



SA Track Ultra

Good day, legends!

Thank you all for joining us in the SA Track Ultra's third year – and second year with our various distance categories. It's also the second year we have participants who are actively aiming for national records. Whether you're aiming for a national record, a personal best, or just want to get out there and do it, you're awesome!! And, we salute you.

INTRODUCTIONS:

First, my name is Dawn. I'm the event organiser and race director. Today, we also have the help of Rob, who is the assistant race director and first aid volunteer. At present, we have ONE other volunteer, dropping into the event... though we're hoping for more! Please treat everyone with respect – and let us know how we can best assist you on your journey.

BASIC EVENT RULES:

Bibs:

Everyone should have received their bib. Please wear your bib on your front, in the stomach area, and keep it visible so the camera can record it.

Lanes:

We have multiple distances happening in this event, each of which is divided into 2 categories – standard and walker-only. 'Standard' participants can spread out between lanes 1-3; 'walker only' participants are in lane 4. The laps are measured according to the shortest distance you can do in those lanes. In other words, 'standard' participants are assumed to do the shortest lane lap of 400m and 'walker-only' participants are assumed to do the shortest lane lap of 423m.

You can walk if you're in the 'standard' lane, but you cannot run if you're in the 'walker only' lane. You are still in the same category; the separation is only to streamline the field.

Laps:

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 lap distances are measured from the shortest section. If you are not on the innermost section of your lane, you will have done more distance than we'll record for you.

Start time:

All events start at 10am.

Lap count:

We have a display monitor set up which will display your current lap count and distance a few seconds after you pass through the timing chut. Please be aware that Garmin watches are notoriously bad for accurately measuring distance in events with short turnarounds, such as on a track. **Do not rely on your Garmin; instead, rely on the lap counter.**

Turnarounds:

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

Course Departure:

You may only exit/enter the course through the designated areas. If you leave the course, you MUST return in the same space. If you have left the track before the turnaround occurred and return after, you must complete your lap and then turnaround.

24 Hour race:

Near the end of the 24 hour race, you will receive a drop bag with your bib number. Drop that when we announce the end of the race and we'll come around to measure the precise distance.

Podiums:

If you're in the first, second, or third male or female position of your distance, you'll be called up as part of the podium presentation. The presentation should occur within 15 minutes of the 3rd place finishing. **Please remember that both 'standard' and 'walker-only' participants are competing in the same category.**

AID

Every 400m, you will pass the aid station. We have plenty of food and drinks available – such as your standard stock of lollies, chips, pretzels, water, sports drink, and coke/pepsi. We additionally have a few other treats. We have a variety of fruit and baked goods which will be available throughout. If you are hungry for more than a snack, no worries. **We also have sandwiches, noodles, and soup available upon request.** Since we want the sandwiches and noodles to be the freshest possible for you, we won't make them until you ask us for it. Pizza will arrive at 2pm and 8pm, approximately.

Most foods have a gluten-free, vegan alternative available.

Water, coke, sports drink, and hot water is always available. The hot water can be used by you or your crew for coffee, tea, hot chocolate, and noodles – all of which we have the ingredients for.

We prefer all runners to supply their own cups for environmental reasons; however, we have cups and cutlery if needed. Participants & crews are allowed to leave special nutrition/hydration items at the designated spot on the table.



You cannot eat or drink on the track. When you choose to stop for food/drink, you must step off the track, consume it, and then step back on. You can step off the track in the designated area.

We also have a first aid volunteer on hand. If you need basic first aid, please just let us know and we'll assist you. **Runners are required to heed the directives of race officials.** If a race official pulls you from the course for any concern (including health & safety), you must honour this.

FACILITIES (re: Toilets)

We have a portable toilet available in the breezeway and nicer toilets available inside the stadium. **Crew must use the stadium toilets (not the portable ones). Participants using the portable toilets must exit and re-enter the track via the marked area.**

CREW

As mentioned, you are allowed crew. Crews and runners are allowed to set up their tents and marquees 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, timing, and first aid. **Pegs are allowed as long as they are no longer than 15cm / 6 inches.**

Crew are not allowed to use any heat sources or fire, such as with a camping stove.

Please make sure that your crew is aware that respectful and considerate actions are expected. If a runner is made to feel uncomfortable by a crew member, the crew member may be asked to leave.

CREW/BUDDY WALKERS:

Neither buddy runners nor pacers are allowed for this event.

EQUIPMENT

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

You 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. **Walking sticks are not allowed.**

RESULTS

Preliminary live results will be available during the event. We have posted the live results link on the event page. The results will remain until Wednesday, then the final results will be posted. If you have any questions about the preliminary results, please contact Malcolm at Event Strategies. The contact details should be available on the results page and in the event email.