



Bottlebutt Bash Trail Run

COMPETITOR Briefing Notes

10KM

24th April 2022

Bottlebutt Bash Trail Run gives you 3 different distances to experience this beautiful area. It has a distance for all abilities. This year we have more fun in the forest with the 'Bottlebutt Bash Marathon'. 2 laps of the magical 21km. The 'Bottlebutt Bash' is a 21km 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.



Race Director

Mathew Williams

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Safety Officer

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Results

COASTAL Track and Trail Runners

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PROGRAMME INFORMATION

Expected time of last finisher 2.45pm 24/4/22

Minimum Age Limit 42km, 21km 18 (*There are Special Exceptions)

Minimum Age Limit 10km 12 (*There are Special Exceptions)

Location of First Aid - Start/Finish HQ
(St John's NSW Event Health Services)

Course Closed (All runners will be removed) 2.45pm 24/4/22

SCHEDULE OF ROAD CLOSURES

This event does not require any council road closures. **This year, 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 ear buds or head phones 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.

TIMETABLE

SUNDAY 24th	4.00am	<ul style="list-style-type: none">• CTRR/BBTR will be out setting up• 'Runners on Road' signs put in place
	5.00am	<ul style="list-style-type: none">• Race Hub Opens• Race Hub is open to runners/support crew• Race Start/Finish Hub Opens to marshals/volunteers and officials• Late Race Registrations and Bib Pick up (42km, 21km, 10km) opens
	6.00am	<ul style="list-style-type: none">• Late Registrations for 42km Bottlebutt Bash Closes
	6.15am	<ul style="list-style-type: none">• Race Briefing 42km
	6.30am	<ul style="list-style-type: none">• 42km Bottlebutt Bash Marathon Run Start• Late Registrations for 21km Bottlebutt Bash Closes
	6.45am	<ul style="list-style-type: none">• Race Briefing 21km
	7.00am	<ul style="list-style-type: none">• 21km Bottlebutt Bash Run Start• Late Registrations for 10km Bash Closes
	7.15am	<ul style="list-style-type: none">• Race Briefing 10km
	7.30am	<ul style="list-style-type: none">• 10km Bash Run Start
	2.45pm	<ul style="list-style-type: none">• Course Closed to ALL Runners
	3.00pm	<ul style="list-style-type: none">• <i>Race Hub is Closed</i>

Drop Bags- (take personal bags to race hub and put in the bag tent. This area will not be maned. All bags left there must be picked up by 2.45pm on Sunday 24th April. After this time, all belongings left will be discarded due to COVID 19 safety rules.

COVID -

Do Not attend if you have had COVID in the last 7 days

COMPETITOR BRIEFING & FINAL 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, just email. We know there are a lot of questions about how COVID 19 will affect the racing this year.

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 will be non-touch this year. Please abide by this rule, it is for everyone safety and law. "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 and with the COVID changes I do not want people getting impatient and losing their s**t over very little things as we have to take more time to do things this year. The RD's have no problem telling you to leave if it gets to that. I will say it again we are all in this together. There are things that we must do by law to make this happen this year safe for everyone.
- Do not attend if you have tested positive to COVID-19 in the last 7 days. We do not want to help spread COVID 19. You are responsible for your own actions leading up to the event and during the event.

Parking

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 but at event time it is only 40km. Do not speed down this road.

SLOW DOWN 40km

If your car is reported to be speeding more then 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.42km 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. Unload your vehicle quickly and please avoid getting in the way of vehicles parking. 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. **MUST BE PUT ON WHEN LEAVING YOUR CAR PLEASE.**

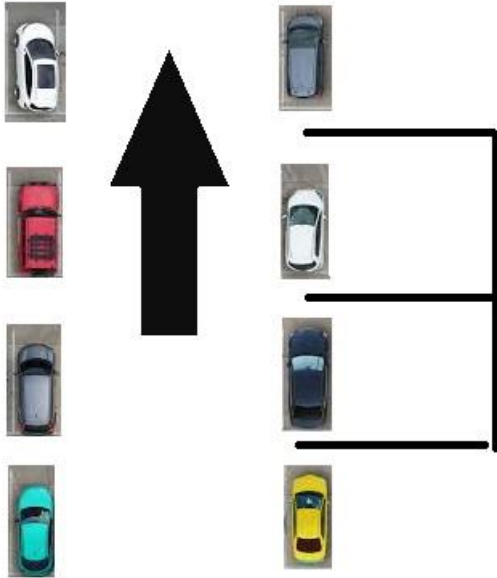
Be aware that the road will still need to be driven up the middle, especially if we need to get an ambulance through there. Park as close to the left and right side as safely possible.

To avoid traffic congestion on Burrawan Forest Road. The traffic will only be travelling in one direction until after 8.00am. The road is narrow and if you are only dropping a runner off, you will not be able to leave until after 8.00am when road is open again. 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.

There will be no traffic going out until 42km and 21km races have started at 8.00am. This is for safety for everyone on the 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.



Start/Finish Race HQ

Race HQ is located 600m north from the turn off Bago Road onto Burrawan Forest Drive. Please follow the signs.

Toilet facilities are available at this location. Start/Finish HQ will be open from 05.30am Sunday 24/4/22 to competitors. Will close at 2.45pm Sunday 24/4/22.

Race HQ will be the location for:

- any competitor last minute information
- announcement of the results
- bag drop – please note that although Race HQ will be manned throughout the race, you leave your bags at your own risk.
- **You MUST collect your bib Sunday morning from 5.30am up to 30mins before your race starts.**

About You

We want you to have a fun and above all, a safe event. However, the nature of trail running means that things can happen.

To help us help you in the event, if you need an EpiPen, please carry one in your pack and advise the St John's NSW Event Health Services staff and/or marshal of this.

Also please let check-in volunteers know, so they can record it for first aid with your race number.

Trail running will take you to locations that are not easily accessed. PLEASE DO NOT TAKE PART if you are injured or feel unwell or tested positive to COVID-19 in the last 7 days. If you are unsure, please consult your doctor prior to the event.

Trail Running

Trail running may involve hazards. You will need to be able to cope with them. Race briefing will inform you where they are.

You should stay aware of your surroundings, including uneven ground, ditches, holes, ruts, creeks, bog holes, boggy or slippery surfaces (i.e. rocks), vegetation and overhanging branches, tree roots and other trip hazards, rocks, debris, etc.

Mandatory Gear

10km (Mandatory List)

You are 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 always carry:

- Mobile Phone (for photos and to call us if you need us)
- Whistle
- Water Bottles or Bladders (capacity to carry 1/2 Litres of water)
- Compression Bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched)
- Emergency Space Blanket

Mandatory Gear to be available at the Start/Finish HQ aid station tent.

- Long Sleeve Synthetic Fleece Top
- Waterproof and Breathable Jacket with Fully Taped.
- Beanie or Buff.

Coastal Sports Warehouse (COASTAL Track and Trail Runners) 0434 048 688 Kerry

- Full-Fingered Lightweight Thermal Gloves (Polypropylene, Wool)

Drop bags are to be left at the Start/Finish HQ bag 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 2.45pm Sunday 24/4/22.

This Event

The 3rd race 10km is scheduled to start at 7.30am 24/4/22. Check-in, bib collection will take place at Sunday 24/4/22 5.30am-7.00am.

Maps showing each race will be displayed at registration/check-in.

These will show start/finish HQ, aid stations around the course. First aid is located at the Race hub.

Each runner has received a list of mandatory gear when they registered. The gear lists are also located under the mandatory gear tab on the <https://www.bottlebuttbashtrailrun.com.au/mandatory-gear> website.

Mandatory gear must always be carried. There is a list to carry and a list of gear that is recommended to have at the start/finish HQ hub encase you are asked to start with it due to weather conditions changing. There will be mandatory gear checks done over the course of the race.

If you are told to take or pick up mandatory gear that you should have at the start/finish HQ by the Race Director and you do not have it leaving that aid station, you will be pulled of course and DSQ. Race Directors instructions are final.

This is for your safety due to change in weather and conditions of the day. Race Directors 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 St John's NSW Event Health Services staff are the only one that can assist on course.

If you have support crews and family at the start/finish HQ aid station, you are allowed assistance there. Only runners can enter the start/finish HQ area for water, food and medical help. support crew and family are always to stay behind the barriers.

***** Please be aware *****

We found support crew out on course. This is will not be tolerated. If one or more of your support crew are found out on course, behind barriers in a closed section, you will be DSQ on the spot. This is for all runners, first aid, volunteers and BBTR crew vehicles out on course safety. Competitors are responsible for their support crew. BBTR crew do not want to be chasing people down thinking they are competitors, to find out they are support crew trying to get to their runners. This is classed as outside help and is an instant DSQ. So, make sure your support crew are aware. We will not tolerate outside help or cheating.

A race briefing, which will provide essential route and safety announcements, will take place in the race start/finish area 10 minutes before the start time. This will include any last-minute course changes, due to safety or weather. Please remember to social distance while out on course.

10km will be slightly different loop to the 42km and 21km's course. Their course is 10km, 1 loop. Laps is clockwise.

There will be mixed terrain but mostly tracks, trails, single track, creek beds. Markers will be pink tape and black/yellow tape.

PINK MARKING TAPE

Pink flagging tape will be placed heavy around the course.

They will be placed on the left-hand side of the road in the anti-clockwise direction of the course. You will start the same way as the 42km and 21km, but then about 2km in you will turn left and run the course in a clockwise direction. At about the 8km mark you will travel the same 2km section back to the race hub that you started on. You will then come into the race hub and finish.

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 want to pull out somewhere on the course, as not well or have an injury, 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.

There will be a lot of signage up at the intersections.

On each turning corner, there will be 2 pieces of pink tape about 3-4metres apart (both directions). 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: Very Important to understand this

Pink tape is the direction you are following tape

Left (lap1).

Yellow and Black-Flagging tape

Black/yellow tape is a NO GO AREA (closed part of the course).

It is especially important to not go past this marking tape. You will get lost and be off course if you follow this marking. There will be red and white X signs past this tape. Do not go past the X signs, it is a closed section. 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 be wearing the green/blue or pink/blue CTTR shirts/singlets. They will be able to 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.

Cut Off Time

10km Race will have 5.30hrs to complete the full 10km course.

- At 2.45pm the Bottlebutt Bash Full Course is officially CLOSED to all runners regardless of where you are on course. All runners will be removed from course.

MEDALS

10km will receive a finisher's medal. You will receive your finisher's medal at the end of the finish funnel from a CTTR member once you have completed the full course.

The results for place getters will be declared, on a provisional basis.

To query any result, please contact the timing team within 15 minutes of the results being declared provisional. Formal protests or objections should be submitted to the race director within the same period. If no queries, protests, or objections are lodged within this time, the place getter will be declared final and will not be amended under any circumstances. If any are lodged, related places will not be declared final until all matters are resolved. All race results will be checked at the end of the race. If the course is different, you will be contacted.

The full results will be posted up on the bottlebuttbashtrailrun.com.au after the timing team have checked them and resolved any queries they may have.

TIMING

There will be an electronic timing system used. This will have all the race competitors list for all races uploaded (NO timing for the kids' race). 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 are 1 timing mats. You must go over this timing mat to have the lap counted. Timing mat at the Race Start/Finish line. This will be in the chute. The timing tags 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.

Your Safety

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 HQ.

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, 10minutes before each of the start times. Please be aware of other competitors on race route. If you are a 21km runner, you will have 42km, 10km runners running from other directions, across your event throughout the day.

- a reminder not to attend if feeling unwell. If tested positive to COVID 19 in the last 7 days.
- a reminder of any hygiene practices that will be in place (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 food for them in paper bags and fill up their drink bottles using jugs. To minimize touching/contact between volunteers and runners.
- a reminder of the 'this is not like normal years, you must social distance when racing and being a support crew' approach.

Course Rules:

- Road rules apply, all runners must stay to the left of the course.
- If the bib number is reported more than once for the same issue, they will be DSQ 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.
- Social distancing still always applies out on course.

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

Times will be adjusted to compensate for any losses.

This event includes tracks and/or areas of ground that may have been exposed to animals in the period leading up to the race. Please take the following minimum precautions:

- a. Wash hands before eating, drinking, i.e. use soap, clean towels and, preferably, hot and running water
- b. Do not consume water from creeks
- c. Ensure adequate supervision of children, particularly those under 5 years of age always.

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 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 DSQ. If you are told to pick it up at the race start/finish hub and you do not have it there, you will not be able to leave until you have it. This rule is final, no exceptions for any reason.

Principal Contacts:

Chief Marshal	Mathew Williams	0413 967 694
Race Director	Mathew Williams	0413 967 694

Clearing Runners off Course at end of Race:

Sweep vehicle will be leaving the race start/finish hub at 2.45pm and will pick up any remaining runners on course. If you have not finished by 2.45pm, you will be picked up, no exceptions to this rule, regardless where you are.

MEDICAL SUPPORT

We will have professional medical support. This will be done by St John's NSW 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 St John's NSW 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 Transfers

There are no transfers, upgrade, or downgrades now.

Race Check-In

Race Check-in will take place Sunday morning and close 30 mins before each race.

At race check-in you will need to sign that you have read and understand the Acknowledgement, Release and Indemnity and fill out the questions on the sheet. You will then receive your race bib 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.
NOTE: If it is on your back, you will not get a race time this year.
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 as ask them to talk to 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 with your bib. (Shirt sizes cannot be changed sorry unless we have a spare; 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.

STAY HOME IF UNWELL

No persons, including participants, volunteers, and spectators, are to attend an event if they have tested positive to COVID-19 in the last 7 days.

Persons must not attend if in the last 7 days they suspect they have COVID-19 (cough, sore throat, fever, or shortness of breath).

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

the Start Area

The start of all races is at the corner of Ferny Creek Road and Burrawan Forest Drive via Bago Road, Herons Creek. (You need to come in the Bago Road end near the highway. The other end of Burrawan Forest Road near Aintree Close will be closed due to course)

- **Drop/Personal Bag Service:** 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. There will be a tent near the start you put your drop bags in. It is the responsibility of runners to collect their drop bags from the drop bag tent. Any drop bags not collected by 2.45pm on the Sunday will be disposed of due to COVID Safety Plan. These bags are left there are the runner's risk. There are volunteers in this area, but it is the runner's risk.
- **Toilets:** There will be portable toilets at the race start/finish and 1 toilet out on course at each aid station. There will be soap in the toilet and hand sanitizer outside please use both and social distance 2m when lining up please.

Race Briefing

This will give you last minute changes of course and safety issues. Also explain your race, you must attend. All races will start on time.

Start

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. Safer option is BBTR is pre-portioning snacks into small paper bags for lollies and chips and plastic bags for 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**

Aid Station

Location	Details
Start/Finish HQ	Support Crew Allowed. Access to Drop Bags. Race HQ will be stocked with Electrolytes (Fizz), water, fruit, lollies, and other yummy goods. (There will be other food available from the food area for sale) Professional First Aid (St John's NSW Event Health Services) and medical support on course and the event HQ *** Timing mat location ***
Burrawan Rd Aid Station	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	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 carpark. Please use hand sanitizer and soap provided

The Finish

- The finish is Spectators/Supporters: The race hub is large area.
- **Finisher Medals:** 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:

- Race Start/Finish Line

Dig a little hole and cover up your waste please.

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 at the race start/finish. 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.

St John's WILL NOT do strapping at the race hub. We will not have our physios at the race hub over certain hours of the day this year due to COVID restrictions. If you have your own tape, you will have to 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 this year. 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. Race director is terribly busy at the race hub. If you need first aid / medical assistance on the course, phone the race director or first aid (number is on the back of your bib).

The safety team will arrange for you to be picked up and returned to the race start/finish hub. Friends, support crew, spectators are not allowed to enter the race course to collect runners. Only runners are allowed on the course.

If you are withdrawing from the race you will have to find the race director (Mathew) or the safety officer (Kerry) to fill in the paperwork. You must also sign out of the race in the sign in/out book when withdrawing from the race.

EVENT RULES

- You must complete the marked course on foot under your own power.
- Performance enhancing drugs are not prohibited in accordance with 'The World Anti-Doping Code'.
- 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 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 do not 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 will only be 1 way (into Race Start/Finish) until 8.00am on Sunday morning. Once 42km and 21km 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.
- There will be no tents put up this year due to space and COVID safety.
- No cup races. You must supply your own cup/bottle for fluids.
- If you withdraw from the race, you must sign the withdrawal form at the race start/finish and sign out off course through the sign in/out book
- If you need first aid help on the course, you must use the phone numbers on the back of your race bib. The first aid team will arrange to retrieve 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 faeces 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.
- **Outside assistance is NOT PERMITTED.** Assistance from race BBTR & marshals are fine.
- Spectators / support crews / non-race participants are NOT permitted to run with or pace runners, anywhere on course at any time.
- The race organisers are not responsible for the safety or whereabouts of support crew.
- The race organisers reserve the right to discourage and/or penalise behaviour 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.
- We are in COVID times, please be respectful of others and social distance at all times.

INSURANCE

The organiser of the race, COASTAL Tracks 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 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 5.30 hours to finish. 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. 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.

RACE AWARDS AND PHOTOS

The presentation will take place when the first male and female of each race finishes. Medals will be given out at the completion of your race at the race start/finishing chute.

Photos will be taken out on course. Bottlebutt Bash Trail Run, COASTAL Track and Trail Runners and 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 Track and Trail Runners, the sponsors, 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 in 2021. We hope you enjoy your adventure you are about to take on in the forest and hope you will come back next year, which will be bigger and full of more magic.

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.

Mathew and Kerry

Coastal Track and Trail Runners CTTR

Acknowledgement, Release, and Indemnity - **Bottlebutt Bash Trail Run**

This is an important document which affects your legal rights and obligations. You must read it carefully prior to entering the 'Bottlebutt Bash Trail Run' (Event/Race). When you do your on-line entry, you will be asked to tick a box to confirm you have read and understood this form. This is an especially important form for the race. All participants and late entries will be asked to sign one of these forms at Rego/Check-in. Please re-read it before coming to Rego/Check-in. You need to be aware of the risks of participating in the Event/Race.

In consideration of Coastal Track and Trail Runners CTTR (the “Event/Race Organisers”) accepting my participation in any of the ‘Bottlebutt Bash Trail Run’ (Event/Race) to be held at Burrawan SF 24TH April 2022 (the “Event/Race”) I Agree to this release of claims, waiver of liability and assumption of risk.

1. I have read and understood the relevant the ‘Bottlebutt Bash Trail Run’ Competitor Briefing document and information relating to the Event/Race for the ‘Bottlebutt Bash Trail Run’.
2. I understand the demanding physical nature of the Event/Race. I declare, as a condition of entry to the Event/Race, that I have sufficiently trained for this Event/Race and that I am not aware of any illness, I have not tested positive to COVID-19 in the last 7 days, injury or any other physical disability which may cause me injury or death whilst participating in the Event/Race.
3. Prior to race start or in the Event/Race that I become aware of any medical condition or impairment, or I am otherwise sick or runny nose, dry throat or any other COVID 19 symptoms or have COVID-19 or injured prior to or during the Event/Race, I will withdraw from the Event/Race
4. I acknowledge that participating in the Event/Race is a dangerous activity and that by such participation I am exposed to certain risks. I acknowledge that the enjoyment of trail running is derived in part from the inherent risks and exertion beyond the accepted safety of life at home or at work and that these inherent risks contribute to such enjoyment and are a reason for my participation in the Event/Race.
5. The Event Organisers CTTR may at their sole discretion, refuse event entry or cancel an event entry (with full refund) to any person for any reason whatsoever, this includes if you have tested positive to COVID-19 in the last 7 days.
6. I acknowledge and understand that whilst participating in the Bottlebutt Bash Trail Run:
I may be injured, physically or mentally, or may die from various causes including, but not limited to, over exertion, dehydration, cardiac arrest, slips, trips, or falls, accidents with other participants, spectators and road users, or accidents caused by my own actions.
I may be infected or may die from various causes including, but limited to, someone at the event without their knowledge may have been in contact with someone with COVID-19 prior to the event and have no symptoms prior to starting the race and find out later that they had COVID-19 and may have given it to anyone they may have come into contact with or even die from the result of contracting COVID-19 from that contact.
 - My personal property may be lost or damaged.
 - The conditions in which the Event/Race is conducted may vary without warning.
 - I may cause injury to other persons or damage their property.
 - I assume the risk and responsibility for any injury, death, contracting COVID-19 or property damage resulting from my participation in the Event/Race.
 - I may be in a remote or isolated location where access to medical support may be limited and take significant time to reach me.
 - There may be no or inadequate facilities for treatment or transport of me if I am injured.
7. I agree that if I am injured or require medical assistance, the Event/Race Organisers may, at my cost, arrange medical treatment and emergency evacuation as deemed necessary by the Event/Race Organisers. ‘Bottlebutt Bash Trail Run’ does not have personal accident insurance for Runners.
We recommend that you arrange your own personal accident insurance, ambulance cover and income protection insurance before participating in the Event/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 Event/Race. I agree that I am responsible for my own medical and ambulance insurance cover.
8. I understand that my medical history and personal information, collected as part of the entry process for the Event/Race will be made available, if I am evacuated from the Event/Race by Emergency Services, Medical Team or Operations Team, this personal information plus any new data entered by Event/Race staff will be supplied to the Emergency Services staff to enable my continued care.
9. I agree to allow my name, results, photographs, videos, multimedia, or film likeness to be used for any legitimate purpose by CTTR Coastal Track and Trail Runners, CTTR Photography, Dennis Photography, the sponsors, event partners or assigns without payment or compensation.
10. I also agree that in the event I am injured, contract COVID-19 or my property is damaged, I will bring no claim, legal or otherwise, against the Event/Race Organisers in respect to that injury or damage.
11. I agree to abide by the Event/Race Briefing Rules and the directions of all Event/Race officials.
12. I agree to release, indemnify and hold harmless the Event/Race Organisers (CTTR Coastal Track and Trail Runners), its officers, employees, agents, volunteers, contractors, public bodies, landholders and sponsors, from and against any and all claims, demands, right or cause of action, suits, expenses, costs and proceedings of any nature whatsoever which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property as a result of my entry or participation in the Event/Race whether by negligence, breach of contract or in any way whatsoever. (This is an Event/Race. The Runners make use of facilities at their own risk and without express permission from Event/Race Organisers or the State Forest or Council Authorities.)
13. I acknowledge that my image may be taken by an Event/Race photographer and the Event/Race Photographer may contact me after the Event/Race to offer for sale images of me at the Event/Race.
14. I acknowledge that the Event/Race Organisers may change the advertised course without notice if the Event/Race Organisers deem this necessary. I also acknowledge that the Event/Race Organisers may cancel the Event/Race due to weather conditions, safety considerations, terrorism or ‘acts of god’ and in such circumstances my entry fee will be non-refundable.