



**Competitor Information**

**2017**

## Congratulations on Registering for the 2017 Kalbarri Bigurda Bash.



**Start Location:** Natural Bridge, Turn off George Grey Drive towards Natural Bridge.

**Start Time:** 3pm, 4<sup>th</sup> June 2017. Competitors will start in waves from 3pm.

**Finish Location:** Eagle Gorge, Turn off George Grey Drive towards Eagle Gorge.

**Check in:** Check in will open from 2pm-2:45pm at Natural Bridge. You will collect your race number at this point.

**Briefing:** Briefing will be at 2:45pm at Natural Bridge

**Parking:** Parking is limited at Natural Bridge and Eagle Gorge. We recommend car-pooling. For competitors without support crew to take them to the start and/or collect from the finish we have transport arranged. **YOU MUST BOOK THIS TRANSPORT IN ADVANCE.** Book via [registrations@adventurethon.com.au](mailto:registrations@adventurethon.com.au) This transport will leave from Kalbarri Foreshore to the start line and then collect from the finish line and return to Kalbarri Foreshore.

**Spectators:** Family and friends are invited to spectate along the course. A great photo location is at Grand Stand. Please be aware that there is limited parking in all of these areas and they are still open to the general public.

**Gear Drop:** There will be a gear drop option for your belongings. Gear will be taken from the Start line to the Finish line. Please ensure you have your Gear labelled and in a bag.

**What you will need:** This is a self-supported run. You will need to carry your own water and nutrition.

This area is National Parklands, **no rubbish (including human waste)** is to be left along the course. Rubbish bags will be located at the Start and Finish lines. Toilets are located at the start line.

Do not leave the marked path. Protect our flora and fauna and stay on the marked path. In many areas the track is narrow and close to the cliffs with slippery rocks, stay safe on the path and only pass another competitor when it is safe for both of you.

**2 x compression bandages** – all runners must carry 2 x compression bandages to be used in the case of a first aid emergency such as bleeding or snake bite.

Access to the trail is limited. If there is a first aid emergency alert other runners around you and contact Race HQ 0447496489 if able. There will be marshals on the course.

**Presentations:** Presentations will be 6:00pm at Finlay's Fresh Fish BBQ, 24 Magee Cres, Kalbarri (BYO)

Gold coin donation entry fee to go towards Kalbarri Canoe and Cray Carnival 2018

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