



Pre Run Information Pack

November 2023

updated 18 /8/2023

Everything you wanted to know, but were too afraid to ask!



**Australia's toughest Alpine trail runs
160/100/60/42/25/16/10km – and
yes, the weather can do anything 😊 !!**





Welcome to the 2023 Alpine Challenge, this information is to be read prior to the event. We will **hold 2 pre run briefings on Friday evening & mini briefings in the morning**. This information supersedes any information on the website.

The briefing on Friday will focus on concerns you may have and updates re; course, water, safety, checkpoints, drop bags, pacers etc for each distance, especially for the 100 milers & what to do to avoid a DNF. The mini briefing Saturday morning prior to the start of each race to update you on any essential course changes due to flooded rivers, snow, storms, bushfire, locusts, plague etc 😊.

We will be using a mix of manual & electronic timing, please ensure you **wear your bib on your front**.

Key Information

Registration/Gear check from 4 PM to 9PM Friday Falls Creek - Slalom Plaza, FCRM Board Room
from 4 AM - 4.20 and again from 7 AM – 10AM Saturday

Pre run dinner 2 sittings 5/6PM Friday Falls Creek - Slalom Plaza , St Falls Resort

Briefing Session 1 5.15 – 6.00 PM
Session 2 6.15 – 7.00 PM Falls Creek - Slalom Plaza, St Falls Resort

Run check in / start

100 mile/100 km Run Pre-race check in: **4:20 A.M.** Slalom Plaza, Falls Creek
Start time: 4:30 A.M. Saturday

42/60 km Run Pre-race check in: **8:20 A.M.** Slalom Plaza, Falls Creek
Start time: 8:30 A.M. Saturday

10/17/25 km Run Pre-race check in: **10:20 A.M.** Slalom Plaza, Falls Creek
Start time: 10:30 A.M. Saturday

Registration:

Race numbers / PLBs / Pacers bibs (160km only), will be given out at Registration on Friday afternoon for 42/60/100/160km and on Friday afternoon / Saturday morning for 10/16/25/42/60km.

Gear checks will be conducted at Registration, bring your running kit with you.

NB: Spare thermal top and bottom can be worn at the start and then placed in your pack. Torch / compass / map – must be carried separately. The mobile phone is for emergency contact and does not replace these items .

NBB: Every year we have runners not bringing **ALL** the mandatory gear and then scrounging around and trying to beg or borrow some from others. **Let's be very clear – if you don't have all the specified mandatory gear you will NOT be permitted to run – its very simple - No gear = No start**

At registration, we will check: mobile number, emergency phone number, pacer phone number, support crew contact numbers and vehicle registration number.

At gear check, we will check that you have **ALL** the specified gear.

NBBB: **New for 2023**, runners in distances over 60km must show a fully charged power pack with indicator lights. All runners must have the appropriate pressure snake bandage(s) – see mandatory gear.

If you fail the gear check on any item you will NOT be allowed to start.

International Entrants: Purchase an Australian SIM card from airports on arrival or in supermarkets, news agencies, petrol stations & insert this into an unlocked phone. Telstra has the best coverage over the course. This is **essential** so that we can contact you via SMS or phone in the event of an emergency.

Navigation – how not to get lost – Avenza downloadable maps

Download the Avenza maps for your smart phone, these show your location in real time on the course. Copy & paste this link in your browser, follow the instructions <https://www.terrainium.com.au/blog/alpine-challenge-2022>

NB: The Avenza map for the 10km runners has been superseded – the new 10km map is in this pack

NBB; you must carry a hard copy map as part of your mandatory gear - print this off the website.

Drop Bags: 100km /160 km runners only

Please bring your Drop Bags to registration on Friday.



Note new locations for Drop Bags. We have moved the Langfords Gap cp to Cope Hut.

Drop bags must be: - Small, (no larger than a Coles/ Woolies/ Aldi etc cloth shopping bag) – See photo

- Have your name and race number clearly printed,
- Marked with the location that the drop bag is to go to.
- Have contents packed in a waterproof bag
- Not too heavy
- 1 Small drop bag per person per location

Runners can leave Drop Bags clearly marked with their; Name / Race Number / Checkpoint at Registration (Friday between 3PM and 9PM). **NB:** 160km runners - Drop bags for Loch Car park not delivered by 9PM Friday are not guaranteed delivery.

160km – Warby Corner / Loch Cp / Pretty Valley

100km – Warby Corner / Pretty Valley.

Drop Bag return: Runners must claim their drop bags by 10.00am on the Monday from outside the FCRM board room (Registration room).

Drop bags from Warby Corner / Cope Hut will be returned on Saturday night

Drop bags from Loch Carpark will be returned Sunday around midday

Drop bags from Pretty valley can be collected from Pretty Valley when you have finished or Monday morning

The organisers are not responsible for returning any Drop Bags (and contents) to runners if they are unclaimed after 10.00am on Monday after the run.

Whilst we will do our best to ensure your drop bags are;

- a) delivered
- b) intact to checkpoints and
- c) returned to the finish,

we are not responsible for lost or damaged drop bags and their contents.

Drop bags are of necessity stacked for transport, so they must be robust and their contents protected in leak-proof and crush proof (where appropriate) containers as well as protected from rain / water.

DO NOT PUT VALUABLES IN DROP BAGS!

Drop bag locations:

10/16/25/42/60km – **No drop bags**

100km – Warby Corner Gap/Pretty Valley

100 Mile – Warby Corner / Loch Car park /Pretty Valley

NB - be aware that in past years drop bags / support crews have failed to meet runners at Loch Car Park due to road closures as a result of tree falls / slippages /snow falls. Runners - please carry extra supplies – just in case ☹



Alpine Challenge 2023 - Cut Off times / Checkpoints – updated 18/8/23

Marshalls will be at the check points below.

All participants **MUST** check in and have their times recorded at **ALL** checkpoints. It is your responsibility to ensure that your number has been recorded. If your number is not recorded you may be disqualified.

If you arrive at the checkpoint after the cut off or fail to leave by the cut off you will not be permitted to proceed.

If Marshalls / Medical advisers feel your health / pace would place you in difficulty of continuing, or due to adverse weather conditions the Marshalls may direct you **NOT** to continue.

The decision of a Marshall/ Medical adviser is final. You will **NOT** be permitted to proceed after the times below if you are late.

Cut off times specified below are the times by which you **must exit** the check point. There may be random gear checks at checkpoints, failure to have **ALL** the mandatory safety gear will lead to participants being withdrawn from the event.

Relay team change over: Relay teams may change over members at the checkpoints.

In the tables below there are target times – you should aim to be at the checkpoint by this time if you want to meet the cut off.

If you are late meeting a target time you may be allowed to proceed to a checkpoint that has a cut off time. If you are late meeting a cut off time you will be pulled from the event.

Cut Offs – 10/16/25km Start 1030 Saturday

Cut Offs for completing the short course events are detailed below:

10km – 2 hours **16km** – 3 hours **25km** – 5 hours

Cut Offs—42 km - Start 0830 Saturday – 8 hour cut off

Checkpoint		<u>Cut Off</u>	Distance km	Leg time hr	Total km	Elevation m	Refreshments
Cope Hut		11.30 Sat	19.0	3:00	19.0	+500	Water - Electrolyte - Fruit - Chips - Chocolate - Sweets
Pretty Valley		14.30 Sat	13.5	4.00	32.5	+200	Water - Electrolyte - Fruit - Chips - Chocolate - Sweets
Falls Creek		16.30 Sat	9.0	2:00	41.5+/-	+200	

Cut Offs—60 km - Start 0830 Saturday – 14 hour cut off

Checkpoint	Target time	<u>Cut Off</u>	Distance km	Leg time hr	Total km	Elevation m	Refreshments
Warby Cnr (1)		14.00 Sat	24.5	5:30	24.5	+1140 m	Water - Electrolyte - Fruit - Chips - Chocolate - Sweets
Cope Hut		17.00 Sat	14.5	3:00	39.0		Water - Electrolyte - Fruit - Chips - Chocolate – Sweets
Pole 333 (1)	19:00 Sat		9.5	2:00	48.5	+200m	N/A
Pretty Valley		20.20 Sat	5	1.30	53.5		Water – Fruit - Chips - Sweets
Falls Creek		22:30 Sat	9.0	1:30	62.5	+200m	

Cut Offs 100 km – Start 0430 – 26 hour cut off

Checkpoint	Target time	<u>Cut Off</u>	Distance km	Leg time hr	Total km	Elevation m	Refreshments
Warby Cnr (1)		10:30 Sat	24.5	6:00	24.5	+1140 m	Water - Electrolyte - Fruit - Chips - Chocolate – Sweets - Drop Bags
Cleve Cole Hut (Bogong)		16:00 Sat	14	5:30	38.5	+1000/- 840m	Water - Chips - Sweets
Warby Cnr (2)		20:00 Sat	26	5:30	64.5	+660/- 790m	Water - Electrolyte - Fruit - Chips - Chocolate - Sweets
Cope Hut		22:30 Sat	14.5	2:30	79		Water - Electrolyte - Fruit - Chips - Chocolate – Sweets
Pole 333 (1)	01:30 Sun		9	2:00	88.0	+200m	N/A
Pretty Valley Pondage		03:30 Sun	5	1:30	92.5	+200	Water – Fruit - Chips - Sweets – Drop Bags
Falls Creek		06:30 Sun	9.0	2:00	101.5	+200m	

Cut Offs 100 mile – Start 0430 – 42 hour cut off

Checkpoint	Target time	Cut Off	Distance km	Leg time hr	Total km	Elevation m	Refreshments
Warby Cnr (1)		10:00 Sat	24.5	5:30	24.5	+1140 m	Water - Electrolyte - Fruit - Chips - Chocolate – Sweets - Drop Bags
Cleve Cole Hut (Mt)		15:30 Sat	14	5.30	38.5	+1000/-840m	Water - Chips - Sweets
Warby Cnr (2)		19:30 Sat	26	5:30	64.5	+660/-790m	Water - Electrolyte - Fruit - Chips - Chocolate - Sweets Drop Bags
Cope Hut		22:00 Sat	14.5	2.30	79.0		Water - Electrolyte - Fruit - Chips - Chocolate – Sweets
Pole 333 (1)		24:00 Sat	9.0	2:00	88.0	+200m	N/A
Loch Carpark		04:00 Sun	14.5	4:00	102	+700/-460m	Water - Electrolyte - Tea - Coffee - Soup – Noodles - Fruit - Chips - Drop Bags
Harrierville (Snowline)		10:00 Sun	16	6:00	118	-1300m	Water - Electrolyte - Tea - Coffee - Soup – Noodles - Fruit - Chips
Diamantina Spur	14:00 Sun		13.5	4:00	131.5	+1400	N/A
Pole 333	19:00 Sun		13.5	5:00	145.5	+700/-460m	N/A
Pretty Valley Pondage		20:30 Sun	5	1:30	150.5	+200	Water – Fruit - Chips - Sweets - Drop Bags
Falls Creek		22.30 Sun	9.0	2:00	159.5	+200m	

Water is available from rivers, streams and soaks.

NB: Due to the possibility of dead animals in streams or rivers Running Wild and Parks Victoria recommends treating all water.

Given the large number of runners and the remoteness of some checkpoints we recommend that you take water from streams and rivers when it is available, do not rely on water being available at all checkpoints.

Plastic cups will **not** be available for drinking at the refreshment points. Competitors must be in possession of a cup or other container suitable for personal use. 160km runners should carry a cup for hot soup at Loch cp and Harrierville. Each runner must ensure that they carry the minimum amount of water expected as compulsory equipment on departure from each refreshment point.

100/160km runners - There is a 10km uphill section from Big River to Warby Corner where there is **NO** water. Many runners do this section in the heat of the day. **Take on water at Big River.**



Alpine Challenge - Event Rules (summary of main rules – for full set of rules please refer to the website)

The following rules have been developed to enhance participant safety and support event organisers in maintaining a high safety standard. Please accept these rules in the spirit of the event.

1. The event organisers reserve the right to alter the course at any time prior to or during the event, without notice and/or cancel the event in consultation with and under the direction of Parks Victoria, Emergency Service agencies, Alpine SAR or Falls Creek Resort Management.
2. Participants **including Pacers** must register, collect their bibs / safety pack and have their gear checked prior to commencement of the event at registration.
3. **All** participants must check in/out at **all checkpoints**.
4. Participants must offer assistance to other runners/walkers in distress - Any participant who is injured/exhausted or suffering from exposure should be brought to the nearest checkpoint for assistance. If the injury/condition is serious or in the event of hypothermia, onsite assistance should be provided and assistance sought from the event organisers on the emergency contact number on the back of the race bib. Under no circumstances are injured/distressed participants to be left unattended.
5. Marshalls/Checkpoint personnel may make a decision, in the interests of safety—for both the participant/pacers and event personnel—to withdraw a participant and / or their pacer.
6. Cut offs at checkpoints will be enforced by marshals/ASAR and are non-negotiable.
7. Participants/pacers/**support crew** must obey all directions/instructions given by marshals/ASAR/event staff.
8. Participants wishing to withdraw during the event must report to the nearest checkpoint.
9. Runners leaving the track for a toilet stop, must leave their pack with race number showing, on the side of the track.
10. Participants/team leaving the track or checkpoints to sleep or for any other reason must do so from a designated checkpoint (toilet stops excepted). They must notify the checkpoint marshal of their intention and estimated return time. The participant/team must return to the checkpoint and check in with the marshal prior to resuming the event. Failure to abide by this rule may lead to participants being recorded as missing and search procedures being started.
11. Cut offs - Participants must leave the checkpoint prior to the designated cut off time. Failure to do so will result in the participants being withdrawn from the event.
12. Race bibs must be worn on the **front** at all times during the event and tags with race number attached to the outside of your running pack.
13. Victorian based 100mile entrants are required to organise their own support crews to provide food, drinks, change of clothes, pick up (if required), etc. The event organisers are able to provide limited support for 100 mile runners from interstate/overseas via drop bags at Warby Corner, Loch Car Park and Pretty Valley Pondage.
14. 100km runners may have drop bags at Warby Corner and Pretty Valley Pondage.
15. Drop bags are not permitted for participants in the 10/16/25/42/60km distances
16. Participants are required to carry a fully charged mobile phone and fully charged power pack to recharge their phone. Runners in the 60km plus distances must have a power pack with indicator lights. A minimum of 2 phones per team, or one for each solo runner (Telstra provides the best coverage).
17. 160/100km participants are issued with a Personal Location Beacon or similar for the duration of the event and are responsible for its return on completion of the event. Participants who fail to hand in the PLB are responsible for returning it direct to EPIRB hire and may be charged \$10 AUD per day for late return.
18. Participants are not permitted to meet support crew at any location except designated checkpoints.
19. Relay teams may only change runners at designated checkpoints.
20. Pacers (100 mile) can accompany a runner for a maximum of two stages, from Pole 333 (1) onwards.
Stages are: 1) Pole 333 to Loch Carpark 2) Loch Car park to Harrietteville 3) Harrietteville – Pole 333/PVP/Finish
21. Pacers are not permitted for 10/16/25/42/60/100 km runners.
22. Pacers (100mile) are allowed to run with solo runners but cannot lead or carry any of the race participant's equipment. Pacers must carry all the mandatory safety equipment.
23. Pacers must have their mandatory gear checked at registration and collect a Pacers bib
24. Mandatory safety equipment will be checked prior to and during the event. Any participant/pacer without **all** the specified /correct mandatory equipment prior to the event will not be permitted to start until they provide the equipment. Participants without the mandatory equipment during the event will be withdrawn and disqualified.
25. Runners must carry an actual spare torch, compass, map in addition to their smart phone.
29. By completing an event registration form, participants confirm their ability to map read/navigate in difficult conditions.
30. Children under the age of 12 are not allowed on the course / at checkpoints unless supervised by a responsible adult from a support crew, unless approved by the Race Director
31. **Covid 19 – special requirements** – runners currently showing a positive test result are not permitted to start. Runners who have had covid within 2 weeks of the start must advise the Race Director and discuss their ability to complete the distance they are entered.

Snake Bite – Mandatory Safety Equipment

We have updated our requirements in relation to snake bite treatment

The AeroForm Premium Long Snake Bite Bandage with Indicators is a Premium Heavyweight Conforming Bandage for use with the Pressure Immobilisation Technique, used for the treatment of all Australian Snakes.



One 10cm x 10.5M Stretched bandage is of sufficient length to bandage a large adult leg or **Two** 10cm x 4.5M Stretched (both shown above)

Alternately you can use **Two** 10cm x 2m SMART Pressure Snake bandages –(shown below)



The SMART Bandage uses a pictogram to demonstrate how to achieve correct tension when applying a pressure immobilisation bandage – a critical factor in snake bite first aid.

The pressure bandage helps you keep calm and focused with the rectangle pictogram becoming a square to let you know when optimal tension has been achieved.

Before Application



Correctly Tensioned



The SMART Bandage also doubles as a compression bandage in your [first aid kit](#) for major wounds, sprains and strains. It's recommended to always carry at least two SMART Bandages with you, so these can be applied above and below the bite or wound in the case of a snake bite emergency.

Pressure Snake bandages are available from Bogong Equipment or Pharmacies

NB – White or Brown crepe / elasticised bandages are NOT acceptable

Please watch this video on snake bandaging <https://www.youtube.com/watch?v=HUKeZu7lwo4>

Treatment - In the 1980s a technique called Pressure immobilisation bandaging was developed to further retard venom movement. It completely stops venom /lymph transport toward the blood stream. A firm roll bandage is applied directly over the bite site (don't wash the area).

Technique: Three steps: keep them still

Step 1 Apply a bandage over the bite site, to an area about 10cm above and below the bite.

Step 2: Use another elastic roller bandage and apply a firm wrap from Fingers/toes all the way to the armpit/groin. The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white. About the tension of a sprain bandage.

Step 3: Splint the limb so the patient can't walk or bend the limb. Keep still!

Do nots:

Cut, incise or suck the venom.

EVER use a tourniquet

Remove the shirt or pants - just bandage over the top of clothing.

Remember movement (like wriggling out of a shirt or pants) causes venom movement.

DO NOT try to catch, kill or identify the snake!!! This is important.

In hospital we NO LONGER NEED to know the type of snake. New Antivenom neutralises the venoms of all the 5 listed snake genus, so it doesn't matter what snake bit the patient. Polyvalent is our one shot wonder, stocked in all hospitals, so most hospitals no longer stock specific Antivenins.

Australian snakes tend to have 3 main effects in differing degrees. 1) Bleeding - internally and bruising.

2) Muscles paralysed causing difficulty talking, moving & breathing. 3) Pain, In some snakes severe muscle pain in the limb, and days later the bite site can break down forming a nasty wound.

Remember - stay still.

PLB - Mandatory Safety Gear (100/160km runners)



How to use your PLB:

Notes for Users: DO NOT test the device – It has been tested. Testing uses precious battery life. Only operate in a situation of grave and imminent danger.

To Activate:

IN CASE OF EMERGENCY, USE ONLY IN CASE OF GRAVE OR IMMINENT DANGER

- PULL THE ANTENNA OUT FROM THE BODY TO ITS FULL EXTENT USING THE BLACK TAB
- LIFT THE FLAP UP
- PRESS THE ON KEY FOR ONE SECOND TO ACTIVATE THE BEACON. THE GREEN LED WILL FLASH TO INDICATE ACTIVATION
- RELEASE THE ON KEY • ENSURE THE ANTENNA IS HELD VERTICALLY WHILE OPERATING THE PLB
- THE STROBE LIGHT WILL START FLASHING TO INDICATE IT IS ACTIVATED

Deactivation:

To deactivate your PLB1 after use, or if it is accidentally activated, press the 1" key for one second until the indicator LED flashes red twice, then release.

Rewind the antenna by turning the knob on the top of the PLB clockwise. Do not push the antenna back into the PLB1 as this may cause it to be damaged.

False Alerts: False alerts cause the rescue authorities unnecessary time and expense. To avoid false alerts make sure your PLB1 is safely stowed with the protective cover closed and the antenna fully wound in. Make sure that there is no excessive pressure applied to the protective cover. If you accidentally activate your beacon or otherwise set it off when a rescue is not required, contact your local emergency services as soon as possible and advise them of your beacon's 15 digit HEX code (UIN), your current location and the time the beacon was first activated. The UIN is printed on the label on the rear of the PLB1.

Power Packs

Runners in 60/100/160km distances must show a fully charged power pack with full indicator lights and correct connection cables.



Mandatory Safety Gear – 42/60/100/160km

This list has been prepared based on **running in good to mild conditions**. It should be treated as your **minimum** safety gear and should be adjusted upwards in terms of quality, and quantity of gear depending on conditions. Many runners aim to take the lightest and smallest amount of gear with them. This will not protect you in the Victorian Alps in cold, wet and windy conditions. The 100 mile event has an average 34% DNF rate because people continue to underestimate the conditions.

Failure to have **ALL** the listed mandatory safety equipment at registration / during the event and at gear checks during the event will result in disqualification and the participant being removed from the event.

All participants must provide and carry with them the following minimum safety equipment.

X means you must have it **O** = optional. ☺

Mandatory Items	100/160k	60k	42k
Waterproof & windproof jacket with hood,(gortex, pertex, entrant, japara, nylon etc)	X	X	X
Waterproof & windproof pants, (gortex, pertex, entrant, japara, nylon or similar)	X	X	X
Spare long sleeved thermal top and long johns (polypropylene, wool or similar). May be worn at the start of the run. NB: Not acceptable - Cotton, coolmax, lycra & any non thermal compression garment.	X	X	X
Beanie and or hat and or balaclava or buff (1 only)	X	X	X
Windproof & waterproof gloves (large size dishwashing gloves are waterproof)	X	X	X
Hard copy map of the area and course notes (laminated or in a waterproof map case or zip lock bag). Spatial Vision,Bogong Alpine Area 1:50,000 or off the website	X	X	X
Compass or GPS plus spare batteries for GPS. Find out how to use your map and compass here http://www.gizmodo.com.au/2015/01/how-to-use-a-map-and-compass/	X	X	X
Lighter or waterproof matches	X	X	X
Whistle	X	X	X
First Aid kit including Personal First aid requirements, bandaids, antiseptic, painkillers etc Pressure Bandage for snake bites / sprains	X	X	X
Emergency space bag or light bivvi bag (1 only) or equivalent bag	X	X	X
Fully charged mobile phone (1 phone per solo runner/2 per team or relay team—Telstra provides the best coverage)	X	X	X
Fully charged power bank (with indicator lights for runners in distances 60km plus) 1 power pack per solo runner/2 per team or relay team	X	X	X
Torch/headlamp and spare batteries	X	X	
Back up torch/headlamp (including spare batteries)	X		
Food—for the run and emergency food if lost (energy chocolate is good)	X	X	X
Water—minimum 2 litres capacity. More recommended if forecast is hot	X		
Water—minimum 1 litres capacity. More recommended if forecast is hot		X	Y
Personal cup or other suitable container for drinking at the refreshment points (water bottle is valid)	X	X	X
Waterproof bag for spare clothing (plastic bags/zip lock bags or dry sacks are fine)	X	X	X
Sun screen (depending on weather forecast)	O	O	O
Personal Location Beacon or similar (1 per solo/team, provided in race pack)	X		
Emergency heat pack (provided in race pack)	X		
Race number (provided in race pack)	X	X	X
Ziplock bag – for your rubbish (provided in race pack)	X	X	X
Be prepared to carry a fleece or down jacket – To be advised prior to race start	X	X	X

Unacceptable gear

If you bring this equipment, you will NOT be permitted to start - Water **resistant** jackets/over-pants, Jacket **without** a hood, poncho, “Skins” or equivalent as thermals, Snake bandage other than Pressure bandage.

Mandatory Safety Gear – 10/16/25km

This list has been prepared based on **running in good to mild conditions**. It should be treated as your **minimum** safety gear and should be adjusted upwards in terms of quality, and quantity of gear depending on conditions. Many runners aim to take the lightest and smallest amount of gear with them. This will not protect you in the Victorian Alps in cold, wet and windy conditions.

Failure to have **ALL** the listed mandatory safety equipment at registration / during the event and at gear checks during the event will result in disqualification and the participant being removed from the event.

All participants must provide and carry with them the following minimum safety equipment.

X means you must have it **0** = optional. – subject to weather ☺

Mandatory Items	25k	16k	10k
Waterproof & windproof jacket with hood,(gortex, pertex, entrant, japara, nylon etc)	X	X	X
Waterproof & windproof pants, (gortex, pertex, entrant, japara, nylon or similar) Subject to weather	X	X	0
Beanie and or hat and or balaclava or buff (1 only)	X	X	X
Spare long sleeved thermal top and long johns (polypropylene, wool or similar). May be worn at the start of the run. (Subject to weather) NB: Not acceptable - Cotton, coolmax, lycra & any non thermal compression garment.	X	0	0
Windproof gloves	X	X	X
Hard copy map of the area and course notes (laminated or in a waterproof map case or zip lock bag). Spatial Vision,Bogong Alpine Area 1:50,000 or off the website	X	X	X
Compass or GPS. Find out how to use your map and compass here http://www.gizmodo.com.au/2015/01/how-to-use-a-map-and-compass/	X	X	X
Whistle	X	X	X
First Aid kit including Personal First aid requirements, bandaids, antiseptic, painkillers etc Pressure Bandage for snake bites / sprains	X	X	X
Emergency space bag (1 only).	X	X	X
Fully charged mobile phone—Telstra provides the best coverage	X	X	X
Food—for the run and emergency food if lost (energy chocolate is good)	X	X	X
Water—minimum 500ml capacity. More recommended if forecast is hot	X	X	X
Personal cup or container for drinking at the refreshment points (water bottle is valid)	X	X	
Sun screen (depending on weather forecast)	0	0	0
Race number (provided in race pack)	X	X	X
Ziplock bag – for your rubbish (provided in race pack)	X	X	X
Be prepared to carry a fleece or down jacket – To be advised prior to race start	X	X	X

Unacceptable gear

If you bring this equipment, you will NOT be permitted to start - Water **resistant** jackets/over-pants, Jacket **without** a hood, poncho. Snake bandage other than a pressure bandage.



What to do if you think you are, or you are lost, injured and need help

(But you won't get lost cos you have the Avenza download maps on your phone 😊 😊)

What to do if you are lost or geographically embarrassed.

- 1) Stop, stay calm, get out your Smart phone and open your Avenza map. Locate yourself, locate the route, move back to the route
- 2) If you do not have a smart phone, get out your map and compass and course notes. Orientate your map, read the map to ground, read your trip notes and try and work out where you are.
- 3) If you can't work out your location and you are still on the track, backtrack to your last known point. Find yourself and then continue on.
- 4) If all else fails, call Paul on the emergency number listed on the back of your race bib. If you have problems getting through, ie only one bar showing in signal strength – send an SMS. Stay calm, do not panic, do not continue moving forward. Stay in one location.
- 5) Use your whistle to attract attention – 3 long blasts, wait 60 seconds – then another three long blasts – listen for a reply whistle – 3 short blasts.
- 6) If you make contact and need to give your GPS coordinates from your mobile phone, follow the steps below. This will help the ASAR team locate you. Follow their instructions

How can I display current GPS coordinates on my phone?

1) Download the free app “Emergency+” to your smartphone

2) iPhone

You can use your iPhone's built in GPS to display the latitude and longitude coordinates of your current location. Follow these steps to find your location coordinates in degrees, minutes and seconds:

Make sure that Location Services is ON. Navigate to Settings -> Location Services -> ON 2. In the list of apps under Location Services, make sure Compass is ON 3. Press the Home button to exit Settings 4. Open the Compass app

Your current GPS coordinates are displayed at the bottom of the screen in deg.min.sec.

Alternately the “Emergency +” app provides your coordinates or a 3 word reference point (what3words) – use this when conversing with ASAR / Emergency services

3) Android Phones

Download a free GPS coordinates app such as: My GPS Coordinates or GPS Coordinates

Ensure **GPS satellites** in **Settings, Location access** is turned on

Learn about finding your GPS Coordinates using Google maps on your smart phone

https://www.youtube.com/watch?v=HgL_Pzlmf00

When should I activate my PLB

In the event that you are seriously lost, and / or injured and cannot make contact with anyone by phone, SMS, whistle blasts or calling you may **as a last resort** have to activate your PLB.

Stay calm, stay where you are, manage your temperature / food /water intake, keep calling on your phone / whistle, wait for help. Do not panic.

Course Markings 60/100/160km

In the first 90km you can expect to see around 10 markers. These are at critical junctions. Generally navigation is reasonable plus you have your map, course notes and Avenza map. Make sure you carry them and they are easily accessible and protected from the weather. In the last 9 km through the village there are around 100 markers ☺ and directional signs.

Course markings 10/16/25/42km

10/16/25km - the course is fully marked

42km – the course is fully marked until it intersects with the 60km course and turns off Big River fire trail to Langfords Gap



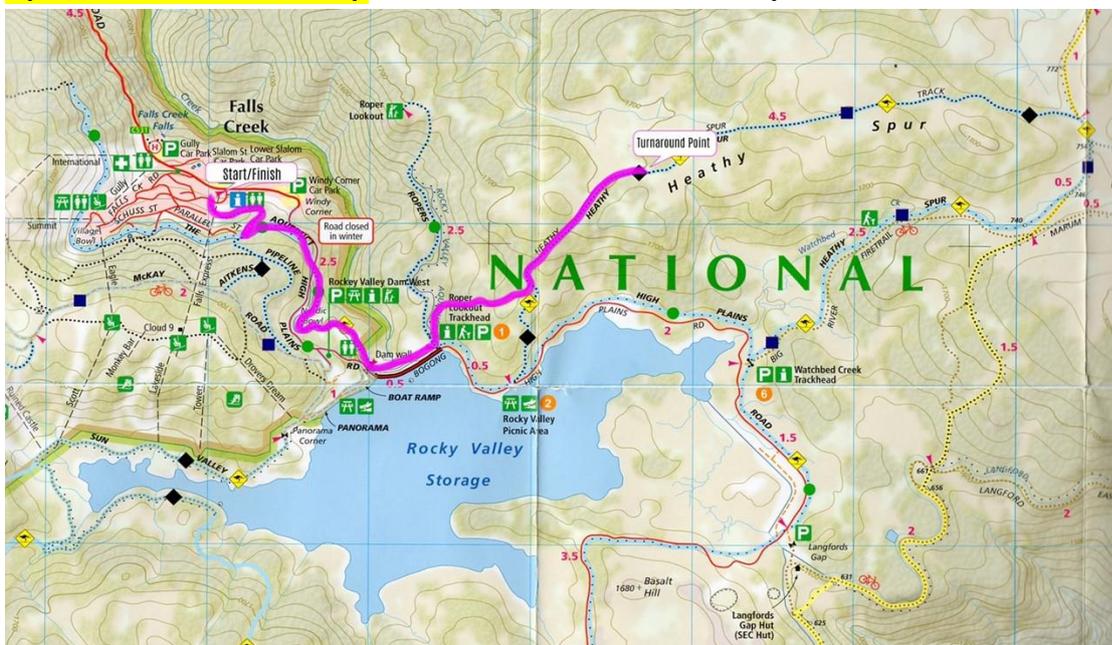
Directional arrows are at major junctions

White flags – 10/ 16/25/42km

Pink flag – 42/ 60/100/160km

Pink flag with reflective tape/ reflective flags / glow sticks – Across the “Desert” – Mount McKay to Home Trail – Finish

Updated 10km Course map – an out and back course. NB pass below the dm wall!





Water Locations

100 /160 km (black 100/160, red 160 only)

Section	Water
Falls Creek—Spion Kopje —Warby Corner	Rocky Valley Creek, stream, tap
Warby Corner—Duane Spur—Big River	Big River
Big River—T Spur—Mt Bogong	Madisons Ck, Cleve Cole Hut
Mt Bogong—Quartz Ridge—Big River	Big River
Big River—Timms Spur—Warby Corner	Big River, No water for 12 km, tap Warby Checkpoint.
Warby Corner—Mt Nelse—Langfords Gap	Creeks, Aqueduct
Langfords Gap—Cope Hut—Pole 333	Aqueduct, creek, Checkpoint - tap
Pole 333—Cobungra River—Dibbins Hut	Cobungra River
Dibbins Hut—Swindlers Spur—Loch C/P	Derrick Hut – small soak, Loch Checkpoint - tap
Loch Car park—Bon Accord Spur—Harrietville	Washington Ck, Harrietville - tap
Harrietville—Bungalow Spur—Mt Feathertop	Soak towards MUMC Hut, Federation Hut
Mt Feathertop—Diamantina Spur—Westons Hut—Pole 333	West Kiewa River, Creek at Westons
Pole 333—Pretty Valley Pondage—Falls Creek	Pretty Valley Pondage, aid station - tap

60 km

Section	Water
Falls Creek—Spion Kopje F/t—Warby Corner	Rocky Valley Creek, stream, tap
Warby Corner—Mt Nelse—Langfords Gap	Creeks, Aqueduct
Langfords Gap—Cope Hut—Pole 333	Aqueduct, creek – Checkpoint tap
Pole 333—Pretty Valley Pondage—Falls Creek	Pretty Valley Pondage, aid station - tap

42 km

Section	Water
Falls Creek—Big River F/T	N/A
Big River F/T - Langfords	Creeks, Aqueduct
Langfords Gap—Cope Hut—Pole 333	Checkpoint - tap, creek
Pole 333—Pretty Valley Pondage—Falls Creek	Pretty Valley Pondage - tap, aid station

16/25 km

Section	Water
Falls Creek—Big River F/T	No water

10km – No water

Take part in the “I do not throw my rubbish away” campaign

Running Wild is committed to preserving the unique environments we run in. Every year sweeps pick up rubbish dropped by runners – wrappers, Gels etc, so we would encourage you to join us in this endeavour.

The purpose of the campaign is to raise awareness of runners to respect nature and the environment. For this reason, we encourage you to:

- Pick up any rubbish you see on the trail;
- Use the snap lock bags that are in your race pack
- Utilise the garbage bags at checkpoint / refreshment area;
- Use your own cup / bottle at drink stations – to reduce waste we will no longer provide plastic /paper cups;
- Note that we will disqualify anyone found throwing /dropping garbage on the trail.

The campaign, "I do not throw my rubbish away" is promoted by the magazine Spirit Trail (www.spiritotrail.it)



Dinner Booking – Friday

2023 Alpine Challenge – Race Dinner / Breakfast Slalom Plaza – St Falls Resort

2 Dinner sittings – 5/6PM to coincide with the pre race briefings St Falls Resort

To make a reservation call **03 5732 8000** mention the Alpine Challenge



How to plan to finish and avoid a DNF

Over the years some simple lessons have been learnt by runners. These are detailed below to help you complete the Alpine Challenge, one of the hardest and most challenging trail races in Australia. Whilst the information below is mainly relevant to runners in the 100 mile event it is just as valid for runners in the 100km, 60km and 42km distances.

Below are the most common reason why people fail to complete the course:

Going the wrong way and losing time,
Getting lost,
Failing to take on nutrition and water,
Failing to put on warm clothes at night
Allowing negative thoughts to take over
Injury

In order to have the best chance of completing the course, given your training and physical condition we recommend:

Mark up your map with the course route and familiarise yourself with route on the map.

Read the course notes and understand where critical points / junctions are.

Carry your map in your hand or accessible in the front of your pack.

Laminate your course notes and keep them handy on the front of your pack.

At junctions, check your map and / or Avenza download map and make sure you know where you are and which way you are meant to go, read the signs/directional arrows.

Make sure you eat and drink regularly – do not wait until you are thirsty to drink.

Prior to dusk, put on extra clothes. The wind comes up and temperatures drop quickly in the Alps at night. You can expect night time temperatures to drop to close to **0c**. Do not wait till you have chilled down.

Keep a positive frame of mind, break distances down. I.e. you do not have 50km to go to the finish, you have 10km to the next checkpoint, and then 8 to the next one..... Remember – the first 50 miles you do with your body, the last 50 miles you do with your mind.

Banish doubts, banish pain, think positive thoughts.

Treat niggles / blisters early.

Run with someone else, especially on the night section through Mortein Alley “where runners drop like flies”. Pole 333 – Loch CP – Harrierville – Pole 333. This is where most DNF’s occur. Rug up, slow down, banish the night demons, run with someone else, take on food and water, check your map at junctions, stay positive.

Maintain a positive frame of mind, smile and think that the others are suffering more than you 😊



Support Crew Information

Support crews are permitted for runners at the following locations only:

42 km

Langfords Gap, Cope Hut, Pretty Valley car park

60/100 km

Warby Corner, Langfords Gap, Cope Hut, Pretty Valley car park

160 km

Warby Corner, Langfords Gap, Cope Hut, Loch car park, Harrietville, Pretty Valley car park

Access to Checkpoints

Warby Corner – From Falls Creek drive up the bitumen road and cross Rocky Valley Dam, continue along the road until you get to the junction of Big River Fire trail and High Plains road. Park off the side of the road and then walk up the Big River Fire Trail for approx 5 km (avoiding side trails) to Warby Corner.

Allow 15 minutes to drive and 1 – 1.5 hours to walk

Langfords Gap – From where you parked at Warby corner follow High Plains road away from Falls Creek until you see the sign pointing to Langfords Gap, turn left into the car park

Allow 10 minutes to drive

Cope Hut – From Langfords drive away from Falls Creek until you see a sign on your left – Cope Hut, turn left into the car park or park on the side of the road. Please do not obscure the road crossing. Allow 10 minutes to drive

Loch car park – From Falls Creek drive down to Mt Beauty, take the Tawonga turnoff over Tawonga Gap to Harrietville. From Harrietville drive up towards Mount Hotham turning left into the Loch car park. The checkpoint is located in the day shelter.

Allow

45 minutes to drive down from Falls Creek

20 minutes to drive over Tawaonga Gap

1 hour to get to Loch car park

Harrietville – From Loch car park, drive down the mountain to Harrietville. The check point is located at the Snowline Hotel. Allow 45 minutes to Harrietville

Pretty Valley Pondage – From Falls Creek Village, take the signed turn off to the right before the dam wall to Pretty Valley. Follow the road over the top of the ski runs, past Mt McKay before descending to Pretty Valley Pondage and a locked gate. Park in the car park – **beware of runners on the road.**

Allow 20 minutes to PV car park.



Support Crew Mud Map – Not to scale

Roads from Tawonga Gap to Loch C/P or Falls Creek may be affected by tree falls in high winds.

Runners need to carry sufficient supplies in case support crews cannot get to them at a checkpoint

