

COAST TO KOSCIUSZKO ULTRAMARATHON 2010
COURSE DESCRIPTION/CREW DRIVING INSTRUCTIONS

<i>SUPPORT CREWS</i>		<i>Comments</i>
0.00	<ul style="list-style-type: none"> • Twofold Bay – start at beach immediately South of Nullica River mouth 	
	<ul style="list-style-type: none"> • From car park turning circle adjacent to toilet, take unsealed W road to Princess Highway 	
300m	<ul style="list-style-type: none"> • R @ Princess Highway 	
	<ul style="list-style-type: none"> • Cross Nullica River bridge 	
2.3 km	<ul style="list-style-type: none"> • L into Towamba Road 	<i>Reset odometer to Zero to correlate with distance covered by runners.</i>
3.9 km on reset odometer /6.1 km in total	<ul style="list-style-type: none"> • Aid Station #1 @ Nullica Rd junction • Continue on Towamba Rd (straight ahead) 	<i>Watch out for suicidal wallabies</i>
<i>RUNNERS</i>		
0.00	<ul style="list-style-type: none"> • Start from beach in Twofold Bay immediately South of Nullica River mouth 	
300 m	<ul style="list-style-type: none"> • R @ Princess Hwy. • <u>DO NOT CROSS</u> Hwy here. Keep to right of safety barrier to cross Nullica River Bridge on footpath • Cross Hwy <u>AFTER</u> bridge 	
900 m	<ul style="list-style-type: none"> • L onto firetrail 50m after '<u>KEEP LEFT UNLESS OVERTAKING</u>' sign 	
1.9 km	<ul style="list-style-type: none"> • L @ T intersection forestry service Road 	
2.2 km	<ul style="list-style-type: none"> • R onto Brandy Creek firetrail. 	
	<ul style="list-style-type: none"> • L @ Brandy Creek Ft/Pump Creek Ft intersection 	

3.8 km	<ul style="list-style-type: none"> • L @ Towamba Rd intersection 	
3.9 km	<ul style="list-style-type: none"> • Aid Station #1 @ Nullica Rd junction • Continue on Towamba Rd (straight ahead) 	
5.2 km	<ul style="list-style-type: none"> • R @ 'Route 10' Sign. Continue on Towamba Road 	
9.0 km	<ul style="list-style-type: none"> • Aid Station #2 	
13.3 km	<ul style="list-style-type: none"> • Aid Station #3 @ Ben Boyd Forest Road intersection • Continue on Towamba Road straight ahead. 	
18.1 km	<ul style="list-style-type: none"> • Aid Station #4 	
23.9 km	<ul style="list-style-type: none"> • RUNNER/CREW RENDEZVOUS POINT: Support crews wait for runners here • Straight ahead @ Pericoe Road intersection ("Wyndam 27" sign) 	Toilet facilities for crews available at Towamba sports fields, 1.2km drive.
32.8	<ul style="list-style-type: none"> • Jingo Creek 	
36.1	<ul style="list-style-type: none"> • L @ Big Jack Mountain Road intersection ("Rocky Hall 15" sign) 	
42.2	<ul style="list-style-type: none"> • Marathon point located approximately 100 metres beyond causeway 	
44.6	<ul style="list-style-type: none"> • Remain on big Jack Road (straight ahead @ intersection with New Building Road) 	
50.0 approx	<ul style="list-style-type: none"> • Rocky Hall public telephone – approximately 50 km, left side of road 	MANDATORY CHECK POINT See instructions at end of document
56.3	<ul style="list-style-type: none"> • Cross Towamba River and commence climb of Big Jack Mountain 	
63.5	<ul style="list-style-type: none"> • Top of Big Jack Mountain and open farming country 	
65.5	<ul style="list-style-type: none"> • L @ T intersection with Mt Darrah Road (toward Cathcart) 	
70.0 approx	<ul style="list-style-type: none"> • Cathcart public telephone - right hand side of road, in front of Cathcart General Store. 	MANDATORY CHECK POINT See instructions at end of document
71.3	<ul style="list-style-type: none"> • Cross over Dragan Swamp bridge and continue to sign to COOMA. Turn R (- Black Lake Road – not signposted) 	

80.8	<ul style="list-style-type: none"> • L then immediate R onto Monaro Highway – follow signs to COOMA <p>** Runners – run against traffic – cross Bombala River</p>	
81.0	<ul style="list-style-type: none"> • L into Bukalong Siding Road (unsealed) <p>** <u>Runners cross Monaro Highway here</u></p>	
85.8	<ul style="list-style-type: none"> • Cattle grid crossing <p>** Runners note – there will be numerous cattle grids situated on next 20 km of route – please take care</p>	
86.7	<ul style="list-style-type: none"> • Cross disused rail line <p>** Cattle grid on other side</p>	
90.0	<ul style="list-style-type: none"> • R @ T junction Gunningrah Road 	
97.4	<ul style="list-style-type: none"> • Cross Cambalong Creek 	
97.6	<ul style="list-style-type: none"> • Road Divides. Take R hand fork of road 	CREWS: It would be helpful to make sure your runner takes the correct path
102.0 approx	<ul style="list-style-type: none"> • Big dead tree on right on uphill section. 	
106.7	<ul style="list-style-type: none"> • L @ T intersection (This is Snowy River Way – but is not signposted) <p>(Signpost to Gunningrah Rd – Snowy River Way not signposted, unsealed, downhill)</p>	
110.6	<ul style="list-style-type: none"> • Mileage marker sign “BE 55” (Berridale) 	
114.0	<ul style="list-style-type: none"> • Cross Allan Caldwell Bridge – MacLaughin River 	
125.0	<ul style="list-style-type: none"> • Shire boundary sign 	
133.6	<ul style="list-style-type: none"> • Straight ahead past COOMA turnoff on right – <u>DO NOT TURN</u> 	
147.2	<ul style="list-style-type: none"> • “DALGETY elevation 760 metres sign” on right 	DALGETY CUT-OFF 6:30 AM SATURDAY

147.9	<ul style="list-style-type: none"> • L @ T intersection towards JINDABYNE VIA BELOKA 35 km 	<p>Limited services at Dalgety</p> <ul style="list-style-type: none"> • Service Station 8:30am – 12:30pm only • Pub
148.1	<ul style="list-style-type: none"> • R over Snowy River Bridge (Still on Snowy River Way) • Dalgety public telephone located on side street on left, opposite Dalgety Pub 	<p>Dalgety Memorial Hall – hot food and drinks available for support crews.</p> <p>MANDATORY CHECK POINT See instructions at end of document</p>
148.6	<ul style="list-style-type: none"> • R @ fork in road (Still on Snowy River Way follow JINDABYNE sign) 	
162.1	<ul style="list-style-type: none"> • Base of very steep hill (Commence climb of Beloka Range) 	
177.0	<ul style="list-style-type: none"> • Straight ahead @ roundabout 	
177.5	<ul style="list-style-type: none"> • R @ T intersection onto Barry Way enroute to Jindabyne 	
182.8	<ul style="list-style-type: none"> • Straight down hill, cross @ roundabout, turn left onto bike path beside lake • Check Point at Kosciuszko Road roundabout. 	<p>MANDATORY CHECK POINT See instructions at end of document</p> <p>Crews turn left at roundabout toward Kosci. Turn right for Jindabyne services.</p> <ul style="list-style-type: none"> • Supermarket 7:30 am – 8:00 p.m. • BP Petrol Station 6 am – 10 pm daily
183.7	<ul style="list-style-type: none"> • Continue straight ahead (toward Perisher Valley/Charlotte Pass) 	
189.4	<ul style="list-style-type: none"> • Cross Thredbo River 	<p>THREDBO RIVER CUT-OFF 2:30 PM SATURDAY</p>
195.1	<ul style="list-style-type: none"> • Cross @ Sawpit Creek 	
203.3	<ul style="list-style-type: none"> • Guthega turnoff – continue straight ahead 	
210.8	<ul style="list-style-type: none"> • Smiggins Holes 	
212.4	<ul style="list-style-type: none"> • Perisher Village • Public telephone located right hand side of road just before Ski Tube Station. 	<p>MANDATORY CHECK POINT See instructions at end of document</p>

215.9	<ul style="list-style-type: none"> Guthrie Creek 	
221.6	<ul style="list-style-type: none"> Start of 9 km path up to Kosci from Charlotte Pass 	CHARLOTTE PASS CUT-OFF 12 MIDNIGHT SATURDAY
230.8	<ul style="list-style-type: none"> Strezleki monument (Kosciuszko summit). 	
240.0	<ul style="list-style-type: none"> Charlotte Pass – FINISH @ Summit Road Trailhead 	FINISH LINE CUT-OFF 3:30 AM SUNDAY

Mandatory Check Points

Mandatory Check Points are located at public telephones at the following points:

- Rocky Hall – approximately 50 km, left side of road.
- Cathcart - approximately 70 km, right hand side of road, in front of Cathcart General Store.
- Dalgety - approximately 148 km, on side street on left, opposite Dalgety Pub.
- Jindabyne - approximately 183 km, at Kosciuszko Road roundabout. No public phone, but good mobile reception. Location of log book to be advised at Pre-Race Briefing. Public phones are located approximately one kilometre off the course in the town centre.
- Perisher Valley - approximately 212 km, right hand side of road just before Ski Tube Station.

A log book will be located in the phone booth at each of the Check Points.

It is essential for support crews to record the time that their runner passes these check points by:

- Recording in the log book the time of day their runner passes the check point,

as well as:

- texting or phoning webmaster **Dave** on **0411 438 344** (Leave voicemail message if not answered)