



# 2017 Thunderbolt Trail Race

## Runners' Guide

The Runners' Guide is designed to answer all of your pre-event, event day and post-event questions.

### Pre-Event

#### **What runs can I enter?**

SOLD out and no more transfers. Runners can transfer to next year's event only.

#### **When is the event held?**

The event is held on Saturday 19th August

#### **What is a race bib?**

A race bib displays your unique race number; this needs to be clearly visible on the chest of each participant. On the reverse of your race bib will be a timing chip, please do not bend, damage or remove this.

Please ensure that you write your emergency contact name and contact number on the reverse side of your race bib. Your race bib can be collected from 6am on Race day.



**Are there prizes?**

16km & 33km - Male & Female overall. 1<sup>st</sup> (\$100) + Trophy, 2<sup>nd</sup> (\$50) + Trophy and 3<sup>rd</sup> (Trophy). Overall only no age groups.

King of the Mountain (KOM) Overall Male and Female winner (unique special trophy)

**What do I do if I've not been feeling well?**

Please don't participate if you have been sick or have had a viral infection in the two weeks prior to race day. You may be putting your own health and the health of others at risk if you do so.

**CAMPERS arrive only from 2:00pm Friday**



## **Event Day**

**Can I enter on race day?**

NO

**What time do the races start?**

33km – 8:00

16km – 8:10

KOM (it's a part of both races – and there is a timing mat at the start and finish of this section)

**What time should I be there?**

Please aim to be there at least 45 minutes prior

The race briefing is 7:30am BIB collection from 6:00am.

CAMPERS arrive only from 2:00pm Friday

**Where is the start line?**

For all races, the start line is on the bridge on the entry road into Salisbury Lodges

**Where can I park?**

Parking is limited at the Start/Finish line and we strongly suggest car-pooling and upon arrival at the event Marshalls will direct you to the parking area

**Is there anywhere to drop gear?**

Gear Drop is available Race morning at the Start/Finish line

**Are there drink stations out on course?**

Yes, BUT – There are no cups on course. There will be water and Tailwind (Naked flavor) available.



#### **Are there toilets out on course?**

No – There are toilets at the Start/Finish line only

## **THE EVENT**

#### **Marshalls**

Marshalls are out on course to help direct and assist, they are there to make your day more enjoyable and have given their time to make your day memorable – please thank them. They will also be checking your bibs in 3 locations on course – so please assist them by calling out your number is asked.

#### **On Course Photography**

Chris will be the official photographer

#### **Course markings**

Marshalls are located at all major junctions. The course is marked clearly with course directional markers and pink ribbon (on Trees). It is the responsibility of participants to know the course.

Detailed Maps can be viewed here <http://thunderbolttrailrace.com/maps>

The course varies from narrow rocky tracks, fire-trails, hard mountain tracks, bridge crossing and gravel paths plus did we mention, a number of hills (big and small). We start at 335metres and head up to 1542metres. Even the 16km run has a difficult hill heading up to the turnaround.

## **Mandatory Gear**

### **Mandatory Gear 33km event**

#### **Long Sleeve Thermal Top (polypropylene, wool)**

Cotton, Coolmax and Lycra garments are NOT suitable. Compression garments and thermal compression garments are NOT suitable. Compression garments may still be



used in the race but they are in addition to your mandatory thermal top and do not replace it.

**Waterproof and Breathable Jacket** with Fully Taped (Not Critically Taped) Waterproof Seams and Hood

The breathability must be provided by the material itself and not exclusively by mesh panels. Minimal underarm vents are allowed if the jacket material itself is technical and breathable. Large mesh panels, even if covered by flaps are NOT permitted. A premium jacket would have a waterproof rating of over 15,000mm hydrostatic head and breathability MVTR rating of 20,000g/m<sup>2</sup>/25hrs however much lower ratings are completely acceptable. Any non-membrane jacket must still be in very good condition with waterproof coating intact. The jacket must fit you. Plastic rain ponchos, wind jackets, water resistant jackets are NOT suitable.

**Water bottle/Bladder**

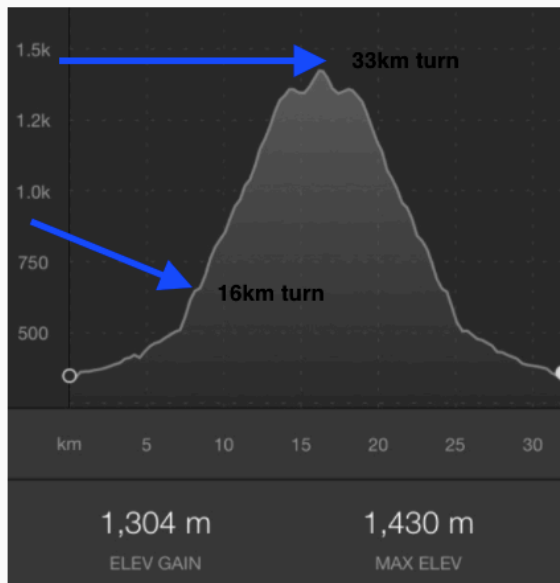
Capacity to carry up to 500ml of liquid

**Recommended Items all events**

Beanie, Balaclava or Head Sock (Buff)  
Mobile  
Compass  
Whistle  
Space blanket  
Compression bandage  
Food portions  
Zip lock bag for waste  
Hat/Sunnies/Sunscreen  
Anti chaffing cream



### Course Profile



### 16km - Thunderbolt Challenge

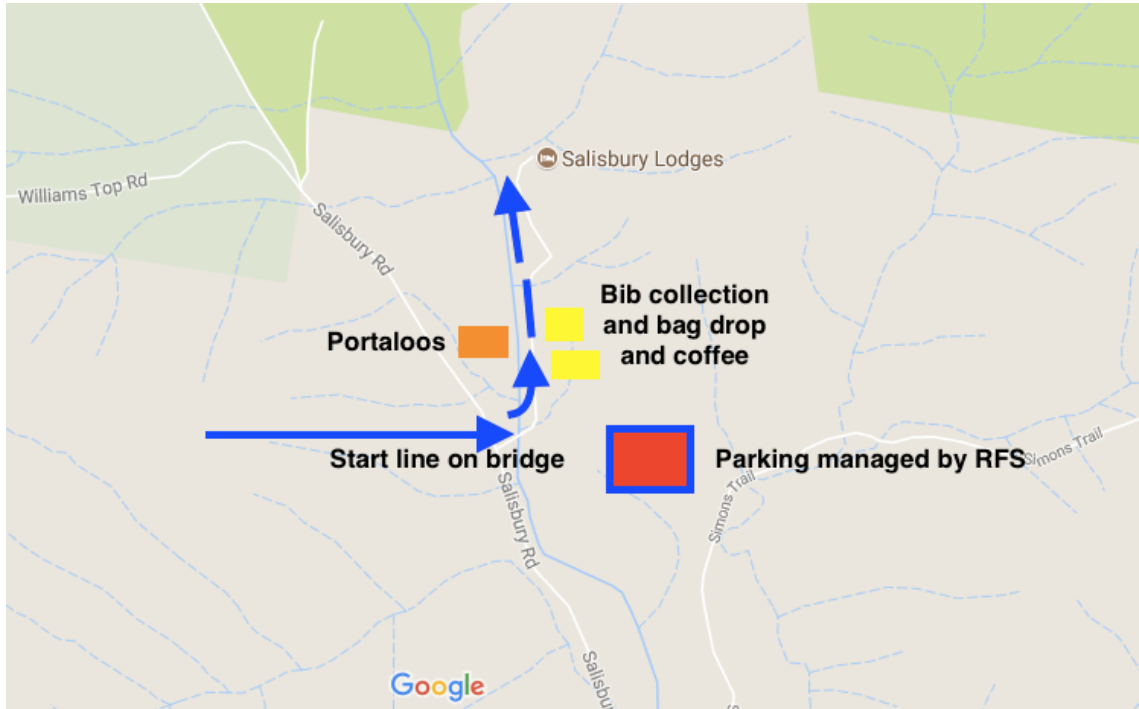
Runners will start at Salisbury Lodges, head out on the Blue Gum loop trail and then join the southern end of Rocky Crossing walk. Runners will head up the steep hill to reach the Williams Top picnic area. Once you reach the top, runners turn around and head back the same way.

### 33km - Corker Challenge

Runners will start at Salisbury Lodges, head out on the Blue Gum loop trail and then join the southern end of Rocky Crossing walk. Runners will head up the steep hill to reach Williams Top picnic area. Runners will continue on the main access road until they reach Lagoon Pinch picnic area. At Lagoon Pinch picnic area runners are required to undergo a mandatory check-in with race officials, before heading up the Corker. The turn around point is at the top on the Corker. Runners must undergo another mandatory check-in on the way back down. The reason for this is to ensure the health and safety of each runner before heading up the Corker and on their way back. Runners will have to reach Lagoon Pinch picnic area by 10am to be able to proceed up the Corker.

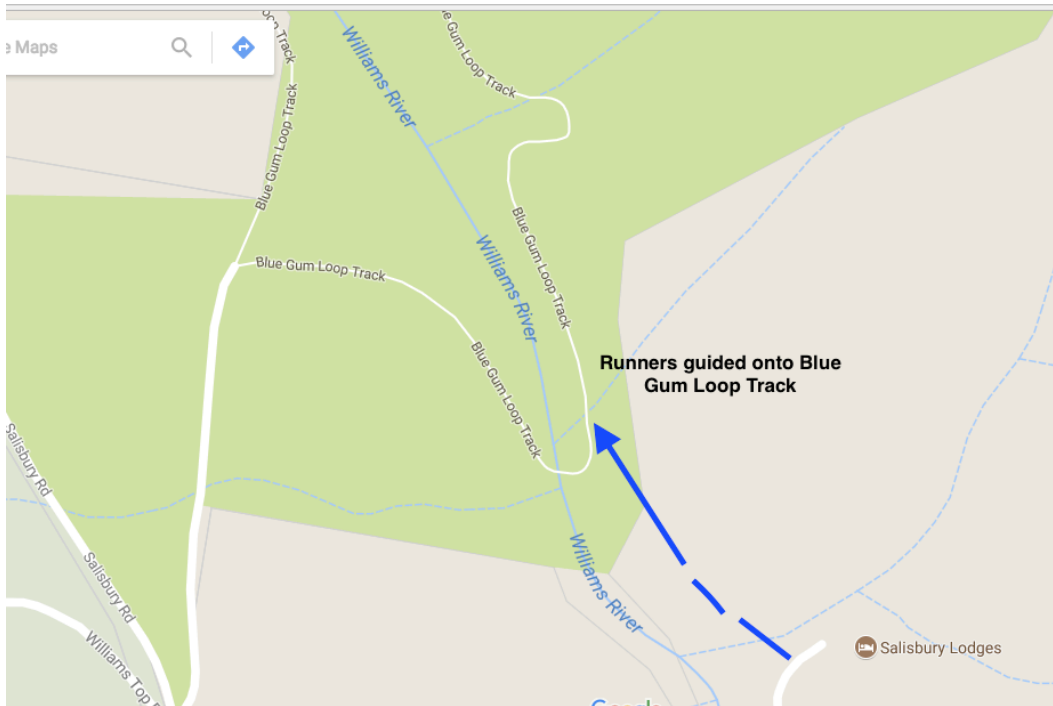


## START

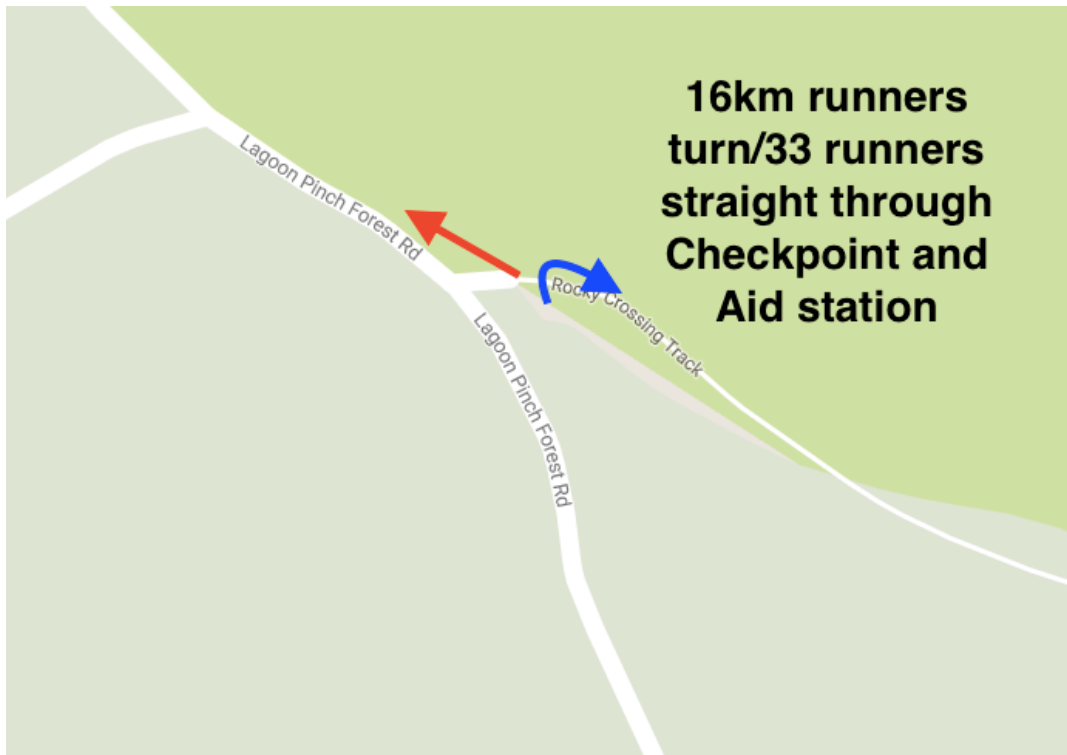




## Running onto Blue Gum Loop Track – Both races



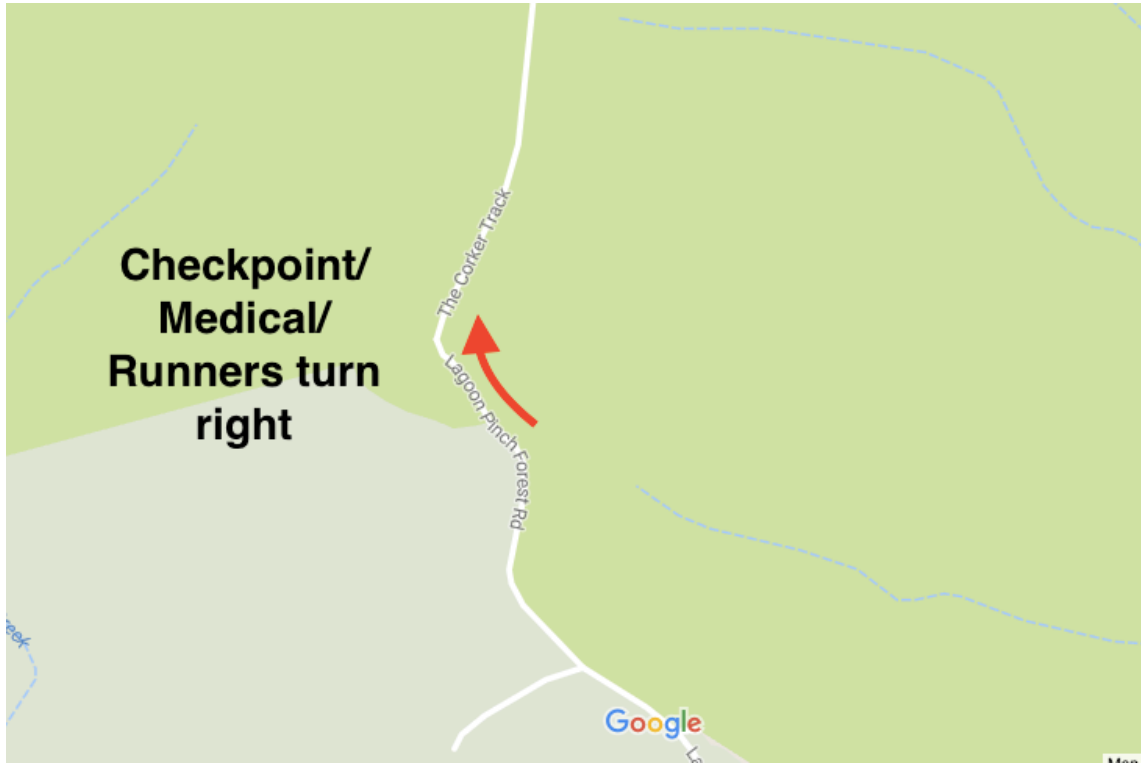
## Turnaround for 16km







**Start Corker – Aid station here on your return! Marshall will check and record runners**



**Turnaround for 33km**





### **Thunderbolt KOM**

For added excitement there is a King of the Mountain (KOM) section. Participants will be individually timed in this section. The fastest person Male and Female up the corker and returning to the bottom of the corker wins. Some runners will aim for overall glory whilst others may target just the KOM! What will your race plan be?

### **Littering on course**

The Thunderbolt Trail Race trail run strictly adheres to the “leave no waste” principles of the NPWS. Full details in the link below BUT no water of any kind is to be used by competitors and or spectators. If you are seen to litter you will be disqualified. Please take all gel wrappers and Human waste with you.

<http://www.Int.org.au/programs/7-principles.html>

### **Are there cut-off times?**

The cut-off for the Event is 3:00pm. 33km runners must reach the Corker by 10am, otherwise they will be turned around at the 16km race turn point



**What do I do if I feel unwell whilst out on course?**

Please notify one of the marshals or event organisers who will contact one of the medics located out on course. If further assistance is required, such as transportation to hospital, the patient incurs costs.

There will be a medical aid stations located at the start/finish and an additional 2 medics on course.

**Where is the finish?**

The Finish line will be right at the Salisbury lodges which you will pass at approximately the 300metre mark when you head out at the start of your race.

**Spectators**

The best places will be at the start finish line OR if you have a car you may want to drive up to Williams Top or Lagoon Pinch picnic areas to see the runners turn for the 16 or head up onto the Corker for the 33km!



## Post-race

### **Will I get a medal?**

Yes, all participants will receive a finisher's medal once they have reached the finish line. The medal is totally unique and we are very proud of the design, we hope you like it just as much!

### **What do I do once I finish?**

Once you've collected your medal at the finish line you will be able to get changed and buy yourself something from the BBQ and or Coffee cart. The BBQ is available between 10am-2pm. Coastal Sports and Fitness will also be in attendance at the event selling running Merchandise.

### **What time are presentations?**

Presentations will be held at 10:30am for the 16km event and 12:30pm for the 33km and KOM event on Saturday at the race finish area.

Presentations only for 1/2/3 male and female of the 16km and 33km, and the KOM male and female fastest times will receive a special Trophy. Winners must be around to collect their prize. No mail-outs

### **Will I receive a finish time?**

Yes, your race result will be available online soon after the race has finished.

### **Race day photography**

Yes, there will be an official photographer at the event – A link to purchase these photos will be sent to you post race.



## Race Rules

1. You must complete the marked course on foot under your own power.
2. Your race number must be visible at all times on the outside of your clothing and on the front of your body over your belly or chest. It must not be worn on your pants or leg. Do not cover over your race number with any backpack strap or article of clothing.
3. You must not fold, cut or change your race number in any way. It must be worn as is, unfolded.
4. 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).
5. If you need First Aid help on the course notify fellow competitors and or on course marshals. They have Radio communications and medical staff are available at the Start/Finish area and on course
6. You must obey directions of checkpoint staff or course marshals and withdraw from the race if you miss any time cut-offs at checkpoints or on course.
7. Littering is prohibited.
8. 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.
9. You must not take dogs into National Parks.
10. You must not smoke in the National Park
11. You must obey any information signs such as track closures, etc.
12. Outside assistance is not permitted
13. Pacers are not permitted.
14. The event organisers reserve the right to discourage and/or penalise behaviour that is considered unsporting.
15. Breaking any of the rules may incur a time penalty, disqualification or pre-race withdrawal. Any such penalties are at the organisers' discretion and are final.