



JCU Night Trail Run/Walk

29th April 2023



Competitor Information Guide

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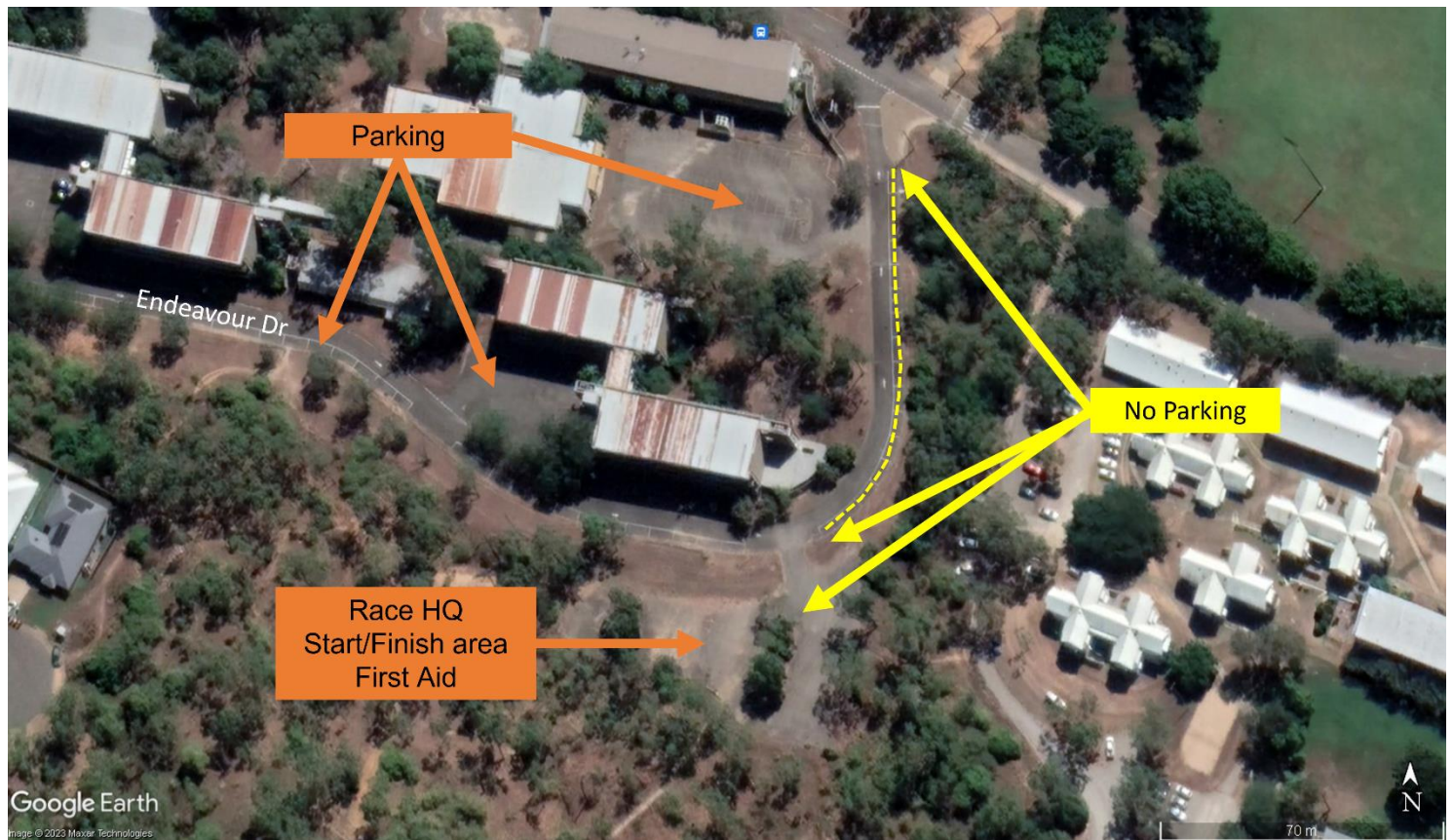
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Location

James Cook University Townsville Campus

Race HQ and race parking is off Endeavour Dr (easiest access is via western Uni entrance off Angus Smith Dr).



Event Schedule

Race Briefing at 6:05 pm **Mandatory**

Long Course (8 km) start at 6:15 pm

Short course (4 km) start at 6:25 pm

Presentations at 7:45 pm

Course descriptions

Adventurethon has set an interesting course that includes a broad variety of terrain from fire roads and open grassy paddocks to challenging single track and, yes, there may be some stairs as well.

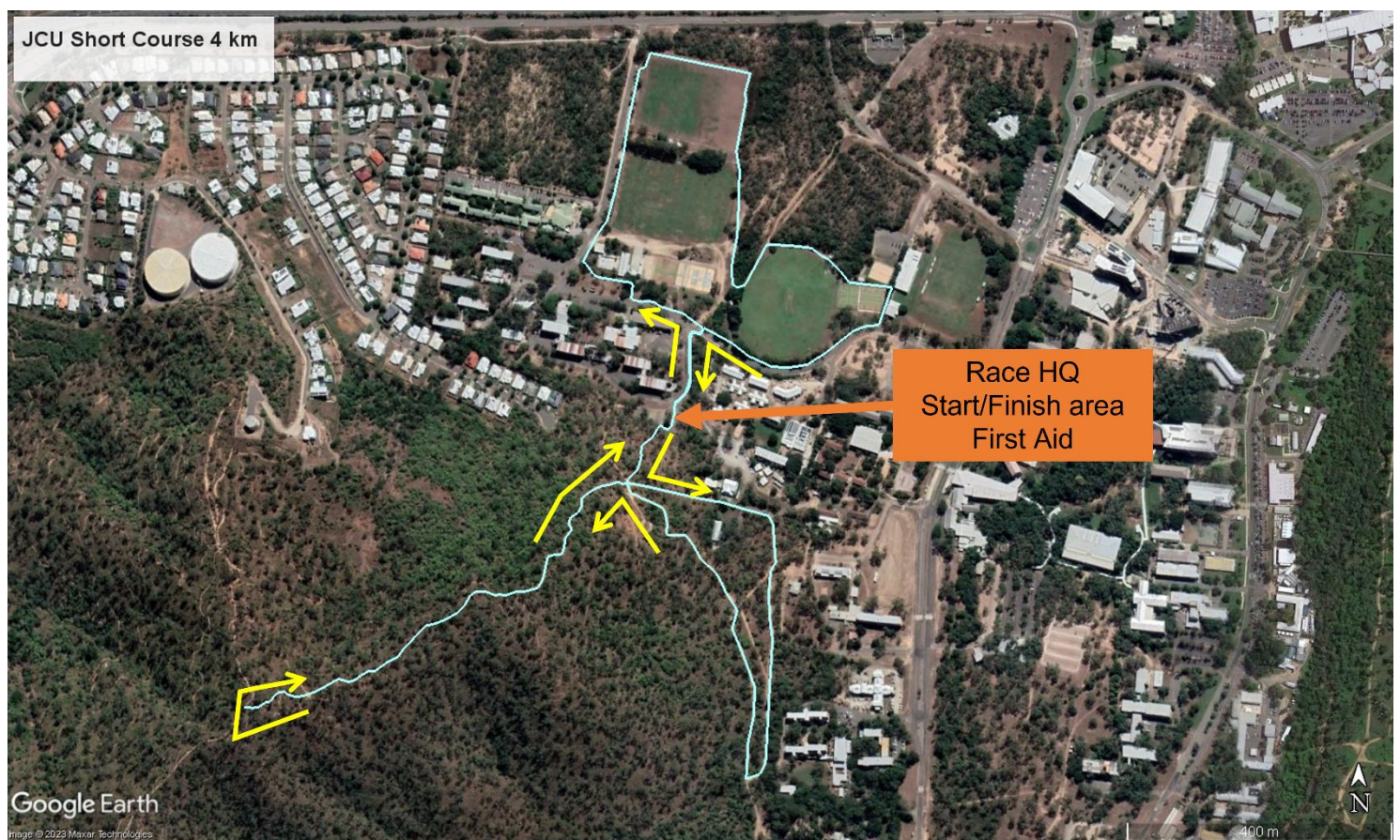
The courses will expose you to random students, wallabies and other wildlife then remove you from the real world and into the realm of great night views across our fair city. Many of you may not have seen the city from the vantage points these

courses provide. Neither course is particularly long but you will know you have been on an adventure after completing either one. The campus is located on the lower slopes of Mt Stuart so you should expect some hilly sections.

These are night runs and will require the use of your own light source (see mandatory equipment list). Hand-held torches are acceptable (not phone torches) but we recommend you use a head torch. It doesn't need to be an expensive one, just one you feel comfortable with while moving over offroad areas in the dark. We also advise carrying spare batteries, or a spare head torch, in case of battery or equipment failure.

Short Course

The **short course** leads you off downhill and around the back of playing fields before returning you past the start and into the bush for a short fire road loop before heading up the hill for some very special views across Townsville and down to your finish line.



Long Course

The **long course** not only experiences the same interesting tracks as the short course, it adds to them in glorious ways. More backroads around the campus and more hills and views. First you enjoy a low pressure loop around playing fields and back tracks to eventually return past the starting point, then the going gets more serious as you take to the steps in the

bush, more backtracks, many great city views and ultimately return from the hills to finish. Not long for a long course but the often steep and sometimes technical sections of track will really test your offroad skills when the only light is your head lamp.



Things you need to know

- There is **mandatory equipment** that all competitors must carry on course. Failure to produce mandatory equipment when asked will result in disqualification from the event. A full list of mandatory equipment is provided in the 'Things you need to know' section below.
- To minimise the risk of erosion all competitors are required to remain on marked trails, at all times, to protect native vegetation and minimise the spread of weed seeds.
- **All equipment** (shoes, hydration vests/backpacks, clothes) have been thoroughly cleaned and are free from soil or material that may contain soil; this is to avoid introduction of soil pathogens and weed seeds to the area.
- **Do not litter.** Event participants must retain all rubbish generated on course (e.g. used gel packets, lolly wrappers, empty water bottles, etc) on their person until they finish their event. We will provide rubbish bins in the event HQ area for disposal of rubbish. A good idea is to carry a clip-lock plastic bag to hold your rubbish.
- **Toileting.** Under no circumstances should any person use the bush as a toilet! There are no toilets on course.

RACE PACK PICK UP

Race packs contain your race number, timing chip etc., and can be collected from 5:30 pm, Saturday 29th April at **Race HQ**. Join us there for a **chat, catch up with friends** and of course to **eavesdrop on competitors race plans**. If you have any **questions** the race director will be available to answer them.

There will be a **MANDATORY** race briefing for competitors before the races (6:05 pm).

There are **no registrations on race day**. Those who want to compete must **register online before Thursday the 27th April**. This is to ensure all correct paper work is completed and filed.

RACE BIBS



Each competitor is required to wear his or her race number on their front **at all times** during the event. Each team/pair will be provided with a single number which must be worn by one member at all times

RACE WITHDRAWALS

If you decide to withdraw before race day, please email registrations@adventurethon.com.au so you can be removed from marshal lists.

If you withdraw during the race for any reason, please ensure that you inform the timing tent (near the finish line) as soon as possible. If you do not inform us that you have pulled out of the race we cannot remove volunteers from the course until you are accounted for and will have to deploy emergency services at your cost.

OUTSIDE SUPPORT

This race is a self-supported race, therefore it is required that you carry your own water and nutrition etc. Competitors receiving outside support (this includes their own drops of water/nutrition out on course prior to the race) from anyone other than race officials will incur a penalty resulting in them being unable to place 1st, 2nd or 3rd in their nominated category. This excludes first aid support.

FIRST AID

First Aid will be available at Race HQ. Course marshals will also have First Aid kits. All competitors are required to carry the **mandatory equipment** on them including bandages. Bandages can be purchased at Race HQ.

It is also recommended that competitors carry their mobile phone where possible with the emergency number 0409 725 562 programmed in.



MEDICAL CONDITIONS

If you have a medical condition it is your responsibility to reduce any risk to yourself. You must carry on you any medications that you may require. Please detail on the back of your race bib any notes regarding your condition.

MANDATORY EQUIPMENT LIST

It is mandatory that at all Adventurethon Events athletes carry water on them.

Event marshals may check for mandatory equipment at checkpoints.

Mandatory – all distances

- 2 Compression Bandages or Snake Bandage
- Water - Hydration pack or a race belt/vest
- Head torch & spare batteries
- Phone with emergency number programmed in (0409 725 562)

Highly recommended (all courses)

- Electrolytes and Carbohydrates as necessary during the event. Can be gels or as a liquid in a hydration pack
- Trail shoes
- Hat – to protect against bushes that may hang over courses
- Ankle strapping (if prone to rolling)

Every competitor must carry mandatory equipment, it cannot be shared. Competitors without the mandatory equipment will be immediately disqualified and not allowed to continue.

ENVIRONMENTAL POLICY

It is important to protect the environment we play in so that we, and our children, can continue to play there into the future. Weeds brought in from other areas have the potential to harm the natural balance of the area. Ensure all gear and equipment is clean before arriving at the event. You should also remember the same applies to your local areas so why not clean your gear before returning home as well?

Please do not drop litter around our courses. The tops off gel pouches are particularly problematic so please tuck them deep into your pockets/clothing/race vest along with all other rubbish so we don't have to collect them after the event.

Plastic

Adventurethon Australia has a policy on plastic, we aim to reduce, reuse and recycle. Adventurethon Australia is proud of the country we live in and are committed to keeping our environment as clean as possible. For this reason we ask you to please minimise the amount of plastic you bring with you as much as possible. We also ask that our athletes look at the positives of being green and support us by ensuring that no plastic is released into the environments surrounding our events.

RESULTS

Results will be provided on this link: <http://results.durt.com.au/events/advnite1>

PHOTOGRAPHS

If you have a loved one who wants to take photos we can arrange to put them in the best spots, just let us know. We try to get as many photos of competitors as possible so if any spectators take photos or videos that they are happy for us to use they can take them to Race HQ and we can copy them onto a computer (they will need to have photos on an SD card or have a USB cable for camera). Alternatively, email to ross@adventurethon.com.au. If you have a Go Pro or similar we would love to have some footage of the course. We welcome drone pilots at our events but please talk to the event organisers at race HQ before deploying your craft.

SOCIAL MEDIA

Make sure you check out our social media pages. Feel free to upload photos to our wall, and if you've enjoyed your event – why not leave us a review. Media hits help attract sponsorship and funding to keep our events returning to your area so please be sure to include our hashtags when you post.

Facebook: www.facebook.com/adventurethonaustralia

Instagram: <http://www.instagram.com/Adventurethon>

#adventurethon

#nightrace

SPECTATORS

There are plenty of opportunities to spectate around our courses however the best place is the start finish area where competitors pass through about half way through their course.

PARKING

There are parking areas adjacent to race HQ, please look for signs and stick within these parking zones.

PRESENTATIONS

Presentations for both courses will be on site at Race HQ. Competitors that finish 1st, 2nd and 3rd in each distance and age category will be awarded gold, silver & bronze medals, and all those that complete the course will be awarded a **finishers medallion**. See the EVENT SCHEDULE for Presentation times for your event.