

## Support Crew - 50km

While attending this event please keep physical distancing and be COVID safe.

It is imperative that support crews familiarise themselves with this document and it is advised that support crews attend the Friday night pre-race briefing.

Participants should estimate how long each leg will take so that support crews can schedule when to meet you at the allowed checkpoints.

Support crews are not compulsory and runners can self-support at the event by making use of the drop bag service at checkpoint 3, this checkpoint is approx. 19km into 50km. If you do choose to use a support crew, they are only permitted to assist runners at the following locations:

**CP3** - Sam Kelly Rd

**CP4** – Mapleton Day Use Area

**NO crew vehicles allowed at CP4 until after 9:00 pm.**

A shuttle bus will run continuously from the QCCC to CP4 from 9am to 9pm.

### At the Start – QCCC

On arrival at QCCC please sign the attendance register and observe COVID safe practices. Crew and spectators must stay behind the barriers and not enter the competitor area.

### CP3 (Sam Kelly Road)

Driving distance from Mapleton is 27km, approximate driving time 35 minutes.

From the entrance of QCCC drive west along Obi Obi Rd until you reach Eumundi-Kenilworth Rd. (approx. 19.5km). Part of this road is dirt for a few kilometres and steep, so please take care.

Turn right. Follow Eumundi-Kenilworth Rd (approx.5km) and turn right onto Sam Kelly Rd. Sam Kelly Rd is a dirt road, please drive slowly and be aware of roaming cattle. CP3 is approx. 2km along this road. Park on the verge. DO NOT drive past the CP or park in the National Park.

### CP4 (Mapleton Day Use Area)

**Crew vehicles will not be permitted at CP4 until after 9:00pm.**

Access to CP4 will be provided by the free shuttle bus service. The service will run from the bus stop on Obi Obi Road, (adjacent to the QCCC opposite Wandoo Court) to CP4, from 9:00am every 15 minutes.

### At the Start and Finish - QCCC

On arrival at QCCC please sign the attendance register (if not done previously) and observe COVID safe practices.

There will be a spectator area outside the finish hall. Spectators and crew will only be allowed into the hall when their runner is announced as approaching the finish line.

### **Crew Rules**

1. Support crews are not permitted to encroach on checkpoint procedures or enter any checkpoint areas.
2. Crews should familiarise themselves with all rules and conditions of the event.
3. Everyone involved with the event must comply with all instructions from race personnel at all points along the event route and its access, or risk disqualification of their runner.
4. Crews may meet their runner and assist them only at checkpoints 2, 3, 4 and 5.
5. Crews must wait to assist their runners until after the official check-in and their runner has left the official checkpoint.
6. Crews must stay within 200m of the checkpoint while attending to their runners.
7. Crews will be limited to one vehicle per competitor at all checkpoints.

8. All access roads are gazetted and are subject to standard road rules. No matter how fast a runner may be, it is possible for crews to arrive at all major checkpoints without breaking speed limits.
9. Crews must never park in such a way to block traffic, access to the trail, checkpoint or by double parking.
10. Strictly No Pets. Domestic animals aren't permitted in National Park areas
11. No littering. Crews are responsible for removing their rubbish.
12. Competitors will be held responsible for the actions of their crews

