

CRADLE MOUNTAIN RUN

31ST RUN

Saturday 5th February 2011

GENERAL INFORMATION

Distances:

Narcissus is about 60km from the start and Pelion is about half way between them. It is about 20k from Narcissus to the finish at Cynthia Bay Boat Jetty. The majority of finishers take between 12 and 13 hours finishing at Cynthia Bay between 6pm and 7 pm. Most of the field finishes, with some reaching Narcissus after the 5pm cut-off. It is unusual for runners not to make the 12 noon cut-off at Pelion but very slow runners have been known to do so. Splits for a 13 hour run are:-

Start	00:00	6:00am
Kitchen Hut	00:50	6:50am
Waterfall Valley	1:20	7:20am
Lake Windermere	2:30	8.30am
Pelion Creek	3:45	9:45am
Frog Flats	4:15	10:15am
Pelion Hut	4:45	10:45am *
Kia Ora Hut	6:15	12:15am
Du Cane Hut	6:45	12:45pm
Campfire Creek	7:30	1:30pm
Du Cane Gap	7:45	1:45pm
Windy Ridge Hut	8:00	2:00pm
Narcissus Hut	9:45	3:45pm **
Echo Point Hut	11.00	5.00pm
Watersmeet	12:45	6:45pm
Cynthia Bay	13.00	7.00pm

* If unable to be past Pelion Hut by 12:00 noon withdrawal is compulsory.

** If unable to pass Narcissus by 5:00pm withdrawal is compulsory.

Pre-Run Briefing & Registration (COMPULSORY):

The briefing takes place at **5:00pm** in the tavern area of **Cradle Mountain Lodge** on Friday night. *Meals are available at a reasonable cost.*

Compulsory Gear Check

If your running gear was not checked on the bus please bring your running gear to the briefing for checking (see Compulsory Gear List later in this document).

Start:

The start is at dawn (Approx 6:00am) at Waldheim.

Finish:

The finish line will be at Cynthia Bay, just before the Visitors Centre.

Timing:

The Sportident electronic timing system will be used. You will be carrying an "SI Stick" and will need to access it to place it in a timing control at the start, Pelion, Narcissus and the finish.

Post Run:

Celebrations and post mortem will be at the Derwent Bridge Hotel. Presentations are on Sunday morning at breakfast. Normally all runners plan to stay on for these.

Support Parties:

There are no drink stations etc. There is no vehicular access to the track at all. A boat travels the length of Lake St Clair. However it is subject to the vagaries of weather and will not run at night. Two support parties are normally available, one at Pelion and one at Narcissus. Runners may get into difficulties and have to walk out so please take that into consideration in your schedule. Sweepers will be following the slowest runners.

At Narcissus, a boat will be chartered by the organisers after all runners have passed through the check point. Runners injured or too slow to meet the 5pm cut off are required to travel on this ferry at their own cost. It is not available for non-official supporters. If in trouble the boat may be hailed at Echo Point by opening a signal board on the shore.

Money:

You must carry some money with you just in case you do not finish and have to pay for services should you have to withdraw or pay the ferry. \$50 is required.

Food:

Food is not provided. Nutrition for a long run like this is a complicated subject. You are responsible for knowing your requirements. If you don't know, don't come! Do not litter the track. This risks refusal by the Parks Authority to have the run in future years.

Drink:

The water upstream from the track is considered safe to drink.

First Aid:

NO first Aid support is provided by the organisers. Please take your own Tape etc for blisters. Be familiar with the treatment for snake-bite - an unlikely event but snakes are present on the track. All Tasmanian snakes are venomous.

Maps:

You **MUST** carry a map (water-proofed in some way), know how to read it, be familiar with the track. It is not an optional extra. The track is sign-posted and marked but taking the wrong turn is common.

National Parks Pass:

A parks pass is required to recreate in Tasmania's national parks. The organisers have negotiated a discount rate of \$15 for those people not holding a current Tasmanian pass. There is no need to pay the \$100+ fee for walking the length of the Overland track

RULES

This event is a co-operative event and runners are expected to assist one another as much as possible consistent with fairness.

- 1) You must not start if you are unwell or injured.
- 2) Unless a sweeper is present the last runners shall stay together as a group and stragglers shall not be left until at a place safe to do so.
- 3) If you leave the track for any reason you must leave your backpack/bumbag on the track so that it is clearly visible with your supplied race number prominent to alert sweepers. The sweepers will not go past until you return.
- 4) Should there be the slightest doubt about your ability to finish you must withdraw before you are in real trouble. You agree not to be a liability to the other runners any longer than is necessary.
- 5) Should a sweeper, fellow runners, a relief party or a National Parks Officer request you to withdraw at a safe place you will do so.
- 6) You will carry all compulsory equipment and other food and items you deem necessary.
- 7) You will have tested all your equipment under running conditions.
- 8) CUTOFFS: You must have left Pelion by 12 noon or Narcissus by 5:00pm or you must withdraw.

COMPULSORY EQUIPMENT

PLEASE NOTE. THE ORGANISERS ARE REALLY SERIOUS ABOUT RUNNERS HAVING SUFFICIENT GEAR. YOU WILL NOT BE ABLE TO START THE RUN IF YOU DO NOT CARRY GEAR THAT WILL ALLOW YOU TO SURVIVE INJURED OR IMMOBILE IN FREEZING SNOW, WET AND WINDY CONDITIONS. RANDOM CHECKS WILL BE CONDUCTED, INCLUDING AT THE FINISH

- 1) Quality **waterproof coat (eg Gortex)** with **hood and over trousers**. Lycra skins are **not** acceptable wet weather gear
- 2) **Two extra tops** and a pair of **long johns** of **polypropylene or light-weight wool trousers**; one of the tops must be long sleeved. The two tops are in **addition** to the clothing worn for the run. That is, three tops in total. A good Outdoor shop can advise.
- 3) **Warm hat & Gloves** eg beanie or balaclava (a cap won't keep your head warm in a blizzard)
- 4) 800 calories (3400 kjoules) of **emergency food** (equivalent to 200g block of chocolate) - separate from normal food carried.
- 5) **Survival bag** - this must be sturdy enough to resist tearing in strong winds eg 'Space' emergency bag.
- 6) **1:100 000 Cradle Mountain Lake St Clair National Park map**, (laminated or in a waterproof bag)
- 7) **Cigarette lighter or waterproof matches.**
- 8) **Compass** (must be a quality (e.g. orienteering standard) compass suitable for use in an emergency).
- 9) A **whistle**
- 10) **Elastic bandage.**
- 11) **First Aid supplies.** Contents cannot be exactly specified as they will vary according to personal needs but should include blister treatment, antihistamines, pain killers etc. Note that the organisers should not be relied upon to supply first aid.
- 12) **\$50 Cash**

All items should be in a waterproof plastic bag. Light-weight gaiters and sun hat are optional, but should be considered in light of your needs and experience. You are accepted into the run on the clear understanding that you know and understand your needs. The above is the minimum requirement but such a list does not absolve you from using good judgment!

TRAVEL

Cradle Mountain Run Transport:

If you wish to use them, buses are chartered by the Run Organisers to Cradle Valley. Payment will be taken when you fill in the run entry form.

From Launceston departing 1200hrs Friday from the Canning Street side of Brickfields Reserve.

Inter-state Runners are encouraged to fly into Launceston and catch the northern bus. There will be no airport pickups. The cost is \$50.

The Launceston bus departs from the Derwent Bridge Hotel at about 9.30 am on Sunday morning. It will go to both the Launceston Airport and the Launceston CBD. The cost is \$50.

From Hobart departing 1000hrs Friday from Fitzroy Crescent (end of Fitzroy Place where it sides onto the Southern Outlet highway). There will be no airport pickups. There is no returning Hobart bus. The cost is \$100.

Runners gear will be taken by bus from Cradle Valley to Cynthia Bay for collection after you finish the Run.

Doug Strohfeld manages this aspect of the event. Further details will be provided closer to the Run. Please direct queries to Email: dougjodi@bigpond.net.au. Phone 0419 105668

Alternative Bus Services to Cradle Valley:

Tassielink Travel	1300 300 520
Maxwells Bus Service	(03) 6492 1431
Tigerline Coaches	1300 653633
Redline Coaches	1300 360000

ACCOMODATION

Accommodation (Cradle Valley):

Some cost effective (\$30 each) accommodation is arranged by the Run Organisers at Cradle Mountain. This accommodation will be available on 'first in first booked' basis. Payment will be taken when you fill in the Run entry form. **You must bring your own sleeping bag and breakfast supplies if you stay at Waldheim.**

Dale Lancaster manages this aspect of the event. Contact Dale (03) 6435 1724 (h) or 0439080151 (mob) email: kdlanc@iinet.net.au if you have any queries.

Other accommodation providers at Cradle Valley include:

Cradle Mountain Lodge (03) 6492 1303

Cradle Mountain Cosy Cabins & Camping Ground (03) 6492 1395

Runners must arrange their own accommodation for the end of the run. Options include:

Lake St. Clair Wilderness Resort

Derwent Bridge, Tasmania 7140

Ph: 03 6289 1137 Fax: 03 6289 1250

www.lakestclairresort.com.au

Derwent Bridge Chalets

Ph 03)62891000

info@derwent-bridge.com

Derwent Bridge Hotel

Ph 03) 62891144

derwentbridgewildernesshotel@bigpond.com

Please don't forget to arrange accommodation early at both Cradle and at Derwent Bridge otherwise you may be disappointed.

Waiver Form

Please sign and bring this Waiver form to the event in order to meet the requirements of our Insurance.

Australian Ultra Runners Association Inc.
Cradle Mountain Run 5 February 2011
Event Waiver Clause

1. I have read the conditions of entry for this event and understand the demanding physical nature of the event. I have trained for this event and I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the event, I will withdraw from the event.
2. I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including; over exertion, dehydration, and accidents with other participants, spectators or road users.
3. I acknowledge that it is a condition of participating in this event that I do so at my own risk. I accept all risks and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers, and any person or body, directly or indirectly associated with the event, from all claims, demands and proceedings arising out of or connected with my participation on this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.

Name (please print):

Signed:

Date: