

INSTRUCTIONS TO COMPETITORS

Glass House Trail Runs – May, July and Sept

All entrants must carry a **water bottle or pack** and finish with it. **Ultra** runners must complete a **medical** form with **WEIGHT** (PULSE and BLOOD PRESSURE – These are optional but advisable) on it. The **weight** will also be written on their Race Number after checking at the start. The medical form should be posted or scanned and emailed when you make your entry.

1. 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.
- d) **Witches hats with reflectors or glow sticks** may be used at night in some places.

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.

2. **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 at or near checkpoints 2 and 5 (Lookout) and Matthew Flinders Park. For May and September event there may be emergency toilets at a few checkpoints. In case of a toilet emergency runners should carry some biodegradable toilet paper and depart the track and bury the human waste.
3. Competitors do not have the right of way over any traffic you may encounter while crossing or following gazetted roads. Some Forestry or Parks and Wildlife 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.
4. Ensure that any **crew vehicles** (only for ultra runners) 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.
5. 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.
6. 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.
7. **Ultra entrants may have DROP BAGS taken to some checkpoints** (see Race Information). Ensure the bags are clearly marked with your **NAME and Race Number**. A permanent marker will be available to put your number on after it is assigned.
8. Remember to be **polite and courteous** to checkpoint staff as these volunteers are out there for considerable time for your benefit.
9. **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 swapped for your finishing mug** and you will be given a **BBQ ticket**.
Any friends or family who are not competing will need to purchase their food unless they are volunteering to help out in a significant manner. You should pre order extra BBQ tickets on entry. Any vegetarians (must indicate on entry) will be given a special coloured ticket on collecting their Race Number. Without it you cannot get a vegetarian meal.
 - ii. **Random Draw** prizes will be placed on a board near the finish. Check for your name.
 - iii. **Placegetters** names will be placed on a board as soon as available and they can collect their medals if they are not staying for presentations.
10. **First Aid** – There will be a FIRST AID kit at each checkpoint and there will be a Sports Trainer in attendance.

Ian Javes – Race Organiser