



## Sawpit Trail 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 bag drop bins near the Info Tent. Please label your gear clearly. **If the weather is looking fine for race day, the call will be made for NO JACKET REQUIRED as part of your mandatory gear. This will be communicated via Facebook and the event App prior to race day.**
4. Cut off – There are no midway cutoffs on this course but you do need to make it to the finish by 2:30pm.
5. **Please do not litter on course and TAKE ALL YOUR OWN RUBBISH OUT!**
6. There is 1 Water Station on course around the 5km mark. Please note that there are no toilets on course.
7. Ipods or music devices are not recommended. This is a safety issue if you can't hear others around you who may want to pass. If headphones are worn, ensure that the volume is set at a level whereas surrounding sound can be heard.
8. All hazards on course are not marked. Please keep your eyes open and take extra care on steeper descents, on narrow sections, and near drop offs.
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. The marshals, aid stations and medics all have radios and can call for help.
10. There are lots of enthusiastic volunteers helping on course and at the finish line during your race. If you get the chance, please thank these amazing people!