

RACE PLANNER

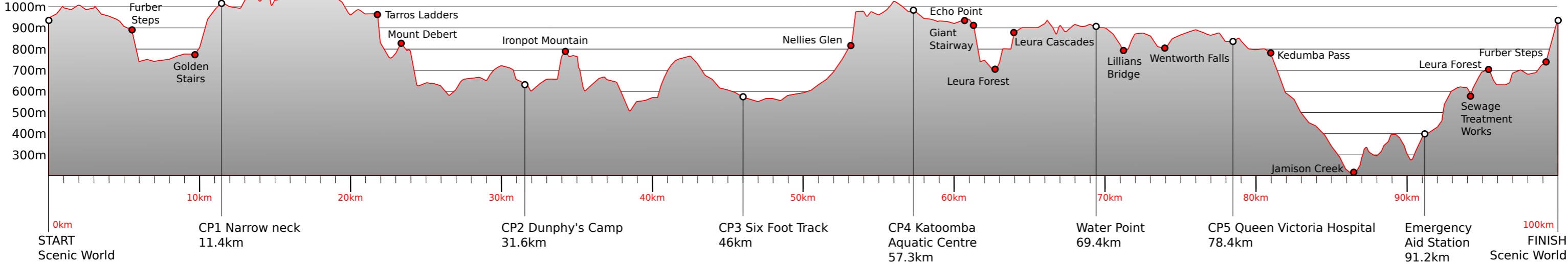


May 20th, 2017

Distance	100km
Elevation	+4400m -4400m
Start	Start Group Dependant- See below
Website	https://www.ultratrailaustralia.com.au/

Course Profile

ULTRA-TRAIL AUSTRALIA 100KM



Profile created www.eventsafety.com.au version 050416

CHECKPOINT PLAN

Check Point (CP)	CP #	Race Dist.	Dist. to next CP (km)	Dist from previous CP (km)	CHECK POINT MENU	Cut-Off	Crew / spectator access	Drop bags	COLLECT	DROP OFF	APPROX RACE TIME	APPROX DAY TIME	NEXT SECTION NOTES
Start:	START	0	11.4	0	None		Yes				0:00	6:25	Flat open start 5km/ Single track and tight trails
Narrow Neck	1	11.4	20.2	11.4	THIS CP WILL HAVE: Water, Hammer Endurolytes FIZZ (pre-mixed), Hammer Gels, Fruit, Salt, Lollies.	9:45am Saturday	NO				1:38:53	8:03:53	Runnable sections
Dunphy's Camp	2	31.6	14.4	20.2	THIS CP WILL HAVE: Water, Hammer Endurolytes FIZZ (pre-mixed), Hammer Gels, Fruit, Salt, Lollies, Fruit buns. Hot water, tea and coffee.	2:00pm Saturday	NO				4:23:50	10:48:50	
Six Foot Track	3	46	11.3	14.4	THIS CP WILL HAVE: Water, Hammer Endurolytes FIZZ (pre-mixed), Hammer Gels, Fruit, Salt, Lollies, Fruit buns, Instant Noodles. Hot water, tea and coffee. Also a Food Van selling hot food, drinks, coffee	6:25pm Saturday	YES	YES	8 x Gels 1 x Energy Bar Note from family/friends, photo of inspiration. Extra food, gels, body lubricant, spare socks, clothing, batteries and spare headlamp.		6:42:36	13:07:36	Long climb to come. Fuel well
Katoomba Aquatic Centre	4	57.3	12.1	11.3	THIS CP WILL HAVE: Water, Hammer Endurolytes FIZZ (pre-mixed), Hammer Gels, Fruit, Salt, Lollies, Fruit buns, Instant Noodles, hot soup. Hot water, tea and coffee.	9:45pm Saturday	YES	YES	Note from family/friends, photo of inspiration. Extra food, gels, body lubricant, spare socks, clothing, batteries and spare headlamp.	Sun Hat/Sunglasses	8:38:31	15:03:31	Runnable sections ahead with technical trails soo
Fairmont Resort Water Point	5	69.4	9	12.1	THIS CP WILL HAVE: Water, Salt, Lollies, Chips ONLY	1:50am Sunday	YES	NO			11:03:34	17:28:34	Keep enjoying
Queen Victoria Hospital	6	78.4	12.8	9	THIS CP WILL HAVE: Water, Hammer Endurolytes FIZZ (pre-mixed), Hammer Gels, Fruit, Salt, Lollies, Fruit buns, Instant Noodles. Hot water, tea and coffee. Also a Food Van selling hot food, drinks, coffee	4:50am Sunday	YES	YES	8 x Gels 1 x Energy Bar		12:54:11	19:19:11	This will be a good boost! Steep downhill followed by steep uphill
Emergency Aid Station	7	91.2	8.8	12.8	THIS CP WILL HAVE: Water, Salt, Lollies ONLY		NO						Thank the volunteers and the inventor of stairs
Finish-line	8	100	0	8.8	The Finish line	11:05am Sunday	YES	YES	warm, dry clothing and footwear at the finish.		17:00:08	23:25:08	

Additional Notes:

FULL RACE INFO - <https://www.ultratrailaustralia.com.au/races/100km/entry-details>

Start Group	Start Time	Expected Position in Field	Expected Race Time	Guideline of General ITRA Performance Index Points Required	No. of Runners in Start Group (1300 runners)
Start Group 1	6.20am	Top 15%	8hrs40min to 13hrs46min	1000 to 593	195
Start Group 2	6.25am	15% to 30%	13hrs46min to 15hrs25min	593 to 530	195
Start Group 3	6.33am	30% to 42%	15hrs25min to 16hrs36min	530 to 492	156
Start Group 4	6.41am	42% to 54%	16hrs36min to 17hrs37min	492 to 463	156
Start Group 5	6.49am	54% to 66%	17hrs37min to 18hrs31min	463 to 441	156
Start Group 6	6.57am	66% to 83%	18hrs31min to 20hrs18min	441 to 402	221
Start Group 7	7:05am	83% to 100%	20hrs18min to 28hrs	402 to 0	221

CHECKLISTS -

NUTRITION, MANDATORY GEAR, CREW

MANDATORY GEAR - <https://uta.knack.com/ultra-trail-australia#gear-check-lists/>

Item	Description	More Info	CHECK Yes / No
Long Sleeve Thermal Top (polypropylene, wool)	Cotton, Coolmax and lycra garments are NOT suitable. Compression garments and thermal compression garments are NOT suitable. Compression garments may still be used in the race but they are in addition to your mandatory thermal top and do not replace it. Refer to 'Thermal Garment Requirements' link for more information.	Thermal Garment Requirements	
Long Leg Thermal Pants (polypropylene, wool)	Cotton, Coolmax and lycra garments are NOT suitable. Compression garments and thermal compression garments are NOT suitable. Compression garments may still be used in the race but they are in addition to your mandatory thermal pants and do not replace it. Refer to 'Thermal Garment Requirements' link for more information.	Thermal Garment Requirements	
Waterproof and Breathable Jacket with Fully Taped (Not Critically Taped) Waterproof Seams and Hood	The breathability must be provided by the material itself and not exclusively by mesh panels. Minimal underarm vents are allowed if the jacket material itself is technical and breathable. Large mesh panels, even if covered by flaps are NOT permitted. A premium jacket would have a waterproof rating of over 15,000mm hydrostatic head and a breathability MVTR rating of 20,000g/m ² /25hrs however much lower ratings are completely acceptable. Any non-membrane jacket must still be in very good condition with waterproof coating intact. The jacket must fit you. Plastic rain ponchos, wind jackets, water resistant jackets are NOT suitable.		
Beanie, Balaclava or Head Sock (Buff)	Beanie, Balaclava or Head Sock (Buff)		
Full-Fingered Lightweight Thermal Gloves (Polypropylene, Wool)	Full-Fingered Lightweight Thermal Gloves (Polypropylene or Wool)		
High-Visibility Safety Vest that complies with Australian Standard AS/NZS 4602:1999 - D/ N Class for Day and Night Time Wear	It must be made of a combination of retroreflective and fluorescent materials. This is not a running vest but a workwear vest. The vest must have either AS/NZS 4602:1999 or AS/NZS 4602:2010 or AS/NZS 4602.1:2011 as well as Class "D/N" on the tag. The vest must be worn on road sections at night or anytime requested by race officials. The vest must be clearly visible from both the front and back, even when wearing your backpack so you must have an oversized vest that covers your whole torso AND your backpack. It can be purchased at hardware stores or workwear stores for about \$20. There will also be high-visibility vests available for purchase at Race Check-In (mostly as a service for international runners). Refer to 'Suitable Vest' link for images. For specific details of when you are view more	Suitable Vest	
Headlamp	Test your headlamp on bush tracks at night prior to the event to make sure it provides enough light to both see the track and the course markings. Make sure batteries are new or fully charged and you have enough battery capacity / spare batteries. Note that waistlamps are not permitted as they will obscure your race number.	Recommended Petzl Headlamps	
Small Backup Light	Sufficiently bright to see course markings while walking in case of headlamp failure. Petzl E-lite is perfect.		
Mobile Phone in Working Order with Fully Charged Battery	Mobile phone coverage over the course varies from excellent at most escarpment / cliff top locations to non-existent when in deep valleys or when directly below cliffs. Generally you can get reception on hills and ridges across the whole course especially when you have views directly to Katoomba. We strongly recommend you have a Telstra phone. If you need to buy a new phone or a pre-paid SIM card or borrow a phone, Telstra is preferable as it works on approximately 90% of the course. Optus works on approximately 50% of the course. Vodaphone works on less than 30% of the course. For specific details of phone coverage on the course, refer to the Competitor Briefing document which is available one month prior to the event.		
Compass	Used only in the very unlikely event that you get lost. While we recommend a good quality compass such as the Silva Field 7, you can bring any compass as long as the magnetic needle will settle quickly and will point to magnetic North. A waterproof watch compass is allowed as long as you can calibrate it and know how to use it. An iPhone compass is not acceptable as it is not waterproof and the batteries may be needed for making emergency calls.		
Whistle	Whistle		
Emergency Space Blanket (or Light Bivvy Sack Equivalent)	Emergency Space Blanket (or Light Bivvy Sack Equivalent)		
Compression Bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched)	The wrapping should list 'heavy weight cotton crepe bandage' or 'heavy cotton elastic bandage' or 'heavy weight elastic support bandage'. This item is used for the treatment of sprains or snake bite. Generally the pink coloured bandages are suitable and the white bandages not. There will be compression bandages available for purchase at Race Check-In (mostly as a service for international runners). Refer to 'Suitable Bandages' link for images.	Suitable Bandages	
Lightweight Dry Sack	This is to keep the compulsory clothing dry (multiple NEW Ziplock plastic bags work well for compressing your clothing and being able to see the item through the plastic; useful for random gear checks). Sea to Summit Ultrasil dry sacks are also a good option (refer to the 'Ultrasil Dry Sack' link)	Ultrasil Dry Sack	
Water Bottles or Bladders, 2 Litre Capacity	Water Bottles or Bladders with a capacity to carry 2 Litres of water		
Food Bars / Portions	You need to start each leg with 2 food portions and can eat these during the leg.		
Ziplock Bag for Personal Rubbish	Ziplock Bag for Personal Rubbish		
Waterproof Map Case	Or any other way to keep map and course descriptions protected such as map contact		
Long Leg Waterproof Pants	Must be waterproof but does NOT require the same specs as the waterproof jacket, i.e. does not need taped seams, does not need to be breathable, may be plastic. You will only be required to carry the waterproof pants if weather conditions are wet. A decision on whether you need to carry the pants from the start or if they need to be left with your support crew or placed into a specified drop bag for use during the event will be made at 4pm the day before the race and publicised at the 4:30pm Friday Race Check-In, at the Race Briefing and via the event app and event Facebook Page.		
100-Weight (Minimum) Long Sleeve Synthetic Fleece Top	100-weight fleece is equivalent to 214gsm Polartec Fleece. Must not be made of wool as you will mostly need this item if it is wet and just above zero. If it were guaranteed to be dry weather for the race, a woollen fleece would actually be preferable. The fibres of a synthetic fleece will not absorb water whereas the fibres of a woollen fleece will hold water and make you feel colder and clammier. Also once a woollen fleece is wet, it will never dry out for the rest of the race. Refer to 'Sample 100 weight fleece' link for a suitable example. There will be two different scenarios, based upon the weather, for what you will need to do with your 100-weight long sleeve synthetic fleece top: SCENARIO 1. The fleece top may be compulsory from the start if weather conditions are view more	Sample 100 weight fleece	

Item	Description	More Info	CHECK Yes / No
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Mandatory Items Provided by the Organisers

The following items are collected at race check-in

Item	Description	More Info	Provided by the Organisers
Course Map & Course Descriptions	You must protect these from getting wet using your waterproof map case. The course map is A3, double-sided and in colour.		Yes
Participants Emergency Instructions Card	The card is A5 on waterproof paper		Yes
Full Box of Waterproof and Windproof Safety Matches	Full Box of Waterproof and Windproof Safety Matches		Yes
Firelighter Block For Emergency Use Only	For emergency use only. You should provide your own ziplock bag or container for this item. Refer to 'Jiffy Firelighter' link for image.	Image of Firelighter Block	Yes
Race Bib	Must be worn on your front, over your belly or chest and be visible at all times (safety pins are also provided in your race pack). The race number must NOT be worn on your pants or leg. The race number has a single disposable timing tag already stuck to it's rear side. Do not fold, bend, cut or pierce the race number as you may damage the timing tag. It must be worn as is, unfolded. A recommended method of securing your race number is to use a race belt which allows you to easily have your number visible over the top of your outermost item of clothing. You will need to provide your own race belt if you choose to do this. Refer to 'How to wear your race number' link for images.	How to wear your race number	Yes
Timing Tag for Backpack (Bag Tag)	This is a disposable timing tag which needs to be secured to the back of your running backpack (a cable tie is also provided in your race pack). Due to the bag tag, it is preferable not to swap backpacks during the event but if you plan to do so you will need to have your own side-cutters or scissors to cut the bag tag cable tie off the first backpack and your own spare cable tie / zip tie to attach the bag tag to your second backpack. Refer to 'How to attach your bag timing tag' for images.	How to attach your bag timing tag	Yes

Other Recommended Items

Anti-chafe Body Glide / body lubricant			
Sunscreen			
Cap or sun hat			
Spare socks			
Spare headlight batteries			
A spare good quality headlamp in case your primary headlamp stops working and so you don't have to run the rest of the way with only your backup light.			
More substantial first aid kit (sterile dressings, roll of strapping tape, blister care such as blister block patches or Compeed, antiseptic wipes, painkillers, and any relevant personal medications).			
Additional warmer clothing at supported checkpoints			
External Battery Charger			

Going to the Toilet on the Course

An issue of great concern is toilet paper and human faeces being left visibly on the track. There are toilets at Scenic World, the start at Queen Victoria Hospital and one toilet at the emergency aid station. If you have tricky bowels we suggest you buy a Go Anywhere Toilet Kit ("Wag Bag") from an outdoor retailer. We encourage you to purchase one of these kits as we simply cannot have people leaving faeces and toilet paper in this pristine environment. Remember Leave No Trace!

The Go Anywhere Toilet Kit is a portable, waste collection system that turns solid and liquid waste into a hygienic, odourless, biodegradable substance. The waste collection bags are pre-loaded with non-toxic Poo Powder which treats up to 900g of liquid and solid waste allowing for multiple uses. The Poo Powder contains a decay catalyst that controls odours and breaks down solid waste into a spill proof, bin friendly substance.

After using the kit, carry it with you to the next checkpoint where there will be a waste bin for disposal.

GPS Trackers

For the purposes of live tracking of the top runners, the expected top 25 male and top 10 female runners in the field will be asked to carry a GPS tracking unit. The GPS unit is the size of a matchbox and weights 60 grams. The units will be handed out at the race start line.

Nutrition

Item	Quantity	Notes
Shotz Gel - Cola	17	1 per hour on the hour
ISO Whey Gel - Vanilla	17	1 per hour every half hour
Energy Bar - Choc Mint	5 to 6	1 every 3 Hours on the hour
Electrolyte Tabs	17	1 per litre of water. Approx. 1litre / hr
Baked Potato	4	2 x CP 4 and CP5
Water	Aid Stations	Soft flasks to fill at every aid station

Crew Essentials

Item	Notes
Esky / Chilly Bin	The big blue one
Watermelon	2 x Big One
Thermos	-
Tea Bags	Black and Green tea
Petrol Money	\$50.00
GPS- Sat Nav	In Car
Check Pion Crew Notes	-
Check Point check list	-

MAP & GPX FILES

<https://www.ultratrailaustralia.com.au/races/100km/the-course>

COURSE MAPS:

Download the [100km Overall Course Map](#)

To view the overall course map in higher resolution, you should click on the link above and once the map opens in another tab, download the map to your computer, save the file onto your computer and then open the saved file directly from your computer in a program like Preview or Adobe Reader.

Download the [100km Leg 1 Course Map](#)

Download the [100km Leg 2A Course Map](#)

Download the [100km Leg 2B Course Map](#)

Download the [100km Leg 3 Course Map](#)

Download the [100km Leg 4 Course Map](#)

Download the [100km Leg 5 Course Map](#)

Download the [100km Leg 6A Course Map](#)

Download the [100km Leg 6B Course Map](#)

ELEVATION PROFILE

ELEVATION PROFILE

Download the [100km Elevation Profile](#)

The course has approximately 4400m of total climb and descent.

GPX File: There are two course GPX files; one with the course route available for training which allows you to avoid the **out of bounds areas** of the course and one with the full race day course route for use on race day. There is also a waypoint GPX file which has waypoints of the start, finish, checkpoints, water point, emergency aid station and 1km distance markers.

Download the [100km Training Course Route GPX File](#) for your Garmin GPS watch. Use this one for training purposes.

Download the [100km Race Day Course Route GPX File](#) for your Garmin GPS watch. Use this one on race day.

Download the [100km Waypoint GPX File](#) for your Garmin GPS watch.

KML File: FOR GOOGLE EARTH

Download the [100km Course Route](#) in Google Earth

Download the [100km Waypoints](#) in Google Earth

SUPPORT CREW INFO

<https://www.ultratrailaustralia.com.au/races/100km/support-crew-info>

Support crews are not required and they are also not really necessary as the drop bag service at Checkpoints 3, 4 and 5 is quite adequate to allow runners to compete successfully in the event.

SUPPORT CREW BRIEFING DOCUMENT

If you have a support crew, you must make sure they print off and read The Support Crew Briefing document. It contains important information they will need to know for the event.

The 2017 UTA100 Support Crew Briefing document will be available here 1 month before the event.

WELCOME & COMPULSORY RACE BRIEFING

Support crews are very welcome to attend the Welcome & Compulsory Race Briefing with their runner at KCC Auditorium from 6:30pm to 7:15pm on the Friday evening before the race. The Welcome & Compulsory Race Briefing is compulsory for all 100km and 50km runners to attend but not compulsory for support crews to attend.

SUPPORT CREW RESTRICTIONS

If you do choose to have a support crew, they are only permitted to assist runners at Checkpoints 3, 4 and 5. These checkpoints can be accessed with a standard 2-wheel drive. For event management and safety reasons, support crews are not permitted at, or anywhere near the top of the Golden Stairs, Checkpoint 1 or Checkpoint 2 even just to watch. This means that support crew must not drive, bike ride or walk on any section of Glenraphael Drive (the access road to Checkpoint 1) and support crew must not drive, bike ride or walk along Megalong Valley Road South of the entrance to Checkpoint 3. Along Glenraphael Drive there is no room to travel or park without blocking off the narrow dirt access road to Checkpoint 1. This would prevent First Aid crews and event staff from being able to access the course. For Checkpoint 2 the runners travel on the only access road to the checkpoint so it would be unsafe to also have support crew driving, riding or walking out and back on this narrow and winding dirt road.

Support crews and non-race participants are not permitted to run with or pace runners.

RUNNER TRACKING

Live results will be available on the internet. You should estimate how long you think each leg will take so your support crew can use this as a guideline of when to meet you at the allowed checkpoints. You can also phone your support crew during the event to let them know your progress.

DRIVING DIRECTIONS TO CHECKPOINT 3

Driving directions from Katoomba to Checkpoint 3, within Private Property beside The Six Foot Track in the Megalong Valley.