



## **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. Before race start, you will need line up in the start chute according to your estimated finish time - sub 3:00 hrs., 3:00 - 3:30 hrs., 3:30 - 4:00 hrs., 4:00 - 4:30 hrs., 4:30 - 5:00 hrs., 5:00+ hrs. and walkers.
4. Compulsory gear must be carried at all times. If you have spare gear drop it off in the trailer near the start line for retrieval at the finish line. Please label it as best you can.
5. **Cut offs** – you must reach Aid Station 1 by 9:45am and Aid Station 2 by 11:30am. If you do not make the cut off you will be taken out with the aid station crew. Course cut-off is 4:30pm
6. There are 4 Aid Stations on course. All stations will have water, PURE All stations will have water, PURE, jet planes and some stations will have a supply of Clif bars.
7. iPods/headphones are not recommended as there may be emergency 4WD vehicles moving through the course. If headphones are worn, ensure that the volume is set at a level whereas surrounding sound can be heard.
8. 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.
9. **Respect the valley! Please do not litter on course and TAKE ALL YOUR OWN RUBBISH OUT**
- 10 There will be over 100 volunteers helping on course and at the finish line during your race. If you get the chance, please thank these amazing people!