



BBTR Race Briefing Notes

23 April 2023



Register at
www.bottlebuttbashtrailrun.com.au

Supported by the





BBTR

The Bottlebutt Bash Trail Run Course is a 21.1km course, with approx. 1030m elevation.

Saturday

- Bib Collection/Gear Checks opens 4.00pm - 6.00pm [27/35 Merrigal Road, Port Macquarie]
All distances

Sunday

- Bib Collection/Gear Checks opens 5.30am @ event hub [closes for each event 30 minutes before each start]

Sunday

- 6.30am - 42.2km Start [2 lap]
- 7.30am - 21.1km Start [1 lap]
- 8.00am - 10km Start

Saturday - Bibs/Late Entries/Gear Checks

- 4.00-6pm all distances [27/35 Merrigal Road, Port Macquarie]

Sunday Morning - Bibs/Late Entries/Gear Checks

- 5.30-6.00am 42.2km
- 5.30-7.00am 21.1km
- 5.30-7.30am 10km

Sunday Racing -

- 42.2km
- 21.1km
- 10km

Bottlebutt Bash Trail Run gives you 3 different distances to experience this beautiful area. It has a distance for all abilities. The Bottlebutt Bash Marathon [42.2km], 2 laps of the magical 21.1km. The 'Bottlebutt Bash' is a 21.1km bash through the magical Burrawan State Forest. Through stunning tracks and trails with lots of hidden secrets and one of these is the 'Old Bottlebutt' tree. 'Old Bottlebutt', a grand and ancient red bloodwood (*Corymbia gummifera*) tree located in Burrawan State Forest. Old Bottlebutt is unique in its shape - its large flared 'butt' having a massive girth of more than 16 metres just above its base. At over 200 years old, Old Bottlebutt is a towering and unique attraction. Old Bottlebutt is the main feature on a beautiful 600 metre loop walking track, beginning, and ending at the Burrawan picnic area. Old Bottlebutt is a special place, a place to stay and enjoy the sounds of nature.

Race directors insight into the Bottlebutt Bash Trail Run, "Yes, it is a trail race, but we just want you to experience what nature has to offer. She truly does make some magical places for us trail runners to run and visit.

The BBTR Race is only a short distance from Port Macquarie, Wauchope, and Telegraph Point in the beautiful Hastings Area. All racing will take place in Burrawan State Forest. You will travel through the State Forest and land of the traditional owners, the Bunyah People. Please abide by the relevant directions and instructions.

23 APRIL
2023

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GENERAL INSTRUCTIONS

Please take a few minutes to read this document. We must give you most of this information as a condition of our permit and insurance. If you do not understand anything or need any more information, go to the website first and read. All the information about the event is on there. <https://www.bottlebuttbashtrailrun.com.au/> If you still can not find what you are looking for, send us an email run@coastaltrackandtrailrunners.com.au or ask at check-in. BBTR is a COVID 19 safe event.

We have included a bit of our COVID Plan in here. So please read all your briefing notes and everyone must adhere by them. If you do not agree with any of it, please do not come. But in the short of it the general rules apply:

- All the check points have certain items bagged. It is for everyone safety. "BE PATIENT"
- If you do not like this, then be totally self-sufficient.
- Do not split on course, please use the hand sanitizers around the place and even bring your own.
- Please, please respect everyone that are here. It has taken a lot to get us COVID Safe and here racing and we want everyone safe, and this will take everyone to abide by these rules.
- Please when lining up for toilets, please always practice social distancing.
- Please be patient with the volunteers and BBTR crew as we are running on little sleep. The RD's have no problem telling you to leave if it gets to that. These are things that we must done to make it safe for everyone.

STAY HOME IF UNWELL

No persons, including participants, volunteers, and spectators, are to attend an event if they have any symptoms of COVID-19 or a confirmed case of COVID-19.

Persons must not attend if in the last 6 days they have been unwell or have COVID-19 (cough, sore throat, fever, or shortness of breath).

Persons should leave if they develop symptoms of COVID-19 during the event.

LOCAL SERVICES

We encourage you to support local business/services. Hastings area has a number of hotels, B&Bs, motels, pubs, caravan parks, resorts, holiday houses/units to choose from.

There are a number of restaurants, takeaways, coffee shops, malls, clubs, supermarkets where food and meals can be purchased.

Mandatory Gear Check, Check-ins and On-line Mandatory Gear Check

This year there are three ways to do your check-ins and mandatory gear check.

1. Saturday night 4-6pm [27/35 Merrigal Road, Port Macquarie] for all distances. Beat the crowds and come the night before.
2. Sunday morning at the event from 5.30am up to 30mins prior to each race start.
3. Do your mandatory gear check on-line prior. Not available after 7th April.

This year everyone will be showing us their gear when doing their mandatory gear check. This is because people are not carrying all their gear when we have done verbal gear checks. So now you will have to show us all your gear and there will be mandatory gears checks at the event. If when asked to show us a item you have had checked off and you are not carrying it with you when asked, you will be disqualified and taken off course. This gear is for your safety and others.

Once you have signed your indemnity form/gear check form to confirm you have all your gear with you, you will then be given your bib and other gear you have purchased. We will have run gear there and BBTR merchandise, nutrition, mandatory gear items and much more if you need any. We have eftpos and visa card available to make purchases.

Do I have to show you all my mandatory gear to pass

YES

ROLES

Race Director

Mathew Williams

0413 967 694

Email Address run@coastaltrackandtrailrunners.com.au

SAFETY OFFICER

Kerry Williams

0434 048 688

Email Address run@coastaltrackandtrailrunners.com.au

RESULTS

COASTAL Track and Trail Runners

0413 967 694

Email Address run@coastaltrackandtrailrunners.com.au



PROGRAMME INFORMATION

Minimum Age Limit 42.2km

Minimum Age Limit 21.1km

Minimum Age Limit 10km

18 [There are special exceptions]

16 [There are special exceptions]

12 under 14 must have a parent enter race with them.
[There are special exceptions]

Location of First Aid

Start/Finish HQ

Course Closed [all runners will be removed] 2.30pm Sunday

SCHEDULE OF ROAD CLOSURES

This event does not require any council road closures. The State Forest Roads will NOT be closed. There will be signs on roads warning people travelling in the State Forest that there are runners on roads, this is why there is no earbuds or headphones allowed in the race.

There will be runners on roads signs in the Burrawan State Forest area while the Bottlebutt Bash trail run is on.

Following road/trails will be in the race.

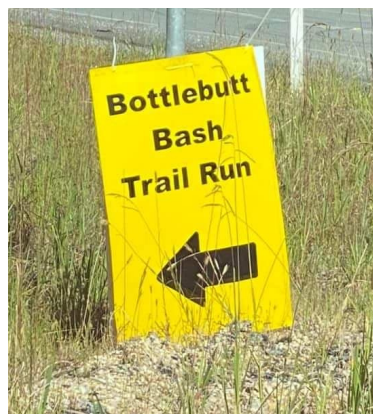
Roads:

- Burrawan Forest Drive (500m South West of Aintree Close Junction to Bago Rd)
- Ferny Creek Road
- Internal Break Road
- Coyles Road
- Middle Ridge Road (section)
- Tunnel Road (section)
- Jimmys Road
- King Creek Road (section)

Trails:

*Cpt 32/3 Trail

Signage in these areas.



CHECK LIST

Please make sure you have done everything on the list before you come :

- Read the race briefing notes
- Read the website (there is a lot of information on there that will answer most of your questions you may have.
- Ensure you have received your confirmation email when you registered. Go back in and check your registration.
- Make sure you understand what mandatory gear and recommended gear you will need to bring and have checked, if you have not done your mandatory gear check on-line.
- Check out the BBTR Map. It is your responsibility to know this on race day.
- You have entered a distance that is suited to your abilities.
- Check the race timetable to make sure you don't miss your race or check-in.
- Bring your bib and mandatory gear to the event. This is your responsibility.



TIMETABLE

22-23 April 2023

SATURDAY 22nd

Check-in

4.00pm to 6.00pm	OPEN - Race registration and bib pick up, mandatory gear checks [27/35 Merrigal Rd, Port Macquarie] 42.2km, 21.1km, 10km
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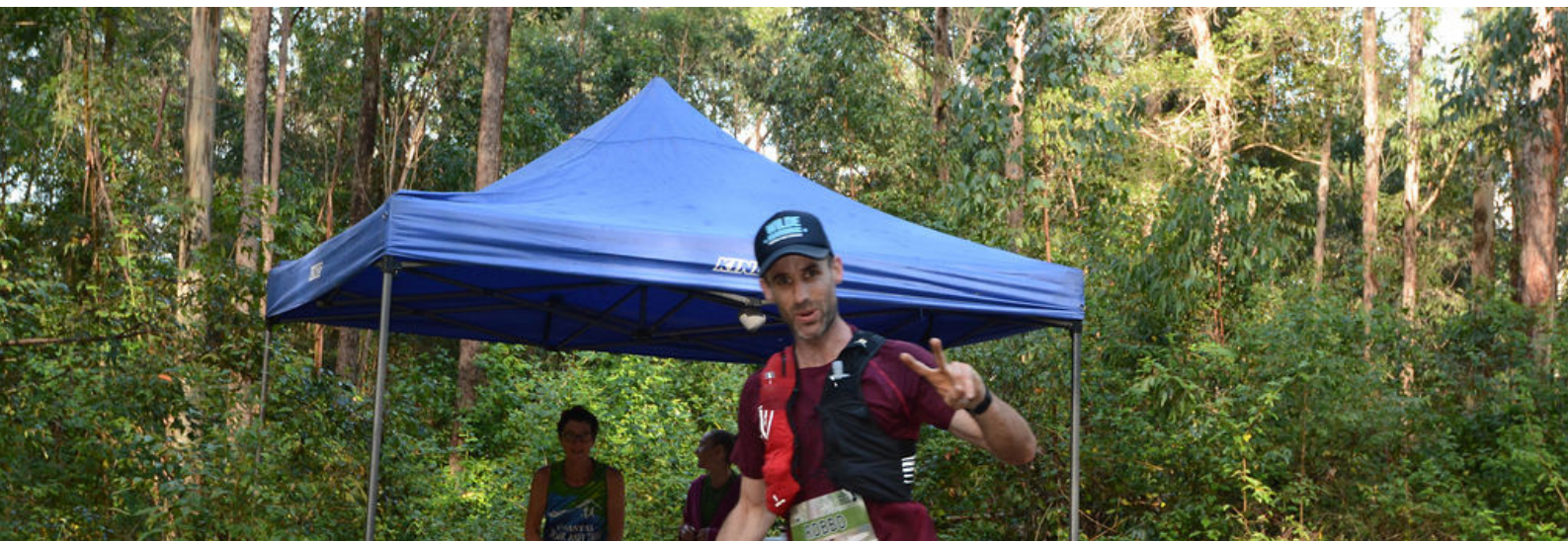
SUNDAY 23rd

Check-in

5.30am	OPEN - Race registration and bib pick up, mandatory gear checks [at race hub] 42.2km, 21.1km, 10km
6.00am	CLOSED - 42.2km
7.00am	CLOSED - 21.1km
7.30am	CLOSED - 10km

Race Hub

5.30am	Race Hub is open to runners/support crew
6.30am	42.2km Race Starts [Briefing 15 mins before]
7.30am	21.1km Race Starts [Briefing 15 mins before]
8.00am	10km Race Starts [Briefing 15 mins before]
12.00pm 1.30pm 3.00pm	10km finish 42.2km and 21.1km finish Race start/finish Hub closed to all runners



ITRA RACE POINTS - 42.2KM, 21.1km

Marathon

ITRA Points



Mountain Level



RACE DETAILS

COURSE DETAILS

Distance: 43.10

Elevation Gain: +1030

Participation: Solo

Time Limit: 05:30:00

* Number of Aid Stations: 4

Elevation Loss: -1030

Race Course

Start Location: Port Macquarie, Australia

Finish Location: Port Macquarie, Australia

Type of Terrain: 0% Paths / 96% Tracks / 4% Roads

Half Marathon

ITRA Points



Mountain Level



RACE DETAILS

COURSE DETAILS

Distance: 21.50

Elevation Gain: +520

Participation: Solo

Time Limit: 05:30:00

* Number of Aid Stations: 2

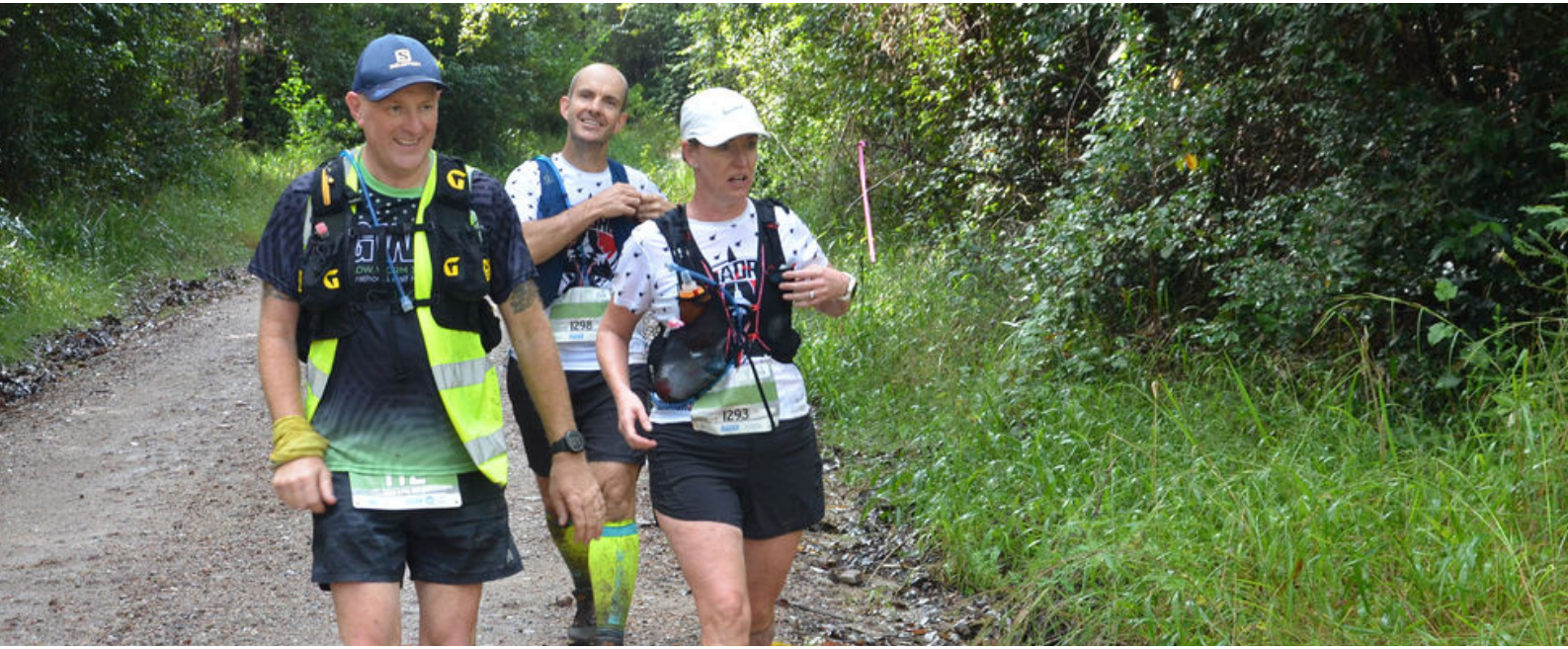
Elevation Loss: -520

Race Course

Start Location: Port Macquarie, Australia

Finish Location: Port Macquarie, Australia

Type of Terrain: 0% Paths / 96% Tracks / 4% Roads





21.1km (1 lap). 42.2km (2 laps) BBTR



Mandatory Gear

42.2km, 21.1km, 10km

NO Pacer

You are not required to carry all your mandatory gear with you,

Your race pack must have enough capacity to hold the following mandatory gear

Mandatory Gear you must carry at all times:

- Mobile phone (for photos and to call us if you need us)
- Whistle
- Water bottles or bladders (capacity to carry 2 litres of water minimum)
- Compression bandage (minimum dimensions 7.5cm wide x 2.3m long un-stretched)
- Emergency space blanket
- Collapsible Cup or extra Soft Flask (no cups on course)

Recommended Gear [depending on conditions]

- Long sleeve synthetic fleece top
- Waterproof and breathable jacket with fully taped.
- Beanie or buff.
- Full-fingered lightweight thermal gloves (polypropylene, wool)

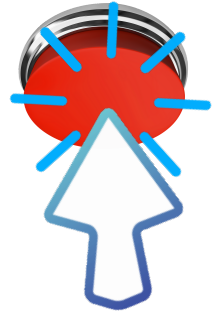
Drop bags are to be left at the start/finish hub aid station tent.

The mandatory gear required to carry may change if weather conditions are very cold or wet. This decision can be made by the race director at any time.

Please note we will not post any items left behind, it is your responsibility to collect them before 2.30pm Sunday.

Mandatory gear checks. They will be done over the full course at random times. If you do not have that item and you are out on course, you will get an instant DNQ and a ride back to race start. Due to only having to carry minimal gear, we will not be giving any leeway on this rule.

[Click for link](#)



Event - Check-In

NOTE: If you have not done your on-line mandatory gear check, you will need to bring ALL your gear to check-in to complete your mandatory gear check. You [WILL NOT] receive your bib and race pack until you pass. On-line mandatory gear checks will close on 7th April. After 7th April you will need to come to check-in with ALL your gear to do your mandatory gear check in person to get your race pack and bib.

This year we are doing an extra Check-in on Saturday afternoon to help do mandatory gear checks. Registration and bib collection will take place at Coastal Sports Warehouse Saturday afternoon 4.00pm-6.00pm for all races and Sunday at race, up to 30mins before each event. If you did not do your mandatory gear check online by 7th April or did not pass, then you will have to come and do it in person either Saturday afternoon or in the morning of the event. There will be lines and you will have to wait in line. On-line is the quicker option.

SATURDAY

All distances

Rego opens 4pm to 6pm 22/4/23

SUNDAY

42.2km

21.1km

10km

Rego opens 5.30am to 6.00am Sunday 23/4/23

Rego opens 5.30am to 7.00am Sunday 23/4/23

Rego opens 5.30am to 7.30am Sunday 23/4/23



Please note:

If you show up over an hour earlier than your race. The next race distance will get their mandatory gear checks done first before you, so everyone makes their race start. You must complete your mandatory gear check and receive a GREEN wrist band before you go to check-in. You must wear the GREEN wrist band at all times on left hand, while at the event.

Each runner has received a list of mandatory gear when they registered on-line. The mandatory gear lists are also located on the website. Mandatory gear must be carried at all times. There is a list to carry and a list for recommended gear to have, encase the race director ask you to carry, as now mandatory gear due to conditions. If when asked to do a random gear check and you do not have the mandatory gear with you, you will be disqualified, the race directors instructions are final. This is for your safety due to change in weather and conditions of the day. His decision is final. If you do not have it there, you do not continue to race. There is no outside assistance on course. BBTR crew, marshals and first aid services staff are the only ones that are able to assist on course. If you have support crews and family at the start/finish hub aid station, you are allowed assistance there. Only runners are allowed to enter the start/finish hub area for water, food, and medical help. Support crew and family are to stay behind the barriers at all times.

If you did not get your bib on Saturday, you must do the following when you arrive

- Merch Table: Pick up any gear you have purchased with entry. You will also be able to purchase mandatory gear and event shirts. Once you have picked up mandatory gear, make your way to mandatory gear check tables to get your gear checked. [visa / eftpos available / cash]
- Mandatory Gear Check table: At race check-in you will need to do a mandatory gear check [YES you must bring all your mandatory gear to be sighted to complete your gear check if you have not done and passed a on-line mandatory gear check]. Once you have done your mandatory gear check you will be given a GREEN wrist band to wear and then asked to go to the check-in table.
- Check-in: You then make your way to the check-in table to collect your bib. If you did not have a GREEN wrist band, you will not get your bib until you receive one from the mandatory gear table.

You will then receive your race bag which will include the following.

1. Race Number [Bib Tag]: Your race number must always be visible on the outside of your clothing and on the front of your body. 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 such as thermal top, waterproof jacket [including see-through jackets] or high-visibility vest. Do not fold, bend, your race number. It must be worn as is. Consider using a race belt to attach your number to.

[We do not supply pins for your bib]

2. Runners Emergency Instructions: In case of an emergency, please ring the numbers on the back of your bib. DO NOT ring your partner/family/support crew and ask them to talk to the race director or first aid. The runner MUST follow the instructions on the back of bib and contact one of these numbers.

3. If you are receiving a shirt, it will be in your race bag. Shirt sizes cannot be changed sorry, unless we have a spares, they were custom ordered as per the size you all recorded at registration.



If you do not want your free shirt, please hand back to rego volunteers. This is a gift from BBTR, but some people do not like or wear the merch. It is your choice.

Race Shirt

If you did not register in the early bird time, then you will not get a free shirt. Free shirts were for 42.2km, 21.1km [no shirt for 10km].

There will be limited sizes available at check-in on Saturday and Sunday. After all the registrations have finished on Sunday, the remaining shirts will then be available at the recovery tent at the event hub for sale. We have cash, eftpos and visa available.

Race Run Down

Will provide essential route and safety announcements, these will take place in the start/finish area shortly before the start time.

This will include any last-minute course changes, due to safety or weather.

This is a lap style race:

- 1 full lap is 21.1km
- 2 full lap is 42.2km
- 10km is different course

1. Hole Punching your bib - 42.2km only

You will get a hole punch on completion of each lap on your bib from the volunteers. Do not leave that area until you have a hole punch (very important). The holes in your bib tells the marshals what lap your on. After you have finished at race hub, you will go out the start chute and complete a second lap, same direction.

2. Green wrist band

The green wrist band tells the marshal that you have all your mandatory gear. These wrist bands are very important. They will help you to follow the PINK tape markers when fatigued. The band must be on your **LEFT HAND**. That is the way you are following pink tape out on course.

At any time out on course you think you are not following the pink tape correctly, check your bib and green wrist band.



FINISHERS MEDALS

42.2km [7.00hrs to complete the full course] - Finishers Medal

42.2km / 1030m+

6.30am Sunday-1.30pm Saturday [7.00hrs-UTMB Points]

- All runners must be finished the full 42.2km by 1.30pm Sunday for UTMB Points.
 - It is the discretion of the course sweep to allow you to continue, if they catch up to you at an aid station.
 - Course closed at 2.30pm
-

21.1km [6.00hrs to complete the full course] - Finishers Medal

21.1km / 515m+

7.30am Sunday-1.30pm Sunday [6.00hrs- UTMB Points]

- It is the discretion of the course sweep to allow you to continue, if they catch up to you at an aid station.
 - All remaining runners will be removed from the course after 1.30pm.
-

10km [4hrs to complete the full course] - Finishers Medal

10.0km / 420m+

8.00am Sunday-12.00pm Sunday [4.00hrs]

- It is the discretion of the course sweep to allow you to continue, if they catch up to you at an aid station.
 - All remaining runners will be removed from the course after 12.00pm.
-



Directions

We want all cars to come in off the highway to Bago Road and then turn onto Burrawan Forest Drive (do not come in from Aintree Close). This is a 60km road so please slow down to 40km. If your car is reported to be speeding more than 40km or interfering with local traffic you will be asked to leave. This is for the safety of animal and people. This is a very narrow road.

There is limited parking in race area. Please park where signs and parking marshals direct you. Race parking will be from longest race (will be closest to race hub eg. 42.2km as there first) and (10km) will be the furthest. You will be direct by the marshals to where to park.

Please respect other competitors. Do not park anyone in, as not everyone is doing the same distance. People will be coming and going over the course of the day. There is NO bus area. There will be parking marshals out there to direct traffic for parking. Always follow parking marshals' instructions. There will be a turn circle right near the race hub to drive around when leaving the area.

The race hub is in the forest on the same road further up and over the hill, not in a normal picnic area. There is NO normal carpark.

Be aware that the road will still need to be driven up the middle [as roads are open to the public], especially if we need to get an ambulance through there. Park as close to the left and right side as safely possible. ALL ROADS ARE OPEN, THIS IS NOT A CLOSED ROAD COURSE.

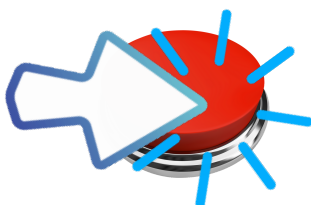
To avoid traffic congestion on Burrawan Forest Road. We are asking traffic to only travel in one direction [this does not include the general public] until after 8.00am. The road is narrow and if you are only dropping a runner off, we ask you to not leave until after 8.00am. There is NO drop and go on Burrawan Forest Drive. If you cannot wait until 8am, you must drop them at the corner of Bago Road and Burrawan Forest Drive, and they can walk the 600m into the check in.

We ask that there will be no traffic going out until 42.2km and 21.1km races have started at 8.00am. This is for safety for everyone on the road.

If using GPS put 'Burrawan Forest Drive' via 'Bago Road' Herons Creek.

Via Bago Road end will take you straight to car park. If you come in Aintree Close of the highway to Burrawan Forest Drive, you will be driving through the course and the start/finish area, which will be set up and also have a lot of runners and support crew on the road. Please do not come in this way. There will be signs to follow on Bago Road to parking area.

Press the button for directions



Parking

This is a 60km road but, event time it is only 40km.

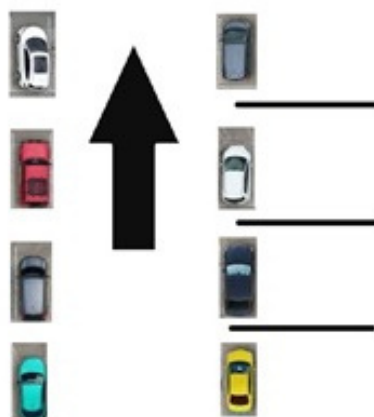
Do not speed down this road.

SLOW DOWN 40km

This is a very narrow road.

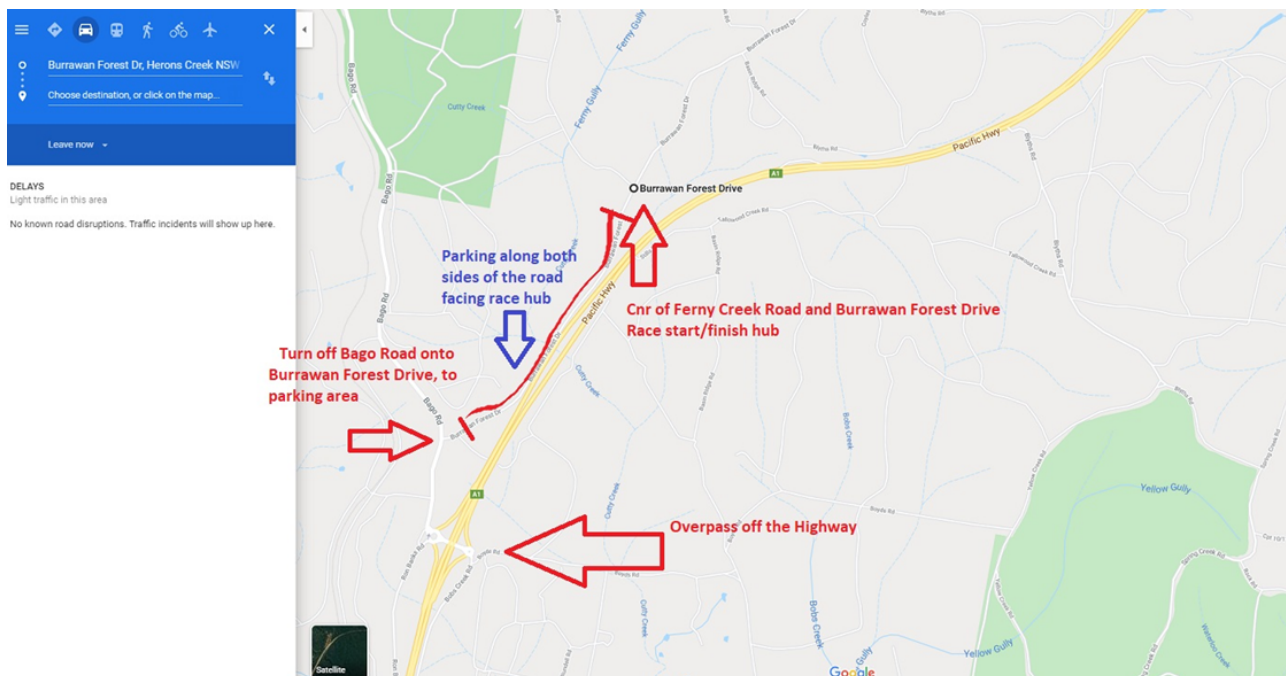


RACE HUB



Please drive in and park behind the next car in front of you on either side of the road. Please park as far off the road as possible, as we need to get an ambulance through there.

DO not park past no parking signs, as it is the round about to turn around





**Click the button
for results**

Electronic Timing:

There will be an electronic timing system used. This will have all the race competitors list for all races uploaded. The timing crew will be in control of starting the race, ensuring the accurate recording and communication of results as appropriate to the event. The timing crew will deal with any enquiries/protests. They will identify the winners of each race and they will cover any other timing requirements required by race director. There is one timing mat, at the start/finish. You must go over the timing mat to have you lap counted. The timing tag/s are on your bib. Please place the bib on the front of your shirt or on a race belt. It must be on your front [not on the back]. All races will start on time. They will not be held up for any reason.

NOTE: WE DO NOT SUPPLY SAFETY PINS. USE OR BUY A RACE BELT OR BRING YOUR OWN.
We will have race belts for sale at check-in.

Your Safety Rules:

Safety is more important than anything else. A risk assessment has been carried out in the days leading up to the race. Any significant hazards will be indicated on the route map, which will be displayed at start/finish race hub.

CHANGES DUE TO RISK MAY MEAN THAT ARRANGEMENTS FOR THE RACE COURSE MAY HAVE TO BE CHANGED RIGHT UP TO THE LAST MINUTE, AND ANY ADDITIONAL HAZARDS WILL BE ANNOUNCED AT THE RACE BRIEFING. IT IS THEREFORE IMPORTANT THAT YOU ATTEND THE BRIEFING.

This will take place in the start area, shortly before each of the start times. Please be aware of other competitors and cars on race route. ALL ROADS ARE OPEN TO PUBLIC.

- a reminder not to attend if feeling unwell. If you have tested positive with COVID 19 within the last 6 days.
- a reminder of hygiene practices that will be in place and around other people(e.g. hand washing, sanitising, sneezing, and coughing, spitting).
- a reminder of any physical distancing requirements that will be in place, even out on course and check points included.
- a reminder that runners should arrive self-sufficient ready to race, including all the mandatory gear that is required and bringing their own food or drink where possible for the race. There will be food at the race hub and check points, but it will not be a self-serve buffet this year like normal. There will be volunteers that will pre-pack certain food in paper bags and fill up your drink bottles using jugs. To minimize touching/contact between volunteers and runners.
- a reminder of the 'this is not like normal years, please try to social distance when racing and being a support crew.

Race Rules and Trail Etiquette:

- The uphill runner MUST GIVE WAY to a downhill runner at all times. They have right of way. Uphill runners must stay too left of a downhill runner.
- If an uphill runner does not give way and their bib number is reported for this reason to a marshal, BBTR crew or race director, there will be a penalty.
- If the bib number is reported more than once for the same issue, they will be DNQ and pulled from the course if this is found to be true.
- Safety comes first for all runners, marshals, BBTR crew and first aid responders.

This area is a open course and locals will be notified and area signed. Please be aware if you see public on course, please be courteous at all times and give right of way to them. We do not want complaints from general public please.

IF YOU COME ACROSS ANOTHER RUNNER WHO IS ILL OR INJURED, YOU MUST OFFER ASSISTANCE. WHERE APPROPRIATE, REPORT THE ILL OR INJURED RUNNER TO THE NEXT MARSHAL YOU ENCOUNTER SO THAT THEY CAN SUMMON ASSISTANCE FROM FIRST AID RESPONDERS.PLEASE TAKE NOTE OF THEIR BIB NUMBER AND ALSO REPORT THIS TO THE MARSHAL, FIRST AID RESPONDER OR RACE DIRECTOR.



Cold Weather

This event takes place at a time of year when bad weather might still be encountered. If the weather is cold, please ensure that you wear clothing appropriate for the conditions. A hat/buff and gloves can play an important role in the regulation of body temperature. However, you should avoid wearing too many layers of clothing as your body temperature will rise once you have started running.

The weather can deteriorate during the race. It is your responsibility to be aware of, and adapt to, changing conditions. If instructed by race director to pick up a piece of mandatory gear or recommended gear, you must either carry it or put it on, as per race directors instructions. If the instructions are not followed, you will be DNF.

Clearing Runners off Course at end of Event

There will be a sweep vehicle driving around course over the period of the race/event. When the cut off times of each race is approaching, the sweep vehicle will be at key location which you have been informed you must be through before a certain time. If runners do not go through those last cut off points in the allotted time, they will be taken out of the race and put in the sweep vehicle and taken back to the start/finish hub. On Sunday the sweep vehicle will be sweeping the course and removing all competitors that have not made it to certain points by a certain time. At 1.30pm, all competitors will be removed from course by the sweep vehicle regardless of where they are, as course is closed at 2.30pm

MARSHAL/VOLUNTEERS BRIEFING

If you are also volunteering or have friends and family volunteering at the race.

BBTR would like to thank you for volunteering. We appreciate your help and hope you have an enjoyable day.

This document provides you with the information you need to help you carry out your role. If you don't understand anything or need any more information,

Please contact the Chief Marshal

Mathew Williams

0413 967 694

Safety issue, Marshals and Volunteers

Must sign in and out of event. This is for safety reasons. We need to know who is on course at all times, encase there is a safety issue i.e. fire, water that we need to cancel/evacuate course immediately. Everyone must be an accounted for.



EVENT RULES (we don't supply pins for bibs)

- You must complete the marked course on foot under your own power.
- Poles are not permitted to be used in the first 1km of the course due to creating a dangerous tripping hazard.
- Poles must be fully collapsible so they can either fit inside your running pack or be strapped to the outside of your running pack when not in use. Poles must not be held in your hands and must not protrude from your running pack at times when their use is not permitted.
- If you are planning to use poles after the 1km mark, you must start the race at the back of the field.
- Your race number must always be visible on the outside of your clothing and on the front of your body. Do not cover over your race number.
- You must always socially distance.
- You must abide by all non-touch rules at the aid points. Please be patient as volunteers are doing their best and this is a part of the race being able to run, non-touch. Please use the bins provided for rubbish.
- You must not fold, change your race number in any way. It must be worn as is, unfolded.

• The wearing of iPods or playing music out allowed are NOT ALLOWED.

This is both for safety and so you don't hold up faster runners on the single track or annoy other runners. There is to be no music to be played by runners while out on course. There will be music played at the aid stations and the race start/finish hub. You must always be aware of your surroundings. Roads are open, so you must always be on your toes and aware.

- Roads will only be 1 way into race start/finish until 8.00am on Sunday morning. Once all races have started, the parking will be open for leaving. If you are only dropping off runners, you will only be allowed to leave after 8.00am.
- We DO NOT SUPPLY Pins for you bibs. Bring your own or purchase a race belt from check-in.
- No cup races. You must supply your own cup/bottle for fluids.
- If you withdraw from the race, please notify the race director.
- If you need first aid help on the course, you must use the phone numbers on the front of your race bib and call the race director. The first aid team will arrange to treat you. Support crews are not allowed to enter the race course to collect runners.
- You must stay on the marked course. Short cuts are not permitted. If you get lost, return to the last sighted marking. If chief marshal requests a GPX file for a place clarification, you must supply or forfeit your place. Anyone suspected to have cheated must supply the GPX file for checking. This is the race directors' rule. We will not tolerate people getting outside help and cheating.
- You must always carry your own mandatory gear during the event. Random gear checks will be performed during the race. If you are court without your mandatory gear, you will be DSQ.
- Littering is prohibited.
- You must not leave human feces 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.
- You must not smoke in the State Forest. It will not be tolerated, and you will be asked to leave the course/race/area.
- You must obey all information, signs such as track closures, etc.
- The participant is responsible for the actions of their support crew. Support crews must comply with all instructions from race crew and marshals. The participant may be penalised or disqualified for actions or breaches of the rules by their support crew.
- Support crews must obey all road rules and drive within the speed limits. Please ensure that support crew get sufficient rest and are not tired when driving.
- Support crews must not eat the provided food for runners at race start/finish. The food is for the competitors only. There is a coffee van where you can purchase coffee/tea etc from, cash and visa available.
- Outside assistance is NOT PERMITTED. Assistance from race BBTR and marshals are fine.
- Spectators / support crews / non-race participants are NOT permitted to run with or pace runners, anywhere on course at any time.
- Pacers are NOT permitted for any distance.
- The race organisers are not responsible for the safety or whereabouts of support crew.
- The race organisers reserve the right to discourage and/or penalize behavior that is considered unsporting.
- 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, there will be no exception to this rule.





MEDICAL SUPPORT

We will have professional medical support. This will be done by a professional event health services. They will be assessing all injuries minor or severe. They will be coordinating with the race director and the safety/officer/emergency services liaison. Serious injuries will be triaged by event health service staff, and they will contact the appropriate services from then on.

Competitor Medical Information

The reverse side of race numbers will have provision for appropriate medical information and contact details to be inserted by the competitor. Where possible, competitors' medical information will be provided separately to medical providers.

Late Entry, Upgrades or Downgrades

There are no upgrade or downgrades after 1st April on-line. If you can't run the distance your entered in, you can change at check-in only. Please talk to Kerry at check-in.



COURSE MARKINGS

Pink Flagging Tape



Pink flagging tape will be placed heavily around the course. They will be placed on the left-hand side of the road, in the clockwise direction of the course.

- Everyone will start the same direction. Then about 2km in, everyone will come to a junction road.
- 10km will turn left and follow pink markers on left hand side. Running the course in clockwise direction.
- 42.2km and 21.1km will turn right and follow pink tape on left hand side. Running course in an anti-clockwise direction.
- At about the 19km mark, the 42.2km and 21.1km will travel the same 2km section back to the race hub, which they started on. They will then come into the race hub, fuel up and 42.2km will go back out again for their second lap, following the same course.

PLEASE

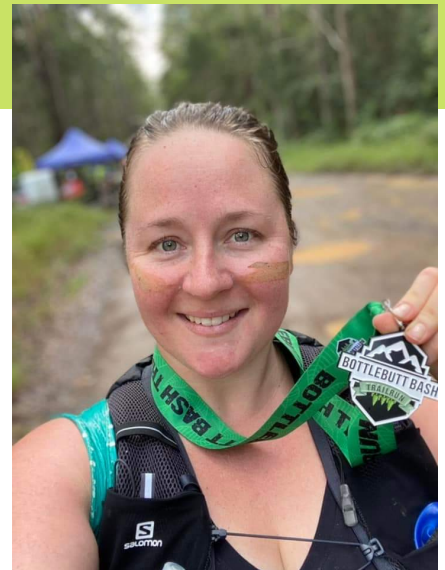
If you think you cannot get to the next aid station from the one you're at due to injury or various other reasons and you think you may pull out somewhere on the course, as not well or have an injury. Take some time to hydrate and refuel yourself before leaving an aid station if not feeling well. There is only medical vac from out on course between aid stations. Pull outs that are not medical related are only picked up from aid stations, no other place on course.

Everyone

On each turning corner, there will be 2 pieces of pink tape about 3-4metres apart. This is to ensure you that you are going the correct direction. If you are unsure about how it will work, speak to volunteers at check-in.

Directions & Green Wrist Bands [Very Important to understand this]

Pink tape = Green wrist bands [the direction you are following tape]



RED / WHITE FLAGGING TAPE

Red/white tape is a NO GO AREA (closed part of the course). It is particularly important to not go past this marking tape. You will get lost and be off course if you follow this marking. Turn around and go back to the last pink tape you have seen.

The event will have marshals who can be identified by yellow high visibility safety wear. There are no marshals on course. They are only located at the two aid stations on course. However, there are numerous coastal track and trail runners [CTTR] competing over the weekend. They will assist you if anything goes wrong. It is their home course. Most of them have run the course a number of times and should be able to assist you on where you are and also re-direct you back on track if you take a wrong turn.

START AREA

The start of all races is at the corner of Ferny Creek Road & Burrawan Forest Drive, Herons Creek (via Bago Road, Herons Creek). Aintree Close is the other end of the course (this goes onto Burrawan Forest Drive, DO NOT COME IN THAT WAY please) you will drive through the start finish area and all the runners. Come in from Burrawan Forest Drive via Bago Road, Herons Creek. There are signs on Bago Road to Burrawan Forest Drive to where the car park is.

Drop Bag Service - 42.2km (only)

Drop bags must be closable and SOFT [Woolworths/Coles Cool Bags are strongly recommended]. Plastic bags/garbage bags and hard plastic boxes will not be accepted. All drop bags must be clearly marked with surname and race number. Write on the bags in a thick permanent marker pen rather than trying to attach a label that may be ripped from bags in transport and handing.

Drop bags must not contain any glass bottles. Any liquids must be limited and if included, must be securely contained. Valuable items should not be left in drop bags. Marshals will line up drop bags in race number order. Any bags without a name and race number written clearly, securely, and easily visible will not be able to be placed into order. Only the runner can collect their drop bag at the drop bag locations. Once each drop bag is finished with it must be taken to the used drop bag pile. Drop bags will be returned to the drop bag tent. It is the responsibility of runners to collect their drop bags from the drop bag tent. Any drop bags not collected by 2.30pm on the Sunday will be disposed of.

Coffee Van - Coffee/Tea

BBTR will have Jim's Coffee van selling hot drinks/coffee throughout the race. There will be card facilities available for purchases and cash. The social distancing applies in these areas and there will be hand sanitizer there to use also. Try and use card instead of cash please.

Toilets

There will be portable toilets at the race start/finish and 1 toilet out on course at Bottlebutt tree picnic area. There will be soap in the toilet and hand sanitizer outside, please use both and social distance when lining up please.

No Drop bags - 21.1km, 10km

There is a bag area at the race start/finish. You leave them at your own risk. They must have your name and race number on them. If they are not picked up by 2.30pm Sunday, they will be discarded.



Aid Station - Aid stations are no touch.

- Hydration [water, soda and electrolytes] Fluid: We are eliminating self-service. Volunteers will have gloves PPE on and fill bottles up with jugs of water. Runners will open their own packs and volunteers refill using jugs to eliminate cross-contamination opportunities. Electrolytes will be given out in tablets.
- Food: As with fluid, we are eliminating the buffet style self-service. We will have pre-portioning snacks into small paper bags for lollies and chips and hand out fruit portions. Volunteers will be wearing food service gloves PPE and handing out food portions as required.
- Maintain distancing
- Use sanitizing provided
- Waste management in place

Location	Details
Start/finish HUB	<ul style="list-style-type: none">• Support Crew Allowed. Access to Drop Bags.• Race hub will be stocked with Electrolytes (Fizz), water, fruit, lollies, chips.• Professional first aid and medical support on course and the event hub• Timing mat location
Burrawan.Rd Aid Station	<ul style="list-style-type: none">• NO Support Crew.• Electrolytes (Fizz), water, fruit, lollies and other yummy goods.• Professional first aid (St John's NSW Event Health Services) and medical support on course
Jimmys.Rd Aid Station	<ul style="list-style-type: none">• NO Support Crew.• Electrolytes (Fizz), water, fruit, lollies and other yummy goods.• Professional first aid (St John's NSW Event Health Services) and medical support on course
	Portable toilets will be available at Race HQ and at the picnic area at the Bottlebutt tree carpark. Please use hand sanitizer and soap provided

The Finish

The finish is at race start/finish, coffee, drinks will be available for purchase.

There will also a medical tent.

- Spectators/Supporters: The race hub is large area. To help keep energy high we will have music, noise makers, and an announcer calling in / congratulating finisher.
- Finisher medals will be given to runners.

Rubbish (Leave No Trace)

No Littering. You are running in a State Forest, which is to be protect it.

Use the bins provided at each aid station to dispose of your rubbish. If you see rubbish that is obviously from another runner, we would love you to pick it up.

Toilets / Human Waste (Leave No Trace)

Do not leave poo and piles of toilet paper. Make sure you cover it up and off the track.

On the course there are toilets at the following locations:

- Aid Station 1
- Aid Station 2
- Race Start/Finish Line

Phone Coverage

Mobile phone coverage over most of the course. Generally, you can get reception on hills and ridges across the course. Telstra coverage across most of the course, Optus more intermittent.

First Aid

There is first aid available the race start/finish. If first aid is required at a aid station, they will come out. Each participant is responsible for their own basic first aid and should carry their own band aids/blister aids, body lubricant [e.g. like body glide], sunscreen and strapping tape, compression bandage, emergency space blanket.

Professional First Aid WILL NOT do strapping at aid stations or at race hub. Have your own tape, you can apply.

If you pass an injured runner or a runner who is obviously struggling on the course, please stop to help them and follow the Participant Emergency Instructions on the back of your bib. Emergency evacuation points are the aid stations around the course. Please let the timing team know ASAP if you helped to assist an injured or sick person, so they can adjust your time. If you are injured seriously you will be picked up from your current location on course. If you are injured but not serious, make your way to an aid station to be treated or picked up if pulling out due to injury.

Withdrawing from the Race

If you find you just cannot continue due to any number of reasons or must make your way to closest aid station to be collected. You will not be picked up on course. Only medical evacuations will be collected from your current location. If you are not well at an aid station and you feel you cannot make the next 8-10km to next aid station, DO NOT LEAVE there. Ring the race director number on the back of your bib. DO NOT ring and ask your support crew or family to inform the race director. Competitors must make that decision for medical support or to withdraw from the race. If you are withdrawing from the race, you will have to find the race director (Mathew) or the safety officer (Kerry) to withdraw.

INSURANCE

The organiser of the race, Coastal Track and Trail Runners, has public liability insurance cover. This does not include personal accident insurance for competitors. We recommend that you arrange your own personal accident insurance, ambulance cover and income protection insurance before participating in the race to cover any unforeseen personal costs you may incur due to ambulance trips, medical expenses, or time off work due to injuries sustained whilst participating in the race. International participants should take out travel insurance that provides cover for ultra-trail running races.

WARNING AND DISCLAIMER

Please ensure that you are sufficiently skilled and trained to undertake the event. The course is very tough and demanding with remote sections that can result in slower first aid / rescue response times. It is a combination of fire trail and narrow walking tracks including some very steep sections, on dirt and on rock and sections, creek section that are rough under foot. It is your responsibility to ensure that you are fit enough to complete the event which may take you up to 7 hours to 4hours. Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the race. It is your responsibility to monitor your health and condition during the race and to withdraw from the race if you are no longer fit enough to continue. Please read and understand the Acknowledgement, Release & Indemnity Form on-line. You do not need to print and sign this form as you have already electronically signed this when you entered the race online. You will also sign in again at race check-in to show you have read and understood this form. You will not get your race bag until it is read/signed.





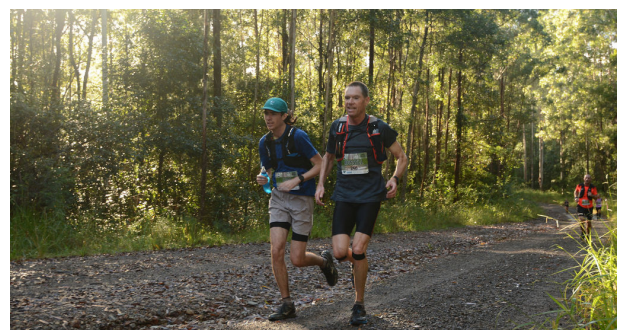
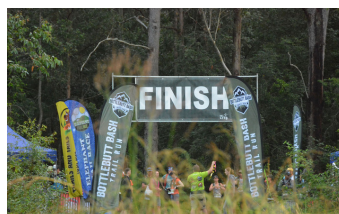
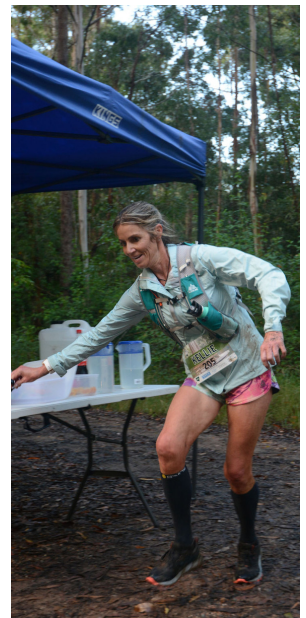
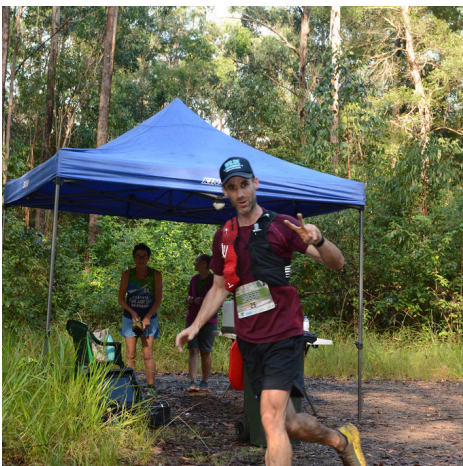
Our Official Event Photographer / Videographer Dennis Photography

WWW.COASTALTRACKANDTRAILRUNNERS

Bottlebutt Bash Trail Run photos will be available for FREE to download on our website and Facebook page.

Big thank you to Cooper from Dennis Photography

Photo generally released 24-48 hours after the event



Photos will be taken out on course. Bottlebutt Bash Trail Run, Coastal Track and Trail Runners and Coastal Sports Warehouse, Dennis Photography reserves the rights to use all the photos taken for use in promoting the race on the website, social media and in print form. You have agreed to allow our name, results, photographs, videos, multimedia, or film likeness to be used for any legitimate purpose by Coastal Sports Warehouse, [CTTR] Coastal Track and Trail Runners, the sponsors, Dennis Photography, Event partners or assigns without payment or compensation. This was agreed in the Acknowledgement, Release, and Indemnity form.

Mathew and I would like to thank everyone for coming and taking on the Bottlebutt Bash. We hope you enjoy your adventure you are about to take on and hope you will come back next year and take on the distance again or even take on a bigger distance and go out of your comfort zone. If we don't see you next year, we hope to see you back racing with us soon, which will be bigger and full of more magic.

RD

This document considers the changes in how our trail running events are managed and offers guidelines towards best practices moving forward. Nevertheless, we recognize we cannot eliminate the risk of runners, support crew, spectators leaving their home and attending a trail running event/race/training. We feel as race directors that we can only try to reduce the risk of this outdoor activity.

BBTR
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**DON'T LIMIT YOUR
CHALLENGES
CHALLENGE
YOUR LIMITS**