

## **Support Crew – 100km**

It is imperative that support crews familiarise themselves with this document and it is advised that support crews attend the Friday night pre-race briefing.

Participants should estimate how long each leg will take so that support crews can schedule when to meet you at the allowed checkpoints.

Support crews are not compulsory and runners can self-support at the event by making use of the drop bag service at checkpoints 3, 4 and 5. If you do choose to use a support crew, they are only permitted to assist runners at the following locations:

CP2 (start/finish) – QCCC

CP3 – Near Gheerulla Camping and Trail Bike Area. Access via Sam Kelly Rd

CP4 – Mapleton Day Use Area (MDUA)

### **NO crew vehicles allowed at CP4 until after 9:00 pm.**

A shuttle bus will run continuously from the QCCC to CP4 from 9:00 am to 9:00 pm

CP5 – At the intersection of Cooloolabin Rd and Baronga Rd

### **There is Strictly No Access to Checkpoint 1 at Kondalilla Falls for support crews.**

The first time you will see your runner will be at CP2 (22½ km).

#### **CP2 (Mapleton QCCC)** – This is also the Start/Finish area.

Crews can meet their runner in the bus and coach parking area after they have gone through the checkpoint.

Park in the designated area (see 'Parking' section)

#### **CP3 (Near Gheerulla Camping and Trail Bike Area)** – Driving distance from QCCC to CP3 is 26.5km, approximate driving time 35 minutes.

From the entrance of QCCC turn left and head along Obi Obi Rd until you reach Eumundi-Kenilworth Rd. (approx. 19.5km)

Turn right. Follow Eumundi-Kenilworth Rd (approx. 5km) and turn right onto Sam Kelly Rd. Sam Kelly Rd is a dirt road, please drive slowly and be aware of roaming cattle. Drive until you reach the cattle grid (approx. 2km). DO NOT drive past the cattle grid. There is an area on the right to park.

It's an 800 metre (easy) walk from the cattle grid to the CP3. After you cross the cattle grid veer right and follow the Great Walk signs.

#### **CP4 (Mapleton Day Use Area)**

### **Support crew vehicles will not be permitted at CP4 until after 9:00pm.**

Access to CP4 will be provided by the free shuttle bus service. The service will run from the bus stop on Obi Obi Road, (adjacent to the QCCC opposite Wandoo Court) to CP4, from 9:00am every 15 minutes.

#### **CP5 (Intersection of Cooloolabin Rd and Baronga Rd)**

### **There is no access to CP5 along Mapleton Forest Road (the road beyond CP4, Mapleton Day Use Area).**

Driving distance from QCCC to CP5 is 28km, approximate driving time 35 - 40 minutes.

From the entrance of QCCC turn right on Obi Obi Rd, drive 800m to Montville-Mapleton Rd. Turn left at the intersection and drive towards Nambour on the Nambour-Mapleton Rd for approx. 12km.

### **DO NOT drive along Image Flat Road. This road is closed due to bridge repairs.**

At the traffic lights turn left onto the Nambour Connection road. Continue along this road for approx. 6km (you are driving towards Yandina). Turn left at the traffic lights on to Old Gympie road, follow this road for

1km and it will join on to Cooloolabin road. Continue along Cooloolabin road for approx. 9km. and you will come to the parking area for CP 5

**Exercise Extreme Caution on Cooloolabin Road as there will be runners on this road from CP5 to Buckby Rd.**

This Checkpoint can get congested at times. Strictly no parking at the checkpoint. Please do not drive past the **'No Crew or Spectator Vehicles Past this Point'** sign, it is a 200m walk to the checkpoint.

DO NOT park across private driveways or in such a way to block traffic.

## Crew Rules

1. Support crews are not permitted to encroach on checkpoint procedures. No Support Crew should enter any checkpoint area unless requested to do so by checkpoint officials.
2. Crews should be familiarise themselves with all rules and conditions of the event.
3. Everyone involved with the event must comply with all instructions from race personnel at all points along the event route and its access, or risk disqualification of their runner.
4. A crew member is defined as any individual who provides material support to a participant in the event.
5. Crews may meet their runner or assist them only at checkpoints specifically designated for crews.
6. Crews must wait to assist their runners until after the official check-in and medical evaluation (where applicable).
7. Crews must stay within 200m of the checkpoint while attending to their runners.
8. Crews will be limited to one vehicle per competitor at all checkpoints.
9. All access roads are gazetted and are subject to standard road rules. No matter how fast a runner may be, it is possible for crews to arrive at all major checkpoints without breaking speed limits.
10. Crews must never park in such a way to block traffic, access to the trail, checkpoint or by double parking.
11. Strictly No Pets. Domestic animals aren't permitted in National Park areas
12. No littering. Crews are responsible for removing their rubbish.
13. Competitors will be held responsible for the actions of their crews.

