



**14-15 May 2011**  
**Blue Mountains National Park**

## **Competitor Briefing**

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# 1. Event Hub

## Event Hub Location

The event hub is located at the Fairmont Resort, 1 Sublime Point Road, Leura. Leura is approximately 1.5 hours drive from Sydney on the Great Western Highway. There is a sign to the Fairmont Resort from the Highway. Please note that there will be no 'AROC Sport' or 'The North Face 100' signs leading you to the Fairmont Resort. You should easily be able to find the resort with a street directory or map.

There is a restaurant, café and bar at the Fairmont Resort and you can see the finish area from the lower outside deck. There will also be the course map in the foyer area next to the finish. All support crew, friends and family are welcome to come and hang out in this foyer area beside the finish line.

## Start Location

The start is out the front of the main entrance of the Fairmont Resort. There will be tea and plunger coffee available in the downstairs foyer area after 6AM. The event briefing will take place in the downstairs ballroom /Oxley Room. Before 6AM you will need to use toilets inside the Fairmont Resort main building. After 6AM toilets will also be available at the Leura Golf Club clubhouse or the Fairmont Resort's gym and pool toilets (both are very close) – please clean up your mess!

## Finish Location

The finish is at the rear of the Fairmont Resort. Spectators can access this area via the main resort entrance, down the internal stairs past the fireplace and lounge and out onto the grassed area. You can also access by going around the side of the buildings. You must not drive vehicles to the finish area. All vehicles must park in one of the three Fairmont Resort lower carparks or on the surrounding streets if the carpark is full.

## Parking

If you are leaving your car while you are competing in the event please park in one of the three Fairmont Resort lower carparks and not in the carpark near the resort entrance. Please note that there are only about 220 car spaces available in these carparks and there are 800 people running in the event. If you are not staying at the Fairmont Resort, please do whatever you can to limit the number of cars associated with the event for both registration and for the start. Where possible please car pool, take a taxi or, if staying in nearby accommodation, please walk or hitch a ride to the Fairmont Resort both for registration and for the start. Once the carpark fills up, overflow parking will be outside on the surrounding streets. Quite a lot of cars can fit along Sublime Point Rd next to the golf course, just outside the resort.

# 2. Event Schedule

## Friday 13 May 2011

Registration	4pm – 8pm (In the Fairmont ballroom/Oxley Room)
Italian Buffet Dinner	6pm & 8pm sittings (you must pre-book with the Fairmont Resort)

## Saturday 14 May 2011

Late Registration	5:45am – 6:15am (by special arrangement only)
Race Briefing	6:20am (runners only & standing room only in The Fairmont ballroom) -compulsory
Race Starts	Start Group 1: 6:56am Start Group 2: 6:58am Start Group 3: 7:01am Start Group 4: 7:03am
Support Crew Briefing	7:20am –compulsory for support crews (In The Fairmont ballroom)

## Sunday 15 May 2011

1km-4-Kids start	10:30am
Finish Cut-off	11:00am
Presentation	11:00am

### **Verbal Race Briefing**

The verbal race briefing at 6:20am is for runners only. No support crews are permitted as the ballroom is not big enough to allow both runners and support crews. There will be standing room only. It is compulsory for all runners to attend this race briefing. Runners will need to start moving into the ballroom/Oxley room at 6:10am. The briefing will be about 20 minutes long and as soon as it is finished runners will need to start making their way to the start line which is near the main front entrance of The Fairmont Resort. All runners need to be within their start group area behind the start line by 6:53am so we can start the first wave at 6:56am.

### **Support Crew Verbal Briefing**

The support crew verbal briefing is compulsory for all support crew. It will also be held in the ballroom /Oxley Room. It will start at 7:20am and go for approximately 15 minutes. Support crew will be given one car sticker with their runner's number on it during this briefing. The car sticker will need to be stuck on the support crew vehicle's windscreen. This will allow support crew vehicles access to the relevant checkpoints.

### **Start Group Timings**

New for 2011 is the introduction of start waves. There will be four different start groups to try to help spread the field and limit congestion on Leg 1. These start groups are self-seeding. Hopefully this system works but it is completely up to you to make it work. If it doesn't work we will have to use an enforced seeding system next year based purely on previous The North Face 100 results. Obviously we prefer the self-seeding system to allow runners who have not competed in this event before to fit themselves into a suitable start group.

Note that the start time used to calculate your results and your belt buckle eligibility will be the start time of your start group, ie anyone crossing the start line between 6:56:00 and 6:57:50 will be given a start time of Start Group 1 which is 6:56. Your timing chip records which start group you start in as you cross the start line timing mat.

The track will be much less congested with the start group system and everyone will benefit as long as you are as realistic as possible about your expected time. There is only 1.6km of road before the first rough and narrow walking track. The first walking track is 900m long and then there is a further 3.5km of road to allow the field to spread out.

If you have mistakenly put yourself into a start group which is much faster than you, you will get left behind and after a short time runners from the group behind you will catch up to you. In this case you **MUST** let faster runners from later start groups pass you as soon as they catch up to you. If you are on narrow walking track this will mean that you will probably have to stand off to the side of the track to let the faster runners go past and continue to do this until runners of your own ability catch up to you.

So please work out well before the event which of the four different start group you should start in. Then put yourself into that start group on the day. To help you place yourself into the appropriate group you should refer to the table below. Please note that this is a hard run with a course record of 9:54:19.

Marathon Pairs should base their start group on the running abilities of the first runner.

### Start Groups

Start Group	Start Time	Expected finish time	Expected Position in field	Number of runners in start group (based on 800 starters)
Start Group 1	6:56am	Sub 14 hours! Elite ultra runners and any SILVER belt buckle owners from previous years of The North Face 100.	Top 15%	120
Start Group 2	6:58am	14 hours to 17 hours	15% to 40%	200
Start Group 3	7:01am	17 hours to 19 hours	40% to 70%	240
Start Group 4	7:03am	19 hours to 28 hours. If you are just hoping to get a bronze belt buckle but not really sure of your abilities you should start in this group.	70% to 100%	240

## 3. Registration

Registration and gear check is in The Fairmont Resort Ballroom /Oxley room on the Friday evening. If you cannot make the registration on the Friday you will need to make special arrangements to register Saturday morning. Please email [tnf100@arocsport.com.au](mailto:tnf100@arocsport.com.au) to make special arrangements.

Please make every effort to register on Friday evening. Any registration changes must be done on the Friday evening. You will not be able to make any changes or arrange a new entry transfer on the Saturday morning.

There is quite a bit to do at registration so please allow sufficient time.

At registration you must provide:

1. **Signed indemnity form.** There is a copy for you to print out at the end of this document. You must read this document before signing.
2. Your entry confirmation email which displays your race number.
3. Confirmation of the phone number and service provider for the mobile phone you will have with you in the race.
4. Confirmation of the support crew name, mobile phone number and service provider (if being supported).

5. Confirmation of your emergency contact name and that person's phone number. (Your emergency contact should be aware that you are in the event. They should also be contactable via the provided phone number during the event weekend).

At registration you will receive:

1. **Course Maps:** These will be a coloured set of maps which are the identical to the maps displayed on the website. You will receive 2 A4 sheets and 1 A3 sheet –all double sided. One A4 sheet will have Legs 1 and 3 and one A4 sheet will have Legs 4 and 6. The A3 sheet will have Legs 2 and 5. These maps are not waterproofed. It is your responsibility to keep your maps dry either with a waterproof map case or map contact. The route is pre-marked on these maps.
2. **Course Description:** A simple overview of the course listing each track of the route and important safety information. These are the same as shown on the website.
3. **1 x Race Number and safety pins:** This number must be visible on your front at all times. A recommended method is to use an elastic waist strap like a triathlon band to secure your number and allow you to easily have your number visible over the top of your outermost item of clothing. You will need to provide your own elastic waist strap if you choose to do this.
4. **Participant Emergency Instructions:** You will need to carry this with you. This will be a double-sided A5 sheet on waterproof paper.
5. **Timing band:** This timing band needs to go on your left ankle or shoelace of your left shoe. You will be charged \$150 if this timing chip is not returned at the completion of the event. Marathon pairs will only receive one timing chip and the 1<sup>st</sup> runner needs to hand this over to the 2<sup>nd</sup> runner at the change over point.

You will also need to have all of your **mandatory gear checked** including the additional items (waterproof pants and fleece) so you must bring this to the gear check area at registration. Please have all your mandatory gear very easy to access (a large shopping/green bag is ideal). This part of the registration can take some time so the more organised you are the quicker it will be for everyone.

All of your mandatory gear except for the additional items must be carried with you for the full duration of the event. At registration you will be told what to do with your additional items of mandatory gear. Please see Section 10 –**Mandatory Gear** for further information.

### **Entry Transfers**

Any entry transfers can only be made on Friday during registration between 4pm and 8pm. Transfers cannot be made on Saturday morning. If you can no longer run and are transferring your entry to someone else you do not need to turn up to registration. However you need to inform this person that they must read the competitor briefing document, that they will need to pay \$30 at registration and that they must fill in an entry transfer form which can be downloaded from the event website. You also need to send the following things to the person taking your entry:

- a copy of the your event confirmation email and
- an email or letter from you indicating that they are taking your entry.

On the Friday at registration the new runner needs to:

1. Go to registration and collect the original race number and registration materials by showing the original runner's event confirmation email and providing a signed indemnity form;
2. Inform the staff member doing the registration that you are doing an entry transfer;
3. Proceed to the table marked "Registration Changes" and provide:
  - a) a printout of the email or letter from the original runner indicating that you are taking the entry;
  - b) \$30 transfer fee; and
  - c) A completed entry transfer form which can be downloaded from the event website.

## **4. Checkpoints & Logistics**

### **Competitor Only Zones**

The main sections of each checkpoint will be bunted off to separate support crew zones from the main checkpoint areas. As runners arrive at Checkpoints 3, 4 and 5 they will be within a bunted off area which contains the race food marquee and drop bag marquee. Support crews are not permitted to enter this area of the checkpoints. For the runner to access their support crew they simply exit through a 'gate' in the bunting to their waiting support crew. When they are finished being supported they simply re-enter the 'gate' in the bunting and continue on course. It is important for runners to re-enter the 'gate' before they continue on course otherwise they may miss crossing the timing mats at the exit of Checkpoints 3, 4 and 5. Support crews must not enter any competitor only designated areas at Checkpoints.

### **Provided Race Food at Checkpoints**

There should be plenty of race food provided for all runners with the same amount of options whether you are the first runner or the last runner. Please note though that the type of food provided at each checkpoint (CP) is limited. So you should not rely solely on the food supplied at the checkpoints except at CP1 and CP2 where you have no other option. Endura gels are in limited supply so please be mindful of other competitors and only take one at each of the checkpoints where they are available.

### **Toilets**

There is a toilet at every checkpoint.

### **Checking in and out of checkpoints**

Immediately before arriving at every checkpoint you will cross a timing mat which will record your time. On arrival at each checkpoint make sure you follow the bunting so that you cross each of the timing mats. If you are planning to remain (rest) at any checkpoint for more than 20 minutes you must inform the event staff that you will be resting. When you are ready to continue you must again inform the event staff that you have had a rest and you are now continuing.

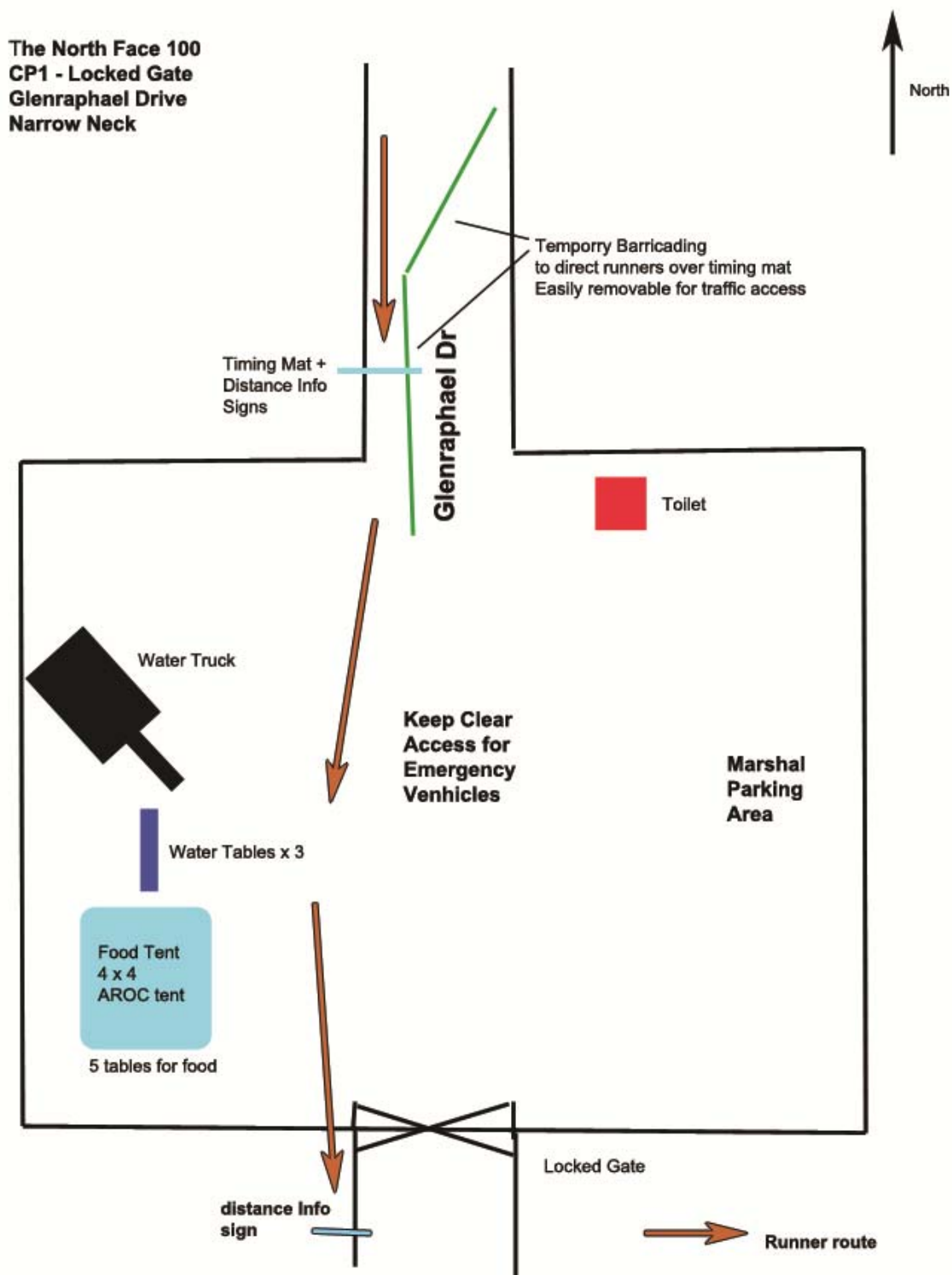
## Checkpoint 1 – Narrow Neck (18km)

Location: CP1 is at the locked gate on Glenraphael Drive, Narrow Neck, Katoomba.

Opening Times: 0805 – 1125

Support Crew: Support crews are **not permitted** at this checkpoint as the parking and space at the checkpoint area is too limited.

Sustenance: Water, Endura Rehydration drink (pre-mixed), Endura gels, Cereal bars, fruit, lollies.



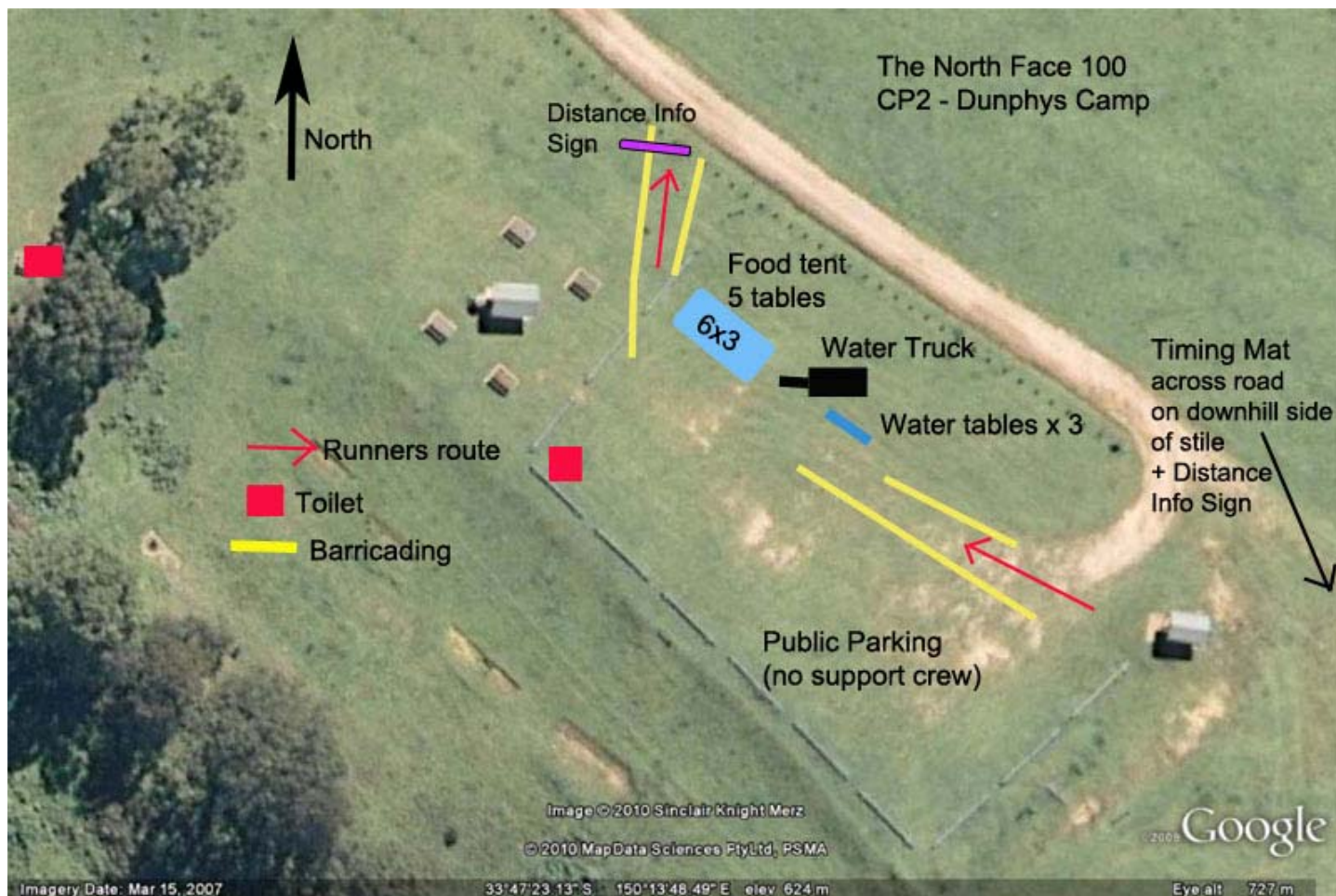
## Checkpoint 2 – Dunphys Camp (38km)

Location: CP2 is located at Dunphys Camp at the end of Megalong Valley Road.

Opening Times: 0940 – 1545

Support Crew: Support crews are **not permitted** at this checkpoint as Megalong Valley Road will be closed to all but local residents and local traffic to allow a safer passage for the runners.

Sustenance: Water, Endura Rehydration drink (pre-mixed), Endura gels (1 per person), fruit buns, lollies, hot water, tea & coffee.



### Checkpoint 3 – The Six Foot Track (54km)

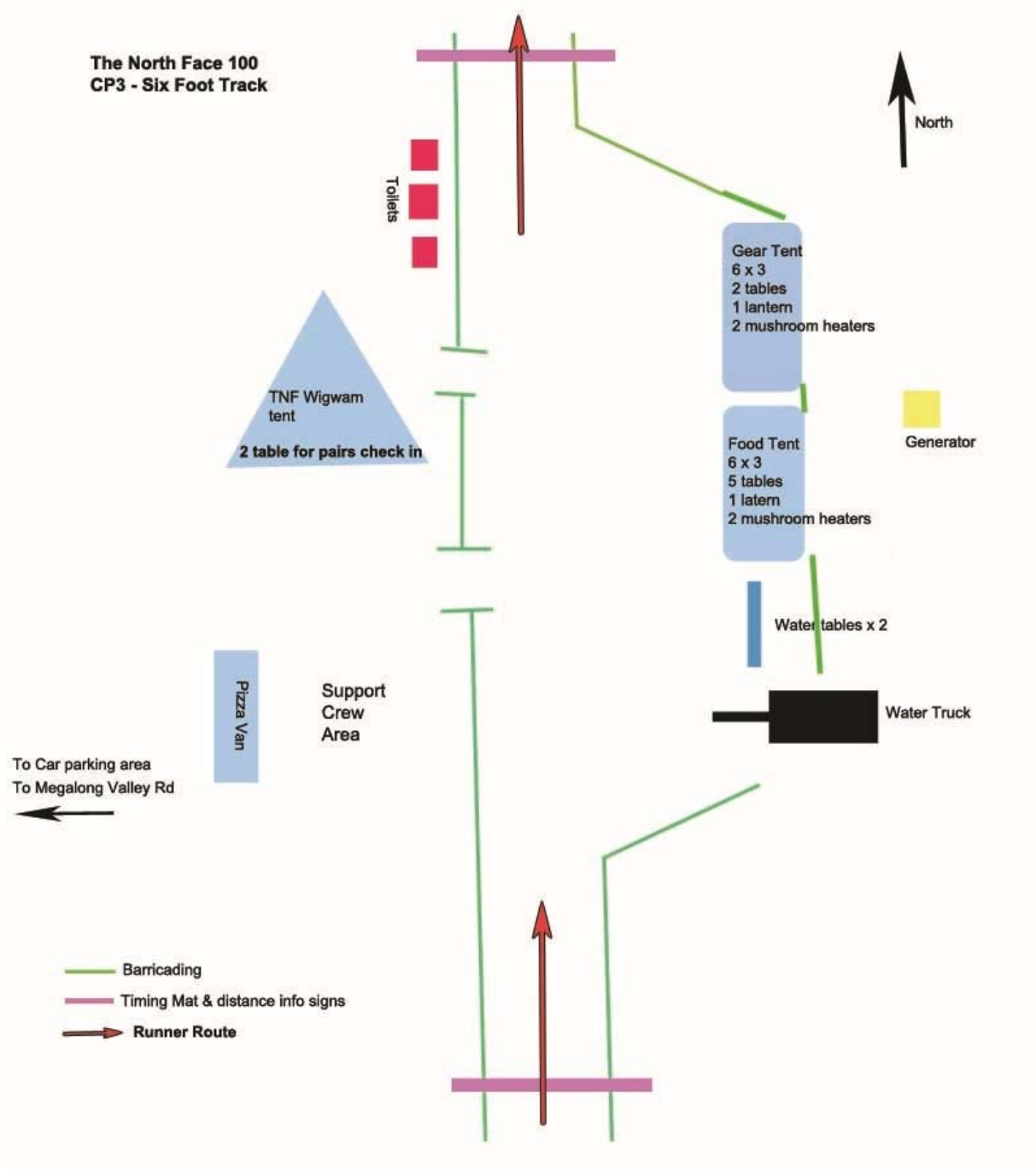
**Location:** CP3 is located within Private Property beside The Six Foot Track with access via Megalong Valley Rd, Megalong Valley.

**Opening Times:** 1110 – 2025

**Support Crew:** Support crews are permitted at this checkpoint. Unsupported runners will get access to their CP3 drop bag here.

**Sustenance:** Water, Endura Rehydration drink (pre-mixed), fruit buns, fruit, lollies, instant noodles, hot water, tea & coffee. There will also be Mancini’s Traditional Woodfired Pizza van selling pizza and coffee. Runners will need their own money to purchase food from this van. There will be an express queue for unsupported runners to buy pizza slices without having to wait in a queue.

**Relay Teams:** Relay teams must change over at Checkpoint 3. The second runner must check in with event officials at CP3 before starting. To save time they should do this prior to the arrival of their runner. Don’t forget to hand over any mandatory gear that you are sharing as well as the timing band.



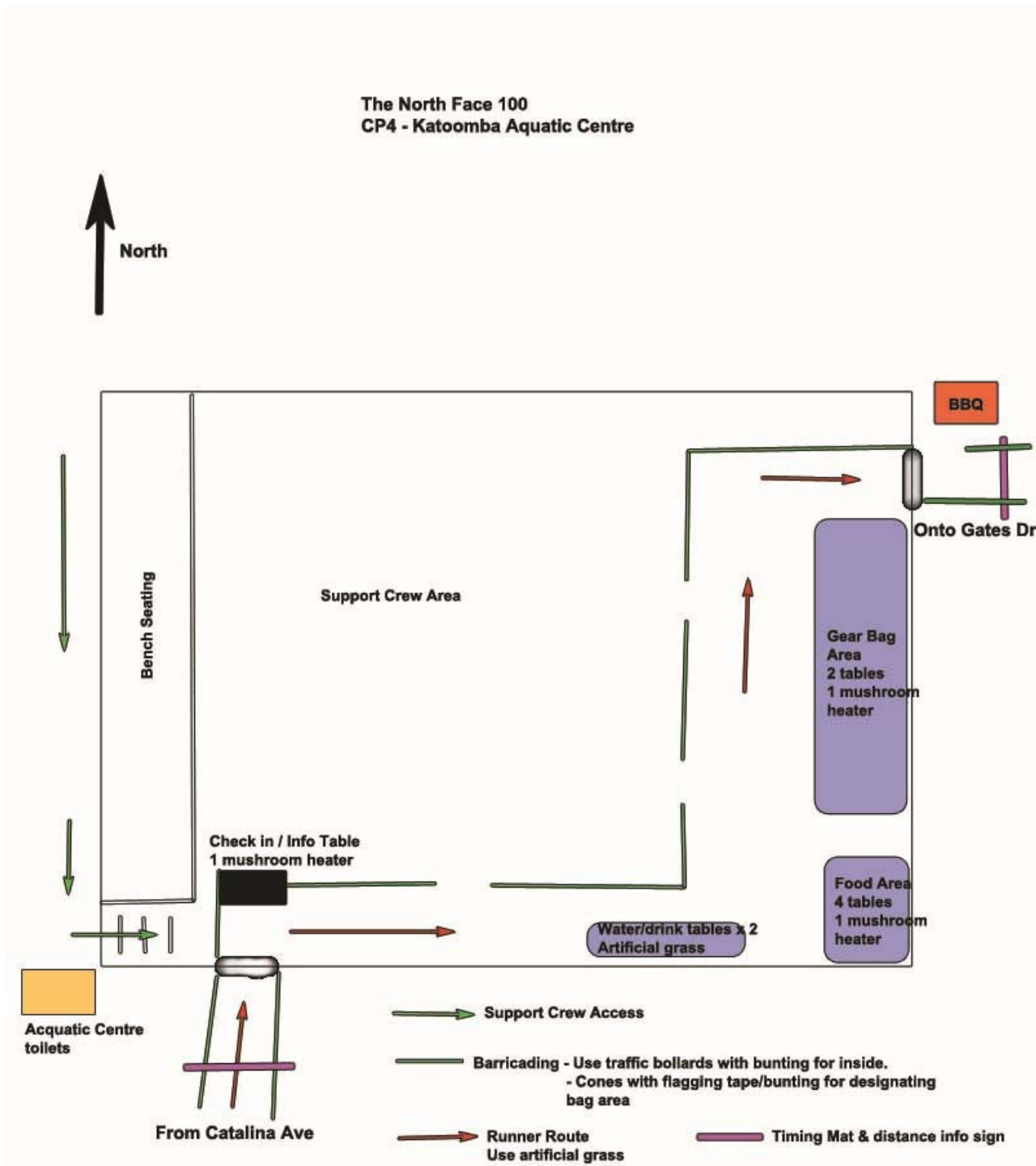
## Checkpoint 4 – Katoomba Aquatic Centre (65km)

**Location:** CP4 is located on the indoor basketball courts at Katoomba Sports and Aquatic Centre, Catalina Ave, Katoomba.

**Opening Times:** 1210 – 2310

**Support Crew:** Support crews are permitted at this checkpoint. Unsupported runners will get access to their CP4 drop bags here.

**Sustenance:** Water, Endura Rehydration drink (pre-mixed), fruit buns, fruit, lollies, sausages, veggie patties, instant noodles, hot water, tea & coffee. Make sure you fill your water containers up completely at CP4 as Leg 5 is the longest and hardest leg of the run with the most amount of climb. There is no other chance to refill water on Leg 5 once you leave CP4.



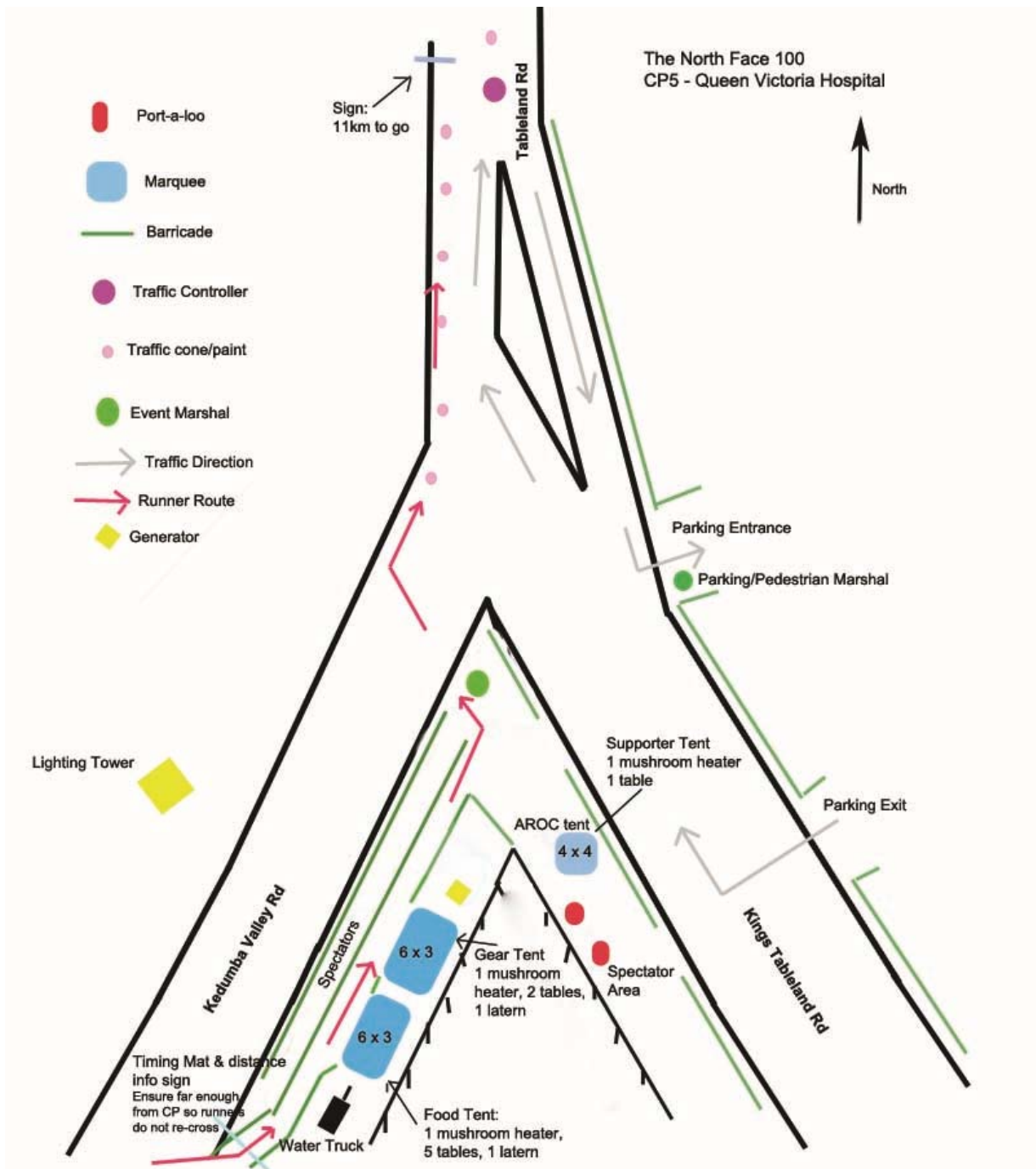
## Checkpoint 5 – Queen Victoria Hospital (89km)

**Location:** CP5 is located at Queen Victoria Hospital on Tableland Road, Wentworth Falls (Kings Tableland). The turnoff onto Tableland Road from the Great Western Highway is approximately 1.8km South-East of the centre of Wentworth Falls.

**Opening Times:** Saturday 1430 – Sunday 0715

**Support Crew:** Support crews are permitted at this checkpoint. Unsupported runners will get access to their CP5 drop bags here.

**Sustenance:** Water, Endura Rehydration drink (pre-mixed), cereal bars, fruit, fruit buns, instant noodles, lollies, hot water, tea & coffee.



## 5. Drop Bags

A support crew is certainly not necessary in the event. By using the drop bag service you can participate very successfully without a support crew. The drop bag service is only for those runners that do not have a support crew. Please do not leave valuables in your drop bags.

Drop bags will be taken to the following locations:

- Checkpoint 3 (Old Ford Reserve)
- Checkpoint 4 (Katoomba Oval)
- Checkpoint 5 (Queen Victoria Hospital)
- The Finish (You may leave a bag at The Fairmont Resort)

Runners may leave one bag/box to be taken to each drop bag location. Drop bags must be no bigger than 20 litres.

Drop bags must not contain any glass bottles. Any liquids must be securely contained. Drop bags should also be waterproof as they may not be stored under cover.

Checkpoint drop bags may be either delivered to the Fairmont Resort on the Friday evening or on the Saturday morning. Our preference is to collect your drop bags on the Friday evening at registration. However if this is not possible for you, you still have the option of dropping them off at the start location by 6:20am on the Saturday. It is very important to have your checkpoint drop bags in by 6:20am on Saturday morning as the drop bag trucks will leave the Fairmont then. Whether you leave your bags on Friday evening or Saturday morning you must place your bags in the relevant checkpoint pile/truck. It is your responsibility to put your bags in the correct checkpoint pile/truck! The finish drop bags should be left in a corner of the large briefing room at the completion of the race briefing.

Each drop bag must be clearly labelled with the competitor's surname, race number and checkpoint location (ie CP3, CP4, CP5 or FINISH). At each checkpoint, event staff will line the bags up in race number order. Any bags without a name and number written clearly, securely and easily visible will not be able to be placed into order.

Runners with support crew are asked not to use the drop bag service. At the drop bag checkpoints, only the runner can collect their drop bag. When you are finished with each drop bag at each checkpoint you should take your drop bag to the used drop bag pile and not back to the drop bag tent. This will help allow the drop bag tent to remain orderly for the benefit of runners yet to arrive.

Drop bags will be returned to the Fairmont Resort within 3 hours of the relevant checkpoint closing time. It is the responsibility of each runner to collect their drop bags from the finish lounge. Any bags not collected by 5pm on Sunday will be disposed of.

The Fairmont Resort is allowing runners to take a shower in the pool complex after they finish the race. Towels will not be provided however so please pack a towel into your Finish drop bag along with a complete change of warm clothes and comfortable footwear. If you do take up this offer please make sure not to leave any rubbish or lost property in the showers and change rooms such as used strapping tape. Please think of your fellow runners and clean up after yourself.

## **6. Support Crews**

Support crews are most welcome at the event. In fact Support Crews add a tremendous amount to the excitement of the event especially at the Finish line where it is a case of the more family and friends the better the atmosphere for the runners. To keep the event manageable as well as fair and safe for all runners there is some information that support crews need to know. If you have a support crew, you must make sure the support crew read the separate support crew briefing document. You should print out the support crew briefing and give a copy to them. Your support crew must attend the support crew verbal briefing at 7:20am after the start of the event. They will be given a car sticker at this briefing. Any runners without a support crew will be able to collect their car sticker once they finish the race. The car sticker will be a small version of the race number.

Support crew and spectators must not drive vehicles along any part of the first 6km of the race route between 6:45am and 7:40am on race day. This is for runner safety to limit vehicle traffic along the route and allow the police escorts to be able to do laps of the route without being held up by spectator traffic.

In summary, support crews are only permitted at Checkpoints 3, 4 and 5 and the finish. They must not even attempt to drive anywhere near to Checkpoint 1 and Checkpoint 2. Each runner may have multiple people to act as their support crew however only one vehicle per runner is allowed at these checkpoints and within The Fairmont Resort carpark during event registration and the start. Assistance must not be provided to the runners at any other point on the course. Runners may want to forewarn their support crews by phoning or texting when they are a certain distance from the checkpoints. Support crews are not permitted to run with or pace runners. Support crews need to be self sufficient with their own food, warm clothing, rain jackets, headlamps, water etc. Remember it is going to be very cold at night and there are limited facilities at Checkpoint 3 and Checkpoint 5 so please be prepared. If you need to be assisted from the course you are not allowed to get your support crew to collect you. Instead you must follow the Participants Emergency Instructions card to phone for assistance. Your support crew may collect you from a checkpoint once you have signed the withdrawal form at the checkpoint.

Runners may be penalised for any disruptive behaviour or violation of event rules by their support crew.

## **7. The course**

This is one of the most amazing and challenging running courses around. Take time to appreciate the spectacular views of the World Heritage listed Blue Mountains National Park. The North Face 100 is for experienced trail runners only. The course is tough and remote with very little support.

In addition to travelling through the National Park you will also be travelling on private land and land managed by the Blue Mountains City Council, Six Foot Track Heritage Trust, NSW Department of Lands and the Sydney Catchment Authority. The course logistics, including the location of checkpoints and access for support crew is based on permissions and safety on roads. Please abide by the relevant directions and instructions.

### **Course Route**

The course is marked with a combination of pink flagging tape (with reflective strips from CP3) and A5 size black on white or red on white arrows and crosses. At all intersections there will be an arrow indicating the direction to travel followed by two pieces of confirmation pink flagging tape a short distance along the correct route. There will be a cross within 20m along any of the incorrect routes out of each junction.

There will also be pink flagging tape at least every 500m along the entire route. There are distance signs every 5km.

Some of the course markings will be put up over a week before the event. Whilst the route will be checked in the few hours prior to the arrival of the first runners, it is still possible for vandals to pull down or change the markings. It is the ultimate responsibility for each runner to know the course and follow the map so they have a general idea of where they are on the course at all times.

The Tarros ladders are at the 28.4km mark (off the end of Narrow Neck) and are usually descended on steel spikes in the rocks. For the event there will be two extension ladders in series with rope safety cages. A constant flow of runners is allowed on the ladders so there could be up to eight people on the ladders at a time. Please be careful going down the ladders. Please also move onto, down and off each ladder as quickly as possible to prevent queues forming. Be aware that there is little opportunity to pass another runner between the end of Glenraphael Drive at the 28km mark and the base of the ladders at 28.4km. If you use trekking poles, you should collapse them before you get to the ladders and put them inside your backpack to prevent them from getting caught in the rope cage. If you have non-collapsible trekking poles or a very large backpack you should travel via the alternate route via Duncan's Pass (see below).

The Tarros ladders will be the primary route through this section. However, once the ladders become busy, event officials will direct runners to the alternate route via Duncan's Pass. The Duncan's Pass route is about 400m longer. Duncan's Pass is not a designated walking trail so it should not be used outside of the event. To prevent a walking trail forming there will be matting and bunting placed here for the duration of the event.



## **Course Congestion**

We are hoping that the introduction of the start waves will help to ease congestion at the first narrow walking track and also on the other walking tracks on Leg 1. There is not much opportunity to pass whenever you are on walking tracks so it is really important that you be realistic when choosing your start group. If you do find that you are in the front of a long line of runners, you should be aware that often the runner directly behind you or even two and three behind may not want to pass. However the runners further back in the line may actually want to pass but it is extremely tricky for them to do so because they can't ask you directly. If you hear someone yell out that they would like to pass, they are not being rude, it is the only way they can let you know. So if you find you have a long line of people behind you, especially if you are at the front of the group, please yell back from time to time to ask if anyone wants to pass. This will hopefully allow everyone to keep happy and on the usual friendly terms with each other. This is a long and hard race and there is always such great camaraderie and respect between the runners as people battle against the course and struggle within themselves rather than against fellow competitors. We hope the feel of the event can remain very friendly so if everyone can be respectful of each other by selecting the most appropriate start group and allowing others to pass when requested, the atmosphere of the event should always remain friendly.

## **Course Notes**

The walking tracks can be rough and uneven. Particularly rough sections are at The Landslide at 14km, from the end of Glenraphael Drive (28km) to the top of Tarros Ladders, some sections along Ironpot Ridge between 41km and 43km, and the untracked downhill section between 43km and 44km.

There are also sections with steep staircases that you will be descending. The main sections are between the 7.8km mark and 9km mark on the Amphitheatre track and Federal Pass. They are also at the Giant Stairway (at The Three Sisters) 70km and The Nature Trail from the 97.5km mark to Lilians Bridge. These are extremely steep and narrow and will be slippery in wet conditions. You must take extreme care.

In wet conditions the walking trails become very slippery. Please take care, especially around the cliff edges. Tarros Ladders and the rocks accessing the ladders will also be slippery when wet. The Golden Stairs up to Checkpoint 1 at Narrow Neck are also very slippery when wet and have some exposed cliff sections. Take extreme care.

The walking tracks sometimes go along unguarded cliff edges. It is your responsibility to proceed with caution.

## **Rubbish**

It should go without saying – there is a NO LITTERING rule. This is a World Heritage listed area that we are very lucky to have permission to use. Please do not jeopardise any future events. Ensure you do not inadvertently drop your gel / bar packets or other rubbish on the course. If you see rubbish that is obviously from another runner we would love you to pick it up. In past years we have been very proud of the way in which runners have not littered, please keep up the great work this year.

## **Toilets / Human Waste**

Please do not go to the toilet on or beside the track and leave your evidence and piles of toilet paper. Wag bags will be available for sale at cost price of \$5 at registration. Please purchase and use one of these – particularly if you are likely to need to go along the track to CP1. There will be bins at each CP to put your used wag bags into. There are toilets at each checkpoint. In addition to these, the course travels right beside the public toilets at the Gordon Falls reserve (6km mark). There are also toilets at the Leura Cascades carpark (7.5km mark) however these toilets are 200m off the route. There will be toilet signs directing you to the 7.5km toilets. The track to CP1 from the 6km mark onwards is narrow and with steep

banks making it hard to get a decent way off the track. There is also a toilet at The Narrow Neck fire tower just before 25km.

If you do need to go to the toilet outside of a checkpoint and you don't have a wag bag, get at least 15 metres from the track and well away from any gullies and watercourses, make a hole at least 15 to 20 cm deep and cover it up afterwards. Instead of using toilet paper, wash using water. If you use toilet paper put this in a zip lock bag and take it out with you.

### **Course Safety**

This is a long event and contains walking track as well as fire roads. You will be going out to remote areas that are not easily accessible. The temperature in mid May in the Blue Mountains can vary widely from below zero, snow and rain to pleasant sunny days. The nights are always cold so expect a night maximum of 5 degrees Celsius. The wind chill can lower this substantially. The mandatory gear requirements are for your safety and are the bare minimum that you will need. If the forecast is for bad weather you should consider carrying, or having accessible, extra gear such as a warmer fleece and Gore-Tex jacket and pants. If you are injured, tired or lost you may have to wait out in the open for up to several hours during the night in wet, freezing conditions. Please check forecasts and be prepared for all conditions – they can change quickly. First Aid teams will try to reach any injured participants as soon as possible but depending on the location this may still take up to 2 hours.

You should familiarise yourself with the correct use of a space blanket. If using a space blanket, wrap it fully around your body. It will not work if you drape it over the top of you. If you need to stop, seek shelter from the elements, use your back pack for insulation from the ground, put on all your gear and wrap the space blanket as tightly as possible around your whole body. In emergency only light a small fire for warmth using your matches and firelighter. Do not create a bush fire.

Each runner is ultimately responsible for their own wellbeing. Please be aware of the effects of dehydration, hypothermia, and extreme fatigue. If you are not fit to continue please pull out at the next checkpoint. Make sure to fill your water containers up at Checkpoint 4 as Leg 5 is the longest and slowest leg with the greatest amount of climb. There is no chance to refill your water once you leave Checkpoint 4.

The roads and tracks are not closed to traffic, vehicles and other users. Please be aware of other walkers on the walking trails and give way to vehicles on the public roads. Be particularly careful at road crossings. You should run on the footpath or road verge of all bitumen roads unless told otherwise.

### **High Visibility Safety Vests**

The high visibility safety vest (Australian Standard AS/NZS 4602:1999 -N Class for night time wear) must be worn as the outer most layer **at night** when travelling on the following roads:

1. At night along Megalong Valley Road. This is the main dirt road from the 47km mark. You must wear your vest from the 47km mark all the way to CP3.
2. At night once you get to the bitumen roads through Katoomba at the 64km mark. You need to wear your vest along all the bitumen roads to access CP4 and continue to . You can remove your vest again after crossing Cliff Drive (immediately after leaving CP4).
3. If leaving Checkpoint 5 anytime from 4:45pm onwards along Tableland Road to the end of Hordern Road. Any runner leaving CP5 before 4:45pm does not need to wear their vest on Tableland Road or Hordern Road.

## Phone Coverage

There is Telstra Next G mobile phone coverage over most of the course. Optus has between good and patchy coverage over approximately 50% of the course. There is very limited coverage on other networks such as Vodafone and Virgin. Note that text messages may get through where reception is poor.

There is no phone reception at the following locations:

1. No reception on either Optus or Telstra Next G on the stair descent at the Amphitheatre track and Federal Pass to Leura Forest (between approximately 8km and 9km). There is very limited or no reception with Optus all the way along the Federal Pass to CP1. Telstra Next G is quite good along most of this section.
2. No Optus reception from the 25km mark near the Narrow Neck Fire Tower until Ironpot Ridge (at 39km). There are some coverage patches and texts may be possible. You can get coverage at CP2.
3. Telstra Next G reception is patchy from 28km to 31km and is close to non-existent from 31km through to 36km.
4. Reception on both Optus and Telstra Next G is patchy on the Northern side of Ironpot Mountain (43km – 45km).
5. There is no Optus or Telstra Next G from the 47km mark and along the Megalong Valley Road to the 50km mark.
6. No reception on either Optus or Telstra Next G from the 60km mark up the Six Foot Track to Nellies Glen at 62km.
7. On Leg 5 there is no Optus reception from the 69.5km mark (the top of The Giant Stairs) to near the 74km mark, from 75km to 78km and between 80km and 82km. You get Telstra Next G for most of this leg except for down in the two main creek gullies (Leura Falls Creek and Jamison Creek).

## First Aid

There is emergency first aid available at each checkpoint. There are also roaming first aid vehicles on the course for emergencies. Each participant is responsible for their own basic first aid and should carry their own blister pads/bandaids, Vaseline, sunscreen and strapping tape.

If you pass an injured runner or a runner who is obviously struggling on the course please stop to help them and follow the Participant Emergency Instructions card. Keep a record of how long you stopped to assist and we will adjust your time accordingly at the finish.

## Withdrawing from the Event

If you intend to withdraw from the event you must do so at a checkpoint unless you are assisted from the course by event First Aid crews. To withdraw at a checkpoint you must go to the event officials at the checkpoint and do the following:

1. Notify the checkpoint staff that you are withdrawing from the event.
2. Complete and sign [the checkpoint withdrawal form](#).
3. Hand in your timing chip to the checkpoint staff.

You may contact your support crew to collect you from the relevant checkpoint. If you do not have a support crew we will endeavour to arrange transport for you back to the Event HQ as soon as possible. Note that you may have to wait several hours for a non-emergency lift back to Event HQ.

If you withdraw from the event at any other safe location and you are unable to go to the nearest checkpoint to complete the withdrawal form you must immediately phone the Event Operations Manager

phone number (listed on your Participants Emergency Instructions card) and state that you are withdrawing from the race. You will need to make arrangements to get your timing chip back to Event HQ.

If you can't continue to the next checkpoint and need first aid help on the course you must use the phone numbers on your Participant Emergency Instructions card to contact the event First Aid Coordinator who will arrange to retrieve you. Support crews are not allowed to enter the event course to collect runners.

## 8. Cut-Off Times

There is a 28-hour limit to complete the full 100km course. For solo runners, if you complete the course in under 20 hours you will join The North Face 100 club and receive The North Face 100 bronze belt buckle. If you complete the course in under 14 hours you will receive an exclusive The North Face 100 silver belt buckle. The winning solo male and female will receive The North Face 100 gold belt buckle. Your start time as recorded by your timing chip will be used to determine your race time and hence your belt buckle award.

The following cut-off times are for leaving the relevant checkpoint. If you miss the cut-off then you must follow the directions of officials. The Finish cut-off is at 1100 on Sunday morning.

Checkpoint 1 (Locked Gate, Glenraphael Drive, Narrow Neck) – Saturday 1125. Runners arriving at CP1 after this time will not be allowed to continue on the course.

Checkpoint 2 (Dunphys Camp) – Saturday 1545. Runners arriving at CP2 after this time will not be allowed to continue on the course.

Checkpoint 3 (Private Land beside The Six Foot Track) – Saturday 2025. Runners arriving at CP3 after this time will not be allowed to continue on the course.

Checkpoint 4 (Katoomba Aquatic Centre) – Saturday 2310. Runners arriving at CP4 after this time will not be allowed to continue on the course.

Checkpoint 5 (Queen Victoria Hospital) – Sunday 0715. Runners arriving at CP5 after this time will not be allowed to continue on the course.

## 9. Estimated Runner Times

Checkpoint	First Runner Arrival (6:56 start)	Middle of field Runner Arrival (7:01 start)	Last Runner Arrival (7:03 start)	Cut-Off
1	0823	0944	1103	1125
2	0953	1228	1523	1545
3	1121	1515	1942	2025
4	1220	1717	2302	2310
5	1441	2205	0702 (Sunday)	0715 (Sunday)
Finish	1542	0043 (Sunday)	1100 (Sunday)	1100 (Sunday)

## 10. Mandatory Gear

The following Mandatory Gear must be carried by each runner at all times (this is the final list –please disregard any other lists you may have seen or printed out). This is the absolute minimum gear that you should be carrying.

1 x long sleeve thermal top (polypropylene, wool or similar). Cotton, coolmax, lycra and any compression garment will not be sufficient even if the compression garment is called a "thermal compression garment". You may still use compression garments however they do not replace this mandatory item. Refer to the link on the event website for an explanation.

1 x long leg thermal pants (polypropylene, wool or similar). Cotton, coolmax, lycra and any compression garment will not be sufficient even if the compression garment is a "thermal compression garment" You may still use compression garments however they do not replace this mandatory item. Refer to the link on the event website for an explanation.

1 x waterproof jacket with hood (plastic rain poncho etc. not acceptable)

1 x beanie, balaclava or buff

1 x full-fingered lightweight thermal gloves (polypropylene, wool or similar)

1 x High Visibility Safety Vest that complies with Australian Standard AS/NZS 4602:1999 -N Class for night time wear. This is not a running vest but a workwear vest. It can be purchased at hardware stores or workwear stores for about \$20. Your vest must have AS/NZS 4602:1999 or AS/NZS 4602:2010 as well as Class "D/N" on the tag. This must be worn on road sections at night. The vest must be clearly visible from both the front and the back, even when wearing your backpack so you must have an oversized vest that covers your whole torso AND your backpack.

1 x headlamp (test your headlamp on bush tracks at night prior to the event to make sure it provides enough light to both see the track and the course markings)

1 x small backup light in case of headlamp failure but still bright enough for you to walk by and see course markings

1 x mobile phone (Telstra Next G is strongly recommended as coverage on the course is far better than any other network)

1 x compass for navigation in the very unlikely event that you get lost (while we recommend a good quality compass such as the Silva Field 7, you can bring any compass as long as the magnetic needle will settle quickly and will point to magnetic North. A watch compass is allowed as long as you can calibrate it and use it correctly)

1 x whistle

1 x emergency space blanket, light bivvy sack or equivalent

1 x compression bandage (crepe compression bandages are fine but they need to say they are compression - for sprains and snake bites)

1 x full box of waterproof & windproof safety matches (provided by organisers)

1 x firelighter block for emergency use only (Jiffy Firelighter provided by organisers). You will need to provide your own zip lock bag or container.

1 x lightweight Dry Sack to keep your compulsory clothing dry (plastic bags or zip lock bags are fine but Sea to Summit Ultra-Sil dry sack is recommended)

Capacity to carry 2 litres of water (water bladder or water bottles)

2 x bars / food portions

1 x Ziploc bag for your personal rubbish

1 x set of maps and course descriptions (provided by organisers). At registration, you will be provided with one set of colour maps and course notes. You will need to protect these from getting wet (using

item below)

1 x waterproof map case or any other way to keep your maps protected such as map contact

1 x A5 Participant Emergency Instructions card on waterproof paper (provided by organisers)

1 x timing band to be worn on your left ankle (provided by organisers)

1 x race number to be worn on your front and visible at all times (provided by organisers). A recommended method of securing your race number is to use an elastic waist strap like a triathlon band which allows you to easily have your number visible over the top of your outermost item of clothing. You will need to provide your own elastic waist strap if you choose to do this.

1 x long leg waterproof pants\*

1 x 100-weight long sleeve fleece top\*

\* While you must have the last two items listed above with you at registration, you will only be required to carry these items if weather conditions are bad. The organisers will notify you at the Friday night registration if these two items must be carried on person from the start, or if they need to be left with your support crew or in a specified drop bag for use during the event. The most likely scenario, in fine weather conditions, is that you leave these additional items with your support crew or in your Checkpoint 4 drop bag and you will be told at CP4 if you need to carry these additional items. These items may become compulsory to carry at any time during the event irrespective of whether previous runners have already passed through CP4 prior to the items becoming compulsory. In that case, only runners departing the checkpoint after the items become compulsory must carry the items.

There will be 3 separate random gear checks during the race. Everyone will have to do these. There will be signs on the course forewarning you that a gear check is coming up and what items will be checked. There are severe time penalties (up to an hour per item) for not carrying the mandatory equipment plus you will not be able to continue on course until you acquire the missing item - and it will be up to you to arrange for the item to be brought to you.

Recommended items:

Vaseline, Body Glide or other body lubricant

Sunscreen

Cap or sun hat

Spare socks

Spare headlight batteries

Additional warmer clothing at supported checkpoints; it could snow in May in the Blue Mountains, and it could be wet - be prepared.

A brighter light for the night sections in case your main light stops working. You could then replace your main light.

More substantial first aid kit (sterile dressings, roll of strapping tape, blister care such as blister block patches, Compeed or Fixamol, antiseptic wipes, painkillers, and any relevant personal medications).

## **11. Timing, Race Results & Photos**

You will be given a timing band at race registration. The band must be attached to your left ankle or threaded onto your shoelaces on your left foot. You will be charged \$150 if this timing chip is not returned at the completion of the event. Marathon pairs will only receive one timing chip and the 1<sup>st</sup> runner needs

to hand this over to the 2<sup>nd</sup> runner at the change over point. At each checkpoint, follow the bunting to the checkpoint area to ensure that you cross the timing mat and have your time recorded.

Race timing will be done at the start to determine your start time (based on your start group time). Race timing will also be done at each checkpoint and at the finish. Results from each checkpoint will be posted to the live website and will be updated every few minutes. Race reports and photos will also be posted to the live website. Runners, support crews, families and friends should open The North Face 100 website and click on the 'Live Event Site' button from the home page. Twitter will be regularly updated with race information during the event by both event staff and an on-course runner. Follow AROCSport & AROCultra for all the updates. Please feel free to tweet if you have any news, thoughts or comments before, during or after the race and don't forget to use #tnf100 within your tweet. The twitter pages will be linked to from the live website.

Aurora Images will be taking your photo on the day. Images will be available for you to purchase from their website [www.auroraimages.com.au](http://www.auroraimages.com.au) where you will be able to search for your image by race number or name.

## 12. Event Rules

- You must complete the marked course on foot under your own power. Trekking poles are permitted.
- Your race number must be visible at all times on the outside of your clothing (at the front).
- The wearing of iPods or other music players with headphones is not allowed at all on Leg 1. This is both for road safety and so you don't hold up faster runners on the single track of Leg 1. Also you must switch off music at all checkpoints so you can hear directions given to you by event marshals, you must switch off music when travelling on all public roads so you can hear approaching traffic and you must switch off music when on any cliff sections of the course such as near Tarros Ladders area and Ironpot Ridge area so you don't cause yourself or someone else to get pushed off a cliff. So while you may use iPods after Checkpoint 1, it is up to you to use them in a sensible and safe manner so that you must remain aware of your surroundings at all times.
- If you withdraw from the event, you must sign the withdrawal form at the closest checkpoint (unless assisted from the course by First Aid crews).
- If you need First Aid help on the course you must use the phone numbers on your Participant Emergency Instructions Card to contact event organisers who will arrange to retrieve you. Support crews are not allowed to enter the event course to collect runners.
- A High Visibility Safety Vest that complies with Australian Standard AS / NZS 4602:1999 -N Class for night time wear must be worn over the top of your torso and back pack at the times and locations as specified under Section 7 of this document –**The Course**
- You must stay on the marked course. Short cuts are not permitted. If you get lost return to the last sighted marking.
- You must carry the Mandatory Equipment at all times during the event. Random gear checks will be performed during the event. Any participant without the mandatory gear will not be able to proceed until they arrange for the missing item to be replaced. For the sake of fairness to other runners there will also be a penalty ranging from a time penalty to disqualification based on the severity of the breach.
- Relay teams may only change over at Checkpoint 3. The second runner must check in with the checkpoint officials at Checkpoint 3 before starting. The 1st runner must hand over the timing band and any other mandatory gear being shared to the 2nd runner.
- You must obey directions of marshals if you miss any time cut-offs.
- Littering is prohibited.

- You must not leave human faeces on the track. If you need to poo either use a toilet, a wag bag or get well off the track and use leave no trace principles.
- Leave gates as you find them. If closed, you may open it to pass through but it is your responsibility to close the gate after you.
- The participant is responsible for the actions of their support crew. Support crews must comply with all instruction from event staff and officials. The participant may be penalised or disqualified for actions or breaches of the rules by their support crew.
- Support crews must obey all road rules and drive within the speed limits. Please ensure that support crew get sufficient rest and are not tired when driving.
- Support crews must follow the instructions of all checkpoint staff including requests to vacate certain sections of the checkpoint area.
- Support crews must not eat the provided food at checkpoints. The food is for the competitors only.
- Outside assistance is only permitted at the checkpoints. Support crews are only permitted at Checkpoints 3, 4 and 5. Support crews MUST NOT even attempt to drive to Checkpoints 1 or 2.
- Support crews are not permitted to run with or pace runners.
- Support crews are not allowed to enter the event course to collect runners.
- Support crews are limited to one vehicle per participant within the Fairmont Resort carpark during registration and the start.
- Support crews are limited to one vehicle per participant at Checkpoints 3, 4 and 5.
- Support crews will be given one car sticker with their runner's bib number. This sticker must be stuck to the outside of the vehicle's front windscreen at the top and middle of the windscreen.
- Support crews must attend the compulsory support crew briefing which will take place after the start of the race.
- The event organisers are not responsible for the safety or whereabouts of support crew.
- Breaking any of the rules may incur a time penalty or disqualification. Any such penalties are at the organisers' discretion and are final.

### **13. Insurance**

AROC Sport has its own public liability insurance. This does not include personal accident insurance for competitors in the event. We recommend that you have your own personal accident and ambulance cover.

### **14. Warning and Disclaimer**

This event is for experienced trail runners only. Please ensure that you are sufficiently skilled to undertake the event. The course is a very tough, demanding course held in a remote location. There are very steep sections and sections that are rough under foot. It is your responsibility to ensure that you are fit enough to complete the event which make take you up to 28 hours to finish. Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. It is your responsibility to monitor your health and condition during the event and to withdraw from the event if you are no longer fit enough to continue.

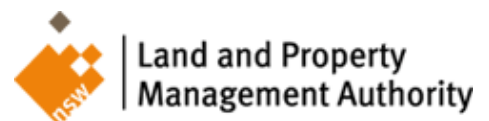
## 15. Prizes

All prizes will be awarded on the Sunday at the presentation. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place getters in each category. There are also lots of special or spot prizes.

Whether you are called up for a prize for placings or spot prizes, you or a representative needs to be present to collect the prize. We will not post prizes out after the event.

## 16. Sponsors & Partners

Thanks to all our sponsors and partners that are supporting this event and providing a mass of goodies and prizes for all the competitors.



## AROC Sport Pty Ltd

### Acknowledgement, Release and Indemnity

**This is an important document which affects your legal rights and obligations. Please read it carefully. All competitors must sign this form.** (If you are under 18 years a parent/guardian must also sign this form)

1. In consideration of AROC Sport Pty Ltd (the "Event Organisers") accepting my participation to The North Face 100 Trail Run to be held on 14-15 May 2011 (the "Event") I agree to this release of claims, waiver of liability and assumption of risk.
2. I have read the competitor briefing and information relating to the Event.
3. I understand the demanding physical nature of the Event. I declare, as a condition of entry to the Event, that I have sufficiently trained for this Event and that I am not aware of any illness, injury or any other physical disability which may cause me injury or death while participating in the Event.
4. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to or during the Event, I will withdraw from the Event.
5. I acknowledge that participating in the Event is a dangerous activity and that by such participation I am exposed to certain risks. I acknowledge that the enjoyment of trail running is derived in part from the inherent risks and exertion beyond the accepted safety of life at home or at work and that these inherent risks contribute to such enjoyment and is a reason for my participation in the Event.
6. I acknowledge and understand that whilst participating in the Event:
  - I may be injured, physically or mentally, or may die from various causes including, but not limited to, over exertion, dehydration, hypothermia, cardiac arrest, accidents with other participants, spectators and road users or accidents caused by my own actions;
  - My personal property may be lost or damaged;
  - I may cause injury to other persons or damage their property;
  - The conditions in which the Event is conducted may vary without warning;
  - I may be in a remote or isolated location where access to medical support may be limited and take significant time to reach me.
  - There may be no or inadequate facilities for treatment or transport of me if I am injured;
  - I assume the risk and responsibility for any injury, death or property damage resulting from my participation in the Event
7. I agree that if I am injured or require medical assistance the Event Organisers can at my cost arrange medical treatment and emergency evacuation as deemed necessary by the Event Organisers. I agree that I am responsible for my own medical and ambulance insurance.
8. I agree to release, indemnify and hold harmless the Event Organisers, its officers, employees, agents, volunteers, contractors, public bodies, landholders and sponsors, from and against any and all claims, demands, right or cause of action, suits, expenses, costs and proceedings of any nature whatsoever which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property as a result of my entry or participation in the Event whether by negligence, breach of contract or in any way whatsoever.
9. I also agree that in the event I am injured or my property is damaged I will bring no claim, legal or otherwise, against the Event Organisers in respect to that injury or damage.
10. I agree to AROC Sport entering my personal details in the entry form into a database which will be used for the administration of the Event and which may be used for future marketing and promotion of AROC Sport.
11. I agree to allow my name, results, photographs video, multimedia or film likeness to be used for any legitimate purpose by AROC Sport, the sponsors, or assigns without payment or compensation.
12. I acknowledge that my image may be taken by an Event photographer and that Event photographer may contact me to offer for sale images of me at the Event.
13. I agree to abide by the Event rules and the directions of all Event officials.
14. I acknowledge that the Event Organiser may change the advertised course without notice if the Event Organiser deems this necessary. I also acknowledge that the Event Organiser may cancel the Event due to weather conditions, safety considerations, terrorism or 'acts of god' and that in such circumstances my entry fee will be non-refundable.

Name:..... Signed:..... Date:.....