# RACE BRIEFING

Welcome, everyone to the Dusk to Dawn 6/12 – our IAU-labelled, AIMs-certified 6 and 12 hour ultra. This is our fifth year of offering a 6 & 12 hour event and our sixth year of offering a time-based event. We hope you've enjoyed all of the effort we've put into it.

Thank you for coming out and supporting us. We look forward to meeting your expectations!

INTRODUCTION

Before we begin, I'd like to do some introductions. I'll start with myself. I'm Dawn. My official titles are 'event organiser' and 'race director'.  Basically, I'm the one to go to if you have any questions or suggestions.

Our main volunteer is Rob. Not only is he a staunch GoodRunnings volunteer and a sponsor of our beloved perpetual trophies for this event, but he's also this event's first aid marshal. If you have any injuries or ouches, please go to him.

Today's event has a few volunteers – **[insert names/info]**. Please welcome them whole-heartedly. And, please remember - volunteers are absolute angels. These are people who willingly give up their free time to help you achieve your dreams. So, please, treat them with the respect and consideration they deserve – and, if you're thinking you'd like to one day volunteer, just let me know. We can always use a spare set of hands! Not to mention, there are some nifty perks to being a volunteer!

COURSE DESCRIPTION

<u>Course Description</u>

Now let's move on to the main event – the course description. Good news – this is an amazingly easy course to follow. I would be deeply impressed if anyone managed to deviate from the path.

The course is quite simple: we are doing loops which are **almost** exactly 2.5km, with the precise measurement being 2.56464 km. Don't worry – we calculate the exact measurement into your final total, but we advise you to simply calculate it at 2.5km, as the difference is nearly negligible.

There are two simple rules you should follow:

1) The water will always be on the same side – left for the first 3 hours, right for the second 3 hours, and so on.
2) If you see a bridge, cross it

There are only two bridges on the course and you cross both of them. So, if you cross both bridges and keep the river to on the correct side, you will find yourself back here in 2.5km. The only thing that's slightly confusing is that when you get to the road bridge, you need to take the far path to get onto the bridge. The path closest to the water takes you under the bridge. Don't worry; it's marked.

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Laps & Directions

1) Participants will be turned around every 3 hours. When the 3 hour mark passes, we will stand at the start/finish line and turn you around when you are to pass.
2) If you were in your tent/marque when the turnaround time occurred, continue onwards to the start/finish as you would have done and then turn.
3) When you are nearing your final lap, we will give you a small bag which has your bib number on it. When the clock ticks over, we will sound a horn and you will drop your bag. Don't throw it; just drop it. Once that's done, return back here to the start and we will calculate your total distance.

Crew & Marque Rules

1) As explained in the event email, you are allowed to have a crew and marque. However, **you cannot peg any marque or tent.** If you wish to ensure they stay on the ground, you must use weights. This is a condition of our permit and we will strictly follow it. **If you or your crew are caught putting pegs in the ground, you will risk disqualification.**
2) **You cannot have pacers.**.
3) **Crews and marques are only allowed in the designated marque/tent area**, which is the area between the start line and the northern bridge. You cannot meet with your crew on any other section of the course or drop/pick up things for/from your crew outside of this area.

Toilets

The nearest public toilet is right after the first bridge, away from the course. We also have a portaloo here at the start.

Aid

HYDRATION & NOURISHMENT

The aid station is here, at the start/finish line. It has plenty of lollies, snacks, sandwiches, water, soft drinks, sports drink, coffee, and tea. At around 9:30, it will also have pizza. Instant soup is also available. Vegan options are available and marked.

We try to run a green event, though we do provide a minimal amount of disposable cups for this event only. If you brought your own cup, we will happily fill it with whatever drink you prefer.

FIRST AID/EMERGENCIES

This aid station also has first aid. Rob is the first aid provider for this event. If you have a problem, just let him know. If you have an emergency, contact 000, then let myself or any other race marshal know. If, at any point, you're on the course and you need to alert me of something (for first aid or

emergency needs), please call me. My number is 0412977006. It's on the sign there. Please store it in your phone in case you need to contact me.

In order for us to obtain an event permit, we have to fill out an extensive safety plan for all **emergency situations**. It is too extensive to explain each one, BUT, if you ever see a race marshal on the course in a yellow high-vis vest, please stop what you are doing and immediately listen.

FINISH LINE & TIMING

Timing

Our current timing systems include a timing mat and a camera which takes timestamped photos of the line every second. For our systems to work at optimal level, we request some things of you – first, leave your bib uncovered and visible. If we can see your number, we can pull up the camera footage in case of a dispute. Also, try not to cross the timing mat at the same time as someone else. Whenever possible, please be a step in front or a step behind.

Medals

There's a medal for everyone. Just hand the volunteer your bib, he/she will mark you off, and give you your medal.

If you ordered a medal and paid to have it **inscribed with your distance**, the medal is at the medal engraver's, who will inscribe it as soon as possible. We'll post it out to you as soon as it's ready. You'll typically hear from us in 1-3 weeks about how to receive it.

Results

The preliminary results are usually posted in 1-3 days from the event – anywhere from Monday until Wednesday at the absolute latest. They'll be posted on the event page and the website. Additionally, an email is typically sent out to all participants stating the results are posted. Once they're posted, you have two days to check the preliminary results and contact us with any aspect with that you have questions on. We can pull up the footage and check your time, if necessary. After those two days have passed, we'll publish the final results. Once they're published, no amendments are possible – so please ensure you contact us before the results become finalised if you have any questions.

SPONSORS, PRIZES, & DONATIONS

Sponsors/Supporters & Prizes

This event is sponsored by Gawler Leather Works. Gawler Leather Works is an independently owned, local business, operating in Gawler. They craft custom leather work and canvas goods, suitable to a

range of needs – from unique purses to thick aprons for metal workers. Check them out for any of your leather (or canvas) needs.

They have supplied our beloved perpetual trophies.

Donations

We're partnered with a local charity to help the South Australian community. The local charity is the Northern Adelaide Domestic Violence Services. They receive $5 from every registration. The Northern Adelaide Domestic Violence Services is a branch of the Women's Safety Services SA and they focus on helping women & children rise above domestic violence and thrive. We have **32** registrants for this event and have collected an additional **$85** in donations during the registration process, resulting in **$245** which will be donated to WSSSA & NADVS. We believe in accountability, so please keep your eye on the event page for the charity receipts.

That's a bunch of information to take in, so please let me know if you have any questions!

Otherwise, it's an easy course and a great day, so I hope you enjoy your run!