

ROSS DAM NIGHT RUN
5th MARCH 2022

ADVENTURETHON
TOWNSVILLE



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Event Schedule

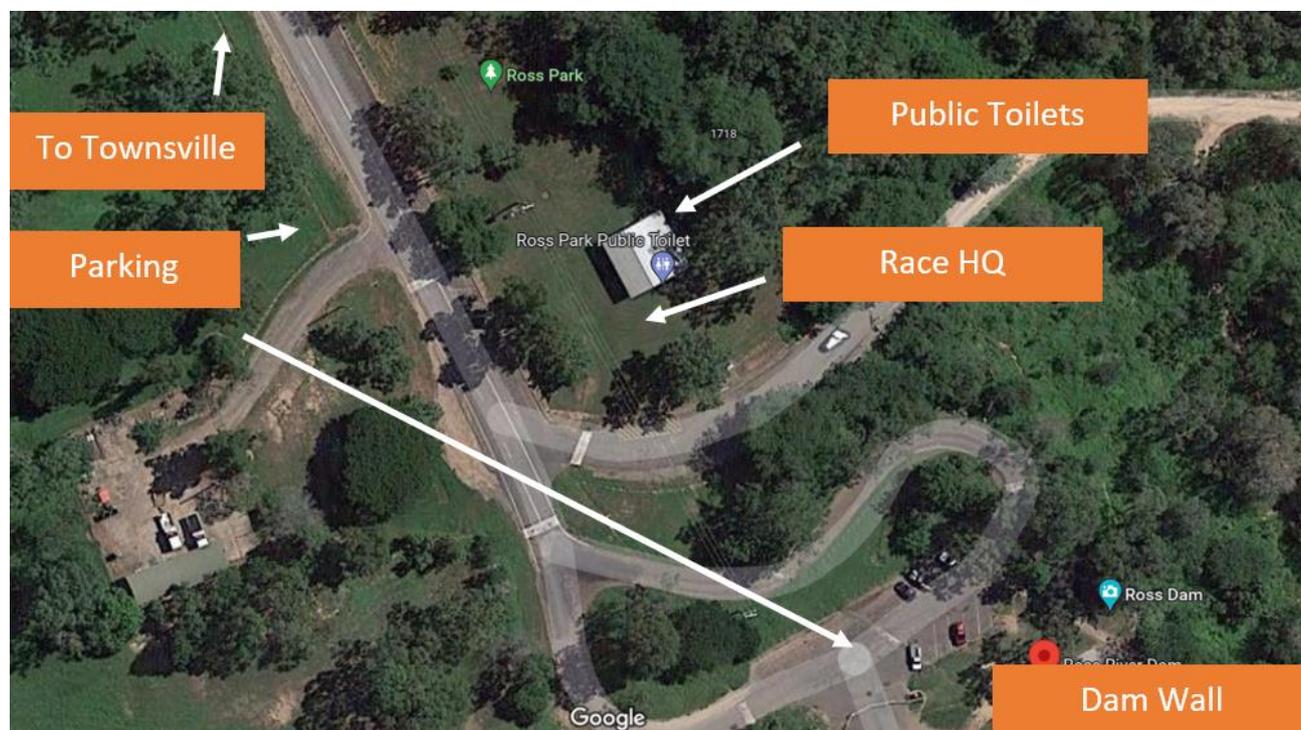
6:00-6:50pm	Bib Pick-Up Opens	Ross River Dam HQ
6:50pm	20km Run/Walk Briefing	Ross River Dam HQ
7:15pm	20km Run/Walk Start	Ross River Dam HQ
7:15pm	10km Run/Walk Briefing	Ross River Dam HQ
7:30pm	10km Run/Walk Start	Ross River Dam HQ
7:30pm	5km Run/Walk Briefing	Ross River Dam HQ
7:45pm	5km Run/Walk Start	Ross River Dam HQ

Competitor Briefing

All competitors are expected to respect the requirements for entry into the Ross River Dam water storage and catchment area.

This event is located within a designated water catchment zone and storage area; Ross River Dam is the primary supply of drinking water for Townsville.

- 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! Toilets are available at Ross Dam Park (next to race HQ). Please make sure you use those facilities immediately prior to starting your event.



EQUIPMENT LIST

Night Run

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

Mandatory – ALL COURSES

- 2 Compression Bandages or Snake Bandage
- Water - Hydration pack or a race belt/vest
- Head torch & spare batteries
- Phone with emergency number programmed in (0447 496 489)

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
- Sunglasses
- Ankle strapping (if prone to rolling)
- Highly recommended to bring a spare headtorch with batteries already in it rather than changing the batteries in the dark

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

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Race Bib Pick up:

You can pick up your race bib from 6:00pm on March 5th at Ross Dam Race HQ. Each competitor is required to wear his or her race number on their front at all times during the event.

Join us there for a chat, catch up with friends and of course to eavesdrop on competitors race plans.

There are no registrations on race day. Those who want to compete must **register online before 9pm Friday 4th March**. This is to ensure all correct paperwork is completed and filed.

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.

COURSE DESCRIPTION & MAPS

The course will be well marked. We use a variety of methods to mark the course including marking tape, cones, signs & arrows. It is important that you pay close attention to the course markers.

Download course maps [HERE](#)

MANDATORY EQUIPMENT

Competitors must carry the required mandatory equipment for safety reasons. Event marshals may check for mandatory equipment at checkpoints. Download list of Mandatory Equipment [HERE](#) or see page 5 of this booklet.

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 required that competitors carry their mobile phone where possible with a emergency number programmed in (run has limited mobile signal but SMS is possible in many key areas).



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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 in the event of an emergency. If you have any other special requirements, please email our Event Director at info@adventurethon.com.au with sufficient time before the event.

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.

SPECTATORS

The area behind the ROSS DAM is restricted area so the only way to 'spectate' in this area is to register as a volunteer and help at one of our marshal points. The other locations to spectate are at the finish area.

PARKING

There will be a designated parking areas at all locations, please look for signs and stick within these parking zones.

PRESENTATIONS

1st, 2nd & 3rd place for each category will be announced at presentations.

LIVE RESULTS

For love ones and friends who can't make it out to support, or want to to know your results, live results (where possible) will be provided on this link: <https://results.durt.com.au/events/advtsv22>