



MARATHON RACE BRIEFING - 10 Things To Remember

1. Check the weather and prepare for the conditions on race day! Any relevant course updates will be communicated by the announcer at the start line.
2. Your race number should be pinned to the FRONT of your top and be clearly visible at all times. Your transponder is attached to the back of your race number. You DO NOT need to return this transponder at the finish line.
3. Compulsory gear must be carried at all times. If you have spare gear drop it off in the covered trailer near the start line for retrieval at the finish line. Please label it as best you can.
4. Cut offs – you must reach Aid Station 1 by 12:30 and Aid Station 2 by 2:15pm. If you do not make the cut off you will be taken out with the aid station crew.
5. Respect the valley! Please do not litter on course and **TAKE ALL YOUR OWN RUBBISH OUT**
6. There are 4 Aid Stations on course. All stations will have water, PURE and mini Cliff bars.
7. **No IPods or music devices!** This is a safety issue as there are Medical vehicles moving around on course. If medical vehicles are moving past, please keep out of the way as they may be attending an accident.
8. There are mountain bike competitors already on course. You may catch up to some of the mountain bikers. Bikers have been asked to stay LEFT, if you need to pass call 'coming right' and pass on the right hand side
9. If you are first on scene at an accident please stop and assist the competitor who is injured or in distress, and then go on and report it to the nearest marshal or send a person for help. We will have radios at each aid station, in the 4WD vehicles, and in the farm vehicles, which will be throughout the course.

BE SAFE AND HAVE FUN!