

# CRADLE MOUNTAIN RUN

40<sup>TH</sup> RUN

Saturday 1st February 2020

## GENERAL INFORMATION

### Distances:

Narcissus is about 60km from the start and Pelion is about half way between them. It is about 20k from Narcissus to the finish at Cynthia Bay Boat Jetty. The majority of finishers take between 12 and 13 hours finishing at Cynthia Bay between 6pm and 7 pm. Most of the field finishes, with some reaching Narcissus after the 5pm cut-off. It is unusual for runners not to make the 12 noon cut-off at Pelion but very slow runners have been known to do so. Splits for a 13 hour run are:-

Start	0:00	6:00am
Kitchen Hut	0:50	6:50am
Waterfall Valley	1:30	7:30am
Lake Windermere	2:30	8.30am
Pelion Creek	3:45	9:45am
Frog Flats	4:15	10:15am
Pelion Hut	4:45	10:45am *
Kia Ora Hut	6:15	12:15pm
Du Cane Hut	6:45	12:45pm
Campfire Creek	7:30	1:30pm
Du Cane Gap	7:45	1:45pm
Windy Ridge Hut	8:00	2:00pm
Narcissus	9:45	3:45pm **
Echo Point Hut	11:00	5.00pm
Watersmeet	12:45	6:45pm
Cynthia Bay	13.00	7.00pm

\* If unable to be past Pelion Hut by 12:00 noon withdrawal is compulsory.

\*\* If unable to pass Narcissus by 5:00 pm withdrawal is compulsory.

Pre-Run Briefing & Registration (COMPULSORY):

The briefing takes place at 5:00pm in the tavern area of Cradle Mountain Lodge on Friday night.

Meals are available at a reasonable cost.

Compulsory Gear:

The organisers are really serious about runners having sufficient gear. You will not be able to start the run if you do not carry gear that will allow you to survive injured or immobile in freezing snow, wet and windy conditions.

- 1) Quality waterproof coat (eg Gortex) withhood
- 2) Quality over trousers. Lycra skins are not acceptable wet weather gear
- 3) Two long sleeve tops (extra) and a pair of long johns. These must be made from a polypropylene or merino fabric. These clothes are in addition to the clothing worn for the run. That is, three tops in total. A good outdoor shop can advise.
- 4) Beanie or balaclava made of merino or polypropylene (no silks or buffs)
- 5) Gloves
- 6) 800 calories (3400 kjoules) of emergency food (equivalent to 200g block of chocolate) - separate from normal food carried.
- 7) Survival bag (not blanket) - this must be sturdy enough to resist tearing in strong winds eg 'Space' emergency bag.
- 8) A 1:100 000 Cradle Mountain Lake St Clair National Park map, (laminated or in a waterproof bag). Know how to read it and be familiar with the track. The track is sign-posted and marked but taking a wrong turn is common. Maps available via [www.tasmap.tas.gov.au](http://www.tasmap.tas.gov.au)
- 9) Cigarette lighter or waterproofmatches.
- 10) Compass (must be a quality (e.g. orienteering standard) compass suitable for use in an emergency). No electronic compasses. Minimum 40mm size dial
- 11) A whistle
- 12) Elastic bandage (supplied to each runner as part of 2020 entry fee)
- 13) First Aid supplies. Contents cannot be exactly specified as they will vary according to personal needs but should include blister treatment, antihistamines, pain killers etc.
- 14) \$50 Cash. You must carry \$50 with you just in case you do not finish and have to pay for the ferry.

All items should be in a waterproof plastic bag. Light-weight gaiters and sun hat are optional, but should be considered in light of your needs and experience. The organisers strongly recommend fully enclosed trail running footwear suitable for a sustained rocky, muddy and generally rough track.

You are accepted into the run on the clear understanding that you know and understand your needs. The above is the minimum requirement but such a list does not absolve you from using good judgment!

### Phytophthora

Phytophthora cinnamomi (myrtle rust root rot fungus) is now well established in many areas of moorland, heathland and dry eucalypt forest in Tasmania. It is a fungus that attacks the roots of susceptible plants, in many cases killing the plants.

In some native plant communities, epidemic disease can develop causing the death of large numbers of plants. It is a severe threat to natural bushland and to many threatened species, in the competition areas.

Please ensure your gear is cleaned thoroughly before using it in Tasmania.

To help reduce the spread of this fungus, the Tasmanian National Parks and Wildlife Service have asked us to ensure that competitors have cleaned their shoes and clothing (velcro etc.) before the event. This is best done by brushing (if dry), or washing out with soapy water (if muddy), as much dirt as possible, and then disinfecting with methylated spirits for 30 seconds.

If you have not cleaned and disinfected your shoes prior to coming to the event, you will be asked to clean your shoes at the compulsory gear check or briefing and you will be required to spray the shoes with the disinfectant F10sc and wait for 30 seconds before starting.

### Compulsory Gear Check:

Your compulsory gear (see list above) needs to be checked before the run. If it was not checked on the bus please bring it to the briefing. Your compulsory gear should all be packed in the backpack you intend to use for the run. A compulsory check of shoes to ensure they are clean will be undertaken as part of the gear check. Further random checks will be conducted, including at the finish.

### Start:

The start is at dawn (Approximately 6:00am) at Waldheim.

### Finish:

The finish line will be at Cynthia Bay, just before the Visitors Centre.

### Timing:

The Sportident electronic timing system will be used. You will be carrying an "SI Stick" and will need to access it to place it in a timing control at the start, Pelion, Narcissus and the finish.

### Post Run including Presentations:

Celebrations and post mortem will be at Fergy's Bar and Restaurant at Cynthia Bay near to the finish line. Presentations and breakfast on Sunday morning are at 8am in Fergy's Bar and Restaurant. Normally all runners plan to stay on for these.

### Support Parties:

There are no drink stations etc. There is no vehicular access to the track at all. A boat travels the length of Lake St Clair. However it is subject to the vagaries of weather and will not run at night. Two support parties are normally available, one at Pelion and one at Narcissus. Runners may get into difficulties and have to walk out so please take that into consideration in your schedule. Sweepers will be following the slowest runners.

At Narcissus, a boat will be chartered by the organisers after all runners have passed through the check point. Runners' injured or too slow to meet the 5pm cut off are required to travel on this ferry at their own cost. It is not available for non-official friends or family. If in trouble the boat may be hailed at Echo Point by opening a signal board on the shore.

**Food:**

Food is not provided. Nutrition for a long run like this is a complicated subject and you are responsible for knowing your requirements. If you don't know, don't come! Do not litter the track. This risks refusal by the Parks Authority to have the run in future years.

**Drink:**

The water upstream from the track is considered safe to drink.

**First Aid:**

NO first Aid support is provided by the organisers. Please take your own tape etc. for blisters. Be familiar with the treatment for snake-bite - an unlikely event but snakes are present on the track. All Tasmanian snakes are venomous.

**National Parks Charge:**

There is normally a \$200+ fee for walking the length of the Overland track. Whilst the full fee is not payable, runners are charged \$50 by the National Parks & Wildlife Service for undertaking this run. This charge is incorporated into the entry fee.

## RULES

This event is a co-operative event and runners are expected to assist one another as much as possible consistent with fairness.

- 1) You must not start if you are unwell or injured.
- 2) Unless a sweeper is present the last runners shall stay together as a group and stragglers shall not be left until at a place safe to do so.
- 3) If you leave the track for any reason you must leave your running pack on the track so that it is clearly visible with your supplied race number prominent to alert sweepers. The sweepers will not go past until you return.
- 4) Should there be the slightest doubt about your ability to finish you must withdraw before you are in real trouble. You agree not to be a liability to the other runners any longer than is necessary.
- 5) Should a sweeper, fellow runners, a relief party or a National Parks Officer request you to withdraw at a safe place you will do so.
- 6) You will carry all compulsory equipment and other food and items you deem necessary. During the run, no extra food, drink or other supplies should be sourced from any party other than a run organizer.
- 7) You will have tested all your equipment under running conditions.
- 8) CUTOFFS: You must have left Pelion by 12 noon or Narcissus by 5:00pm or you must withdraw.

## TRAVEL

Cradle Mountain Run Transport: Launceston to Cradle Mountain and Cynthia Bay - Lake St Clair to Launceston. If you wish to use them, buses are chartered by the Run Organisers. Payment will be taken when you fill in the run entry form.

From Launceston departing 12:00 hrs Friday from the Canning Street side of Brickfields Reserve. Interstate Runners are encouraged to fly into Launceston and catch the larger northern bus. There will be no airport pickups. The cost is \$60.

From Cynthia Bay - Lake St Clair departing about 9:30 am on Sunday morning. It will go to both Launceston Airport (arrival time 12:30pm) and the Brickfields Reserve Launceston. The cost is \$60.

Runners gear will be taken by bus from Cradle Valley to Cynthia Bay for collection after you finish the Run.

Doug Strohfeld manages this aspect of the event. Further details will be provided closer to the Run. Please direct queries to Email: [dougstrohfeld@gmail.com](mailto:dougstrohfeld@gmail.com) Phone 0407 366 891

Alternative Bus Services to Cradle Valley:

Tassielink 1300 300 520 [www.tassielink.com.au](http://www.tassielink.com.au)

Cradle Mountain Coaches 03 6427 7626 <http://cradlemountaincoaches.com.au>

Overland Track Transport 0474 172 012 <https://overlandtracktransport.com.au>

McDermotts Coaches 03 6330 3717 [www.mcdermotts.com.au](http://www.mcdermotts.com.au)

There is no organised transport to or from Hobart. Mutual carpooling co-ordination via Jenny Sprent on [jennifer.sprent@utas.edu.au](mailto:jennifer.sprent@utas.edu.au) This is a private arrangement organised outside of the run committee. Please contact Jenny no later than one week before the run.

## ACCOMMODATION

### Accommodation (Cradle Valley):

Some cost effective (\$30 each) accommodation is arranged by the Run Organisers at Waldheim. This accommodation will be available on 'first in first booked' basis. Payment will be taken when you fill in the Run entry form. The cabins are located 5km inside the Park and are equipped with gas heating, single bed bunks, basic cooking utensils, crockery, cutlery, gas cook tops and ovens. A amenities block has showers and toilets. You must bring your own sleeping bag, pillow and breakfast supplies if you stay at Waldheim. The Cradle Mountain Run commences just beyond the Waldheim accommodation.

Jenny Sprent manages this aspect of the event. Contact Jenny (03) 6227 8107 (h) or 0439 591 262 (mob) email: [jennifer.sprent@utas.edu.au](mailto:jennifer.sprent@utas.edu.au) if you have any queries.

Other accommodation providers at Cradle Valley include:

Peppers Cradle Mountain Lodge 1300 737 444 [www.peppers.com.au/cradle-mountain-lodge](http://www.peppers.com.au/cradle-mountain-lodge)  
Discovery Parks Cradle Mountain 03 6492 1395 [www.discoveryholidayparks.com.au/Cradle Mountain](http://www.discoveryholidayparks.com.au/Cradle_Mountain)  
Cradle Mountains Highlander Lodges 03 6492 1116 [www.cradlehighlander.com.au](http://www.cradlehighlander.com.au)  
Cradle Mountain Wilderness Village 03 6492 1500 [www.cradlevillage.com.au](http://www.cradlevillage.com.au)

### Accommodation (Lake St Clair):

Special accommodation arrangements have been set up for 2020.

Lake St Clair Lodge 6289 1137 [www.lakestclairlodge.com.au](http://www.lakestclairlodge.com.au) has reserved their full facilities for CMR participants and their support crews for Saturday 1st February 2020.

Accommodation options range from studios, cottages, bungalows, bunkrooms and camping facilities and will be offered at a discounted rate.

**Once the committee has accepted entries, runners need to book their own accommodation by emailing [cradlerun@lakestclairlodge.com.au](mailto:cradlerun@lakestclairlodge.com.au)** Accommodation bookings will not be available before this time. Any accommodation not booked by the end of November 2019 will be made available to the public.

Whilst there are other accommodation options in Derwent Bridge (5 km away), transport to and from these will only occur through private arrangements.

Following the run, Lake St Clair Lodge will port runners and their bags to accommodation (100m – 500m from the finish line).

Dinner may be purchased from Fergy's Bar and Restaurant (Lake St Clair Lodge) which is located near the finish line.

Breakfast and presentations will be held in Fergy's Bar and Restaurant on Sunday morning. A hot buffet breakfast may be purchased if required. (Please note some accommodation types have breakfast included in Lake St Clair lodge tariff).

Bus transport returning to Launceston will leave from Lake St Clair on Sunday morning.

Other accommodation options which requires private transport arrangements (eg taxi / hire car) include:

Pump House Point: Lake St Clair Road Ph: 0428 090 436 [www.pumphousepoint.com.au](http://www.pumphousepoint.com.au)  
Derwent Bridge Chalets and Studios: Derwent Bridge Ph 03 6289 1000 [www.derwent-bridge.com](http://www.derwent-bridge.com)  
Derwent Bridge Hotel: Derwent Bridge Ph 03 6289 1144 [www.derwentbridgewildernesshotel.com.au](http://www.derwentbridgewildernesshotel.com.au)

Please don't forget to arrange accommodation early at both Cradle and at Lake St Clair otherwise you may be disappointed.

## Waiver Form

Please sign and bring this waiver form to the event in order to meet the requirements of our Insurance.

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Australian Ultra Runners Association Inc.
Cradle Mountain Run 1 February 2020
Event Waiver Clause

1. I have read the conditions of entry for this event and understand the demanding physical nature of the event. I have trained for this event and I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the event, I will withdraw from the event.
2. I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including; over exertion, dehydration, and accidents with other participants, spectators or road users.
3. I acknowledge that it is a condition of participating in this event that I do so at my own risk. I accept all risks and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers, and any person or body, directly or indirectly associated with the event, from all claims, demands and proceedings arising out of or connected with my participation on this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.

Name (please print):

Signed:

Date: