

AUSTRALIAN
ALPINE ASCENT

ULTRA

TRAIL RUN KOSCIUSZKO

IMPORTANT INFORMATION

AAA EXTREME & STANDARD TRIATHLONS

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 or your handler 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. 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	EXTREME	STANDARD
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
Rain Jacket <i>Waterproof with sealed/taped seams. Needs to be waterPROOF, not water RESISTANT</i>	Yes *	Yes *
Space Blanket	Yes	Yes
Whistle	Yes	Yes
Emergency Light / Headlamp (<i>not your mobile phone</i>)	Yes	No

MANDATORY ITEMS	EXTREME	STANDARD
Spare Light (Torch) / Battery for Headlamp	Yes	No
Buff or Beanie	Yes *	Yes *
Waste Containment Bag/Pouch	Yes	Yes
Long Sleeve Thermal Top <i>Polypropylene wool/merino wool - not compression</i>	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
Emergency Snack / Food Portion (x 2) <i>Bring your own hydration & 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
Mobile Phone <i>Must be in working order with fully charged battery and operational SIM card</i>	Yes	Yes
Compass	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>	Yes *	Yes *
Full-Fingered Lightweight Thermal Gloves <i>Polypropylene wool/merino wool</i>	Yes *	Yes *
Long Leg Thermal Pants <i>Polypropylene wool/merino wool</i>	Yes *	Yes *
Ziplock Bag x 2 (for your personal rubbish)	Yes	Yes
Race Number / Bib <i>Must be worn on front of your clothing, clearly visible</i>	Yes	Yes

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

Questions? Prior to the event, contact: office@eliteenergy.com.au

During Race Week: Please speak with one of the Elite Energy Event staff at the event site.

WEATHER DEPENDENT EXTRAS:

- Waterproof overpants waterproof pants

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.

FAQS

Will there be aid stations on the Bike Course?

- There are NO aid stations on the bike course. Participants are encouraged to carry what they need and the option of a handler (mandatory for the Extreme Tri, and strongly encouraged for the Standard Tri) will be allowed to stop to give bottles/food, etc while you are on course.
- There will be a refill station located at Bullocks Flat for the AAA Extreme Triathlon competitors (approx. 60km into the course) on your return from Deadhorse Gap. There will be ample room in this area for you and your handler to exchange equipment.

Will there be aid stations on the Run Course?

- There are NO aid stations on the run leg for the Standard Triathletes.
- There will be ONE aid station with water for the AAA Extreme Triathletes to refill their Camelbaks at Rawson Pass. We recommend both the AAA Extreme and their handler have a camelback during the

run leg of the course. We recommend AAA Extreme participants have their handler with them from Charlottes Pass (T2).

What nutrition can we get on course?

- The Rawson Pass aid station will have water, Revvies hydration and lollies available for competitors to utilise while on course.

What are the cut off times?

- There are 2 (TWO) cut-off times for the **AAA Extreme Triathlon**:
 - o 3.00 PM at the Transition Area (T2) at Charlotte Pass Village
 - o 5.00 PM at the Rawson Pass Refill Station

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 run course is mostly well maintained single-trail or fire trail for about 80% of the course, with the first 2km and final 2km into Charlotte Pass being completely paved.

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?

- We will have a bag drop available in Jindabyne, at the starting line.
- We will transport your bags from the starting line to Charlotte Pass Village. It is highly recommended to leave your warm gear for after you finish the race.
- Your race bag will have a number tag for your bag.
- REMOVE ALL OLD BAG TAGS BEFORE YOU ARRIVE - this will ensure that the volunteers put your bag in the correct position, and can be easily collected at the end of your 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 competitor, 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?

- AAA Extreme competitors will have toilets available at Rawson Pass (10km & 12km).

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 triathletes will park at Jindabyne and will need to be transported back with their handler.

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