

# AUSTRALIAN ALPINE ASCENT **ULTRA**

## TRAIL RUN KOSCIUSZKO

# IMPORTANT INFORMATION

### MANDATORY GEAR 25KM, 59KM & 80KM

Please read through the FAQ's below, and ensure you have ALL of the following on your person at all times. We will be carrying out bag checks to ensure you have the items listed and you will not be allowed on the mountain without these.

### WHY DO WE NEED TO CARRY MANDATORY GEAR?

The alpine area is very changeable and unpredictable with weather. It could have rain, snow, fog or howling winds appearing without warning. A lot of the course is above 2000m, and along the main range track in particular it is very exposed, as you are travelling along a ridgeline. It is also quite isolated, and if you need medical help, it may take some time to have medical help get to you (or to get you to medical help).

When you take into account wind chill factor (google wind chill factor, it's very eye-opening!!), and how your body temperature reacts to both getting wet from cold rain, or from being depleted of energy, then you will start to realise just how cold you can get out there. Although not mandatory, it is also recommended that you add sunscreen to your list of items in your pack. Of course, in a perfect world, you won't need any of your mandatory gear (outside of nutrition and hydration), but it is in emergency situations that the gear will come into its own.

### YOU WILL NEED TO HAVE THE FOLLOWING ON YOU AT ALL TIMES:

MANDATORY ITEMS	25KM	59KM	80KM
Minimum 2L capacity for carrying water/hydration. <i>There are NO cups on course to reduce waste and damage to such a fragile environment</i>	Yes	Yes	Yes
Rain Jacket <i>Waterproof with sealed/taped seams. Needs to be waterPROOF, not water RESISTANT</i>	Yes *	Yes *	Yes
Space Blanket	Yes	Yes	Yes
Whistle	Yes	Yes	Yes

MANDATORY ITEMS	25KM	59KM	80KM
Emergency Light / Headlamp ( <i>not your mobile phone</i> )	No	No	Yes
Spare Light (Torch) / Battery for Headlamp	No	No	Yes
Buff or Beanie	Yes *	Yes *	Yes
Waste Containment Bag/Pouch	No	Yes	Yes
Long Sleeve Thermal Top <i>Polypropylene wool/merino wool - not compression</i>	Yes *	Yes	Yes
Compression Bandage <i>Heavy weight crepe bandages, not loose crepe, the white thin bandages are not accepted. Min dimensions: 7.5cm wide x 2.3m long unstretched</i>	Yes	Yes	Yes
Emergency Snack / Food Portion (x 2) <i>Bring your own hydration &amp; nutrition you have trained with that you may need on course - must be <u>above and beyond</u> your race nutrition requirements.</i>	Yes	Yes	Yes
Mobile Phone <i>Must be in working order with fully charged battery and operational SIM card</i>	Yes	Yes	Yes
Compass	No	Yes	Yes
High-Visibility Safety Vest * <i>Must comply with Australian Standard AS/NZS 4602:1999 or AS/NZS 4602:2010 or AS/NZS 4602:2011 as well as Class D/N for day and night time wear</i>  <i>*Must be worn at the start, until sunrise and at dusk, or if directed by event staff/volunteers. **Vest must be worn as the outermost layer and over the top of your running pack, with your race number visible and on your front and over your vest.</i>	No	No	Yes
Full-Fingered Lightweight Thermal Gloves <i>Polypropylene wool/merino wool</i>	No	No	Yes
Long Leg Thermal Pants <i>Polypropylene wool/merino wool</i>	No	No	Yes
Ziplock Bag ( <i>for your personal rubbish</i> )	Yes	Yes	Yes

MANDATORY ITEMS	25KM	59KM	80KM
Race Number / Bib <i>Must be worn on front of your clothing, clearly visible</i>	Yes	Yes	Yes

\* Dependent on weather ruling from race organisers made on the day before the specific race

#### WEATHER DEPENDENT EXTRAS:

- Waterproof overpants
- Gloves

A call will be made on these items on the afternoon prior to the race, depending on the forecast. The route goes along some very exposed areas, and weather that might seem benign further down south can be very wild up here.

#### STRONGLY RECOMMENDED:

- Sunscreen and hat (there is zero shelter from the sun on the whole course, and it is very easy to get burnt in the rarified air)
- Chafe cream / blister bandages
- More substantial first aid kit
- Spare socks
- Spare headlight batteries

*We recommend that you carry a fully charged mobile phone, in case of emergency. There are many areas of the course where signal is available. We recommend that you download the 'EMERGENCY+' app on your phone, which can provide exact coordinates of where you are for emergency services.*

These items are all mandatory, and for your own safety. There will be bag checks to ensure that mandatory items are present. Time penalties will apply for each item that is not present.

#### COURSE INFO

- The net gain of the 80km is 2138m.
- The net gain of the 59km is 1505m.
- The net gain of the 25km is 760m
- The lowest altitude of the 80km is 1333m above sea level, and the highest is 2228m (Mt Kosciuszko)

#### FAQS

*Will there be aid stations?*

- The 80km distance will have four (4) passes of the refill aid stations on the course, at Guthega Power

Station (23.7km & 39.5km), Guthega Base Camp (47.7km) & Rawson Pass (71.1km).

- The 59km distance will have two (2) refill aid stations on the course, at the Guthega Base Camp (26.2km) and at Rawson Pass (49.6km).
- The 25km distance will have one aid station at Rawson Pass, that you will pass by twice on the way up to and on the return trip from the Summit of Kosciuszko.

*What nutrition can we get on course?*

- For the **59km & 80km** competitors we will have cola, fruit, muffins, soup at the Guthega refill station, there will be chip packets, salt sachets, lollies, Revvies hydration & water to refill hydration packs at all other refill stations around the course.
- The Rawson Pass aid station will have water, Revvies hydration, lollies, salt sachets, & packets of chips available for competitors to utilise while on course.

*What are the cut off times?*

- There are 4 (FOUR) cut-off times for the **80km distance course**:
  - o 20.9km @ 11.00 AM at Guthega Road (coming back past access to Perisher)
  - o 47.7km @ 3.30 PM at Guthega Base Camp (before Snowies Walk)
  - o 56.7km @ 4.30 PM at the Intersection of Snowies Walk & Main Range Track
  - o 71.1km @ 6.00 PM at Main Range Track, before turning Right onto Kosciuszko Walk
- There are 3 (THREE) cut-off times for the **59km distance course**:
  - o 26.2km @ 1.00 PM at Guthega (before starting Snowies Walk)
  - o 35.2km @ 3.00 PM at the Intersection of Snowies Walk & Main Range Track
  - o 49.6km @ 4.30 PM at the Intersection of Snowies Walk & Main Range Track
- The cut-off time for the whole **25km course** is 6 hours.

*What will happen if I arrive AFTER the cut-off points?*

- We will have free transport from the Guthega cut-off points, direct to your car at Perisher.
- Back of the pack competitors, it is suggested to leave your car keys in your checkpoint drop bag (at Guthega), instead of your bag at the finish line, so you can get to your car if you're cut-off.
- You will be unable to Summit after 4 PM (for the 53 km) and 6:30 PM (for the 73 km), if you arrive after that time, you will be driven from Rawson Pass, back down to Charlotte Pass Village.

*Can I use poles in the race?*

- Yes you sure can, however any equipment you start with you must finish with.

*Is it trail or road?*

- The 80km is unpaved, but well maintained single-trail or fire trail for about 91% of the course, with

about 9% being paved, including the final 2km stretch into Charlottes Pass Village.

- The 59km is unpaved, but **well maintained single-trail or fire trail** for about 89% of the course, with 11% paved surface, including the final 2km stretch into Charlottes Pass Village.
- The 25km is unpaved, but **well maintained single-trail or fire trail** for about 84% of the course, with 16% paved surface, including the final 2km stretch into Charlottes Pass Village.

*Are there any mandatory walking sections on the course?*

- Grated sections of the course are mandatory walking zones – any grates are a **NO RUN ZONE**.
- We will have additional timing measures in place at any grated sections throughout the course, so it does not affect overall placeholder time.
- The grate surface is extra grippy to allow safe trails all year round. Please take care when walking as shoe lugs can get stuck in the grate, which can cause some pretty serious injury if you fall with speed on the grated sections. We understand this may be disappointing for some, but we want to ensure all competitors are safe and have an enjoyable experience on the mountain.

*Will it still go ahead in adverse weather conditions?*

- There may be shortening of the route due to adverse weather conditions, and that is something that the National Parks and Wildlife consultant will make the ruling on. The alpine region can be closed due to thick fog, snow, or high temperatures. If any changes need to be made on the event day, we will try to maintain as close to advertised distance as possible

*Is there a bag drop?*

- There will be an area at Charlotte Pass Village to store your baggage for the 25km. We recommend keeping warm, dry clothes in this bag for post-event.
- For the 59km & 80km competitors, we will have a **checkpoint bag drop that will be taken from the start line at Charlottes Pass to the Guthega Base Camp** (47.7km for the 80km / 26.2km for the 59km) so you can re-access your gear for additional gels, nutrition, body lubricant, spare socks, clothing, batteries or anything else you feel you may need to finish the race.

**Ensure you tag your Checkpoint Bag (59km & 80km) separately from your bag left for collection at the finish line. You will be provided with 2 bag tags for this purpose.**

*Is there a place where spectators can watch me on the course?*

- There is a great viewing point for any spectators at the Guthega Base Camp, who wish to ride or walk to this point from the Perisher Ski Tubes.

*Can I stash gear in certain places prior to the race?*

- There is no place to put a drop bag in the 25km race.
- For the 59km & 80km we will have a Checkpoint Bag Drop available at the Guthega Base Camp (47.7km for the 80km / 26.2km for the 59km) where you can access your pack to replenish your gear,

change your shoes/socks, or reapply sunscreen for the 2nd half of the race.

*Will there be medical anywhere on the course?*

- Medical will be available at the Finish Line and where possible, will be roaming around the course on foot, on bikes and in vehicles for emergencies.
- Each runner will have responsibility for their own wellbeing and basic first aid and should carry their own band-aids, blister/strapping tape, chafe cream, and sunscreen. Ensure you are aware of the effects of dehydration, hypothermia and extreme fatigue. If you do not feel you are not fit to continue, please withdraw from the race at the next aid station.
- If you pass an injured runner, please stop to assist them until an EE staff member or until someone from medical arrives, record how long you were stopped to assist and notify an EE staff member at the end of the event they will organise to adjust your time accordingly.

*Is there somewhere to put litter on the course?*

- This is why we have 1-2 ziplock bags in the mandatory gear list, for your rubbish. Any equipment or nutrition (packets) that you start with, you must finish with.

Please be **VERY CAREFUL** not to drop a gel packet or anything on the course - this may have consequences on whether the event goes ahead in future.

*Will there be toilets on course?*

- The 80km will have toilets available at the Guthega Power Station (23.7km & 39.5km), as well as at the Guthega Base Camp (47.7km) and at Rawson Pass (71.1km).
- The 59km will have toilets available at the Guthega Base Camp (26.2km) and at Rawson Pass (49.6km).
- The 25km will have toilets available at Rawson Pass (16km).

*What if I need to poop, can I use my sock to wipe?*

- As this run is in National Park, the issue of human faeces is a tricky one. It is a pristine, delicate alpine environment and there simply cannot be any faeces left on course. We need to abide by the "leave no trace" principles <http://www.lnt.org.au/>
- If you are someone who may have troublesome bowels on a run like this, we suggest you buy a Go Anywhere Toilet Kit (Wag Bag) from an outdoor retailer, or online. Each toilet waste kit is pre-loaded with waste treatment Poo Powder to gel and solidify liquid waste to a solid. Poo Powder encapsulates solid waste (once activated by a liquid), controls odour and contains a decay catalyst to break down solid waste. After using the kit, carry it with you to the next checkpoint where there will be a waste bin for disposal.
- We don't want anyone having a "one sock run"!!!

## ROAD CLOSURES

The only road closures will be for traffic between Charlottes Pass and Charlottes Pass Village, and parking at or around Charlotte Pass Village. All events will park at Perisher Ski Tubes; 59km & 80km competitors will be shuttled back to Perisher Ski Tubes from Charlotte Pass once they finish. 25km competitors will catch a shuttle bus from there and back to their cars after the event.