

Sandman 50 User Manual

The start is in a residential area. Please take care to keep noise and light to a minimum when parking, during registration, and the first 300m of the race. Please park in the parking area above the toilet block, not at the boat ramp.

- Solo runners can leave any special drinks at the start for transport to the 25km turn. These must be placed in the boxes provided before 1:30am.
- Basic first aid will be available from the tail end charlie and aid stations. The tail end rider will also have a small quantity of emergency water.
- There is mobile phone coverage over the entire course. It is recommended that you carry your phone with you for in case of emergency, and store the Race Director's phone number (0403 300 003).
- Relay teams are responsible for their own transport arrangements to and from the changeover point at the 25km turnaround.
- Second leg relay runners can collect their bib at the changeover point. It is each runner's responsibility to be there in time to meet their first leg team mate.
- All finishers will receive an award on crossing the line. In the case of a relay team, the second leg runner will be given the award for both team members (first leg runners are encouraged to join their team mate for the last 300 metres, provided no other finishing runner is obstructed).
- Prizes will be awarded for 1st, 2nd, and 3rd solo male, solo female and teams.
- **PLEASE READ CAREFULLY the Public Health Policy on the following page.**

Notwithstanding predictions, tides can be greatly affected by atmospheric pressure and wind. At registration you will be advised of the best course, around or over the sea walls and boat ramps, in light of the expected sea level and conditions.

Race Schedule

- 12:01am - Registration **opens**
- 1:30am - Registration **closes**
- 2:00am - START (solo and relay events)
- 5:15am - CUT OFF at 25km turnaround - solo
- 5:30am - CUT OFF at 25km turnaround – relay teams
- 9:00am - Presentations

Public Health Policy - In the event of any conflict, this policy prevails over any other provisions/rules

1. If you have any symptoms at all, please stay home - you will get a full refund, right up to race day.
2. You are encouraged to have your own support crew. Support crew:
 - a. can provide assistance only in an area immediately to the Dunsborough side of an official aid station;
 - b. must stand back at least 5 metres from the water's edge; and
 - c. must not interfere with any other participant.
3. There will be no formal briefing. All information will be provided to participants prior to the event and when collecting their race number.
4. You are encouraged to collect your race number between 10am and 5pm on Friday 23 February 2024, from Text & Co bookshop in Dunsborough.
5. We will transport special drinks to the 25 km turnaround (solo runners only), but please note:
 - a. all items must be in a single, disposable bag, clearly marked with your race number; and
 - b. no used bottles, clothing, wrappers, etc. can be left at an aid station, other than in the bin. **No personal items will be brought back from an aid station to the start.**
6. **There's no self-service at aid stations.** Event staff will hand you:
 - a. your special drinks bag (if any); and/or
 - b. water, in a 600ml bottle. Event staff will not fill your water containers - you will need to do that yourself. All used bottles must be placed in a bin before you can leave the aid station.
7. **You should be self-sufficient for food/energy powders/gels/electrolytes/sunscreen.** Aid stations will have emergency supplies only.
8. A decision will be made on the day, based on latest health advice, as to whether or not there will be a presentation. Even if not, participants are encouraged to stay around the finish area to cheer on later finishers.

Course & Facilities

Due to rocks in the first 300m, for safety the course will follow the cycle path (as shown by the red line on the map below). On the return leg, the correct course is shown by the green line. The turn on to the beach will be marshalled.

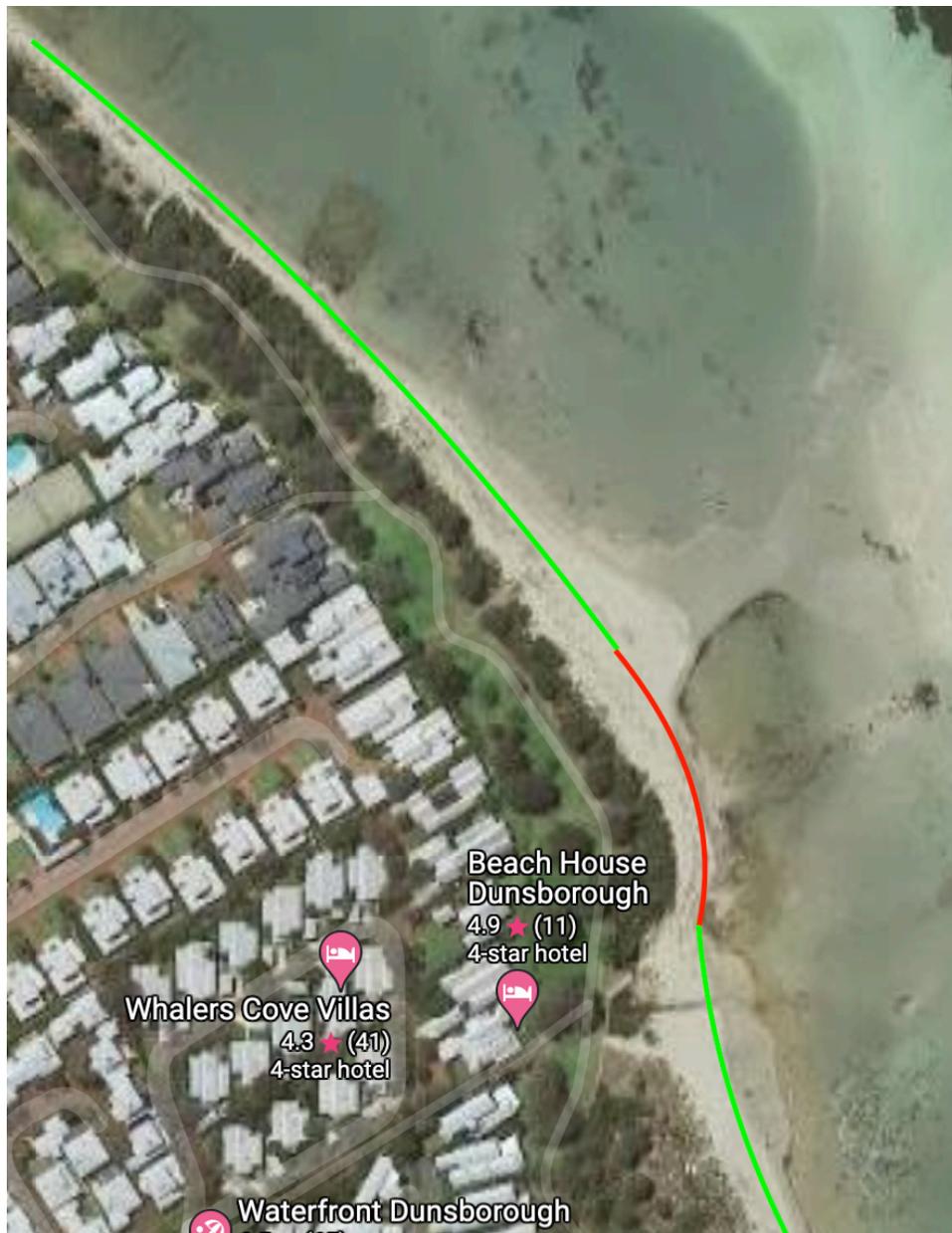


In the first/last couple of kilometres there are several areas where you can expect to meet an exposed sand bar or tidal sand flat. These are indicated by a green pin. The race line follows the bottom of the main gradient of the beach. For your own safety, fairness to other participants, and respect for other users of the beach, please stick to the course, and do not go out on the sand bars, or take a short cut across a sand flat.

From the start, a lead bike will show the correct course to the last of the 3 green pins



At ~1km mark, sand movement has exposed about 50 metres of jagged rocks (red line, below). Members of the bike team will be there to provide additional illumination on the way out. It is recommended that you stay below the high tide line, where the rocks are more obvious against the smooth sand, but take care.



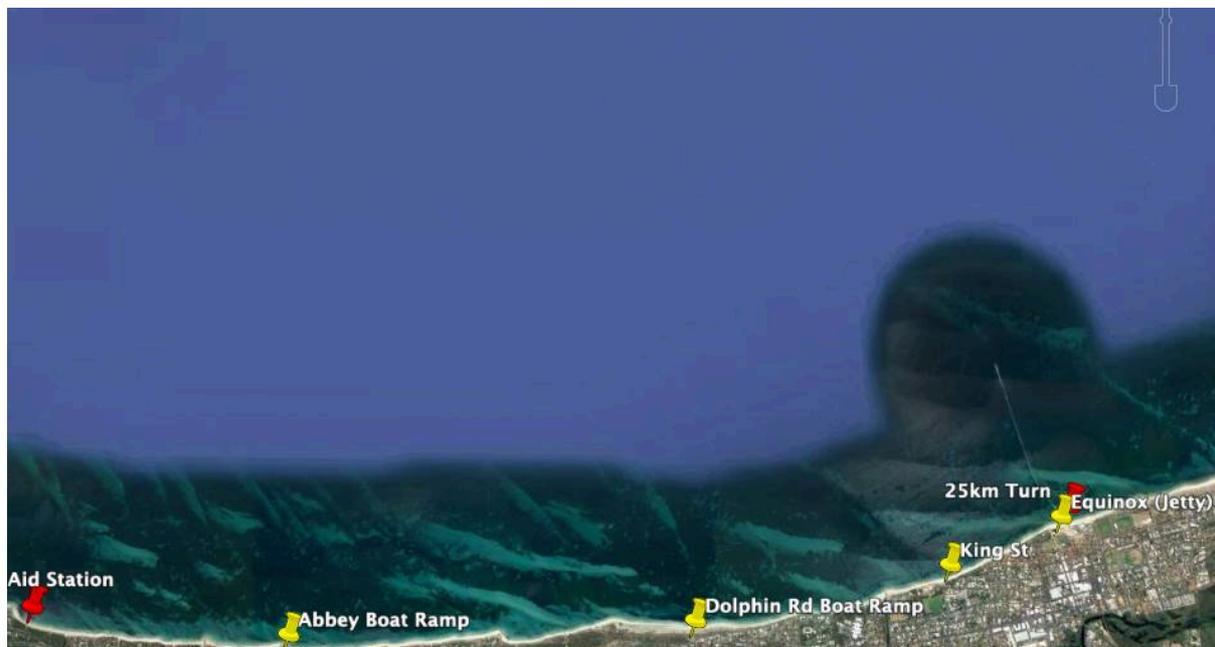
The course includes several water crossings (in addition to any water you might encounter if you run around the front of the various, mostly small, sea walls). It is not expected any of these crossings will be deeper than knee deep, but you should be careful of loose, soft sand. It is typically better to cross a little further out to sea where the water will be shallower and the sand firmer. You will be advised at the registration of any unexpected danger at these crossing, and any course diversion(s).

Public toilets are at the locations indicated by the yellow pins (they are all off course). The red pin is the mid-course aid station at the 14km/36km mark (11km for second leg relay runners).

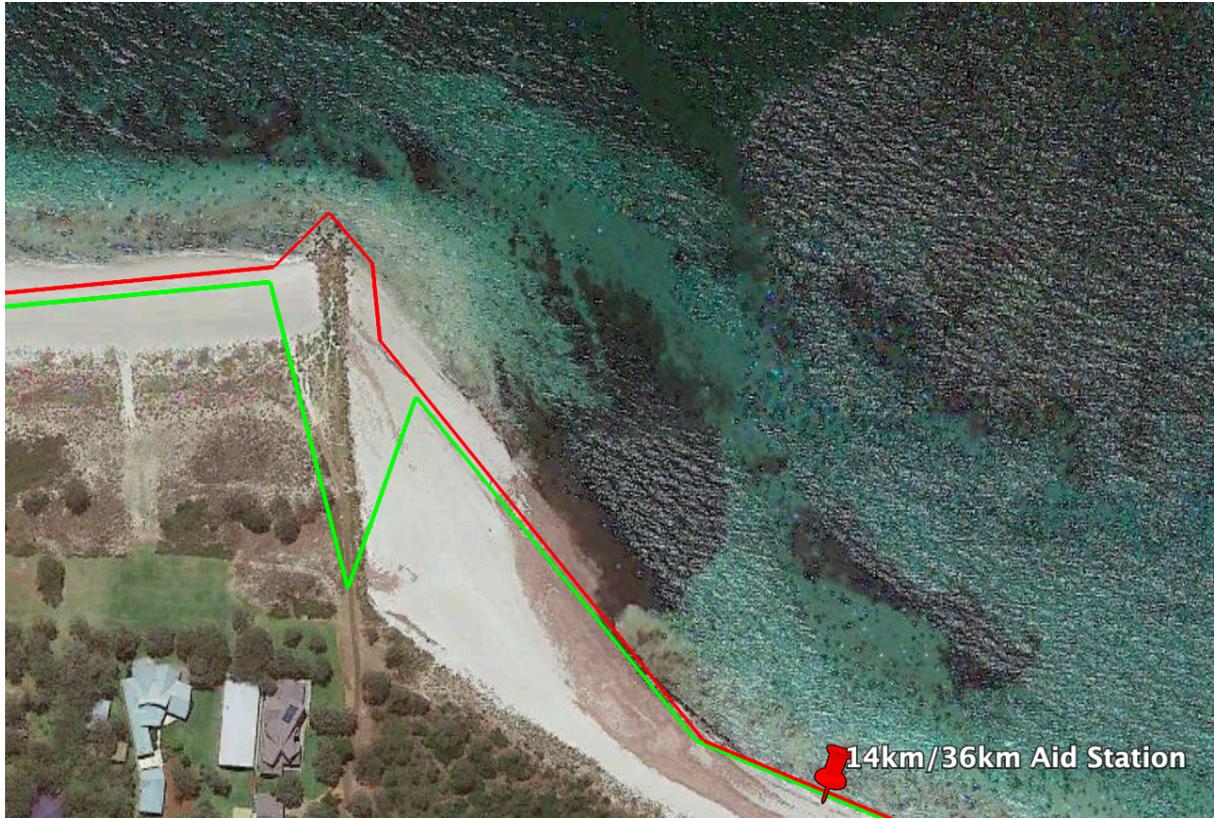
Eastern half:



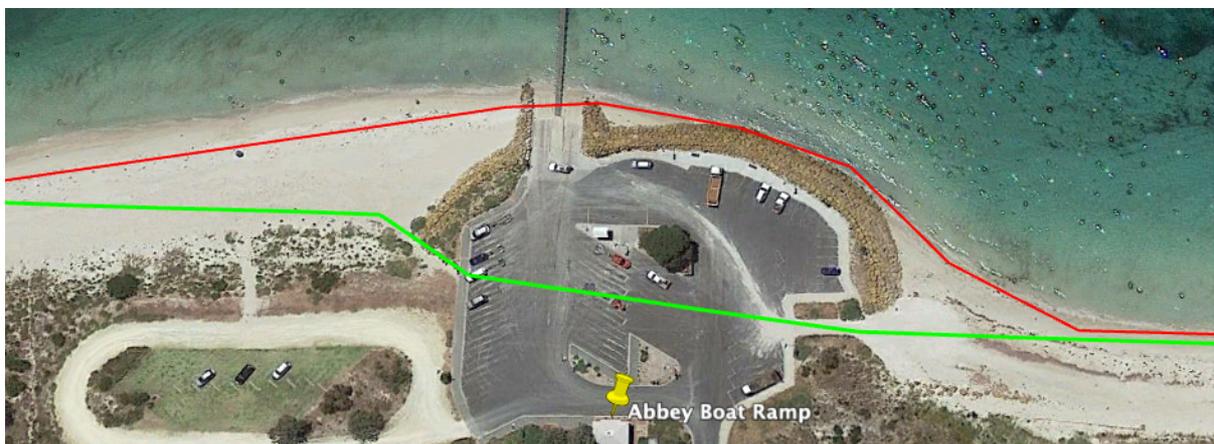
Western half:



The mid-course aid station is just after (before, on the way back) a large sea wall. If you choose **not** to run around the front of the wall (red line), you will need to find your way to the short sealed section of path above the wall, and pick your way between the rocks (green line). Do not go over between the two lines.



At Abbey boat ramp (17km/33km, or 8km for second leg relay runners) you have the choice of running around the front across the ramps (red line), or over the top and through the car park (green line). In either case you must give way to cars and boats.



At the 20/30km mark (5km for second leg relay runners), if you elect to run around the back of the large sea wall, make sure you go a fair way up the beach, into the grassed area (as shown). At that point, from the west, the sea wall is level with the sand, and the drop to the beach on the east is only about 1 metre. When coming from the Jetty, just head for the lowest part of the wall on the inland side. It's not advisable to cross the wall between the two lines on the image below.



The 25km turnaround is also an aid station for solo runners.

Race Rules - these are subject to the Public Health Policy (above).

- Any competitor on course before 5:30am must have a good quality headlamp with a beam of no less than 50 metres, and sufficient battery to last until 5:30am.
- All competitors must have the capacity (in bottles or back pack) to carry at least 600ml of water.

- In case of bad weather, all competitors should bring a weather proof jacket to the start (or 25km turnaround for second leg relay runners). The Race Director will advise at registration if it is required to have this on course.
- There are 2 aid stations - at 14/36km (11km for second leg relay runners) and at the 25km turnaround. Water will be available in 600ml bottles, which must be disposed of in the bins provided (with any other litter) before you return to the course. From 6:00am, a third aid station will be open at Dunsborough Sea Rescue Boat ramp (44km, 19km for second leg relay runners.)
- Other than in the case of incapacitating injury, an entrant wishing to withdraw from the event should do so at one of the aid stations, and we will organise transport back to the Start/Finish.
- The cut off time at the 25km mark is 5:15 am for solo runners, and 5:30am for relay teams. This will be strictly enforced. A solo runner not departing the 25km mark inside the cut off will not be permitted to proceed. If a first leg relay runner has not reached the changeover point inside the cut off, the second leg runner will be permitted to start, but the team time will not be included in the results.
- Runners must give way on boat ramps.
- The Organiser reserves the right to cancel, terminate, short course or postpone the event if, in the sole opinion of the Race Director, allowing the event to start or continue would pose an unreasonable risk to the safety of participants, race crew, volunteers, emergency services personnel or members of the public.
- The Organiser has Public Liability Insurance through the Australian Ultra Runners Association (AURA). This does not provide any coverage for personal injury or illness to entrants. You should ensure you have medical insurance that covers injuries or illness sustained during the event.
- No pacers, no dogs, and no on course assistance outside the official aid stations.

Waiver

In registering for this event, you agreed to the following waiver:

Off road running is an inherently dangerous sport. I certify that I have no physical, medical, nor mental condition which would interfere with my participation in Sandman 50, and that I have trained adequately for this off road race.

THIS PARAGRAPH APPLIES TO SOLO RUNNERS ONLY I certify that based on my recent training and other events completed in the past 12 months, I have a reasonable expectation of reaching the half way mark (25km) in under 3 hours and 15 minutes, and completing the course in

under 7 hours. I understand and accept that the cutoff at the half way mark will be strictly enforced and I will not be permitted to continue as a participant after that time, and that if I have not finished inside 7 hours, I may be removed from the course.

I fully understand that I may be subjected to harsh environmental conditions, including but not limited to, extreme temperatures, unpredictable weather conditions, rocks, stream crossings, wild animals (such as snakes), limited access to immediate medical assistance, as well as any other conditions that man or mother nature may provide.

I understand that there is a risk of sustaining serious bodily injury, permanent disability, or even death that might result not only from my own action, inaction, or negligence but the actions, inactions, or negligence of others, the rules of the race, or the conditions of the beach and surrounds. Further, I acknowledge there may be other risks not known nor reasonably foreseeable at this time. I assume all the forgoing risks and accept personal responsibility for the damages following such injury, permanent disability, or death.

Knowing these facts and in consideration of the acceptance of my Event entry, I hereby waive, covenant not to sue, indemnify RELEASE AND DISCHARGE Fixed Stars Enterprises Pty Ltd., its director(s), race director(s), volunteers, and sponsors and participants, and any other persons or organisations involved in, authorising or permitting this event from and against any and all claims, liabilities, losses, damages, costs, and expenses arising from or in any way related to my participation in this event.

I certify that I am of sound body and mind and truly capable of participating in this event. I agree to comply with the rules concerning this Event and agree to go only in those areas authorised by the Event organisers.

I understand that in addition to the above I will be responsible for any cost of emergency service that is required on my behalf during this event.

It is strongly recommended that you re-read this, and satisfy yourself that your certifications, understandings, waiver and covenants are still valid given your training, state of health and any other material considerations. If you have any doubts, you should not start the event.