



FREQUENTLY ASKED QUESTIONS

WHERE IS KANGAROO VALLEY?

Kangaroo Valley is located 2 hours south of Sydney, and the event site is at 30 Tallowa Dam Road.

WHAT ARE THE PARKING OPTIONS?

Parking will be available on site – please pay attention to any parking marshal directing you on the day. For supporters, there is the option of seeing your runner off and then going to explore all that Kangaroo Valley has to offer (see website [here](#)), and then getting back in time to see them finish. A win win!

WILL THERE BE AID STATIONS?

Yes there are limited aid stations.

- For the 13km, you will pass a station at 4km and 10km.
- For the 23km, you will pass a station at 4km, 11km and 19km.
- For the 40km, you will pass a station at 4km, 11km, 19km, 29km and 36km.
- For the 55km, you will pass a station at 4km, 11km, 19km, 29km, 36km, 44km and 51km.

You will need to have enough fluids/nutrition to allow for the large gaps between aid stations.

WHAT NUTRITION WILL BE ON COURSE?

The refill stations will have water, KIND bars and salt packets available. Competitors will need to be self sufficient with race food and electrolytes.

WHAT ARE THE CUT-OFF TIMES?

- 23km – 5 hrs
- 40km – 8 hrs
- 55km – 10 hrs

If 55km competitors haven't reached the Duffys Corner aid station at 36km by 12:30 pm (6.5hrs from race start), they have to continue straight along Mt Scanzi rather than heading down Duffys Lane.

IS THERE A MINIMUM AGE?

The minimum age for the 13km is 13 years at day of event, due to its hazardous and physically taxing nature.

The minimum age for the 23km, 40km and 55km is 18 years at day of event.

IS IT TRAIL OR ROAD?

There is a mixture of well-maintained dirt road, less maintained fire trail, and a little bit of single track. Nothing too technical.

WILL IT STILL GO AHEAD IN ADVERSE WEATHER CONDITIONS?

Yes, it will. There may be some course alteration if there has been a huge amount of rain in the week leading up to the event, as the crossing at Bugong Creek may not be able to be traversed. But besides that, trail running is for all weather conditions.

If there are bushfires in the area, or catastrophic fire conditions forecast, National Parks and Wildlife Service may shut this event down for competitor safety, as most of the course is in NPWS land.

WHAT DO I HAVE TO CARRY?

The bare minimum you will need to carry is:

For the 13km:

There is no mandatory gear list for the 13km, however we recommend that you take fluids, particularly if it is a hot day, as there is a 6km gap between aid station passes. Mt Scanzi is a big climb and it can take it out of a person.

For the 23km:

- Capacity for 1.0L water
- Space blanket
- Mobile phone (we recommend downloading an app called Emergency+ beforehand).
- Your own race nutrition - refill stations are water only. You need to be self-sufficient with race food and electrolytes

If the weather is bad we recommend packing additional items:

- Rain jacket - needs to be waterproof, not water-resistant

For the 40km and 55km:

- Capacity for 1.5L water
- Space blanket
- Mobile phone (we recommend downloading an app called Emergency+ beforehand)
- Whistle
- Compression bandage
- Your own race nutrition - refill stations are water only. You need to be self-sufficient with race food and electrolytes
- Emergency snack (above and beyond your nutritional requirements)

If the weather is bad we recommend packing additional items:

- Rain jacket - needs to be waterproof, not water-resistant

WHY DO WE NEED MANDATORY GEAR?

In a perfect world, you won't need any of your mandatory gear (outside of nutrition and hydration), but in emergency situations the gear will come into its own. Also, it is not only for your use, but for someone you may come across who is having issues. Your mandatory gear could save their life. We want to get everyone off the course safely, and mandatory gear is all part of mitigating problems that may arise.

COVIDSAFE INFORMATION

Please read your pre-race information email carefully for additional COVIDSafe requirements.