**INSTRUCTIONS TO COMPETITORS**

**Glass House Trail Runs – FT**

All entrants must carry a **water bottle or pack** and finish with it. **Ultra** runners must complete a **medical** form. Their **weight** will be checked at the start and will be written on their Race Number. The medical form should be emailed or posted in before the event.

1. COURSE MARKING:
2. **White flagging tape** in trees and bushes.
3. **Red arrows** which will indicate which checkpoint you are heading for.
4. **White arrows** on the ground to indicate direction OR lines across a track to indicate not to cross.

*STAY ALERT for these markings at all times particularly at intersections.* If you have run for about 15 minutes and have not seen any of these markings you should backtrack. White lines may be placed right across track where there are critical turns. Do not cross these lines.

1. **Do not LITTER** the course. Anything taken from a checkpoint that is not edible should be placed in the rubbish receptacle at the next checkpoint. In case of a toilet emergency runners should carry some biodegradable toilet paper and depart the track and bury the human waste.
2. Competitors do not have the right of way over any traffic you may encounter while crossing or following gazetted roads. Some Parks and Wildlife tracks will be closed using signs but there may be illegal trail bike riders or 4WD vehicles which will ignore these. If you hear them coming, get out of the road.
3. Ensure that any **crew vehicles** (only for ultra runners ) park at Chpts ( 3A ONLY )so as not to block roads. Crew vehicles must follow gazetted roads only to get to checkpoints. These vehicles must not follow runners on forestry roads and trails. **Pets** should not be taken to checkpoints by crew persons and any **children** should be kept under strict control. There are **no** **spectators allowed.**
4. It is the responsibility of each runner to ensure they have their **number is crossed off** at each checkpoint. Failure to be registered as passing through a checkpoint may mean you are ineligible for awards. Report to the **timekeeper** before you leave the checkpoint.
5. It is important you know the **order of the checkpoints** (write them on your race number if you can not remember them). Normally the red arrows taped to trees will have a number on them indicating towards which checkpoint you are heading.
6. **Ultra entrants may have DROP BAGS taken to some checkpoints** ( CHPTS 2 & 3 ))**.** Ensure the bags are clearly marked with your **NAME and Race Number.** A permanent marker will be available to put your number on after it is assigned.
7. Remember to be **polite and courteous** to checkpoint staff as these volunteers are out there for considerable time for your benefit.
8. **AT THE FINISH**
9. You will be given a  **ticket** that indicates your **finishing number** that will match you to the times on the print out tape. **Take this to the finish table so your name can be recorded. It can then be swapped for your finishing mug.**

**BBQ .** Entrants will be given a BBQ ticket when they sign in. Any friends or family who are not competing will need to purchase their food ( about $10 )unless they are volunteering to help out in a significant manner. You should have pre ordered extra BBQ tickets on entry. Any vegetarians ( must indicate on entry ) will be given a special coloured ticket on collecting their Race Number. Without it you cannot get a vegetarian meal.

1. **Random Draw** prizes will be place on a board near the finish. Check for your name.
2. **Placegetters** names will be placed on a board as soon as available and they can collect their medals.
3. **First Aid –** There will be a FIRST AID kit at each checkpoint and there will be two Sports Trainers in attendance at some checkpoints.

***Note that the loop section at Chpt 3 has a narrow track with loose stone on one section crossing the saddle of TUNBUBUDLA. TAKE CARE HERE.***

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