



SUPPORT CREW NOTES AND TIPS

RUNNERS/RACING

- Talk to your runner about how they like to race, their expectations and what food and fluids they like to consume throughout the event. For instance, they may like to start on savoury solid food and then shift to sweet, more easily digested food later.
- Find out your runner's preferred drinks and their dilution. Prepare mixtures in advance.
- Have variety of food for your runner. Keep some (good) surprises in reserve.
- If they can tell you, ask them before they leave you what they would like at the next stop.
- Have items ready for your runner before they arrive and walk with them as they eat/drink/put on or take off clothing. Don't make it too easy or too comfortable for them to stop, as this time will accumulate.
- Wear a bum bag containing a tube of sunscreen, lip balm, vaseline/bodyglide/sportshield and favourite simple foods (muesli bars, fruit sticks, gels). It's on hand then if you need it quickly, and will save you returning to the car.
- Some crew like to take items on a small tray and walk alongside when servicing their athlete. Do what works for you.
- There will be times when your runner will not want to eat. Try to find out what they like and have a few different items as a surprise (eg on a hot day, icy poles go down a treat, custard or chocolate milk may slide down well when the desire for food has gone, salty foods like cheese and olive bread sticks can be something appealing).
- Take some 'Deb' (instant mashed potato) to cook on your campstove, adding salt, milk/water as required. This can be a very good option when calories are needed and nothing is appealing. Also, you can use the Deb to thicken and add calories to soups, minute noodles etc.
- We have a mantra "Beware the chair". Try to minimise the time your athlete is spending off the road. Some prodding might be needed if you think your athlete is hanging around for too long. Remind them "The sooner you get going, the closer you'll be to the finish".
- Flatten the coke BEFORE it's needed. Coke can be easily and quickly flattened in advance by adding half a teaspoon of sugar to a bottle of coke. The reaction is instant and vigorous in a Vesuvius kind of way. Replace the lid immediately. Gently unscrew the cap to let out gas and retighten. Repeat until flat. **IT IS HIGHLY RECOMMENDED YOU DO THIS OUTSIDE THE CAR.**



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CREW

- You will have to be prepared with clothing for temperature extremes from sub-zero to 40°C and you will also require food and fluids to sustain throughout the event. Bear in mind there is no access to food and water on the race route until Jindabyne (180km), which very few runners will reach in the first 24 hours of the event. It is recommended that crews stop at Jindabyne to re-provision with food, water, petrol as required.
- Take 2 alarms for the crew. I use a kitchen timer and set it for the amount of time I want to sleep rather than a set time to wake. This ensures minimising mistakes when setting the alarm as you become more tired.
- Take along a folding chair to sit on outside of the car for when you are waiting for your athlete to come in. This will also be useful if your runner needs to change socks, dress blisters, etc.
- Make sure you have some treats for yourself that you can enjoy and/or something that will help to pass some waiting time, whether that be particular food, a book, binoculars for birdwatching (or sheep counting!), music etc.
- If you don't look after yourself, you'll be no good to your runner. Make sure you eat and drink regularly as it's easy to either forget or think you don't need to.
- Make sure you get some sleep, again you will be the most useful if you are alert and cogent.
- Put on sunscreen and reapply as necessary. Don't allow yourself to become dehydrated/sunstruck.



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CREW CAR

- Organise the supplies in a way that you can find whatever you need at any time it may be needed. Boxes can be a good way of organising items. You may want to put savoury in one box, sweet in another.
- Write the contents on both the top and bottom of cans with a felt tip pen. This saves pulling it out to see what it is.
- If your runner has a container of electrolyte/carbo powder, write the dilution (eg 1 scoop per 500 ml) in a waterproof pen on a label (can be masking tape) and paste onto the container. No sense wasting time trying to read small print on a label in the dark early hours.
- Make sure the 1st aid kit is easily accessible and everyone knows where it is
- Put items back from where you got them. Things can easily get messy and chaotic as the race progresses and you don't want to have to waste time and energy with unnecessary searching.
- Know where the change of clothing/socks/shoes/night gear/spare batteries are for your runner



PHYSICAL/PSYCHOLOGICAL

- Look at your runners' body language. When they start to get really tired, particularly in the wee hours, remind them to lift their chest and run with their whole body.
- If you're walking with your runner, encourage them to stride out if you notice their step shortening through fatigue.
- Everyone has a different approach and different temperament. Runners, be kind to your crew, they are there to help you to achieve your goal and want you to succeed. Crews, be kind to your runner, at times they may be fragile, and they will definitely feel fatigued. There will be fugly moments with sleep monsters.
- Be encouraging
- It obviously can depend on how well you know your runner, but occasionally a good crew needs to be tough
- Ensure that your runner is adequately hydrated by checking if they are frequently passing urine. Ask if it is 'clear, colourless and copious?'
- Your athlete will go through a range of emotional highs and lows during the event based on: fatigue, mental composition/state, pain, perceived performance, body's circadian rhythms, etc. Nutrition can play a significant role in controlling the lows. A steady supply of calories will help to keep the athlete's mood up. The rising sun tends to have a positive impact on both runner and crew.
- Above all, if the crew has high spirits, is positive and believe in their runner's goal, this will affect their runner. If the crew is having squabbles, complaining or in general doesn't appreciate or respect their runner's goal, at best this will create unnecessary concern
- Take a sense of humour.



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SUGGESTED ITEMS

A Suggestion of some things to take with you (slightly different to a runner's list):

- Course directions (download from website).
- A full tank of petrol is mandatory
- Water. It is essential you carry an adequate supply to enable both runner and crew to reach Dalgety (approx. 146km). Old 2 or 3 litre juice bottles are a good size and maybe one 12-15 litre container to top them up
- Esky for food and drink.
- Ice packs and ice - you may be able to pick more ice up in Dalgety/Jindabyne if needed depending on what time you go through
- Food and drink for runner (obviously)
- Food and drink for crew
- Portable camping stove for coffee/tea/heating soup/mash potato etc.
- Coffee/tea/soup/sugar/milk
- Basic first aid kit (eg. blister treatment, headache tablets, sunburn treatment, emergency blanket, conforming bandage, non steroidal anti-inflammatories, etc)
- Wool blanket
- Cutting board and knife - we used this for making sandwiches
- Spoons and mugs
- Torches - both headlamps and hand-held torch for the car. The internal light may not be enough to be able to find everything
- Pens, paper and calculator
- Small/compact fold up chairs
- Insect repellent
- Fly net headwear
- Sunscreen & lip balm
- Alarm
- Garbage bags
- Dettol wipes
- Antibacterial wipes for use after toilet stops and to clean hands before preparing and handling food
- Toilet paper
- Ziplock bags (good for holding loo paper for runner, space saver - you can empty the contents of tinned fruit and place in the esky, also good for making up small ice packs)
- Oil for massaging
- Toothbrush and toothpaste – this will help your runner to feel fresh
- Bowl and towel for athlete to wash face or other parts of the body. Also useful for soaking bandana to keep cool.
- Can opener



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CHARLOTTE PASS TO SUMMIT OF KOSCIUSZKO RETURN

Kosciuszko stands at 2,228 m above sea level. It can be extremely windy and cold at the summit, and can rain and hail. UV rays are stronger at altitude so sunscreen up (crew and runners). Most runners can expect to take 3 – 4 hours for the 18km trip from Charlotte Pass to the Mt Kosciuszko summit and return. During this time weather conditions may change dramatically. Clear, sunny skies can be replaced by thunder, lightening and hail accompanied by large drops in temperature. If necessary there is an emergency shelter at Seaman's Hut located approx. 6 km from Charlotte Pass.

Items to take include:

- Comfortable sturdy walking shoes and thick socks for hiking (unless of course you're running)
- Spray jacket/waterproof/windproof jacket
- Thermal
- Wide brimmed hat or cap with a flap
- Sunglasses
- Long warm pants (dependent on weather)
- Sunscreen and lip balm
- Food and fluids – it's an 18 km hike at altitude
- Camera
- Torches/headlamps if leaving Charlotte Pass after 4 pm



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SAFETY

- Drive conservatively and do not speed. Roads are not closed to traffic and our runners are sharing the road with both numerous support vehicles and regular traffic.
- Be patient when driving. Your runner's pace ultimately determines your arrival time, not your driving speed.
- Remember, if you are driving forward 5 km to rendezvous with your runner, driving at 100 km/hr will only get you there only 1¼ minutes quicker than at 70 km/hr. You will be waiting for your runner when you arrive anyway.
- Be cautious at night. Be prepared to encounter both wombats and kangaroos during the evening. Expect them to run erratically in front of your vehicle
- Crews should wear light and bright clothing when servicing their runner. Reflective vests for support crews (to be returned) will be available to wear at night.
- If your support crew is pacing, pacers are to be similarly illuminated to competitors, i.e. light clothing, reflective vest and headlamp or hand torch.
- Make sure all members of the support crew have the opportunity for some sleep during the event. A strategy for this will be explained at the race briefing to be held at Eden Fishermen's Club on Thursday evening prior to the race. If a crew is overly tired or exhausted they will be of less use to their runner during and after the event.
- Following the event, crews will still need to drive 47 km to accommodation at Jindabyne. Be aware that excessively fatigued drivers may pose a danger to themselves, their runner, other road users and other runners and crews still on the course.