

Cradle Run - Participant information

We acknowledge the Traditional Custodians, past, present and future of the land this event is travelling through.

This information in conjunction with that provided by the event organisers comprises the briefing for the 2021 Cradle Run.

The Cradle Run event is now in its 41st year. Being a longstanding event shows how successful it has been and the goodwill that is shared between the runners, Overland Track bushwalkers and Parks and Wildlife.

The Cradle Run is an iconic event in the Cradle Mountain - Lake St Clair National Park and creates a conversation point and quite a lot of excitement on the track between walkers.

Access to the start of the run:

For those driving to the race start, the boom gate at the entrance to the National Park will allow vehicles through to the race start on the Saturday morning. From 8:00am however the shuttle bus service starts. While shuttles buses are running, no private vehicles are allowed into the park. Those who are driving runners to the start, it is best to be out past the boom gate well before 8:00am. If you are still in the park after 8:00am with private vehicles it is very important to follow a shuttle bus out of the park.

Leave No Trace principles:

For the duration of the Cradle Run you are within the Cradle Mountain – Lake St Clair National Park. All runners will need to practice Leave No Trace Principles. Please follow the link below for full information:

<https://parks.tas.gov.au/explore-our-parks/know-before-you-go/leave-no-trace>

Specific to runners, be mindful of your gel wrappers and if you see wrappers on the track please pick them up. There are no rubbish bins on the Overland Track, so runners need to take all rubbish to the end of the race.

Use the toilets provided where possible; if not possible be mindful of other users and make sure do your business away from any walking Tracks and 100m Water courses. Leave your

pack on the track whenever you leave the track, so the sweeper doesn't pass you. Strictly no rubbish into the toilets. There are toilets at each of the hut sites.

Please stick to the main track and do not leave the track to avoid mud. There will be lots of mud given the expected rain and there is no possibility of keeping dry feet. The alpine vegetation can be particularly susceptible to damage from walkers and runners, so if it is green do not step on it.

Trail etiquette:

Up to 60 bushwalkers depart to walk the Overland Track each day of the season. The Overland Track gets around 9000 people each year. They cover many ages and levels of fitness. Please show consideration to all walkers on the track so as not to adversely affect their experience.

Give walkers a friendly heads up when approaching them to allow them to step off the track to let you past. There are plenty of places where it will be easy for them to give way but also plenty of spots where the track is narrow and winding/muddy/rocky so everyone will need to be patient at times.

COVID-19 considerations:

Runners need to follow the direction from the race organisers regarding runner obligations. At the Overland Track Huts there is reduced occupant capacity which runners need to adhere to if stopping at huts. Public notices are installed at the entrances to all huts and buildings. At many Overland Track sites water is provided at toilets for hand washing but it is the responsibility of runners to bring and use hand sanitiser.

Conditions on track:

For a remote wilderness bushwalk, the Overland Track is well marked and easy to follow. There is no race specific marking, but the track has consistent marking and there is directional signage at track junctions. You will be following signs for the Overland Track. At each junction, make sure you are going the correct way. If there is no Overland Track sign at a junction, you are expected to have the knowledge and equipment (map!) to know which is the correct way to go. This simply means which hut is the next hut, or which direction you should be travelling.

There is a combination of rock, roots, boardwalk, and other surfaces. About 65% of the track is natural surface. It has been a wetter than average late January/early February. Expect the track to be wet, muddy and slippery. There are several sections which will be particularly slippery if heavy rain falls on the day of the race.

Snakes are out as it is summer, be aware and careful. For those that are not aware the three types of snakes in Tasmania (Tiger Snake, Copperhead and White lipped whip snake) are all venomous, but not particularly aggressive. There has not been a death from snake on the Overland Track in a very long time, but there are lots of snakes.

Runners are expected to be self-sufficient and be carrying all appropriate gear with them, as per event terms and conditions checklist. You are responsible for your welfare while on the track.

The run around Lake St Clair towards the end of the event is a deceptively tricky section. Every year people comment how hard the section is, for how flat it is. Don't expect to be able to stretch out on that last 18km stretch and bear in mind it takes most people longer than they expect.

Water access:

Water is available from rain water tanks at each of the main Overland Track Huts – Waterfall Valley, Windermere, Pelion, Kia Ora, Bert Nichols, Narcissus. There are many streams, creeks and rivers which can also be easily accessed from the track. Due to recent and predicted rainfall most semipermanent creeks should be flowing.

