



Ultra Run – Briefing

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. Before you start, please ensure you have your race number and Spot Tracker. Place the tracker in the top of your pack to pick up satellites. All these items will be issued at registration.

Full Spot Tracker instructions will be issued at registration -

- Activate Help (hands symbol) if you require support crew to come to your location and collect you and your equipment. Used in cases of non-life-threatening injury.
 - Activate S.O.S. only in event of medical emergency or direct threat to life for you or another competitor, if race marshals are not available to assist, emergency rescue services will be dispatched.
3. Your race number should be pinned to your front and be clearly visible at all times.
 4. Gear – You must carry the compulsory gear at all times. Gear will be checked at Fernburn Hut and you will not be allowed past this point without the mandatory items. If you have spare gear drop it off in the gear trailer for retrieval at finish line.
 5. If you are in a team, you must not separate from your Team member, you must be in visible site of your team member and no more than 50m apart.
 6. It is likely that in any accident or emergency, competitors will be first on the scene. You must stop and assist any 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 Check Point.

Cut offs



- **Fern Burn Hut 8am (9.2km)** If you miss this cut off time you will be turned back to walk out to Fern Burn Car Park with the Check Point crew.
- **Highland Creek Hut 10am (15.5km)** If you miss this cut off time you will be turned back to walk out to Fern Burn Car Park with the Check Point crew.
- **Roses Saddle Hut 3pm. (26.0km)** If you miss this cut off time you will leave with the check point crew and taken back to Glendhu Bay.
- **Macetown 6pm.** If you miss this cut off time you will leave with the check point crew and taken back to Wilcox Green (finish line).
- At all check points you need to be checked off by the volunteers so please ensure you let them know your number or they can see it clearly.

Course Instructions

- Course Marking – Standard DOC Markers (Waratahs with plastic orange sleeves, Orange plastic triangles on trees) glow sticks during sunrise and red & white flagging tape.
- **Hazards are not marked on course.** This is an off-road event so you need to be aware of your surroundings at all times.
- As you approach Roses Hut (CP C) you will cross the course for mountain bike and triathlons events so you need to be very careful as you cross the track. Riders will be going fast at this point. Note that you will be running against the flow of mountain bikers for a couple hundred meters before exiting to the left towards Roses.
- Roses Hut to Macetown – After descending to the gorge, there are 2 options to get to Macetown.
 - **Option 1** – If the river level (Arrow River) is normal to low (river conditions will be updated on race morning) we recommend following the river to Macetown – it will be much quicker and easier despite the 20+ river crossings.



- **Option 2** – If the river level (Arrow River) is high, in flood or discolored, the poled flood route is the **compulsory**. You will still be required to cross the river at 1 point. There will be a rope line to assist you and you may be required to wear life jackets. The high river route from Check Point D to the intersection with the main Motatapu course is a combination of Macetown Road and a DoC poled route. Follow pink flagging tape and orange topped waratahs. This is only if the river is flooded. If not follow the 4WD road.

- Macetown Track – last 6km to the finish on a 4wd track but beware of Mountain Bikers, steep drop-offs to your right. Keep to the left and take care.

- Once at the finish line please return your tracker to the Info Tent where you will sign it in.

- **TAKE ALL YOUR OWN LITTER OUT!**

BE SAFE AND HAVE FUN!