



Allpress Espresso Trail Marathon Race Briefing

- **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.**
- 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.
- 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.
- Gear. 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 at all times. If you have spare gear drop it off in the trailer near the start line for retrieval at the finish line. You must use the labels provided with your race number.
- Total Fire Ban On Course
- **Cut offs** – Aid Station 1 - 11:30am and Aid Station 2 – 1:15pm. If you do not make the cut off you will be driven out with the aid station crew to Glendhu Bay. Full course cut-off is 6pm. 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.
- There are 4 Aid Stations on course. All stations will have water, PURE electrolyte drink, and some stations will have a supply of Em's Power Cookies. There will be toilets at each aid station. All stations are cup free, ensure you have your own vessel to use or refill your bladder/bottles.
- iPods/headphones are not recommended as there may be emergency 4WD vehicles moving through the course.
- **Not 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. The Macetown track (final 6km) has some sections large ruts and exposed sections, extreme care is required.**
- While Macetown Track is 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.
- 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. There are medics located throughout the course.
- **Respect the valley! Please do not litter on course and TAKE ALL YOUR RUBBISH OUT**
- 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.
- 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!