



2019 Kathmandu Coast to Coast -Mtn Run Race Safety Briefing (Compulsory Section to attend)

These notes are current at time of email – additional safety messages will be given at the pre-race safety briefings at

Friday 8th February for **Mt Running competitors ONLY** at **7:45am** at Aicken's Run start

It is compulsory to attend your relevant briefing

WELCOME

- Weather forecast – Friday
- Alternate course Plan B (if necessary)

THE MOUNTAIN RUN SECTION

- **Bibs must go over the top of all clothing but can go under running packs** – please make sure your number is visible from the front when passing check points
- You must also attach the supplied number to the back of your pack – make sure this is not obscured.
- If told by officials to put on your extra clothing, you must do it.
- Assistants and supporters must not stop at the Deception Footbridge on SH73 to observe competitors. **The road and railway line in this area must be kept open and safe.**
- If you come across an injured competitor, stop and render first aid, then inform an official at the next checkpoint. You may need to stay with them – in this case the next runner should continue on and inform officials.
- The terrain is very rough and there are multiple river crossings which can be deep – take care and make good decisions based on your own level of skill.
- There is an extreme fire danger at Klondyke Corner. No open fires. Beware of hot exhausts and the dry grass. Camp where directed. Please follow all directions from the marshals. No camping between shingle road and forest. **Use our toilets not the bush.**
- There is a gear check for **EVERYONE** at Goat Pass Hut. There will be a sign at the bottom of the final creek (500m) from Goat Pass telling you items will be checked – expect 3-4 items.
- Anyone with suspect or missing gear will undergo a full gear check at Klondyke Corner
- Missing gear will be penalised by time or disqualification depending on items missing
- Please note there will be a number of athletes from the full events coming past you, please do your best to allow them to pass and not inhibit their progress.

Cut Off Times

(Friday)

- All competitors must have past the Doreen Creek Check point by 2:00pm (if competitors fail to make this point they will be directed back out to Deception footbridge under their own steam)
- All competitors must have departed Goat Pass by 4.00pm
- The mountain stage will be closed at Klondyke Corner at 7:30pm.



Notes from Ken Weavers the Mountain Safety Manager.

- *The Mountain Officials are there to help you and account for your whereabouts at all times.*
- *We need to be able to read your numbers clearly and may call out to you show us your number.*
- *Call out your number but show us as well – in past some competitors have called out wrong number.*
- *There is course marking on the run this year – it is a mix of arrows and tape – It is your responsibility to pay attention and follow the route, arrows mainly indicate direction to find the trails and river crossings. In places it will require common sense to follow obvious tracks – remember you are following the main valley up and the main valley down. The only turn off (up to Goat Pass) is well marked / taped off*
- *Be aware of river conditions as rivers are quite high (at moment), remember even at marked crossings it is your responsibility to chose your crossing carefully and that it is appropriate for your size, skill and experience*
- *Gear checks at Goat Pass is compulsory, be prepared and patient. This is for your safety and to ensure a level playing field.*
- *If it is going to hot (very hot), you may need to look at a water source other than relying on river water, especially on the Minga side.*
- *Danger tape will be in place over the course, it is there for your safety.*
- *Don't go underneath it, conditions may have changed since your last training run.*
- ***There is a slip at Minga Bluffs – this section will be taped off, depending on the river flow you will either be directed into the river and round underneath the slip or if the river is high above it via the DoC track. NO ONE is to use the route through the middle of this slip, anyone caught doing so will be disqualified.***