

## SA Track Ultra

Good day, @FirstName!

Thank you for joining us as for our third year at the SA Track Ultra! As you may have heard, the SA Track Ultra is truly a unique event. With a fully flat surface, IAU label, and aid every 400m, this is your best chance to see just how far you can go when no obstacles are in your way. It's not wonder we have a few entrants interested in PB's.. and national records.

There's just one catch, though. **WE CURRENTLY HAVE NO VOLUNTEERS!!!**

To be fair, that was a very teensy bit of a white lie. The truth is we have very few volunteers – three, to be precise. One will help us set up and then one at various times until 5pm. Unfortunately, after that, it's only myself and my assistant director – both of whom will be running around “putting out fires” (aka, handling any unexpected problems) and operating on very, very little sleep.

**If you know of anyone who can help us out at any point during the event – even if just for an hour or two – please steer them in our direction. We would especially LOVE to have help during set-up, from 5pm-8pm, and at pack down. I can't tell you how grateful we would be!!**

Now... on to other important business!

## STARTING/FINISHING INFORMATION:

Location & Parking: The event is at SA Athletics Stadium, formerly known as Santos Stadium. Ample free parking is available in the car park.

### Pre-event times

6:00am – crews can set up. (Be aware that we are also setting up)

9:00am – bib collection begins

9:40am – race briefing

### Start times

All events start at 10am.

### Finish times

Sunday, 14 September

- 10am – 24 hour cut-off

- 2pm – all other distances cut-off

## REGISTRATION

### Registration

Same day registration is available! If you know anyone who is interested in attending but missed the online registration deadline, just tell them to pop over early on the event day and we'll get them sorted.

## TIMING/LAP COUNTING CONSIDERATIONS:

### Lap counts

Lanes 1-3 are designated for 'standard' participants and lane 4 is designated for 'walkers only'. A lap is 400m if performed from the 'standard' lanes (1-3) and 423m if performed from the 'walkers only' lane (4). Each distance has a different amount of laps to accomplish.

If a participant is in the standard category, they must do the following:

- 30km runners do 75 laps
- 50km runners do 125 laps
- 50 mile runners do 201 laps (plus 67.20 metres, as directed)
- 100km runners do 250 laps
- 100 mile runners do 402 laps (plus 134.40 metres, as directed)
- 24 hour runners do as many laps as they can in 24 hours

If a participant is in the 'walker only' category, they must do the following:

- 30km runners do 70 laps (plus 390 metres, as directed)
- 50km runners do 118 laps (plus 86 metres, as directed)
- 50 mile runners do 190 laps (plus 97.2 metres, as directed)
- 100km runners do 236 laps (plus 172 metres, as directed)
- 100 mile runners do 380 laps (plus 194.4 metres, as directed)
- 24 hour runners do as many laps as they can in 24 hours

**Please be aware that:**

- **The measurement is taken for the innermost section of the lane.** Aka, if you are a runner and you stay in lane 2, you will be doing more than 400m per lap. The timing system will only award you 400m regardless.
- **All participants in the same distance will be competing for the same podium.** This means that both 30km runners and 30km walkers are competing for the same podium. The distinction between 'runners' and 'walkers only' is made to ease the flow of traffic; it is not made for podium purposes.

Timing device

You will be timed with a disposable timing chip attached to your bibs. You **MUST** wear your bib flat on your stomach in order to allow for accuracy for the timing mat.

Display monitor

A display monitor will be set up (weather depending) to show the lap count and completed distance. This information is also available on the live results. The link for the live results will be sent to you later this week. Video cameras will also record each lap.

Turnaround

Participants will be turned around every 3 hours to allow the inner/outer legs to rotate position.

**AID STATION INFORMATION:**

Food availability

Snack availability:

We will have lollies, pretzels, chips, and assorted fruit available at all times. We will also have baked goods, chocolate, granola bars, and cookies available intermittently. **Most snacks (including lollies) have vegan options; the baked goods have a gluten free, vegan alternative.**

'Meal' availability:

We will have sandwiches, instant soup, and instant noodles available upon request, to ensure they are at their freshest possibility. Just inform us one lap prior that you want them and we will have it prepared. Pizza will arrive at 2pm and 8pm; enough will be ordered that it should last the remainder of the event. **There are gluten free, vegan options for both the sandwiches and pizza.**

We are planning to also serve pasta after 6pm.

#### Drinks:

Water, pepsi/coke, ginger ale, and sports drink are available at all times. Hot water is also available at all times for coffee, tea, hot chocolate, instant soup, and noodles.

Water, coke, and powerade will always be available. Hot water will be also available at all times for coffee, tea, and hot chocolate.

**We prefer all runners to supply their own cups for environmental reasons;** however, we will also be supplying cups and cutlery if needed. Participants are allowed to leave special nutrition/hydration items at the station or anywhere along the track.

**The food availability list is attached to this email.**

**There will be a table set up for participants and their crew to place speciality drinks and snacks.**

**Absolutely no food or drink is allowed to be consumed on the track. Anyone wishing to refuel must step off the track.**

## FACILITIES: TOILETS & SHOWERS

A portable toilet is available **for participants only**. It is located in the breezeway. Toilets and showers are also available on the ground floor inside the stadium.

## EQUIPMENT

There is no mandatory gear and no need for a head torch as the track lighting is sufficient.

Participants may find it useful to bring a change of socks and a change of shoes. Hydration bags, water belts, and hand-held bottles are all acceptable (as long as the liquid is enclosed and unable to spill). **Walking sticks are not allowed.**

## CREW & BUDDY WALKERS:

### Crew Set Up:

Crews and runners are allowed to set up their tents and marquees from 6am onwards. You can set up anywhere on the inside turf that you'd like – as long as you don't set up in the area designated for the aid station, relaxation marquee, or timing.

**Pegs are allowed as long as they are no longer than 15cm / 6 inches.**

#### Buddy walkers

**Neither buddy walking nor pacing is allowed.**

#### Crew rules

Crew are under the same expectations as runners. They are expected to be kind and courteous to everyone – volunteers and other runners alike. We are taking a pro-active stance on anti-harassment this year. **If you have crew, please have a small talk with them about the importance of being courteous.** We ask you to do this even though we know 99% of people will be considerate, as there's no harm going the extra distance to ensure all participants feels comfortable.

#### **RACE OFFICIALS & FIRST AID**

A first aid volunteer will be available throughout the event for any medical issues. Additionally, volunteers will be present in the aid station to support you for your food needs. **Runners are required to heed the directives of race officials.** If a race official pulls you from the course for any reason, you must honour this.

#### **AUTRA, AIMS, & IAU... and RECORDS**

We're AUTRA-listed and IAU labelled. If you're a speedy person, you can be in the running for national/international records. Even if you're not, though, you can get AUTRA points.

**If you're aiming to set a record, please let us know asap.**

Attached is the race briefing, race manual, food availability list, Code of Conduct, and Anti-Harassment Policy. Please don't hesitate to contact if you have any further questions.

Thank you all! Looking forward to seeing you at the event

Dawn Parks

SA Track Ultra director