

Glasshouse 100 – INFORMATION SHEET

Sat/Sun, Sept 15/16 2012

(Indigenous persons took long journeys around this area which was a meeting place)

Dear Entrant - _____

Race No - Assigned on day after INDEMNITY is signed

Thank you for your entry into the Glasshouse 100. Please note the following points:

a) **Course and Start Times**

100 Mile: Start 5.30am Sat - 2 - 1 - 1a - 2 - 2a - 3a - 4 - 5 - 6 - 8 - 8w - 8 - 8e - 8 - 7 - 7 - 6 - 5 - 1a - 1 - 2 - 1 - 9 - 9a - 9 - 10 W - 10 E - 10 - 9 - 9a - 9 - 1 - 2

100 km: Start 5.30am Sat- Same as 100 mile but only west loop at 8

50 km: Start 6.30 am Sat - 2 - 1 - 1a - 3a - 4 - 5 - 6 - 5- 1a - 2 (350 total LIMIT)

30 km: Start 7.30am Sat- 2- 1 - 1a - 3a - 3 - 4 - 4a - 1a - 2

12 km: Start 8.30am Sat - 2 - 1 - 1a - 2

b) **GLASS HOUSE 100 CHECKPOINT CHART**

100 MILE – West & 100 k	100 MILE - East	30 km	12 km
2 (9.7) 2 9.7		2 (7.5) 3a	2 (4.3) 1a 4.3
2 (1.9) 2a 11.6	2 (12.5) 9 121.5	3a (9.9) 4 17.4	1a (5.4) 2 9.7
2a (4.1) 3a 15.7	9 (0.75) 9a 122.25	4 (4.5) 4a 21.9	
3a (9.9) 4 25.6	9a (0.75) 9 123.0	4a (2.5) 1a 24.4	
4 (7.5) 5 33.1	9 (4.5) 10 127.5	1a (5.4) 2 29.8	
5 (5.6) 6 38.7	10(6.5)10 W 134.0	50 km	
6(10.5) 8 49.2	10(9.2)10 E 143.2	2 (7.5) 3a 7.5	
8a(10.8)8 60.0	10(4.5)9 147.7	3a (9.9) 4 17.4	
8-b (8.0)8 68.0	9(0.75) 9a 148.45	4 (7.5) 5 24.9	
8 (7.4) 7 75.4 67.4	9a(0.75) 9 149.2	5(5.6) 6 30.5	
7 (4.4)7 79.8 71.8	9 (12.5) 2 161.7	6 (10.6) 5 41.1	
7 (8.1) 6 87.9 79.9		5 (3.5) 4a 44.6	
6 (10.6) 5 98.5 90.5		4a (2.5) 1a 47.1	
5 (10.5)2 109.0 101.5		1a (5.4) 2 52.5	

c) **Opening Times and Supplies**

W - Water only ; S - Simple foods and fluid (electrolyte, coke, sweets, fruit, potato.

F - Extra food and fluid (tea , coffee , soup , sandwiches) : M - Weight check

1a		5.45 – 6.15 Saturday – directional only for 100 ml/km
	W,S	8.40 am – 1.30 pm Sat(for shorter runs only)
2 (Base)	W,F	4.00 am Sat - noon Sun (100 milers out to 9 by 2.00am Sun)
3a	W,S	6.40 – 9.00am Sat 4 W, S 7.30- 10am Sat
5	W,F,M	8.00am – 12.00pm Sat
6	W,F	8.30am - 9.30pm Sat
8	W,F,M	9.00am – 6.00pm Sat 7 W,F 11.00am – 8.30pm Sat
9	W,F	5.00pm Sat – 9.30am Sun 10 W,F,M 5.30pm Sat – 9.00am Sun

d) **MEDICAL** – 100 mile and 100 km COMPETITORS to have weight recorded on their race number in the hour preceding the start time and weight will be checked at distances underlined at CHECKPOINTS 2, 5, 8 and 10. Ultra competitors must hand in Medical and Qualification Form prior to the event (by Sept 1).

In a medical emergency an ambulance would be called from nearby Beerwah or Caboolture (less than 10 km) and any costs to be borne by competitor (ambulance free for Qld residents).

e) **DROP BAGS** -Competitors in the ultra events on SATURDAY (not 50 km) may have Drop Bags delivered to Checkpoints 4 , 5 , 6 , 7 , 8 , 9 and 10 provided they are clearly labelled and handed in by 5.30am Saturday , 10th September. They will be picked up after the last runner has gone through and delivered back to 2 (Beerburrum State School). The onus is on the entrant or his crew to see they are collected by 1pm Sunday. 50k runners may have drop bags for 4 and 5 only if they leave them at Beerburrum by 6.30am Saturday. Drop bags for 4 go on to 7 (100km/ml)

f) **PROGRAM for GLASSHOUSE 100 – 2011** (Based at Beerburrum State School)

Friday 14TH

4 – 6pm Number Pick Up for ULTRA competitors. Pasta meal 6.30pm. (Included in race costs for ultra runners but family and friends can participate if they pay on the night-about \$10-12).

Race Briefing for ultra runners (100ml/km) - (about 6.00pm)

Saturday 15TH

4 – 8.15am Number Pick Up (Medical , Drop Bags for ULTRA competitors.)

5:30am 100 mile/km start; **6.30am** – 50km start ; **7.30am** – 30km start ; **8.30am** – 10km start

Race briefings 15 mins prior to start.

Coffee, tea, toast and cereal available for competitors in ultras and helpers to 6.30am

From 9.30am BBQ for competitors and others present. Tickets given to entrants and pre orders when they sign in. Do not lose these tickets

PRESENTATIONS;

**10km – 10am; 30km – 11.0am; 50km – 1pm
100km/ml at 11.30am to midday Sunday**

- g) **Race Numbers** can be collected on race day. (or Friday between 4 – 6pm for ultra events)
- h) **COURSE MARKINGS** will be white flagging tape in trees , red arrows taped to trees and WHITE arrows on the ground. Stay ALERT for these markings at all times. We will attempt to have dolomite lines across the trail where there are critical turns. **Do not cross one of these white lines.** If you have gone for 10 minutes without seeing markings you have probably missed a turn and need to backtrack. Night time is particularly difficult for 100 milers. Some glow sticks may be used for night sections.
- i) **CAUTION** - In a few areas competitors may need to cross gazetted roads or follow them for short distances. Care should be taken even though most of these roads have minimal traffic. Also there are sometimes **illegal trail bike riders and 4wd** in a few areas. You will hear them coming so give them a wide berth.
- j) **CREW of ultra competitors only** should travel mainly on **gazetted roads** to access competitors at established checkpoints only. They should not travel on forestry roads or attend to runners between established checkpoints. They should make themselves familiar with the area beforehand and not rely on Race Officials to show them the way to checkpoints. It may be necessary to travel on forestry roads to access Checkpoints 6, 7, 8 and **particularly 10** , thus any runner with crew will need to get them a copy of the Event Permit (limited number available). **NO RUNNER MAY HAVE MORE THAN ONE CREW VEHICLE. Note that children should not be taken to checkpoints unless they are under strict control and no pets allowed.** For checkpoint 8 only vehicles with official sanction should park at the checkpoint. Crew must not stop at Chpt 6 on the way out. They could meet their runners where they cross Beerburrum-Woodford Rd to do the powelines section. At 8 crew will need to park about half a kilometre away off Mc Connells Rd and walk to the checkpoint. *The main checkpoint areas may be roped off and crew can only access runners after they have left that area. Some people who are crewing for a number of runners may be given permission to access the roped off area and assist checkpoint personnel.*
- k) **ALL COMPETITORS MUST CARRY AT LEAST ONE WATER BOTTLE or HYDRATION PACK.** These may be refilled at checkpoints. No cups of water will be put out at checkpoints. Ultra competitors may need more than one water bottle on some of the longer sections if it is hot weather. Failure to start and finish with a water bottle may result in disqualification. It is a good idea for 100ml/km entrants to carry a cup as is compulsory in some major overseas events.
- l) **Do not LITTER the course.** Anything taken from a checkpoint should be carried to the next one if you wish to discard it. Public **Toilets** are available near or at checkpoints 1, 2, 5 and 9. Camping toilets will be available at a few checkpoints for emergency use by entrants and officials. Runners would be advised to carry some biodegradable toilet paper for emergencies and depart the track and bury the waste.
- m) Make sure your number is crossed off at all manned checkpoints and recorded at the finish before you collect your **finisher's mug**. You will be given a ticket which will be exchanged for a mug.
- n) More comprehensive information on trail running in general and Glass House Trail Events can be obtained from the Glasshouse website www.glasshousetrails.com.au or on the www.runtrails.org site . Results and some photos will go on this website as soon as possible after the event.

NB 100 MILERS Cut off times will be strictly observed. If officials at checkpoints deem that runners still to arrive cannot make the cut off time then the checkpoint may be closed down after consultation with the Race Director. Any competitor still to arrive will then be picked up and returned to base.

Race Director - Ian Javes