



## **Support Crew & Spectators - 21km**

It is imperative that support crews & spectators read this document and it is advised that support crews attend the Friday night pre-race briefing.

You can support your runner at the start/finish area only for 21km competitors.

No support crew or spectators on any part of the 21km course.

### **Support Crew & Spectator Rules**

1. Competitors will be held responsible for the actions of their crews. Your runner could be disqualified if you do not adhere to these rules.
2. Crews can only assist their runner at Start/Finish. You cannot assist your runner on any other part of the course. **(Competitors could be disqualified if this is not adhered to).**
3. Crews & Spectators must never park in such a way to block traffic, access to the trail, checkpoint or by double parking.
4. No littering. Crews are responsible for removing their rubbish
5. Strictly No Pets on any part of the course including the start/finish area (QCCC)

### **At the Start and Finish - QCCC**

Come and cheer on your runner at QCCC. Feel the energy, enjoy great food and drinks, and witness the unforgettable moment they ring the bell.