



Miners Trail Race Briefing – THINGS TO REMEMBER

- 1. Check the weather and prepare for the conditions on race day! This Briefing is subject to change based on course and weather conditions. A compulsory briefing will take place at your start line just prior to race start. It is compulsory for you to attend your race briefing.**
2. Your race number should be pinned to the FRONT of your top and be clearly visible at all times. Your timing 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. You will be in the mountains and as in any alpine situation you are the person primarily responsible for your own safety and you must carry the compulsory gear must be carried at all times. If you have spare gear, drop it off in the bag drop tent and you can collect as you cross the finish line. Please label your gear clearly.
4. **Cut offs** – you must reach the Top of Tobin's by 12:15pm and the Aid Station by 2:15pm. If you do not make the cut off you will be driven out with the aid station crew. Full course cut off is 4:30pm. Cut off times will be strictly enforced, noting the time listed is the time you must be leaving the Aid Station, not arriving and then stopping for 15 minutes.
5. **Please do not litter on course and TAKE ALL YOUR OWN RUBBISH OUT!**
6. There is a water station and toilet at the Top of Tobin's track (3km) and an Aid Stations (approx 7.2km). The Aid Station will have water, PURE electrolyte drink, and a small supply of Em's Power Cookies.
7. iPods/headphones are not recommended as there may be emergency 4WD vehicles moving through parts the course.
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. If the sign says 'Neutral Zone', please do not attempt to pass in that immediate area.
9. While Tobin's Track, Glencoe Road & Macetown are officially closed to vehicles there maybe official vehicle movements and others that ignore the road closure. Treat all roads as being open and watch for vehicles.
10. 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 additional help.
11. Didymo - there will be a Didymo wash at the finish line, you must walk/run through this. After the event you must ensure your footwear is completely dried before entering another waterway in a different area.
12. There are a large number of volunteers helping on course and at the finish line during your race. If you get the chance, please thank these amazing people!

BE SAFE AND HAVE FUN!