



# PARTICIPANT'S GUIDE FOR 2024



# Event Schedule

## FRIDAY 9<sup>th</sup> AUGUST 2024

3pm – 7pm: Bib Collection and Drop bag drop off

Race Briefing for 65 km and 105 km will be online and will also be sent to your email 2 weeks out prior to the event. Andrew Bonney (race director) will be floating around the race precinct area on this day if you have any questions.

Location: Start/Finish line - Lilybrook Recreation Area (Western Trail Head)  
Beaudesert Boonah Rd, Coulson

### **THIS IS MANDATORY FOR 105KM & 65KM RUNNERS**

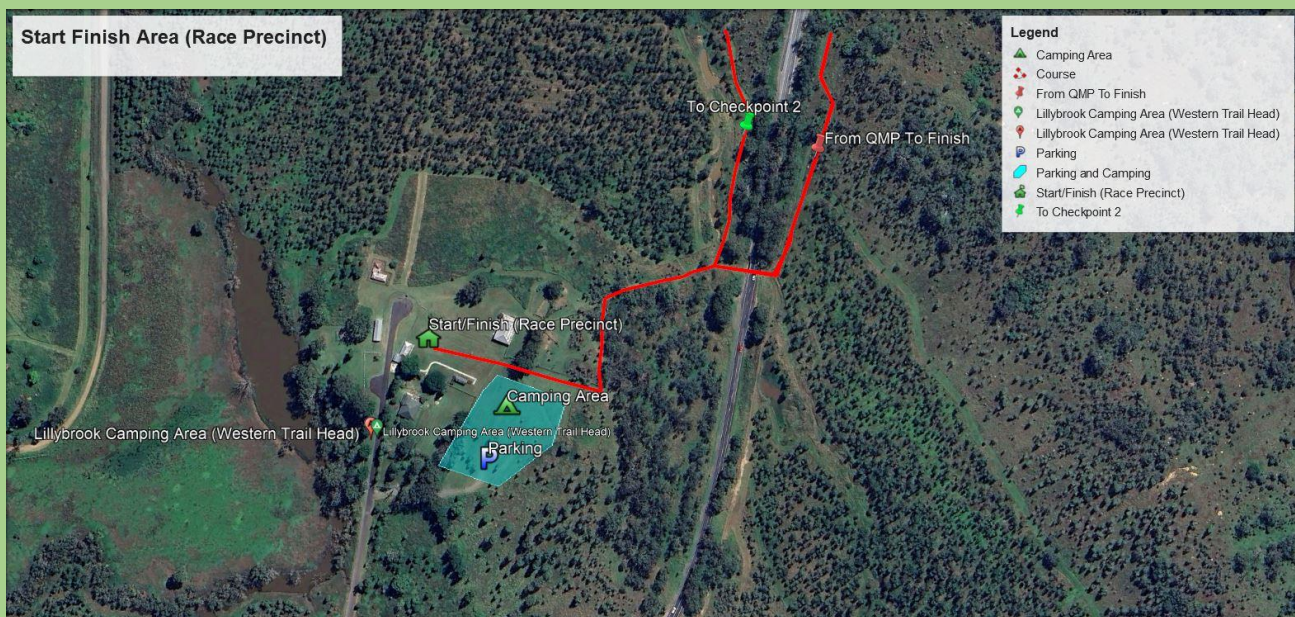
You can collect your bib for the 25km/42km event at this bib collection if you like or just pick up be between 5:30am – 6:30am

## SATURDAY 10<sup>th</sup> AUGUST 2024

5:30am – 6:15am – collect your timing chip at the On The Edge Events tent.

6:30am: Race start for the both the 105km and 65km races

Location: Lilybrook Recreation Area (Western Trail Head), Beaudesert Boonah Rd, Coulson.



Google maps link - <https://maps.app.goo.gl/3J1LhpYnANCue6d49>

## **For 25km/42km Participants**

**Bib collection opens at 5:30am** at Lilybrook Recreation Area (Western Trail Head), Beaudesert Boonah Rd, Coulson Q 4285

### **Race starts 25km and 42km**

7:30am at Mt Joyce (Wyaralong Dam), Beaudesert Boonah Rd, Wyaralong.

6:45am: bus leaves Lilybrook Recreation Area, Beaudesert Boonah Rd, Coulson Q 4285

7:20am: Briefing (Checkpoint 1)

There will be a \$8 charge for the bus to be transported to the start line unless you have your own transport. This is to be paid when you register.

## **Prize Giving For 65km/105km**

Will be given after the first 3 of the runners from the 65km and 105km come in each of the races.

Location: Lilybrook Recreation Area (Western Trail Head), Beaudesert Boonah Rd, Coulson

## **Prize Giving For 25km and 42km**

Presentations/Prize Giving will commence after the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place getters of both male and female comes through.

Location: Lilybrook Recreation Area (Western Trail Head), Beaudesert Boonah Rd, Coulson

## **Race Registration (for 105km/65km)**

At event registration you will collect your race number and drop bag labels so please bring photo ID with you. You will also need to do the following where relevant:

- Drop bags with drop bag labels will need to be provided to the designated drop bag area at registration by 7pm. Volunteers will ensure they are labelled correctly. Any bag without our drop bag label will not be accepted.
- This will be your last opportunity to change your race distance (if you haven't sent an email prior to registration). Any such change made at registration will incur a \$30 admin fee.
- Athlete Emergency Contact: we will confirm your emergency contact details This must be a contact that will be available on race day.

**If you do not register by 7pm on Friday, you DO NOT RACE the following morning. No exceptions.**

## **Race Registration (for 25km and 42km event)**

You will be able to collect your bib at either the briefing for the 105km/65km on the Friday night or from 5:30am on the Saturday.

There is a fee of \$8 to catch the bus to the start line at Mt Joyce (Wyaralong Dam). This is to be paid when you register.

### **Compulsory Gear**

For your safety, the following mandatory gear must be carried at all times during the race. You can email your photo to us at [andrew@ontheedgeevents.com.au](mailto:andrew@ontheedgeevents.com.au) with the subject heading Scenic Rim Ultra Gear Checklist and no later than the 7<sup>th</sup> August.

25km and 42km competitors are also required to do a gear check as well due to the train that you will be running through.

We will not be doing gear checks at registration. There will be random gear checks on course. Any items missing will need to be replaced before you can continue. Time penalties will also apply.

### **105 km Option A**

- Capacity to carry at least 2L water
- Race number (pick up at registration)
- Mobile Phone
- Waterproof bag/ziplock bag
- Course map with checkpoints (available at registration or on your phone)
- Headlight (can be placed in drop bag or with support crew but will be mandatory at night)
- Backup headlight (can be placed in drop bag or with support crew but will be mandatory at night. If you leave a checkpoint after 4pm it is mandatory for you to take this with you)
- High vis vest with reflection for all road section and mandatory at night (Can be placed in drop bag or with support crew at Checkpoint 5)
- Flashing red taillight to be placed on back of hydration pack for all night running.
- Snake bite compression bandage (we will not except anything else)
- Emergency pea less whistle
- Emergency blanket

### **65 km Option A**

- Capacity to carry at least 2L water
- Race number (pick up at registration)
- Mobile Phone
- Waterproof bag or ziplock bag
- Course map with checkpoints (available at registration or on your phone)
- Headlight (optional depending on your estimated race time)
- Snake bite compression bandage (we will not except anything else)
- Emergency pea less whistle
- Emergency blanket

- Only required if you feel you will be still running into the night - High vis vest with reflection (can be placed in your drop bag or with support crew at Checkpoint 5).

## **25km and 42km Option A**

- Capacity to carry at least 2L water
- Race number (pick up at registration)
- Mobile Phone
- Course map with checkpoints (available at registration or on your phone)
- Snake bite compression bandage (we will not except anything else)
- Emergency pea less whistle (only because this is a remote part of the course)

## **105 KM & 65 KM Option B**

All the Option A items listed for your relevant distance are required plus:

- Thermal top (polypropylene or merino wool, we will not except compression garments or any other fabric) and a seam sealed waterproof jacket

There is a chance that you could be notified as late as the Race Briefing that option B is required. We will endeavour to confirm more than one week prior to the race whether this option is required however weather forecasts can change quickly. Please come prepared for the possibility of needing Option B and full confirmation will provided at the race briefing.

Pacers will also be required to carry mandatory gear for the 105 km race only. They will need to send through a photo to [andrew@ontheedgeevents.com.au](mailto:andrew@ontheedgeevents.com.au) with the subject "Scenic Rim Ultra Gear Check", as well prior to the 7<sup>th</sup> August. They just need to let them know who they are pacing for when they send it through. If they don't have the mandatory gear at any of the random checks, you will not be able to continue until they do.



## Drinking Cups

There is a no cup policy. To reduce waste, we will not be providing any drinking cups at our aid stations.

## Race Numbers

Runners of each distance will be recognised by their bib number and the colour of the bib:

- |            |                                     |
|------------|-------------------------------------|
| 105 and up | 105km Bib have <b>blue</b> numbers  |
| 365 and up | 65km Bib have <b>red</b> numbers    |
| 535 and up | 42km Bib have <b>green</b> numbers  |
| 825 and up | 25km Bib have <b>yellow</b> numbers |

Pacers will be required to have a pacers bib.

There will be emergency contact numbers on the back of the bibs. Your race number **MUST** always be visible on the outside of your clothing and on the front of your body.



## Course Markings

The course will be marked with **Pink Fluoro** Flags and Black arrows. There should be no other markings. Any turns should be clearly marked with the **Pink Fluoro** Flags and Black arrows. You will also see reflectors on some trees and the on the pink flags through the back section for the night.



For the 105km competitors you will traffic management signs out on the road section guiding you around as per below.

	Or		Or		Or	
Any of these signage combinations can be used at each location						



## Aid Stations



The Aid Stations are very generously stocked with food and drinks – we will have Trail Brew, lollies, chocolates, chips (salted and salt & vinegar flavours), pretzels, fruit (bananas, watermelon, oranges, apples), ice, water, coke, ginger beer. There will also be sunscreen and fisocreme available.

## Toilets

There will be toilets at the start/finish line' and at some of the checkpoints. They will be at the following checkpoints:

Checkpoint 2 – Mt Joyce will have a single portalo

Checkpoint 4 – Mt Crumpet will have a single portalo

Checkpoint 5 and 9 – QMP will have a single portalo

Checkpoint 6 and 8 – Loop of Doom will have a single portalo

## Littering & Pooping / Peeing



Do not drop rubbish at aid stations or on the trails. Rubbish bins are provided at all aid stations. Anyone caught deliberately littering may be disqualified from the race and banned from future events. If you will generate waste on the run, please use a small Ziplock bag to stash your trash and carry it with you to the next aid station.

Sometimes you will need to poop or pee when you are far away from a toilet. When that happens, you should step far away from sight and very far from waterways. Bury any waste by digging a hole with heel of your shoe.

## Withdrawing

Any runner who is unable to finish must personally inform the nearest aid station or event staff of your decision to withdraw and make sure their race number is recorded. If you cannot find event staff, please ring the number on the back of your race bib. Once event crew or the RD is advised, we will then contact your crew. If you do not have a crew, we will do our best to transport you back to the start/finish line.

If you have are between checkpoints and are having injured or having trouble in some way, please inform the next runner to let the next aid station know or contact us on the number that is on the back of your bib. We will endeavour to get you picked up.

Athletes who leave the race without officially withdrawing pose a serious risk to the event safety and will trigger an immediate search and rescue response. The race reserves the right to pass on any costs associated with an unnecessary search effort if a runner has not bothered to notify event staff of their withdrawal.



## Drop Bags (only for 105km/65km)

A support crew is certainly not necessary in the event. Drop bags are OPTIONAL for solo ultra-runners and can contain your own goodies (gels, food, change of socks, short, shoes, goo etc.). Each runner can have one drop bag for each drop bag location on the course.

For solo ultra-runners, you will be provided with drop bag labels. Once you have received your labels, please attach them to the relevant bag for the correct aid station. Drop bags must be closable and are to be soft and strong. Plastic bags/garbage bags and hard plastic boxes will not be accepted. Checkpoint



drop bags must be less than 20 litres in volume and less than 10kg in weight. Leave your drop bags with us at the race registration before 7pm Friday.

If you have a drop bag at an aid station you will be asked to move it from the “unused pile” to the “used pile” even if you did not use your drop bag. This allows us to transport your drop bags quickly back to the finish line.

Finish line drop bag – pack a change of clothes, comfy shoes etc. Pack some money for hot food and drinks. We will have a range of hot and cold food to buy.

Drop Bag Collection – You will be able to collect these by providing your race number to our volunteers. We will get the used drop bags to the finish line as quickly as we can.

## **Cut Off Times**

The cut-offs and required pace will be “extremely generous” meaning you have ample time to walk tough sections, stop at aid stations and still get through.

All runners need to leave the aid station and your name recorded at each checkpoint before the cut-off times indicated in your race info. If you return to an aid station after the cut-off you will be advised, you are withdrawn from the race and a ‘DNF’ will be recorded. The aid stations will strictly enforce the cut-off times. This rule is for the safety of all participants. **IF YOU MISS THE CUT-OFF, YOU MUST STOP.**

Significant sanctions will apply to anyone breaking this rule.

## **Lost Property**

Lost gear and drop bags will be transported back to the finish area and will be available at the finish line until 12pm Sunday. Labelling or naming your gear is essential. We commend that you claim all your lost gear before leaving. We do not assume responsibility for any lost property not collected by 12pm Sunday.



## 105km Course – General Information

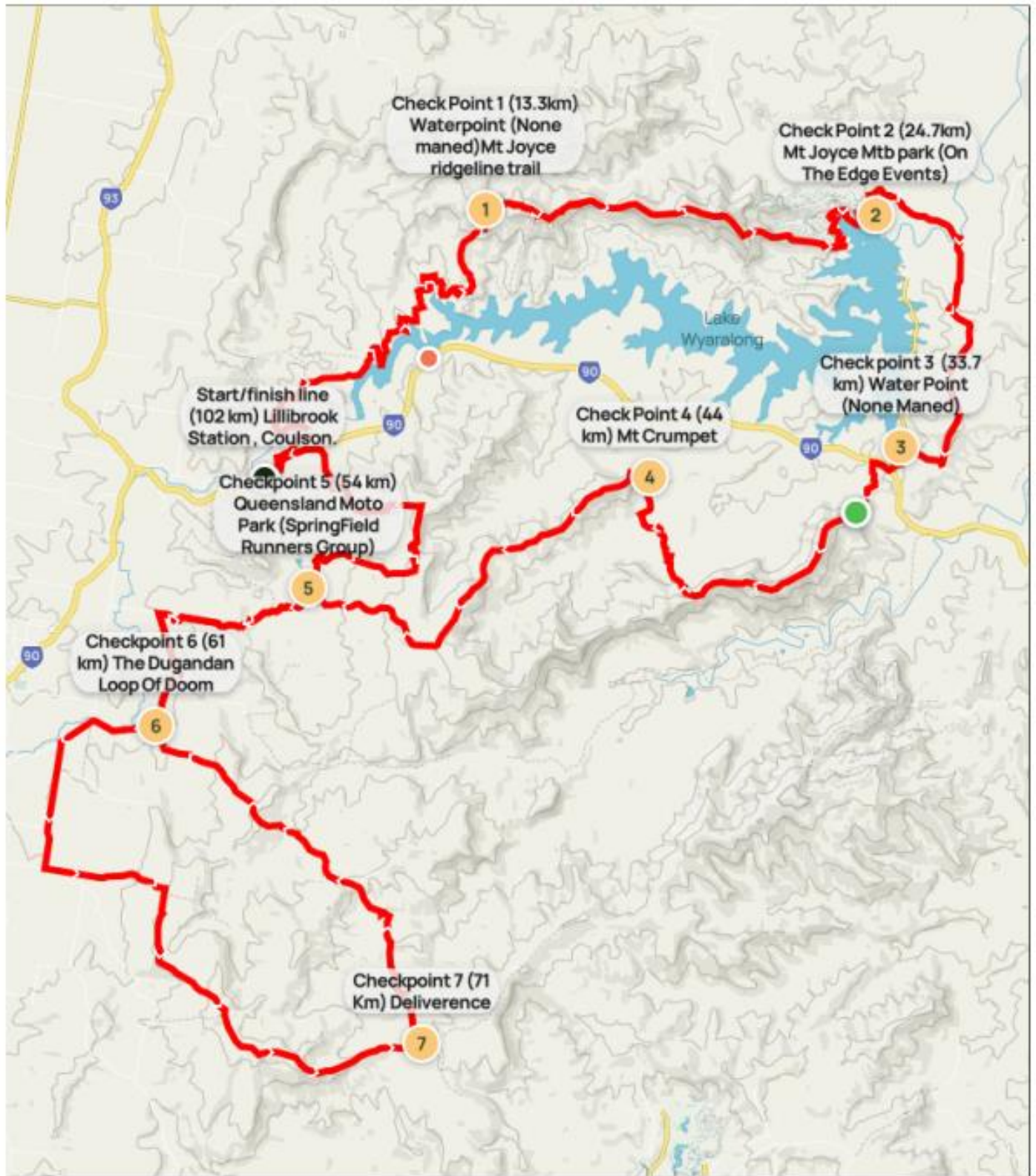
Start	Lilybrook Recreation Area (Western Trail Head – Beaudesert Boonah Rd, Coulsen
Finish	Lilybrook Recreation Area (Western Trail Head – Beaudesert Boonah Rd, Coulsen
Start Time	6:30am
Distance	102 km
Checkpoints	9
Vertical gain	3687 m
Vertical loss	3684 m
Hardest cut-off pace required (min/km)	16 mins a km
Expected time first finisher	No Bloody Idea
Expected time last finisher	24 Hours



Ace Optics – Best Vision Best Life - <https://www.aceoptics.com.au/shop-1>

Checkpoint Location	Distance from start	Distance from last Aid Station	Cut-off time from last checkpoint	Spectators Allowed	Drop Bags	Pacers Start at these checkpoints
Ridgeline Trail Cp 1 Water Stop only	13 km	13 km		No	No	No
Mt Joyce MTB Park Wyaralong Dam Cp 2	24.7 km	11.7 km	5.5 hrs	Yes	Yes	No
Water Stop only CP 3	33.7 km	9 km		No	No	No
Mt Crumpet Cp 4	44 km	10.3 km	5 hrs	No	Yes	No
QMP Cp 5	54 km	10 km	3.5 hrs	Yes	Yes	Yes
The Dugandan Loop Of Doom Cp 6	61 km	7 km	2 hrs	Yes	Yes	Yes
Deliverance Cp 7	71 km	10 km	3.5 hrs	Yes	Yes	Yes
The Dugandan Loop Of Doom Cp 8	85 km	14 km	3 hrs	Yes	Yes	Yes
QMP Cp 9	92 km	7 km	2 hrs	Yes	Yes	Yes
Finish Lilybrook Recreation Area	102 km	10 km	1.5hrs	Yes	Yes	No

Interactive link to All trails map - <https://www.alltrails.com/explore/map/map--35384>



Scenic Rim Ultra Marathon 102km  
Coulson, QLD



## 65KM Course – General Information

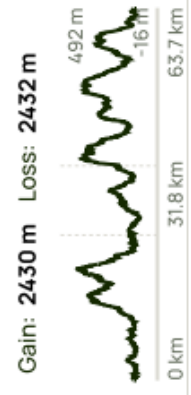
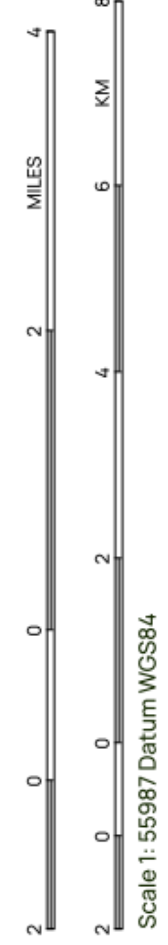
Start	Lilybrook Recreation Area (Western Trail Head – Beaudesert Boonah Rd, Coulsen
Finish	Lilybrook Recreation Area (Western Trail Head – Beaudesert Boonah Rd, Coulsen
Start Time	6:30am
Distance	65 km
Aid Stations	5
Vertical gain	2430 m
Vertical loss	2432 m
Hardest cut-off pace required (min/km)	16 mins a km
Expected time first finisher	7.5 Hrs
Expected time last finisher	16 hours

Checkpoint Location	Distance from start	Distance from last Aid Station	Cut-off time from last checkpoint	Spectators Allowed	Drop Bags	Pacers Start at these checkpoints
Ridgeline Cp1 Waterstop only	13 km	13 km		No	No	No
Mt Joyce MTB Park Cp 2	24.7 km	11.7 km	5.5 hrs	Yes	Yes	No
Waterstop only Cp 3	33.7 km	9 km		No	No	No
Mt Crumpet CP 4	44 km	10.3 km	5 hrs	No	Yes	No
QMP Cp 5	54 km	10 km	3.5 hrs	Yes	Yes	Yes
Finish Lilybrook Recreation Area	65 km	11 km	2 hrs	Yes	Yes	No

Interactive link to Alltrails map - <https://www.alltrails.com/explore/map/scenic-rim-ultra-marathon-65km-d296c10>



5/16/2024



**Scenic Rim Ultra Marathon 65km**  
 Coulson, QLD



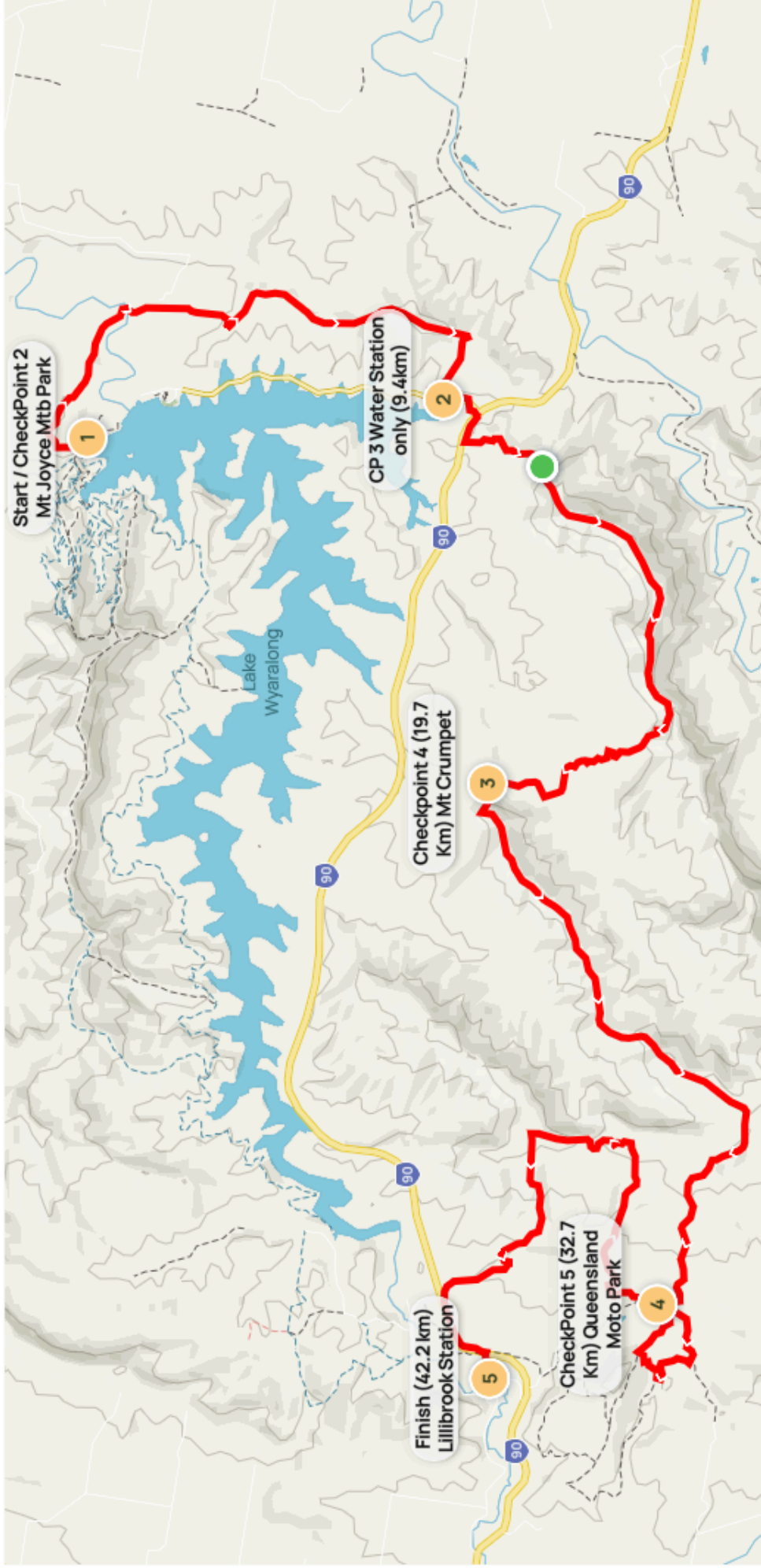
## 42KM COURSE

Start	Mt Joyce MTB Park – Wyaralong Dam Beaudesert Boonah Rd, Bromelton
Finish	Lilybrook Recreation Area (Western Trail Head – Beaudesert Boonah Rd, Coulsen
Start Time	7:30am
Distance	42 km
Aid Stations	2
Vertical gain	1648 m
Vertical loss	1664 m
Cut Off	9 hrs

Checkpoint Location	Distance from start	Distance from last Aid Station	Cut-off time from last checkpoint	Spectators Allowed	Drop Bags	Pacers
Start Mt Joyce MTB Park – Wyaralong Dam	N/A	N/A	N/A	Yes	No	No
Waterstop only Cp 3	9 km			No	No	No
Mt Crumpet CP 4	19.7 km	10.3 km	4 hrs	No	Yes	No
QMP CP 5	32.7 km	13 km	2.5 hrs	Yes	Yes	No
Finish Lilybrook Recreation Area	42 km	11 km	2.5 hrs	Yes	Yes	No

Interactive link to Alltrails map - <https://www.alltrails.com/explore/map/scenic-rim-ultra-marathon-65km-cfc5d94>





5/16/2024  
10.9°E



Scale 1: 55993 Datum WGS84

Gain: 1648 m Loss: 1664 m



Scenic Rim Ultra Marathon  
Wyaralong, QLD



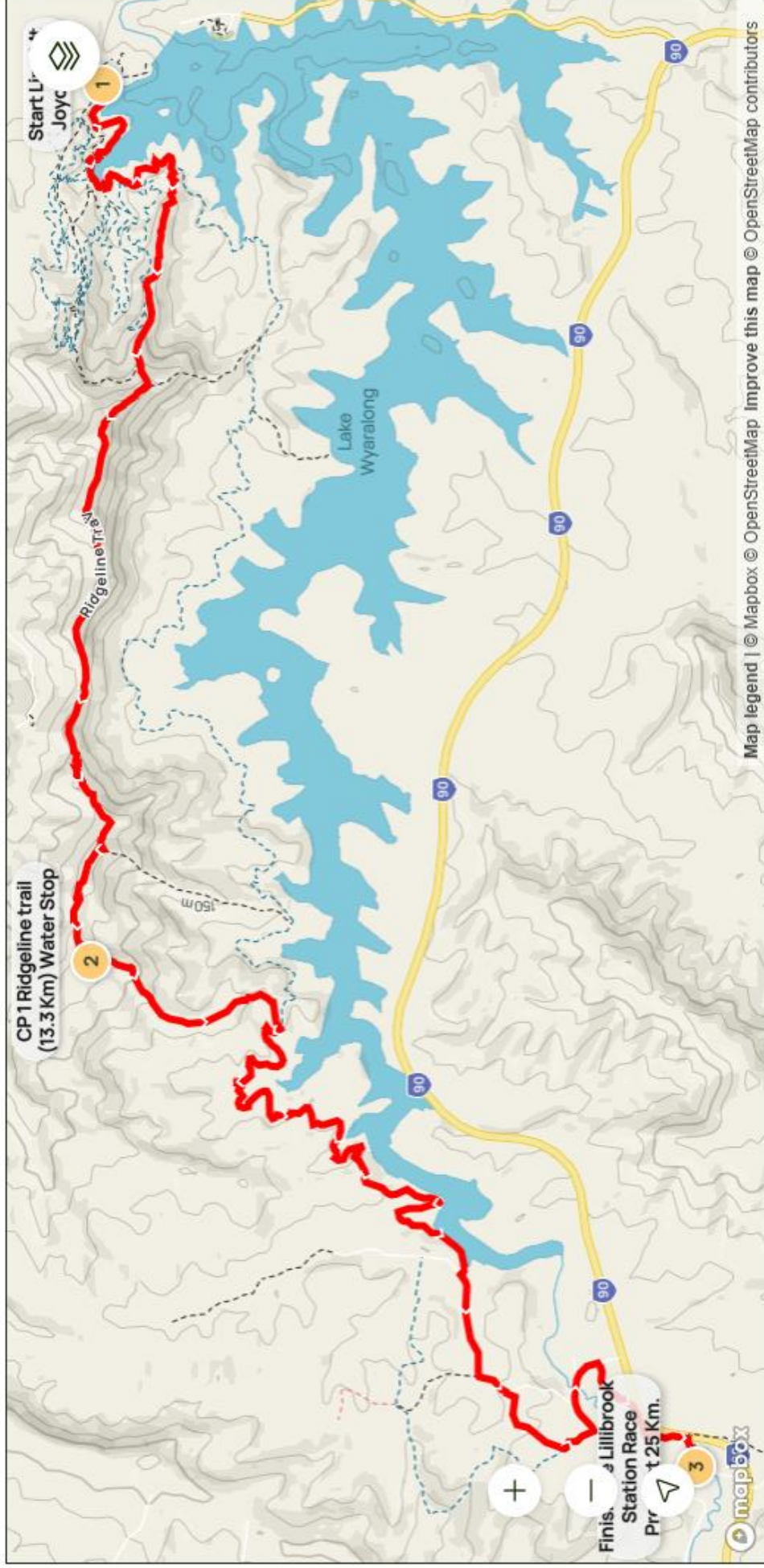
## 25KM COURSE

Start	Mt Joyce MTB Park – Wyaralong Dam
Finish	Lilybrook Recreation Are (Western Trail Head – Beaudesert Boonah Rd, Coulsen
Start Time	7:30am
Distance	25 km
Aid Stations	1
Vertical gain	854 m
Vertical loss	866 m
Cut Off	5 hrs

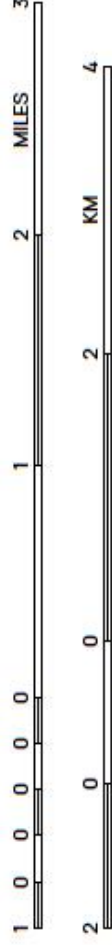


Interactive link to Alltrails map - <https://www.alltrails.com/explore/map/map-cefab44--25>

Checkpoint Location	Distance from start	Distance from last Aid Station	Cut-off time from last checkpoint	Spectators Allowed	Drop Bags	Pacers
Start Mt Joyce MTB Park – Wyaralong Dam	N/A	N/A	N/A	Yes	No	No
Ridgeline Trail Water Stop	13.3km	13.3km	3 hrs	No	No	No
Finish Lilybrook Recreation Area	25 km	11.7 km	2 hrs	Yes	Yes	No



★ MV  
10.9°E  
5/12/2024



Scale 1: 50863 Datum WGS84



The Scenic Rim Ultra Marathon 25km  
Wyralong, QLD



## Pacer information

Pacers are companion runners that can accompany a 105km or 65km runner from various points. Please check each course page for more details and pacer pick up locations. Pacers need to register and pay. The pacers' role is to accompany their runner to provide moral support, pacing advises and companionship in the later stages of the event.

There are strict rules regarding pacing:

- All pacers must wear a compulsory race number. Numbers must be picked up by runners at registration on Friday. Runners will sign up their pacers at registration – the pacer maybe present in person, but the runner will take ultimate responsibility for their pacers (s).
- The Pacer will need to sign the waiver at registration but if not present then, they will need to sign the waiver at the checkpoint that they are starting from.
- Pacer numbers will be black. This is so we know you are part of the event.
- Pacers must carry their own set of compulsory gear items to match what is required by the runners as mentioned above.
- You cannot meet your runner before or after the designated start locations or at intermediate points. Doing so results in disqualification.
- Competitors, you can use two pacers – but only one at a time (they must change over at an aid station)
- If you plan to make an exchange you must hand over your pacer number to the next pacer.
- Pacers are responsible for their own transport.
- Pacers may not carry extra water, food, or equipment for runners.
- Apart from an emergency or medical situation, pacers cannot provide any material or physical assistance to their runners.
- Pacer's start from checkpoint 5 for both the 65km and the 105km.



## SAFETY / MEDICAL ADVICE

If an incident occurs, ring the Race director's number (0417740535) on the back of your bib. Otherwise, please contact one of the check point staff or a mountain bike safety volunteer, they will contact one of the safety personnel to respond.

The Scenic Rim Ultra Marathon is a physically challenging event. Participation presents potential medical risks, many of which can be extremely serious or fatal.

Participation in this event is at the runner's own risk. Although On The Edge Events has medical personnel at various points along the course, the inaccessibility of much of the trail will make it difficult or impossible for medical assistance to reach the runner immediately.

Participants are encouraged to see their own medical doctor prior to the event. Runners should be knowledgeable about the stress effects linked to participation in ultra-events.

It is important for each entrant to recognise the potential physical and mental stresses, which may evolve from participation in this event. Runners may be subject to extremes of heat and cold, hypothermia, hyperthermia, dehydration, hypoglycaemia, hyponatremia, disorientation and mental and physical exhaustion. On The Edge Events and the medical staff strive to work with runners. They will do all they reasonably can to ensure "safe passage" to the finish, but ultimately runners must understand their own limitations. This is one event where it is better to follow the dictates of your body, not your ambitions! Adequate physical and mental conditioning prior to the event is mandatory. If you have not been able to prepare properly, do not attempt to run!

Runners should appreciate the risks associated with participation in this event. Actions may have to be taken on your behalf under extreme time constraints and adverse circumstances. We will make reasonable efforts to give assistance whenever possible. Ultimately and primarily, you are in charge. Be careful, be responsible, and do not exceed your own abilities and limitations.

Some of the main risk of the run, but certainly not all of them, are listed. These should be understood and remembered by all runners before and during the event. Please note that death can result from several of the risk conditions discussed below or from other aspects of participation in the Scenic Rim Ultra.



## Getting Lost

Although the course will be well marked, it is possible to lose the trail. If you believe at any time that you may not be on the correct trail, do not attempt to find your way cross-country. If you are sure of your route, backtrack to where you last saw a trail marker and try to find other markers showing the direction of the trail. If you are unable to find your way, stay where you are! Wandering randomly could take you farther from the trail and reduce your chances of being found. If you do become injured, exhausted, or ill, **STAY ON THE TRAIL**. You will be found there either by another runner or the mountain bike safety

patrol or sweepers that monitor the progress of runners during the event. If you feel dizzy, disoriented, or confused, do not risk falling, sit or lie down on the trail until you recover or are found. An unconscious runner even a few feet off the trail could be impossible to find until it is too late. If you are assisted by individuals who are not associated with On The Edge Events, and you elect to leave the trail, you **MUST** notify an event official of your decision to withdraw.



## Medical Support

The Scenic Rim Ultra Marathon provides quality medical care to all participants and supporters. There are 1<sup>st</sup> aid officers who can assist at any time at checkpoints and a medic is on hand at the race precinct area.

Remember, there is no substitute for advice from your own doctor. The following information provides some general advice relevant for ultra-marathon runners.

An Ultramarathon is a true endurance event, all competitors will spend a substantial period on two feet, pushing all body systems far beyond what occurs day to day. The human body is amazing, and for most competitors the body will rise to the challenge. It is important to be aware of the strain that the event places on all athletes. There are a few key medical issues to be aware of, ranging from trivial to life threatening.

The list below is not an exhaustive list, but rather is intended to offer some basic information and an overview of some complex conditions.

## Dehydration

**Definition:** A depletion of the body's normal fluid volume. This occurs when fluid losses exceed replacement rates. In an ultramarathon a certain degree of fluid loss is normal and expected (approximately 1-3% of body weight).

**Symptoms:** Varied and non-specific. These range from a dry mouth and reduced urine output, through to confusion, weakness, and collapse. Nausea and vomiting can also occur, worsening the situation.

**Dangers:** If severe, body systems can begin to fail. Exhaustion can be followed by confusion and collapse. The kidneys can also be damaged in severe dehydration.

**Prevention:** DRINK TO THIRST.

Drinking a range of fluids with volumes driven by thirst is a sensible approach. If conditions are hot, make sure to carry more fluids while running between aid stations.

**Possible treatments:** Weight measurement, vital signs and a period of observation may be carried out by the medical team. Rehydration can almost always be achieved orally. In exceptional circumstances intravenous (IV) fluids may be used.



## Exercise Associated Hyponatremia EAH (Low Sodium)

**Definition:** Low blood sodium levels most commonly due to excess water intake during exercise.

**Symptoms:** Mild EAH can present with symptoms such as nausea or lightheadedness. More significant cases can display confusion, vomiting, seizures and in severe cases cerebral oedema (brain swelling) or pulmonary oedema (fluid in the lungs)

**Dangers:** Severe EAH can lead to death or permanent disability through swelling of the brain

**Prevention:** DRINK TO THIRST. Drink a range of fluids on race day, not just water.

Supplement oral fluid intake with food. Avoid drinking to a predetermined schedule, instead let volumes be governed by thirst.

**Possible treatments:** All 100km competitors are weighted as those who have gained weight are at greatest risk of EAH. The finish line team may perform further investigations or observations based on symptoms or a weight gain. Treatment varies depending on severity, ranging from increased salt intake to hospitalization.

## Hyperthermia

**Definition:** Hyperthermia – core body temperature  $>38.3^{\circ}\text{C}$

**Symptoms:** Varied depending on severity. Heavy sweating, rapid breathing, weakness, and dizziness can progress to dry skin, confusion, and collapse. High fluid losses often mean dehydration can co-exist with hyperthermia.

**Dangers:** Severe hyperthermia (known as “Heat Stroke” when body temperature exceeds  $40^{\circ}\text{C}$ ) can be life threatening with cardiovascular system instability, seizures, and coma preceding death.

**Prevention:** Appropriate training in warm conditions, maintaining adequate hydration and sensible equipment choices all work to prevent hyperthermia.

**Possible Treatments:** Temperature measures, as well as other vital signs are important. In suspected severe cases a rectal temperature measurement may be required. Total body immersion in cold water and use of ice to reduce temperature are mainstays of treatment.

## Hypothermia

**Definition:** Hypothermia – core body temperature  $<35.0$  degrees.

**Symptoms:** Initial signs include shivering, cold peripheries, and skin colour change. This progresses to a loss of coordination, confusion, and cardiovascular instability. Confusion can make hypothermic patients combative and irrational, including taking off layers of clothes despite the cold.

**Dangers:** Hypothermia can lead to death through a gradual shut down of vital body systems

**Prevention:** Appropriate equipment choice is a cornerstone of prevention and includes warm post-race clothing for use after the finish.

**Treatment:** Temperature and vital sign measurement will occur. Athletes may be removed from the race if showing significant signs of hypothermia. Rewarming can usually take place at the event with the medical crew.



## Hypoglycemia (Low Blood Sugar)

**Definition:** In non-diabetic athletes, blood sugar levels  $<2.8\text{mmol/L}$  OR  $<4.0\text{mmol/L}$  with symptoms are considered low. In an ultra-marathon this can reflect a complete depletion of fuel that can be used to generate glucose.

**Symptoms:** Shakiness, fatigue, and hunger can be early symptoms. Confusion, pallor, anxiety, nausea, and unusual behaviour are examples of more severe symptoms. Symptoms are vague, non-specific, and often with a high degree of variation between individuals.

**Dangers:** Low blood sugar can lead to coma and death if not treated.

**Prevention:** Maintaining a consistent nutritional intake through the day is important

**Possible Treatment:** The medical team will likely perform blood sugar testing in addition to measuring vital signs. In a conscious patient oral glucose is often the first treatment. If unconscious, then IV therapy or injection of glucose mobilizing medications are used.

## Other Medical Conditions and Considerations

### Rhabdomyolysis (Muscle breakdown)

When running an ultramarathon there is an inevitable degree of muscle breakdown. The resulting waste products can be damaging to the kidneys in high concentrations. Symptoms include dark to the kidneys in high concentrations. Symptoms include dark (Coca-Cola coloured) urine and excessive muscle soreness. Effective training and a long build up can reduce the degree of rhabdomyolysis but not stop it. Preventing kidney damage through continued and adequate post-race re-hydration is important.



## **Kidney Damage**

Damage to the kidney can occur through several mechanisms. These include dehydration, rhabdomyolysis and NSAID (non-steroidal anti-inflammatory drugs) use. When these factors are combined the risk of kidney damage can increase dramatically. Therefore, the best way you can reduce your risk is to adequately hydrate and AVOID ALL NSAIDs!

## **Gastrointestinal upset:**

Symptoms such as vomiting, abdominal cramping and diarrhoea are common in ultramarathon runners with a wide range of potential causes. Affected runners should all seek medical attention during or after the race. NSAIDs are widely known to cause gastrointestinal symptoms and are another reason to avoid these medications.

## **Exercise induced haematuria (Blood in urine)**

Blood in the urine is a common complaint amongst ultra-distance runners. It is usually benign, and a range of mechanisms are proposed including irritation of the bladder lining and breakdown of red blood cells during foot-strike. It can however be a sign of more serious bladder or kidney pathology.

If you have red or very dark coloured urine during or after the race you should seek the assistance of the medical team for advice. They will ask your questions to assess for other causes of red/dark urine. The mainstay of treatment is observation and affected runners will be advised to follow up with their GP.

## **Trauma**

Falls, trips, and tumbles are inevitable in an off-road event. Injuries can range from superficial abrasions and strains through to serious fractures and life-threatening bleeding. The on course and finish line medical teams are prepared for a range of injuries. If concerned with an injury seek medical attention.

## **Blisters**

While seldom life threatening, a blister can ruin a race. There is also the risk of infection in the days following the race.

Choose your race day equipment wisely and be sure to prevent blisters where possible. Treatment of severe blisters can include close follow up with regular dressing changes and in some cases antibiotics.

**Aside from all that – We hope you have fun!**



## AFTER THE RACE

A common mistake by many runners is thinking their race is over once they hit the finish line. The hours after you finish are crucial to optimizing recovery and maximising your chances of staying out of the medical treatment tent.

Once you finish have a plan:

- Keep moving until you have passed through the medical triage area
- Every athlete needs to have a finish line bag with warm/dry clothes, dry shoes – even in October it could be cold and wet.
- Ensure you have adequate post-race recovery food and fluid with you
- Your body WILL be sore – resist the temptation to use NSAIDs
- Know how you are getting back to your accommodation – you may not be in a state to drive yourself.
- Listen to your body and seek medical attention if something is not right.

## TAKE HOME MESSAGE

1. Say no to NSAIDs
2. Ibuprofen, nurofen, diclofenac, voltaren, naproxen – sure to cause trouble!
3. Drink to thirst
4. Drink varied fluid, take on food during the race, have a varied intake.
5. Be prepared for conditions
6. Hot, cold, dry or wet – have a plan for a range of conditions
7. The race doesn't end at the finish line
8. Pack warm clothes and a range of food for basking in your success at the finish.
9. Look out for each other
10. If you are concerned about any runner, please notify the medical team.



- a. Minimum age is 18 years old.
- b. Race directors have final authority on any question that may arise during the Scenic Rim Ultra.
- c. Your race number must be visible at all times on the outside of your clothing and on the front of your body.
- d. Competitors must follow the complete course as marked and directed on foot under your own power. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors will result in disqualification. It is the competitor's responsibility to ensure that the correct course is followed. Trekking poles are permitted.
- e. You must carry your own Mandatory gear at all times. Random gear checks may be carried out and a 40 min time penalty applied for any item that is missing. If this is occurred while on-course, the runner must arrange for the missing item/s to be replaced before they can continue. Serious breaches or failure to obey Event Crew requests may lead to disqualification.
- f. No stashing of supplies along the course and no accepting aid except within 200m of a designated checkpoint.
- g. Littering, vandalism, poor sportsmanship and other anti-social behaviours may lead to disqualification.
- h. Conditions of your entry mean that you have agreed to be withdrawn from the event, should medical support or event officials determine it is in the best interests of any participants. Such an instance will not be negotiable.
- i. Checkpoint officials have the authority to act on behalf of the Scenic Rim Ultra event management team and will be authorised to make decisions in the best interest of the event and its participants.
- j. Each participant must be checked in at all checkpoints and have your name and number recorded.
- k. Any competitor who withdraws from the race MUST notify an official at your nearest checkpoint and then return to the start/finish line to ensure that it is recorded. You must sign a withdrawal form at the nearest checkpoint. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged. Any costs incurred from search and rescue operations that arise as a result of your failure to withdraw officially may be passed onto you.
- l. If you need first aid assistant on the course and are unable to reach a checkpoint, you must use the phone numbers on the back of you race bib to contact event management who will arrange to have you attended too. Support crews are not allowed to enter the event course to collect participants unless specifically authorised by event management.
- m. If you witness another runner in any form of distress, you will stop to help them and remain with them, if required until help arrives. Where possible, the time it takes to assist another runner will be deducted from your total completion time.
- n. If you are fortunate enough to come close to any wildlife, including snakes, give them a wide berth, try to remain still until they pass and keep your movements slow and

unthreatening. The wildlife will likely leave the area fairly quickly and you can then continue safely.

- o. A High Vis safety vest that complies with Australian Standards for day and night time wear and must be worn over the top of your clothing and backpack when running on the roads.
- p. The participant is responsible for the actions of their support crew. Support crew must comply with all instructions from event staff and officials. The participant may be penalised or disqualified for actions or breaches of the rules by their support crew.
- q. Support crew must obey all road rules and drive within the speed limits. Please ensure that support get sufficient rest and are not tired when driving. They must also follow instructions of all checkpoint staff and marshals.
- r. Support crew must not eat the food provided at checkpoints. The food is for competitors only.

















## HAVE FUN!

**Volunteers** help make this event possible. We always welcome friendly and helpful people to help make this event happen. Volunteers are often the most memorable feature of the race for our runners coming from all over the place. Our helpful, energetic, friendly volunteers help feed and water runners, sign them up at registration, rake leaves off the trails, wiper snip, mark over 100km of terrain, give out hugs and bandage blisters.

Without our volunteers our events wouldn't happen and we thank them and really appreciated their support and help.





-   Can I get a refund? Transfer or sell my entry? Defer my entry to the the next year? You can only get a refund if you withdraw before the stated refund date. Please refer the Conditions of Entry for Refund/Transfer details.
-   How to withdraw, refer to the procedure is on the Condition of Entry.
-   Road shoes or trails shoes? Your choice – in general, you can use a mix of both as the course dictates.
-   I am not sure if I can do this... That's the whole point. This is not designed to be an event that you know with certainty you can finish. It is designed to be an adventure that will push many of you to run further than you have before. If you have completed a marathon previously, you are well on track to finish any distance of the Scenic Rim Ultra. You'll still have to train diligently though. If you have a history of tramping in the hills and have strong legs and endurance, you should be able to complete any of the ultra distances, even with little running background.
-   How do you mark the courses? For the event, the course will be marked with pink fluoro flags. There will also be some signs with arrows to help you as well. There will also be reflective tape taped to trees and the flags for the night sections. You need to pay attention, especially at night, to follow these course markings.
-   Carrying water? It is compulsory to carry at least 1.5L of water .
-   Compulsory gear options will be advised the week prior to the race and at registration, competitors will be advised, and again at the pre-race briefing, what compulsory clothing and equipment items they must carry (based on the expected weather conditions). If there is little risk of bad weather, the most likely Compulsory Gear list will be A.
-   There are two compulsory gear levels: – A. Standard Mandatory equipment – B. Seam sealed waterproof jacket and thermal top. Be prepared to bring B with you – just in case.



Some places to look at for accommodation over the weekend.

<https://www.scenicrimescapes.com.au/accommodation/>

<https://www.destinationscenicrim.com/>

**A BIG Thanks  
to our Sponsors!**



## CREW/SPECTATOR INFORMATION

Support crews/Spectators are most welcome at the Scenic Rim Ultra Marathon. We love support crews – especially those that dress up and cheer loudly! The more people and the more enthusiastic you are the better the atmosphere for the runners. To keep the event manageable as well as fair and safe for all runners, and to make sure support crews do not get lost, there is some information support crews need to know.

Support crews are in for a real treat. This is a spectacular course and you will see some amazing parts of the Scenic Rim. Please bear in mind that there may be lots of support crew vehicles driving and parking on narrow roads. Please keep your speed down and lights on and be careful entering and existing parking areas. There is absolutely no need to speed to see your runner at the next aid station. You will have plenty of time.

Mobile phone coverage on the course is good.

Crews must wait to assist their runners until after the official check-in and medical evaluation (if required)

Crews must stay within 200m of the checkpoint while attending to their runners.

Crews must never park in such a way to block traffic, access to the trail, checkpoint or by double parking.

Crews are responsible for the removal of their rubbish – no littering.

Competitors will be held responsible for the actions of their crews.

Support Crews are not compulsory and runners can self-support at the event by making use of the drop bag service at checkpoints 2, 4, 5/9, 6/8, 7 and the finish line. If you do choose to use a support crew, they only permitted to assist runners at the following checkpoints in the table below.



# 105km

Checkpoint Location	Distance from start	Distance from last Aid Station	Cut-off time from last checkpoint	Spectators Allowed	Drop Bags	Pacers Start at these checkpoints
Ridgeline Trail Cp 1 Water Stop only	13 km	13 km		No	No	No
Mt Joyce MTB Park Wyaralong Dam Cp 2	24.7 km	11.7 km	5 hrs	Yes	Yes	No
Water Stop only CP 3	33.7 km	9 km		No	No	No
Mt Crumpet Cp 4	44 km	10.3 km	4.5 hrs	No	Yes	No
QMP Cp 5	54 km	10 km	2.5 hrs	Yes	Yes	Yes
The Dugandan Loop Of Doom Cp 6	61 km	7 km	2 hrs	Yes	Yes	Yes
Deliverance Cp 7	71 km	10 km	3.5 hrs	Yes	Yes	Yes
The Dugandan Loop Of Doom Cp 8	85 km	14 km	3 hrs	Yes	Yes	Yes
QMP Cp 9	92 km	7 km	2 hrs	Yes	Yes	Yes
Finish Lilybrook Recreation Area	102 km	10 km	1.5hrs	Yes	Yes	No





## 65km

Checkpoint Location	Distance from start	Distance from last Aid Station	Cut-off time from last checkpoint	Spectators Allowed	Drop Bags	Pacers Start at these checkpoints
Ridgeline Cp1 Waterstop only	13 km	13 km		No	No	No
Mt Joyce MTB Park Cp 2	24.7 km	11.7 km	5 hrs	Yes	Yes	No
Waterstop only Cp 3	33.7 km	9 km		No	No	No
Mt Crumpet CP 4	44 km	10.3 km	4.5 hrs	No	Yes	No
QMP Cp 5	54 km	10 km	2.5 hrs	Yes	Yes	Yes
Finish Lilybrook Recreation Area	65 km	11 km	2 hrs	Yes	Yes	No



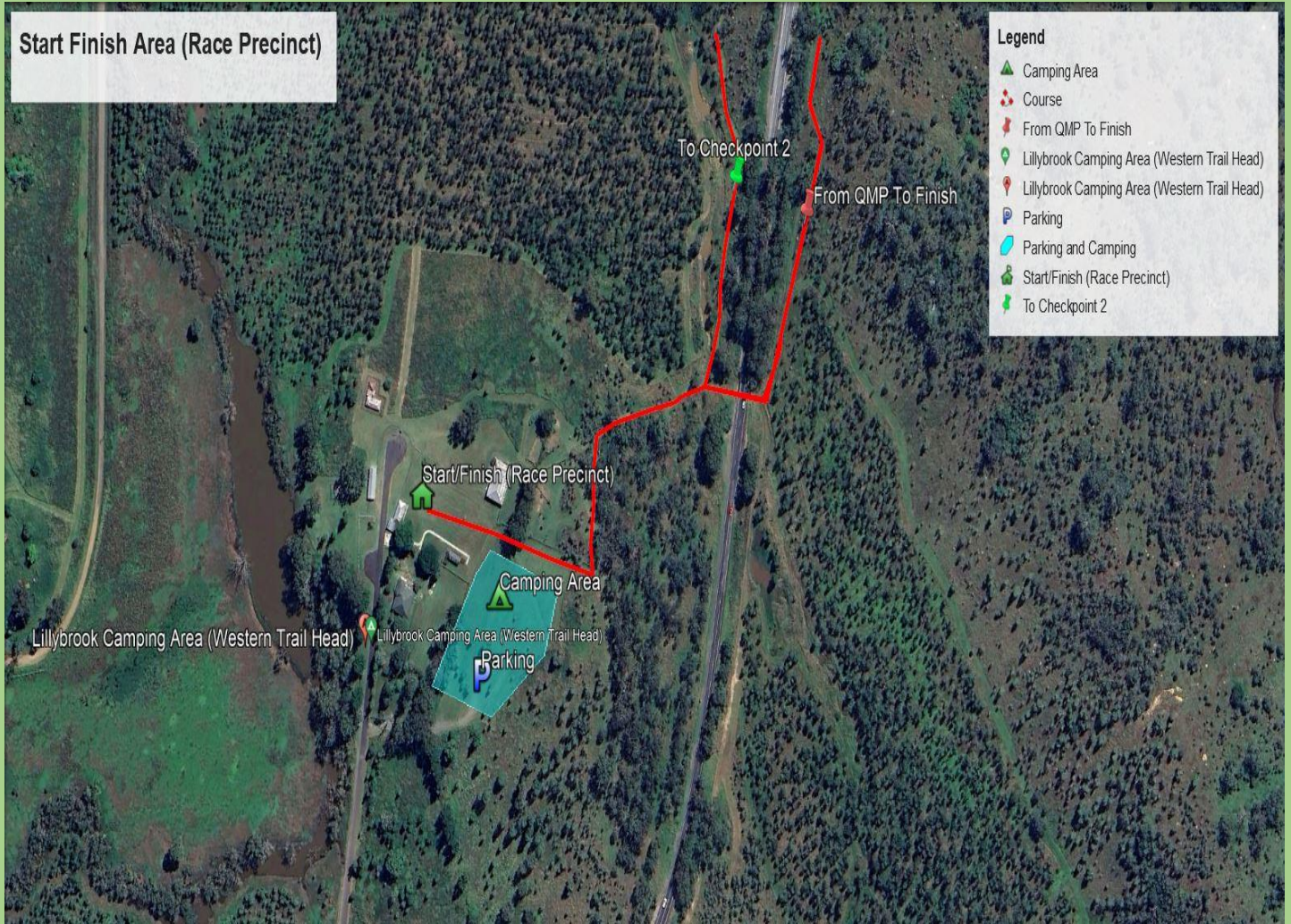
# CREEPERS

*Free your feet*



Checkpoint locations for spectators and crew. These are the only checkpoints spectators and support crew can access.

Start/Finish Line precinct. – Lillybrook Recreation Area (Western Trail Head)



## Checkpoint 2

To head to checkpoint 2 from Lilybrook Recreation Area, turn left onto Beaudesert Boonah Rd and continue until you come to Wyaralong Dam and turn left. Continue driving in right to the end where the mountain bike trails are. Park in the bitumen area and it is a short walk to the checkpoint.



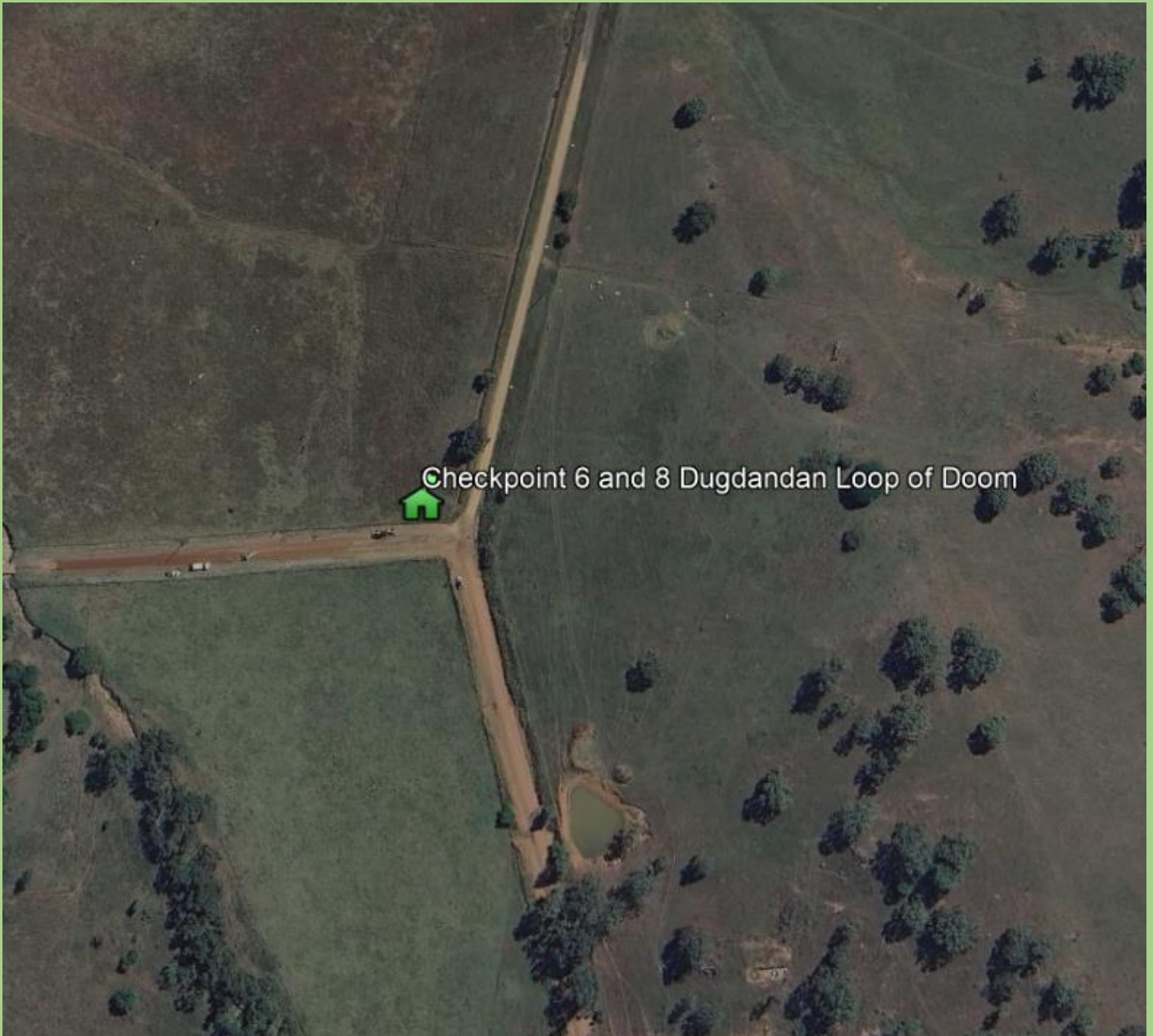
## Checkpoint 5 and 9 - QMP (Queensland Motor Park)

When leaving Wyaralong Dam you will turn right and head back to Queensland Motor Park (QMP), Goan Rd. When driving into the park, there will be motor bikes riding around the area, so please watch out for them and stick to the speed limit in the park. Drive past the café on your left and then past the office on your right and follow the road which goes through a gate and onto a dirt road until you arrive at the check point at the top of the hill.



## Checkpoint 6 and 8 – Loop of Doom

Leave Queensland Motor Park and turn left onto Beaudesert Boonah Road. Follow to the T intersection and turn left onto Ipswich Boonah Road and then turn left into Old Riffle Range road. Continue along until you hit Allandale Road and turn left and then follow along until you see the checkpoint at the T intersection. It is on the corners Geiger Rd, McConnell Rd and Allandale Roads.



## Checkpoint 7 - Deliverance

Please disregard the checkpoint numbers on the below pictures. Checkpoint 5 and 7 is now 6 and 8 and check point 6 is now 7.

Please respect the speed limit along this road as it is an unsealed road. We don't want too much dust as the runner will be running along here.

Head back along Allandale Road for a few kilometers, turn left into Spletter Road, follow along until the end of the road and turn left into Milford Road. Milford Road transitions into Wimmers Hill Road. Follow that all the way up the climb until you hit Green Hills Road. Then follow Green Hills Road until you come to the checkpoint at the corner of Geiger Road and Green Hills Road.

