

Coast to Kocsiuszko Ultra Marathon

2009
News letter 2



Coast to Kosciuszko Ultra Marathon



Paul Every

Dear runners,

I trust all your high mileage is now behind you and you are now slipping into the anticipation and excitement of your pre-race taper.

For returning runners, welcome back .It is a delight to host the people who have helped meld the unique and indefinable character of the race.

For those racing Coast to Kosci for the first time, cherish what is the most extraordinary journey in endurance sport in Australia. From the damp sand of Boydtown Beach, through the lush forests and farmlands of Towamba Valley, across the rolling Monaro Plains, the climb of Beloka Range and the ascent into the Snowy Mountains and onward to the top of Australia, (holy crap, that sounds like a long way...), prepare yourselves for the highlight of your running career.

As C2K veterans will attest, no other race strips the emotions bare like C2K. The accomplishment of running to the summit of Kosciuszko and standing with Australia spread below you is an extraordinarily profound experience.

May you all relish that moment in 2009.

Sincerely

Paul Every

Race Director

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IMPORTANT

There is a lot of information contained in this newsletter. It is imperative that both you and your support crews read this information, **particularly as there have been some changes to the previous years' events. They are all highlighted in red.**

Your compliance will enable the Competitor Briefing to be concise andwell.... brief, on an evening when all runners and crews will be seeking an early night

COAST TO KOSCIUSZKO ULTRAMARATHON 2009

RACE SCHEDULE

Thursday 10/12/2009

6:30 p.m. Pre-race Dinner and Race Briefing

Eden Fisherman's Club
217 Imlay Street, Eden

Friday 11/12/2009

5:30 a.m. RACE START – Boydtown Beach (North End), Twofold Bay

Saturday 12/12/2009

6:30 a.m. Dalgety (148 km/25 hrs) Cutoff

2:30 p.m. Thredbo River (189 km/33 hrs) Cutoff

Sunday 13/12/2009

12 Midnight Charlotte Pass (222km/42 hrs) Cutoff

3:30 a.m. Charlotte Pass (Finish line) Cutoff

7:00 a.m. – 9am Post-race Breakfast Lake Jindabyne Hotel-Motel
Kosciuszko Road, Jindabyne

9:00 a.m. Presentation Bistro Lake Jindabyne Hotel-Motel
Kosciuszko Road, Jindabyne

General Information

I have endeavored to impart as much information as possible in this newsletter to enable the briefing on the 11th December 09 to be succinct so athletes may have a relatively early night.

Allow Adequate Driving Time from Sydney or Melbourne

The coastal roads leading to Eden are slow driving, so allow ample driving time on Thursday. We usually leave Sydney's northern suburbs before peak hour, having lunch en route and arriving in Eden mid afternoon. This will allow time for last minute shopping and give time to the support crew to organise supplies and the car for the next day.

Pre-Race Dinner Payment

The briefing will be held after the 6:30 p.m. pre-race dinner at Eden Fisherman's Club, 217 Imlay Street, Eden. The cost is \$25/head. The buffet dinner will contain vegetarian options and will provide plenty of carbs.

For catering purposes we must know the number of people attending. Thank you to all who have both responded and paid. For those yet to do so, please let us know as soon as possible. Payment can be made by direct deposit or cheque.

Crew Contact Details

The following information is an essential requirement for race communications.

If you have not supplied us with these details, please do so.

- Names of all of your crew.
- Mobile numbers that crew will be carrying.
- Crew Car make, colour and number plate.

Reminder: Essential Information from the Website

Please bring the following with you to Eden:

- Course instructions and Course Description
<http://www.coast2kosci.com/course.html>

These are simple for crews to follow. If you do have a road atlas, you may wish to bring it along.

Please ensure your crew has familiarised themselves with Crewing Tips and Bits

http://www.coast2kosci.com/documents/C2K_CrewingTipsandBits.pdf

Race Information

Weather Conditions and Clothing Requirements

Be prepared for all eventualities from heatwave to sub-zero temperatures, from torrential rain and 100km/hour winds to snow. All these conditions have been experienced in past editions of the race.

Both runners and support crews will require:

- Water/wind proof clothing, eg Gortex.
- Long sleeve thermal top and pants.
- Beanie, balaclava, buff or similar warm headwear.
- Reflective vests.
- Head torch.

Shelter is always available in your crew car should conditions become increasingly inclement, as in 2008.

We have driven the course several times following heavy rains and all roads have been easily passable in two-wheel-drive cars.

Race Pack and C2K Merchandise

Competitors' race packs and merchandise ordered prior to December 1st will be distributed at the pre-race dinner at Eden Fisherman's Club.

We will endeavour to have merchandise ordered after this date available following the race at Jindabyne.

Night Running and Crewing

During night hours, a headlamp and a reflective vest is mandatory for all runners, including support crews running as "pacers" for competitors.

At night, support crews must wear reflective vests when servicing their runner. Runners and crews must supply their own reflective vests.

We have very limited number of lightweight reflective running vests for sale on a first to email me basis. Cost is \$25 each.

Reflective Vests Mandatory on Kosciuszko Road

Due to the increased traffic after Jindabyne, all runners must wear reflective vests on the Kosciuszko Road from exiting the Lake Jindabyne bike path (184km) to Charlotte Pass (222km).

Competitor and Support Car Race Numbers

Competitors' race number bibs will be included in the race packs this year. Bibs must be visible throughout the event. It is recommended runners use an elastic race number belt* or similar (rather than pinning the number directly to their clothing) to enable runners to efficiently add, remove or change clothes without re-pinning their race number.

Please display your support car race number on the right side rear window of your vehicle.

Aid Stations / No Support Crew Access Until 24km

Due to the increasing number of runners and initial support crew traffic congestion, we will be setting up aid stations at 4km, 9km, 14km and 19km.

Support crews will not meet up with their runners until a rendezvous point at 24km (Towamba Road/Pericoe Road intersection).

Support crews will follow the race route along Towamba Road to Pericoe Road, passing runners en route, however crews are not permitted to stop and provide services to their runner during this section.

At the crew rendezvous point, crews are required to park either on Towamba Road (westbound) or the western (northbound) side of Pericoe Road.

Aid Station provisions will include water, Powerade, fruitcake, Snackpack fruit, potato crisps, Vaseline, toilet paper.

Runners may carry any additional provisions that they feel they require.

Access to Food, Water and Petrol en Route

Between the race start and Jindabyne there is little opportunity for crews to replenish supplies of food, water and petrol. Support crews should plan to be self reliant for the first 180km of the course.

It is imperative that support **crews commence the race with a full tank of petrol.** Service stations in Eden are open until 10pm for petrol and ice.

The small general store at Cathcart (70km) will be open and has a small range of provisions, including ice.

Most crews will pass through Dalgety (148km) after closing time for all services.



*http://www.fastgear.com.au/component/option,com_virtuemart/page,shop.product_details/flypage,shop.flypage/category_id,44/product_id,433/itemid,1/

Live Website Updates

Our C2K website guru, David Criniti (Cool Running's Uncle Dave) will be updating runner progress through out the race at <http://www.coast2kosci.com/liveupdates.html>

The more information Dave receives, the better this service will be for those keenly watching your progress from afar.

If crews could please text or leave voice mail messages for **Dave** on **0411 438 344**

it would be both helpful and appreciated. Particularly meaningful and useful time splits to supply to Dave occur at Dalgety and Jindabyne where mobile reception is generally the best. We encourage you to send other updates throughout the race.

Additionally, any pictures for the website can be emailed to Dave at davidcriniti@gmail.com

Public Telephones en Route

Mobile phone coverage on the course is patchy, although there is good reception at the summit of Mt Kosciuszko.

There are public phones located at

- Rocky Hall – approximately 50km, left side of road.
- Cathcart - approximately 70km
- Dalgety - approximately 148km
- Jindabyne - approximately 183km (phone and shops approximately 1 km off the course)

Medical

The Coast to Kosciuszko Ultramarathon is an arduous event, potentially exposing runners to risks not limited to harsh environmental conditions.

Particular attention should be given to familiarising both yourself and your crew with:

- The effects of extreme heat, particularly in relation to satisfactory fluid intake, dehydration, hyponatraemia, etc.
- The effects of extreme cold and/or wet conditions, particularly in relation to hypothermia.

As competing runners in C2K are spread over a large distance, the primary responsibility for runner welfare rests with the individual runner and his/her support crew.


Please familiarise yourself and your crew with the listing of hospitals and medical services that will be supplied in your race pack.

Emergency Communications

There will be three satellite phones on the race for emergency communication only.

Phones will be in the possession of:

- Paul and Diane (roving)
- Phil Murphy's support crew (Scott and Chris – Competitor Number 08) toward the front of the field. (Once again, the pressure is on Spud!)
- Rod Rainey (Course Sweeper) who will be toward or behind the rear of the field.

Support crew cars carrying the satellite phones can be recognised by the phone symbol  on their support car race number.

Calls and SMS on the Satellite phones are charged at one pound of flesh from your first born per minute, so please only use them only when genuinely necessary.

Charlotte Pass to Mt Kosciuszko and return to Charlotte Pass Finishline

The condition of runners passing through Charlotte Pass en route to Mt Kosciuszko will be assessed. For this section of the course runners are required to be accompanied by a support runner and both be equipped with:

- mobile phone
- headlamp/torch
- adequate food and fluids
- wet weather and warm clothing
- sunscreen during daylight hours

Runners and support crews returning from Mt Kosciuszko are required to check with the summit-bound competitors and report any problems to the organisers on return to Charlotte Pass.

In case of emergency runners and crews may shelter at Seaman's hut (6km from Charlotte Pass) and the toilet/emergency shelter at Rawson's Pass (8km from Charlotte Pass). Runners and crews should be aware of the possibility of the race being terminated at Charlotte Pass should weather conditions preclude a safe ascent to Mt Kosciuszko.

All competitors and crews are required to dispose of rubbish responsibly throughout the event, with particular emphasis on Mt

Kosciuszko National Park (including eliminating access to food supplies by ravens and currawongs at Charlotte Pass).

Support crews are encouraged to organise their car when approaching Charlotte Pass, so as to have satisfactory car, space, food, clothing, ready for their runner when they finish. You will not want to be scrambling to organise these things when your runner has finished.

Race Retirement.

In the event of a runner retiring from the race, they, or their support crew, are to contact Paul and Diane.

The information we require includes:

- Are you and your support crew OK?
- At what point and time did you retire from the race.

Runner and Driver Safety

Please drive conservatively when crewing. There is a lot of wildlife active on the roads at night, particularly wombats, wallabies, ultra runners and kangaroos. As a crew, there is no need to hurry. Ultimately, you will only reach Mt Kosciuszko as fast as your runner.

Please ensure the support crew manages to get some sleep through the night.

When stopping on road verges at night be aware that long grass may obscure ditches, etc. If in doubt, check before you park.

Support crew are required to wear reflective vests when servicing runners at night.

Each crew will be issued with a **CAUTION RUNNERS AHEAD** sign to be displayed on their vehicle. Please return the sign at the completion of the race.



All runners (including pacers) are required to wear a reflective vest and headlamp/torches during night hours.

Both runners and support crews are encouraged to wear light coloured clothing during night hours.

The continued viability of Coast to Kosci is dependent on the safe behaviour of runners and support crews.

Finishers' Akubras

All first time finishers will receive an Akubra Hat and C2K hatpin. Could all returning finishers bring their Akubra for the group photo at the presentation.

Post race and awards

Post Race Breakfast and Presentation

The Post Race Breakfast will be held at Lake Jindabyne Hotel Motel from 7 to 9am.

The breakfast will be followed by the Presentation in the Hotel Motel's Bistro from 9am.

For those booked to stay at the Lake Jindabyne Hotel Motel post race on Saturday 12th December, breakfast is included in your room cost. For those staying elsewhere, but who will be attending breakfast, please advise us so we can inform the Hotel.

Breakfast costs for non-hotel guests will be \$15 per head. Cancellation for breakfast will be accepted until 5th December, as we require final numbers for payment. After this date, refund is forfeited. Additional numbers can be added however until 9th December.

Richard Peacock Memorial Crew Award

In memory of Richard, who crewed for Paul on the first C2K events in 2004 and 2005. Sadly, Richard passed away just prior to the 2006 race.

Richard performed an enormous amount of work critical to the development of the race, including course surveying and administrative work.

The Richard Peacock Memorial Crew Award is presented to a support crew in acknowledgement of outstanding service in keeping with the spirit of Coast to Kosciuszko.

If runners or crews wish to nominate an outstanding crew for this award, please let us know.

Thanks

Although there are many people to whom we owe a debt of thanks, particular gratitude is extended to:

- David Criniti for being the ever obliging website guru and internet slave. Dave's friendship coupled with and his longstanding contribution to and support of C2K is deeply appreciated.
- Keith Hong for his ideas, and his perpetually enthusiastic and efficient organisation of a variety of printing and signage requirements.
- C2K pioneer Sean Greenhill and Mel Parry of *Get Shirty*, for their assistance in producing C2K clothing and merchandise.
<http://www.coast2kosci.com/merchandise.html>
- Rick Cross for negotiating the bulk of the aid station supplies, courtesy of SPC Ardmona.

Enjoy your taper and we will see you all at Eden for the dawn start on Friday 11th.

Paul & Diane

Photos from Coast to Koscí 2008





2009 Official Race Athletes

M/F	Name	State	Country
M	Barker, Carl	NSW	Australia
M	Blake, Jo	NSW	Australia
M	Cochrane, Tim	NSW	Australia
M	Cross, Rick	VIC	Australia
F	Doke, Marie	NSW	Australia
M	Gamble, Malcolm	VIC	Australia
M	Gregory, Wayne	NSW	Australia
M	Hall, Robert	VIC	Australia
F	Harvey-Jamieson, Susannah	QLD	Australia
M	Heaton, Kevin	NSW	Australia
M	Herrmann, Jan	NSW	Australia
M	Hong, Keith	NSW	Australia
M	Hooley, Daniel	QLD	Australia
M	Ladyman, Rodney	QLD	Australia
F	Lilley, Allison	NSW	Australia
M	Lockwood, Glenn	NSW	Australia
M	Lovric, Michael	NSW	Australia
M	Marshall, Kelvin	QLD	Australia
M	Murphy, Philip	NSW	Australia
F	Muston, Pam	NSW	Australia
M	Pearce, Billy	NSW	Australia
F	Quinlan, Meredith	NSW	Australia
M	Smith, Innes	NSW	Australia
M	Solomon, Colin	QLD	Australia
F	Spink, Lisa	QLD	Australia
F	Trumper, Jane	NSW	Australia
M	Turner, Tim	NSW	Australia
M	Vize, Andrew	NSW	Australia