, blister and chaffing preventatives, salt tablets and a whistle. (Long blasts on the whistle for being lost and three short ones for medical or other emergency). If you intend carrying a **mobile phone** with you please ensure the number is recorded when you pick up your Race Number. The **Race Directors mobile no is 0407 045 785**. Course Coordinator west section is Charlie Hall **0419 798 778**.

DROP BAGS:

Entrants are advised to make use of drop bags for non perishable food and fluid, running gear etc. Checkpoints will have Lemon/Lime Endura as the electrolyte. If you prefer another brand, it can be in your drop bag. Checkpoints cannot cater for all food needs. Some may have a better range than others. Soup/ hot drinks will be available for the night checkpoints 5, 2, 9 and 10. Please try to limit the size of your drop bags.

Western States suggests the size of a shoe box. Once you have received your Race Number before the start make sure your drop bags are clearly labelled with Race Number and Name. They will be placed under the school at the designated spots in Race Number order. Joe Raftery will supervise this and a permanent marking pen will be available. Drop bags will be lined up in Race Number order at the checkpoints. The drop bags will eventually be returned to the same spots under the school. Make sure you collect yours before 1pm on Sunday , 12th Sept.

CREW:

Entrants are reminded that only **one vehicle is allowed per runner**. The person/s driving this vehicle must Fill in the details on the Registration Form for Crew at Beerburrum School (Runner/s Number & name; Driver/s Name; Vehicle Registration Number and Mobile Phone Number/s. One vehicle can crew for a number of runners. The driver of that vehicle will then be given a copy of the event permit signed by the Race Director.

Drivers of crew vehicles should drive with extreme care on gravel surfaces (less than 40km/hr) as some of these roads are pot holed and runners may use some of them and do not want copious amounts of dust.

Crew vehicle will need to park about 500 metres from checkpoint 8 and walk to the checkpoint (the last bit is narrow). Race organisation would ask that no crew for 100km runners (unless you are crewing for a 100 mile runner as well) go to 8. You can meet them at the parking place 500m from 8 as they only have to do the 8km east loop so you will see them again after about 9km.

At other checkpoints on forestry or gazetted roads park on one side of the road only and park at least 50m away from the checkpoint.

Crew are not being catered for re food and fluid at checkpoints so carry your own. Any emergency toilet facilities at some checkpoints are for runners and officials only. Public Toilets are available at the Lookout near 5 and at Matthew Flinders Park and there are toilets at the school and the Mobil Service Station near 9.

POST RACE;

Some runners who don't have accommodation nearby may need to rest at the school when they have finished, particularly if distressed. Thus ensure you have a mat or stretcher and sleeping bag or blanket at base. Crew should carry old towels and blankets/jackets in case their runner becomes distressed. Unfortunately there are no showers available at the base (Beerburrum School).

PRE RACE:

In the past some runners have camped at the school on the Friday night. Please let me know if you intend doing this.

Ian Javes – Race Organiser - ijaves@caloundra.net – (07) 5495 4334 – 0407 045 786