

Document: Participant Briefing Online Version**Event:** Macpac Auckland Trail Run/Walk Series **Date:** May to September**Document: Participant Briefing****PARTICIPANT BRIEFING/START SCHEDULE:**

- **Super Long – Race Briefing 8.50am: Race Start 09.00am**
- **Long – Race Briefing 8.50am: Race Start 09.00am**
- **Mid – Race Briefing 9.50am: Race Start 10.00am**
- **Short – Race Briefing 10.50am: Race Start 11.00am**

COURSE TERRAIN:

The course terrain varies from event to event. Across the series you can expect hard packed single track, mud, sand, gravel road, mown grass trails, rock hopping (long & super long only), stairs, and everything in between. This is what makes trail running so varied and interesting. There are also plenty of hills in the mix which keeps things challenging!

COURSE DIRECTIONAL SPECIFICS:

Directional signage will be very clear and obvious, just follow the sign for your chosen distance e.g. SHORT, LONG, etc.

Some of the courses will require you to pass through a particular junction twice. Your direction at that junction is indicated by FIRST PASS & SECOND PASS. First time there, you go one way, and the second time there, you go the other way. Prior to any of these junctions will be a course split ahead or major junction ahead sign, giving you plenty of warning.

HAZARDS:

Example: The following (but not limited to) hazards exist on the event courses.

1. Vehicles (specific information about the roads you will be travelling on/crossing will be provided in the pre-event briefing 10minutes before the start – i.e. you will be running next to a live lane for a few hundred meters before the finish).
2. Other participants
3. Inclement weather – Heat/Cold
4. Personal injury and individual physical condition
5. Challenging terrain
6. Natural hazards e.g. rough surfaces, cliffs, steep drops
7. Manmade hazards e.g. stairs, fences, bridges, stiles, boardwalks
8. Two-Way participant traffic. Some courses have specific lanes which you must adhere to and follow the directional signage.

Identified hazards on course will be marked, or made out of bounds, however; hazards can exist at any place and any time. As such, not all hazards can be marked. Please take caution and participate within your individual ability.

SAFETY:

All participants are personally responsible for their own safety, well-being and health. Although event management has safety systems in place to deal with incidents, given the nature of the terrain, participants must be aware that extraction and medical care cannot always be immediate, and participants should have the suggested recommended equipment as a minimum. This is not a guided event. Should you doubt your ability to complete the course independently you may enter at your own risk. It is your responsibility to have reviewed the course maps, profiles and descriptions and entered an event that is within your physical limits.

- Course Medics will provide medical assistance on the Event Courses
- Base Medics will provide medical assistance at the Event Base

RULES:

1. All participants must follow the course marking signs and instructions, this is your responsibility.
2. Participants are not allowed to go off course routes. Should you wish to withdraw you must notify an event official e.g. marshal or course crew and await instructions.
3. On completing the event you must cross the finish line as the timing transponder records you as finishing – this is used as a safety check for participants.
4. Participant equipment should be in a safe and functioning condition, this is your responsibility e.g. compulsory gear (when required), shoes.

Document: Participant Briefing Online Version

Event: Macpac Auckland Trail Run/Walk Series **Date:** May to September

Document: Participant Briefing

5. Participants who require any personal medication or disability assistance devices while participating must carry those items. This is your responsibility.
6. If you are wearing headphones, please have the volume down low so that you are able to hear others wishing to pass.
7. You must wear your event number on your front, so it is visible at all times.
8. NO LITTERING please
9. When overtaking other runners, you must signal to them that you are attempting to pass. Pass on the right.
10. You must respect and treat fellow participants with care. Be friends out there.
11. Should you require a toilet while away from any facilities, you must remove yourself from the track and bury waste in a shallow hole at least 50 metres away from waterways.
12. Participants and officials must "Leave No Trace" throughout the event.

COURSE MARKING:

You must follow all course signs and directions. You may come across the following course markings:

1. Red Arrows on a white background.
2. Caution, Slow, Keep Left, Keep Right, Wrong Way, and Walk Only Signs.
3. Blue Total Sport ribbons – hanging ribbons indicate the correct route and ribbons crossing the ground indicate boundary/don't go.
4. Distance to go information will be displayed at all aid stations on course.
5. You will see occasional yellow markers with a Course Point Number. These are reference points for Course Staff, but you should use them as a reference point should you need to report an incident to and staff member.

INCIDENT(s) ON COURSE:

Should you encounter an incident on course, please follow these steps:

1. STOP – do not place yourself in danger
2. Try to communicate with the person
3. Assist with basic first aid if you are capable and can do so safely
4. Send the next participant through to notify the next event official of the situation and location of the incident e.g. person with rolled ankle, 2km back on the trail, requires assistance.
5. Stop the next participant and request assistance if required.

Participants, you are out there together, help one another and share the love.

Should you find yourself lost or disorientated complete the following steps:

1. STOP
2. WAIT and REMAIN PATIENT and CALM
3. Retrace your steps to the most recent course marking (i.e. blue Total Sport ribbon or directional arrow)
4. If you are unable to retrace your steps to a course marking - STOP moving, put on your recommended equipment (if cold/hot), take shelter (if exposed) and await assistance.

Once you've finished the course you should report the incident to Event Management

AID STATIONS:

You will encounter aid stations on course, which will have the following:

1. Marshal(s)
2. Water
3. Electrolytes
4. Basic First Aid Kit
5. Pretzels, potato chips and lollies
6. Some aid stations will also have oranges & coke

These aid stations are supplementary to your personal supplies and should not be used as a sole source of nutritional and hydration requirements.

RECOMMENDED GEAR:

Especially important for those who are inexperienced and are tackling the Long & Super Long distances.

- Hydration pack loaded with at least 500ml liquid, and other nutritional nibbles
- A basic first aid kit
- A cell phone

Document: Participant Briefing Online Version

Event: Macpac Auckland Trail Run/Walk Series **Date:** May to September

Document: Participant Briefing

- A whistle
- Additional warm clothing

COMPULSORY GEAR:

Due to the exposed nature of the Hunua Super Long and Long course's, participants will be required to carry mandatory equipment for this event. Specifically:

- Long sleeve top (polyprop or wool)
- Beanie (polyprop or wool)
- Survival blanket
- Waterproof seam sealed jacket
- Gloves (polyprop or wool)

KAURI DIEBACK:

You must adhere to the following rules before attending each of the events in the series. While Kauri are not present at every event location in the series, this is an excellent habit we want to imbed so that we all continue to do these things in our everyday life going forward.

- All footwear, gear and vehicles must be free from all visible soil before entering the park boundary.
- Foot wear should then be disinfected once soil has been removed.
- Stay on tracks and off Kauri roots.

COURSE CLOSURES/CUT OFF POINTS:

Hunua has the following cut off times to ensure we get everyone out of the forest before dark.

LONG COURSE

- 11:00am cut off at the entrance of the Pukapuka Track.
- Distance from the start: 9.7km.

SUPER LONG COURSE

- 11:30am cut off at the entrance of the Pukapuka Track.
- Distance from the start: 13.6km

PARTICIPANT FEEDBACK:

Although we try our very best to do everything possible for you to enjoy your experience, your feedback is always invaluable. Should you have any thoughts about improvement or particular things you thought worked well, please complete a feedback form at the INFO TENT after your event.

MARSHALS:

Our fantastic marshals out on course are all members of the Westlake Running Team and use the event as a fundraiser to help get them to race meets and overseas training camps. They are there to ASSIST you with directions on the course (you the participant are ultimately responsible for following the course markers correctly, do not rely entirely on marshals for directions) and also to manage aid stations and act as a point of contact between you the participant and the Course Crew and Field Medics should you require assistance. They are awesome lads, please treat them with respect.