

## Rab Ultra Run – Briefing

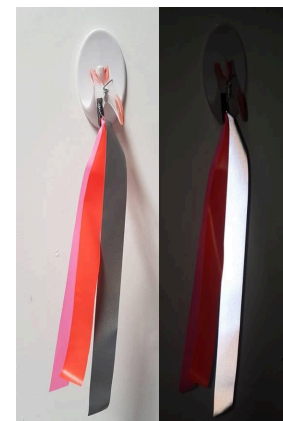
- **Check the weather and prepare for the conditions on race day! This Briefing is subject to change based on course and weather conditions. A compulsory briefing will take place at your start line just prior to race start. It is compulsory for you to attend your race briefing.**
- Before you start, please ensure you have your race number 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.
- Gear – You must carry the compulsory gear 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 at all times. Gear will be checked at Fern Burn 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 the finish line.
- Total Fire Ban On Course
- 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 Checkpoint.
- **Cut Offs**
  - **Fern Burn Hut (Checkpoint A) 8am (9.5km)** If you miss this cut off time you will be turned back to walk out to Fern Burn Car Park with the Checkpoint crew.
  - **Highland Creek Hut (Checkpoint B) 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 Checkpoint crew.
  - **Roses Hut (Checkpoint C) 3pm. (26.5km)** If you miss this cut off time you will leave with the Checkpoint crew and taken back to Glendhu Bay.
  - **Macetown (Checkpoint D) 6pm.** If you miss this cut off time you will leave with the Checkpoint crew and taken back to Wilcox Green (finish line).
  - **Course cut off 8pm.** If you miss this cut off time you will be driven off course by officials to Wilcox Green.

Cut off times will be strictly enforced, noting the time listed is the time you must be leaving the Checkpoint, not arriving and then stopping for 15 minutes.

- **At all checkpoints you need to be checked off by the volunteers so please ensure you let them know your number or they can see it clearly.**
- **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.

### Course Instructions

- Course Marking – Standard DoC Markers (Waratahs with plastic orange sleeves, Orange plastic triangles on trees) plus strips of pink, orange and reflective tape on pegs, as pictured below. And some Red arrows and white Motatapu branded tape has been used in places.





## Rab Ultra Run – Briefing

- **Hazards are not marked on course.** This is an off-road event so you need to be aware of your surroundings at all times.
- While Macetown Track is officially closed to vehicles there may be official vehicle movements and others that ignore the road closure. Treat all roads as being open and watch for vehicles.
- As you approach Roses Hut (CP C) you will cross the course for mountain bike and marathon 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 of 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 **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 Checkpoint 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 15km to the finish on a 4wd track but beware of Mountain Bikers, and steep drop-offs to your right. Keep to the left and take care.
- Please note the following water allocations will be in place for the Ultra. Athletes are welcome to drink from streams, rivers, and DoC hut tanks **at their own risk**; however, we are not permitted to provide water from these sources as part of our Checkpoint offerings. We will be supplying the following water allocations:
  - **Checkpoint A (Fern Burn):** 500ml per athlete
  - **Checkpoint B (Highland Hut):** 1000ml per athlete
  - **Checkpoint C (Roses Hut):** 1500ml per athlete
  - **Checkpoint D (Macetown):** 1000ml per athlete

Please plan accordingly and only take your allocated amount. Thank you for your cooperation!

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

**BE SAFE AND HAVE FUN!**