

## Glasshouse 100 – INFORMATION SHEET

Sat/Sun, Sept 11/12 2010

(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 - 1a - 2 - 2a - 3 - 4 - 5 - 6 - 8 - 8a - 8 - 8 b - 8 - 7 - 7 - 6 - 6a - 5 - 1a - 2 - 1 - 9 - 9a - 9 - 10 W- 10 E- 10 - 9 - 9a - 9 - 1 - 2

**100 km:** Start 5.30am Sat- 2 - 3a - 1a - 2 - 2a - 3 - 4 - 5 - 6 - 8 - 8b - 8 - 7 - 7 - 6 - 6a - 5 - 1a - 2

**50 km:** Start 6.30 am Sat - 2 - 2a - 3a - 4 - 5 - 6 - 5- 1a - 2

**30 km:** Start 6.30am Sun - 4 - 6 - 6a - 5 - 1a - 2

**12 km:** Start 8.30am Sun - **Lookout** - 1a - 2

Competitors in 12 and 30 km are taken by bus from Beerburrum State School (CP2) to **START**, therefore you should pick up your Race Number at least 30 minutes before start time

(**100 LIMIT** on Saturday and **200 LIMIT** on Sunday)

b) **GLASS HOUSE 100 CHECKPOINT CHART**

100 MILE – West & 100 k	100 MILE - East	30 km	12 km
2 ( 10.5 ) 2 <b>10.7</b>		4 ( 8.5 ) 6 <b>5.4</b>	L ( 5.5 ) 1a <b>5.5</b>
2 ( 1.9 ) 2a <b>12.6</b>	2 ( 10.7 ) 9 <b>123.0</b>	6 ( 9.6 ) 5 <b>18.1</b>	1a ( 6.2 ) 2 <b>11.7</b>
2a( 4.8 ) 3a <b>17.4</b>	9 ( 0.75 ) 9a <b>123.75</b>	5 ( 6.2 ) 1a <b>24.3</b>	
3a ( 9.6 ) 4 <b>27.0</b>	9a ( 0.75 ) 9 <b>124.5</b>	1a ( 6.2 ) 2 <b>30.5</b>	
4 ( 7.5 ) 5 <b>34.5</b>	9 ( 4.5 ) 10 <b>129.0</b>		
5 ( 6.6 ) 6 <b>41.1</b>	10(9.4)10 W <b>138.4</b>	<b>50 km</b>	
6( 10.5 ) 8 <b>51.6</b>	10(9.2)10 E <b>147.6</b>	2 ( 1.9 ) 2a <b>1.9</b>	
8a( 10.8 ) 8 <b>62.4</b> -	10(4.5)9 <b>152.1</b>	2a ( 4.8 ) 3a <b>6.7</b>	
8-b ( 8.0 ) 8 <b>70.4</b> <b>59.6</b>	9(10.7) 2 <b>162.8</b>	3a ( 9.6 ) 4 <b>16.3</b>	
8 ( 8.0 ) 7 <b>78.4</b> <b>67.6</b>		4 ( 7.5 ) 5 <b>23.8</b>	
7 ( 4.4 ) 7 <b>82.8</b> <b>72.0</b>		5 ( 6.6 ) 6 <b>30.4</b>	
7 ( 7.5 ) 6 <b>90.3</b> <b>79.5</b>		6 ( 9.6 ) 5 <b>40.0</b>	
6 ( 9.6 ) 5 <b>99.9</b> <b>89.1</b>		5 ( 12.4 ) 2 <b>52.4</b>	
5 ( 12.4 ) 2 <b>112.3</b> <b>101.5</b>			

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**

<b>1a</b>	<b>W,S</b>	<b>5.45 – 6.15 Saturday</b> – directional only for 100 milers
	<b>W,S</b>	8.15 am – 11.30 am Sunday (for short runs only)
<b>2 (Base)</b>	<b>W,F</b>	4.00 am Sat - noon Sun (100 milers out to 9 by <b>1.00am Sun</b> )
<b>3a</b>	<b>W,S</b>	6.30 – 8.00am Sat <b>4 W, S 7.00- 10am Sat</b>
<b>5</b>	<b>W,F,M</b>	8.00am – <b>11.30pm Sat</b>
	<b>W,S</b>	7.45am – <b>11.0am Sun</b>
<b>6</b>	<b>W,F</b>	8.30am - <b>9.30pm Sat</b>
	<b>W,S</b>	7.00am – <b>9.00am Sun</b>
<b>8</b>	<b>W,F,M</b>	9.00am – <b>5.30pm Sat</b> <b>7 W,F 11.00am – 8.30pm Sat</b>
<b>9</b>	<b>W,F</b>	5.00pm Sat - <b>9.30am Sun</b> <b>10 W,F,M 5.30pm Sat – 9.00am Sun</b>

- d) **MEDICAL** – 100 mile and 100 km COMPETITORS to have weight, pulse and blood pressure 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 when they pick up Race Number or post it in prior to the event.

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 in Qld).

- 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 , 13<sup>th</sup> 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 6 and 5 only if they leave them at Beerburrum by 9am Saturday.
- f) **PROGRAM for GLASSHOUSE 100 – 2010** (Based at Beerburrum State School)

**Friday 10<sup>TH</sup>**

**4 – 8pm Number Pick Up and Medical for ULTRA competitors. Pasta meal 6-8pm.**

(Included in race costs for ultra runners but family and friends can participate if they pay on the night-about \$11 ).

**Race Briefing for ultra runners – compulsory for 100 MILERS.** ( about 6.30pm )

**Saturday 11<sup>TH</sup>**

**4 – 6.15am** Number Pick Up , Medical , Drop Bags for ULTRA competitors.

**5:30am** 100 mile/km start

**6.30am** 50km start

**Coffee, tea, toast and cereal available for competitors and helpers on a serve yourself basis.**

**Sunday 12<sup>th</sup>**

**5 – 8.00am** Number Pick Up for shorter runs

6.00 Bus takes 30k entrants to start at Checkpoint 4

**6.30am** 30km start

8.00 Last Bus takes 12k entrants to start at LOOKOUT ( One trip earlier about 7.30am )

**8.30am** 12km start

**Competitors bussed to Start 30 minutes before start time (Checkpoint 4 for 30 and lookout for 12km)**

**9.30am – 12noon** BBQ for competitors and others present

**12 noon PRESENTATIONS**

- g) **Race Numbers** can be collected on race day. (or Friday between 4 – 8pm for ultra events)
- h) **COURSE MARKINGS** will be white flagging tape in trees , red arrows taped to trees and dolomite arrows on the ground. Stay ALERT for these markings at all times. If it is not too wet 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 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. Others will need to park about half a kilometre away off Mc Connells Rd and walk to the checkpoint. *The main checkpoint areas will 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.
- 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 green ticket which will be exchanged for a mug and BBQ red ticket.
- n) More comprehensive information on trail running in general and Glass House Trail Events can be obtained from the Glasshouse website [www.glasshousetrails.com](http://www.glasshousetrails.com) or on the [www.runtrails.org](http://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**