

**INSTRUCTIONS TO COMPETITORS**  
**Glass House Trail Runs**

1. All entrants must carry a **water bottle or pack** and finish with it. **Ultra** runners must complete a **medical** form with WEIGHT, PULSE and BLOOD PRESSURE on it. These will also be written on their Race Number.
2. COURSE MARKING:
  - a) **White flagging tape** in trees and bushes.
  - b) **Red arrows** which will indicate which checkpoint you are heading for.
  - c) **Dolomite arrows** on the ground OR lines across track to indicate not to cross.
  - d) **Witches hats with reflectors or glow sticks** may be used at night in some places.

*STAY ALERT for these markings at all times particularly at intersections. If you have run for about 15 minutes and have not seen any of these markings you should backtrack. Dolomite lines may be placed right across track where there are critical turns. Do not cross these lines.*

3. **Do not LITTER** the course. Anything taken from a checkpoint that is not edible should be placed in the rubbish receptacle at the next checkpoint. **Toilets** are located at or near checkpoints 1, 2, 5 ( Lookout ), 9 ( Mobil Service Station ) and portable ones will be available at 6 and 8 in May and 8 and 10 in September. In case of a toilet emergency runners should carry some biodegradable toilet paper and depart the track and bury the human waste.
4. Competitors do not have the right of way over any traffic you may encounter while crossing or following gazetted roads. Some Forestry or Parks and Wildlife tracks and roads will be closed using signs but there may be illegal trail bike riders or 4WD vehicles which will ignore these. If you hear them coming, get out of the road.
5. Ensure that any **crew vehicles** (only for ultra runners in the May, July and September events and relay members in January) park at checkpoints (particularly at 4a, 5, 6 and 8) so as not to block roads. Crew vehicles must follow gazetted roads only to get to checkpoints. For the September event a limited number of Crew Permits will be issued to allow crew vehicles to get to checkpoints 6, 7 and 10 which are on Forestry roads. These vehicles must not follow runners on forestry roads and trails. **Pets** should not be taken to checkpoints by crew persons and any **children** should be kept under strict control.
6. It is the responsibility of each runner to ensure they have their **number crossed off** at each checkpoint. Failure to be registered as passing through a checkpoint may mean you are ineligible for awards.
7. It is important you know the **order of the checkpoints** (write them on your race number if you can not remember them). Normally the red arrows taped to trees will have a number on them indicating towards which checkpoint you are heading.
8. Remember to be **polite and courteous** to checkpoint staff as these volunteers are out there for considerable time for your benefit.
9. **AT THE FINISH**
  - i. You will be given a **green ticket** that indicates your **finishing number** that will match you to the times on the print out tape. Take this to the table with the Finishers Mugs on it.
  - ii. You will be given a **red ticket** that entitles you to the **BBQ** free in place of the green ticket once you have selected your mug. Any friends or family who are not competing will need to purchase a red ticket (\$8) unless they are volunteering to help out in a significant manner.
  - iii. **Random Draw** prizes will be placed on a board near the finish. Check for your name.
  - iv. **Placegetters Medals** – Names of placegetters will be placed on a board near the finish and medals may be collected there. In September there will be a Presentations Ceremony at about noon so you may wish to wait until then.
10. **First Aid** – There will be a FIRST AID kit at each checkpoint and there will be a Sports Trainer in attendance.