

INSTRUCTIONS TO COMPETITORS

Hares and Hounds

1. All entrants (except for 5km) must carry a **water bottle or pack** and finish with it. **Ultra** runners must complete a **medical** form – Their **weight** will be written on their Race Number.
2. COURSE MARKING:
 - a) **White flagging tape** in trees and bushes.
 - b) **Red arrows** which will indicate which checkpoint you are heading for.
 - c) **White arrows** on the ground OR lines across track to indicate not to cross.

STAY ALERT for these markings at all times particularly at intersections. If you have run for about 15 minutes and have not seen any of these markings you should backtrack. White lines may be placed right across track where there are critical turns. Do not cross these lines.

3. **Do not LITTER** the course. Anything taken from a checkpoint that is not edible should be placed in the rubbish receptacle at the next checkpoint. **Toilets** are located near checkpoints 5 (Lookout). In case of a toilet emergency runners should carry some biodegradable toilet paper and depart the track and bury the human waste.
4. Competitors do not have the right of way over any traffic you may encounter while crossing or following gazetted roads. Some Forestry tracks and roads will be closed using signs but there may be illegal trail bike riders or 4WD vehicles which will ignore these. If you hear them coming, get out of the road.
5. Ensure that any **crew vehicles** (only for ultra runners and relay members in January) park at checkpoints so as not to block roads. Crew vehicles must follow gazetted roads only to get to checkpoints. These vehicles must not follow runners on forestry roads and trails. **Pets** should not be taken to checkpoints by crew persons and any **children** should be kept under strict control.
6. It is the responsibility of each runner to ensure they have their **number crossed off** at each checkpoint. Failure to be registered as passing through a checkpoint may mean you are ineligible for awards.
7. It is important you know the **order of the checkpoints** (write them on your race number if you can not remember them). Normally the red arrows taped to trees will have a number on them indicating towards which checkpoint you are heading.
8. **Ultra entrants (Hares) may have DROP BAGS taken to 6 and 3a only.** Ensure the bags are clearly marked with your **NAME and Race Number**
9. Remember to be **polite and courteous** to checkpoint staff as these volunteers are out there for considerable time for your benefit.
10. **AT THE FINISH**
 - i. You will be given a **ticket** that indicates your **finishing number** that will match you to the times on the print out tape. Take this to the finish table so your name can be recorded. It can then be used for the BBQ.
Any friends or family who are not competing will need to purchase their food (\$8) unless they are volunteering to help out in a significant manner.
 - ii. **Random Draw** prizes will be placed on a board near the finish. Check for your name.
11. **First Aid** – There will be a FIRST AID kit at each checkpoint and there will be a Sports Trainer in attendance.
12. **RELAYS- Change overs:** For the teams the changes can be made near 7 (7R) , 6, 5, 4a and 3a). Each member has to do at least two legs (there are 10 legs).
13. **Hares (50+ km) start at 3.30am and relays at 4.30am. 5/10 km start at 7am.**
14. **Approximate distances : Pool to 7 = 4.6km; 7 to 6 = 7.9km (relay 5.5 and 7km); 6 to 5 = 6.2km; 5 to 4a = 3km; 4a to 3a = 5km. On the way back 7 to pool is 5km hares and 5.9km relay.**
Note that the course may change if weather or forest harvesting requires it.

At WOODFORD POOL please ensure you shower to wash off the trail dirt/mud before entering the pool.