

Hi there

Here's a quick guide to the event and course for Easter weekend.

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#### **Emergency Contact number:**

1. Have your phone with you and have the race director's number in it:
  - Alun Davies – 0450 206 474

In the unlikely event you'll need to contact us (maybe to assist someone else), you'll be glad you have it.

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#### **Registration and parking**

1. Please ensure that you allow plenty of time to sign-in prior to your event, at least 30 minutes (you'll be issued with your race bib on sign-in). Registration will be open from 11:00 pm, Friday March 30th at the race start/finish area. Check your event start time here: <http://agdavies.com/Events/1-2018%20WHC.html>.
  2. Parking will be along Wild Horse Road. Please park behind the first car you reach as car park access is restricted to event crew and members of the general public. **Allow time for a walk of up to 600 metres to registration.**
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#### **Race Instructions - We are out there for fun but for your own safety and wellbeing, we do have some guidelines:**

AAA Racing is committed to preserving the environment in which we are privileged to stage our events. With this in mind, we do not provide disposable cups at checkpoints. As such, participants will need to carry their own cup for drinks they don't want to take from their hydration pack or water bottle (coke, electrolyte)

3. It is essential, with no exceptions, that each participant carries a water bottle at the very minimum. Checkpoint 1 (the only checkpoint on the course) will have water, electrolyte, some lollies and small snacks but will have no cups.
  4. Any rubbish can be taken from you each time you visit the checkpoint. Anything that leaves the checkpoint with you must stay with you until you can dispose of it properly and not on the course. Though not the worst I've seen, you'll see a little evidence on the day of the way the general public treat the area, I'd rather we set an example.
  5. Toilet facilities are available at the start/finish area and there are also toilets at the service stations on either side of the Bruce Highway off Johnson Road. Please do not remove paper from the toilets at the start/finish area.
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#### **During the race**

6. If you retire or have to leave the course for any reason, please advise the checkpoint staff or those at the start finish area.
7. Regardless of ability, please be mindful of other runners: If you're a faster runner wanting to pass, advise the runner in front but be patient and don't pressurise anyone. It can be unnerving and easily lead to a trip. Conversely, if you are aware of a faster runner behind you, take the utmost of care and allow them to pass when it's safe. Many a runner/walker's

day can be blighted by the smallest of incidents and we want everyone to leave on Sunday being a little better for their experience. Look after each other out there.

8. This isn't the nanny state by any means but we are out on the trail. As per the waiver agreed to on entry, should you become injured or should event staff consider that you need medical attention or examination, do not continue until authorised to do so. If it's deemed that it's not in your interests to continue, you will be withdrawn from the event. We'd rather make the mistake of scratching someone who could continue than letting someone continue who shouldn't.
9. Remember where you are. We don't like to talk about it, but we are in Queensland and many of the locals aren't so friendly if they're frightened or disturbed. Watch where you're putting your feet and keep a close eye on the ground as well as ahead.

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10. Mandatory kit:

- Water bottle or hydration pack – minimum 600ml capacity
- Drinking cup (check the section relating to the 'no-cup' initiative below)
- Headlight of suitable torch if starting in the dark
- Head lamp (early starters)

11. Recommended kit:

- Compression bandage
- Insect repellent
- Bite and sting treatment
- Mobile phone
- Printout of course map (from the website)

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12. Have fun ... maybe this should be on the mandatory list?!

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### **The Course**

Please familiarise yourself with the course map. Be mindful of where the km points are, roughly when you're due for a turn, is it left or right. That sort of thing. Check out the course map here:

<http://agdavies.com/Events/1-2018%20WHC.html>

The course will be marked with red arrows mounted on posts (some with flashing, red LED lights) and secured to trees, along with orange and silver flagging tape, some with reflective strips (for the benefit of those starting in the dark).

There will also be additional signage where necessary, at key intersections for example.

### **How to get there**

Wild Horse Mountain is located just off The Bruce Highway, adjacent to the Johnston Rd intersection.

**From the south**, drive five minutes past the turn off for Steve Irwin Way and take the Johnston Rd exit. Head up the ramp past the service station (on your left) before turning right to cross the Bruce Highway. Be careful of the crossing here, as there is traffic coming from both

directions. Once across, continue about 50 metres along Johnston Rd before turning right onto Wild Horse Rd. Park on the verge after the last car.

**From the north**, drive five minutes past Roy's Rd before taking the Johnston Rd exit. Head along the off ramp before turning left onto Johnston Rd for 50 metres before turning right onto Wild Horse Rd. Park on the verge after the last car.

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Entries are open until Midnight, March 30th. If you know someone who's planning to enter but isn't aware, please point them in the right direction:

<https://www.registernow.com.au/secure/Register.aspx?E=28446>

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