



14-15 May 2011

Blue Mountains National Park

Support Crew Briefing

This briefing does not cover how to take care of your runner. It covers general information, timing information, checkpoint information and support crew rules.

1. GENERAL SUPPORT CREW INFORMATION

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. To keep the event manageable as well as fair and safe for all runners there is some information that support crews need to know. So all support crew must read the following important document. It includes information about where and how you can provide support to your runner.

Support Crew Verbal Briefing

The support crew verbal briefing is compulsory for you to attend. It will be held in the ballroom /Oxley Room at The Fairmont Resort. It will start at 7:20am on Saturday 14th May and will go for approximately 15 minutes. At the briefing you will be given one official car sticker with your runner's number. This car sticker must be stuck on your vehicle's windscreen. 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.

Supporting Your Runner

After the start, you are only permitted to support your runner at Checkpoints 3, 4 and 5 and at the finish. 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 you by phoning or texting when they are a certain distance from the checkpoints. You are not permitted to run with or pace runners on the course. You are not permitted to enter any part of the course to collect withdrawing runners. If the runner needs assistance off the course they must use their participants emergency instructions card to call for assistance. You may only collect withdrawing runners from a checkpoint once the runner signs the withdrawal form at the checkpoint.

You need to be self sufficient with your 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 support crews plan to fill their runner's water containers for them they will need to bring their own water as support crews will not have access to the runner's food and drink area at each checkpoint. Only runners will have access to the runner's food and drink area.

You are responsible for obtaining your own maps of the area and finding your own way to Checkpoints 3, 4 and 5. There will be no 'AROC Sport' or 'The North Face 100' signs to lead you to any of the checkpoint locations. None of the checkpoints are difficult to find and they are all beside main bitumen roads. The checkpoints can be accessed with

a standard 2-wheel drive vehicle. You must drive carefully, especially on roads shared with runners. You should make sure you get sufficient sleep during the event and do not drive when tired. You must obey all road rules and drive within the speed limits.

Please note that runners may be penalised for any disruptive behaviour or violation of event rules by their support crew.

2. TRACKING RUNNERS

The times that runners arrive into each checkpoint will be posted to the live website and will be updated every few minutes. The results page can be accessed along with race reports and photos via the live event website. 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.

The estimated race times for the race are listed in the table below

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)

3. CHECKPOINTS

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. You are not permitted to enter this area of the checkpoints. For the runner to meet you they will simply exit through a 'gate' in the bunting. When they are finished being supported they should 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. You must not enter any competitor only designated areas at these Checkpoints.

Mobile Phone Coverage

There is good mobile phone reception at Checkpoint 3 and Checkpoint 4. The reception at Checkpoint 5 is fine for texts and usually OK for phone calls but it can drop out every now and again depending on where you are standing. Across the course, Telstra Next G has substantially superior coverage to any other carrier. If you desire to know more information, please refer to the Competitor Briefing document for a more detailed description of phone coverage on the course. It is under Section 7 –**The Course**.

First Aid

As well as roving First Aiders on the course. There will be a designated First Aider available at every Checkpoint. If you have any concerns about your runner please get them to see the checkpoint First Aider.

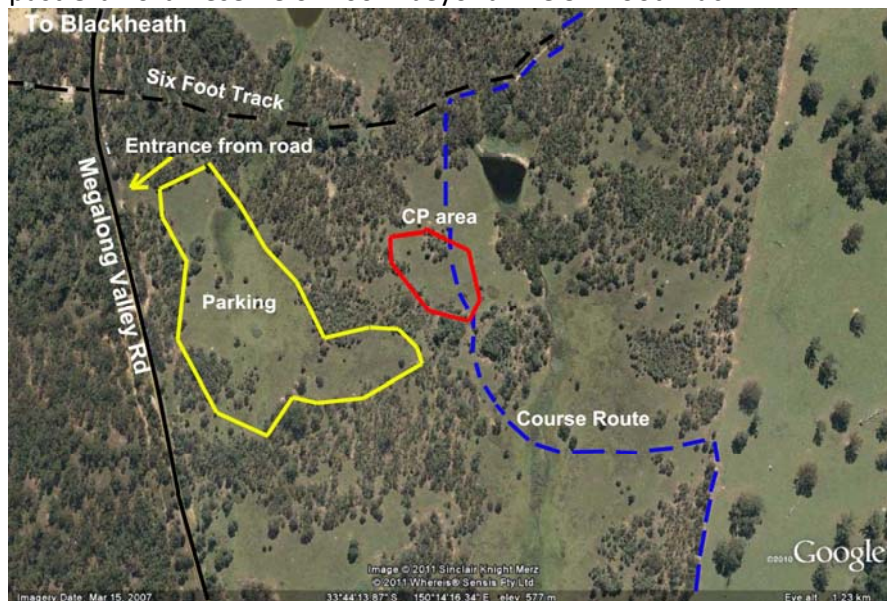
Checkpoints 1 and 2

For event management and safety reasons you are not permitted anywhere near Checkpoints 1 or 2 even just to watch. This means that you must not drive along Glenraphael Drive at all and you must not drive along Megalong Valley Road beyond the entrance to Checkpoint 3. It is very important that you abide by this.

Checkpoint 3 – Private land beside The Six Foot Track.

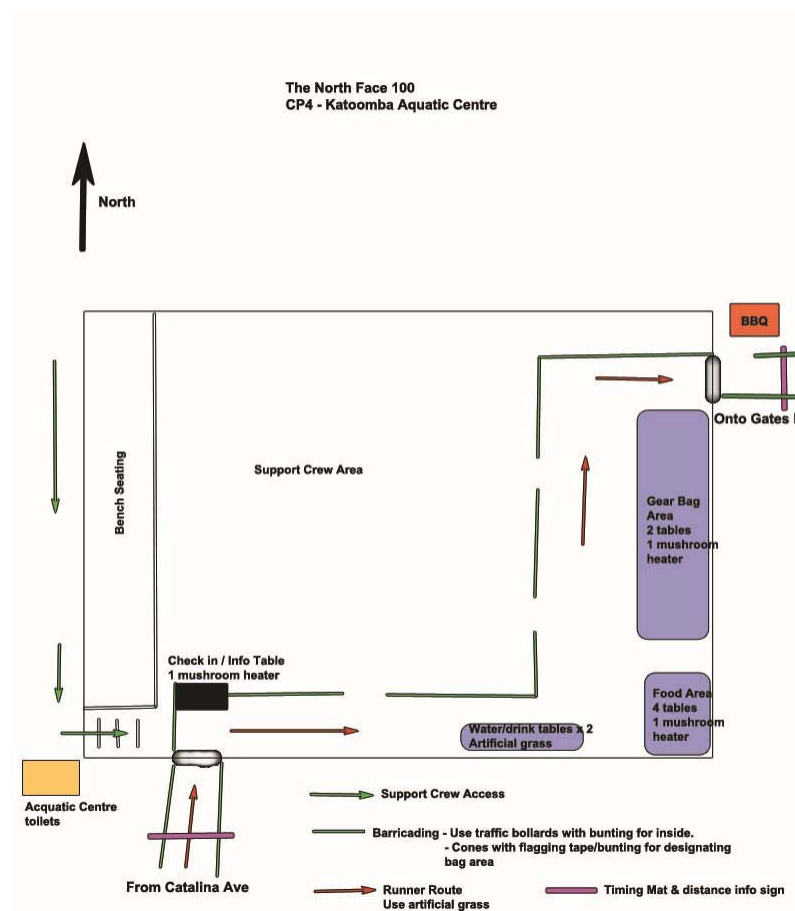
Checkpoint 3 is located within private land beside The Six Foot Track on Megalong Valley Road. It is approximately a 40-minute drive from Katoomba to Checkpoint 3. You should drive particularly carefully when driving along Megalong Valley Road to and from Checkpoint 3 as there are usually many kangaroos and wombats on the road. The checkpoint parking is in a large paddock. At night the main marquees will be lit up however you will need their own lights / headlamps. You can buy food for yourself and your runner (pizza and coffee) from Mancini's woodfired pizza van. To allow plenty of time, you should depart Checkpoint 3 very soon after you have seen your runner off onto the next leg of the race. Driving Directions from Katoomba to Checkpoint 3 are listed below:

- From Katoomba travel 10.7km along The Great Western Highway to Blackheath (same direction as Lithgow). On the way to Blackheath you will pass through the small town of Medlow Bath.
- At the traffic lights in the centre of Blackheath, turn left into Bundarra St which immediately crosses over the train line.
- Immediately after crossing the train line turn left into Station St.
- After 380m on Station St, turn right into Shipley Rd.
- After 800m on Shipley Road, turn left into Megalong Road. This turn is signposted to Megalong Valley but is easy to miss if you are not paying attention.
- Megalong Road leads you down a steep and winding road into the Megalong Valley. Megalong Road becomes Megalong Valley Road after Old Ford Reserve. DO NOT TURN OFF Megalong Road / Megalong Valley Road until just after passing The Six Foot Track. Checkpoint 3 is located on private land in a paddock. The entrance to the paddock is 14km from the Shipley Road turnoff and 3km past the small town of Megalong with a tea room and school. It is also 500m past Old Ford Reserve or 100m beyond The Six Foot Track.



Checkpoint 4 – Katoomba Sports and Aquatic Centre

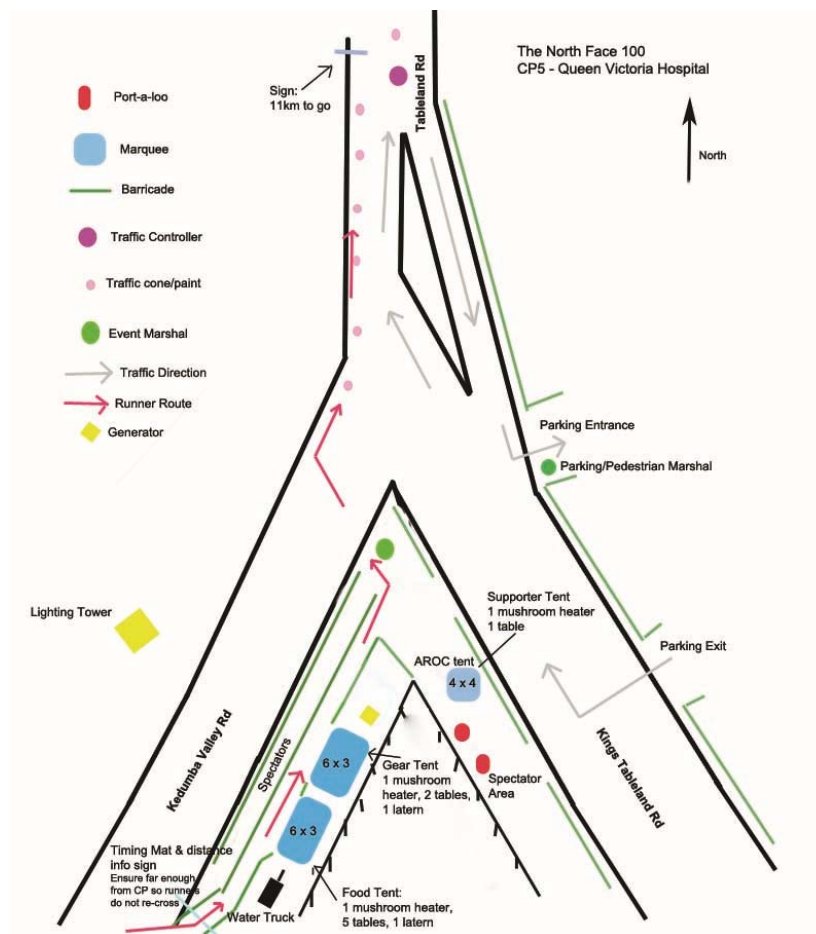
Checkpoint 4 is located at Katoomba Sports and Aquatic Centre is on Catalina Ave, Katoomba. There is plenty of parking surrounding the aquatic centre. After parking, you should enter into the aquatic centre via the normal front entrance and ask for directions to the basketball courts. Within the aquatic centre there is a swimming pool and spa, a fitness centre and a Kids Kingdom play centre. These facilities close at 6pm however the basketball courts will obviously remain open while the checkpoint is still operational. Support crews may bring their own food and fluids into the aquatic centre for supporting their runners however they should also bring a towel to mop up any fluid spillage, as the basketball court floor will become slippery when wet. Tap water is available to support crew within the aquatic centre.



Checkpoint 5 – Queen Victoria Hospital

Checkpoint 5 is located at the old Queen Victoria Hospital at the end of Tableland Road, Wentworth Falls. It is approximately a 25-minute drive under normal circumstances from the main street of Katoomba but during the event you should allow 35 minutes. You must drive with caution along Tableland Rd as runners will be using this road. There will be a half road closure for 2km of Tableland Road. Vehicles will only be allowed to travel at 40km/h in one direction at a time within the Eastern half of the road so you should allow about 10 minutes extra to get to Checkpoint 5 (hence 35 minutes from Katoomba). At night the main marquees will be lit up but you may want your own headlamp. There is plenty of parking at the checkpoint. Driving Directions from Katoomba to Checkpoint 5 are listed below:

- From Katoomba travel 8.7km East along The Great Western Highway to Tableland Rd, Wentworth Falls. You will travel through the town of Wentworth Falls on the way. Keep a look out on your right for the sign “Wentworth Pots” which is immediately after Tableland Rd (It is easy to miss Tableland Rd).
- Turn right into Tableland Road and travel 4.3km to Queen Victoria Hospital.



4. EVENT RULES APPLYING TO SUPPORT CREWS

- 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.