

Halloween Dusk 2 Dawn

COMPETITOR Briefing Notes

7km Course

31 October to 1 November 2020

Halloween Dusk 2 Dawn Course is a 7km course, with approx. 108m elevation per lap. Saturday night at 6pm starts the 7km (1 lap) also at 6.00pm the Dusk 2 Dawn 12hr Race Starts. All 12-hour runners must run the first lap. 7:00pm the Twilight 1/2 Marathon Race Starts. At 8:30pm -Moonlight Marathon Race Starts and at 11.59pm the Course direction changes. 12:00am Midnight 1/2 Marathon Race Starts and everyone must be ready to start the last lap of the 12 hours race at 4.30am. All 12-hour runners must be on the last lap to complete the 12 hour race. 6.00am - Dusk 2 Dawn 12 Hr race Finish. 7.30am – Course Closed All Races

HD2D Race is only a short distance from Port Macquarie, Wauchope and Telegraph Point in the beautiful Hastings Area. All racing will take place in Cairncross State Forest. You will travel through the State Forest and NSW Crown Lands and land of the traditional owners, the Birpai People. Please abide by the relevant directions and instructions.





Race Director

Mathew Williams
0413 967 694

Email Address sales@coastalsportsandfitness.com.au

Safety Officer

Kerry Williams
0434 048 688

Email Address sales@coastalsportsandfitness.com.au

Results

COASTAL Track and Trail Runners
0413 967 694

Email Address sales@coastalsportsandfitness.com.au

PROGRAMME INFORMATION

Expected time of last finisher 6am 1/11/20

7km (10+) Under 14 must have adult supervision when on course (adults must purchase a ticket).

Dusk 2 Dawn 12hr (18+)

Moonlight Marathon (18+)

Twilight 1/2 Marathon (16+)

Midnight 1/2 Marathon (18+)

Course Closed (All runners will be removed) 7.30am 1/11/20

SCHEDULE OF ROAD CLOSURES

This event does not require any Council road closures. No State Forest Roads will be closed from

TIMETABLE

SATURDAY

1.00pm	Race Hub Opens to Runners to set up transition tents
3.00pm	Late Entries open at the Race hub (Cash only)
4.00pm	Late Entries closes.
4.00pm	Check-in open for bib collections
5.50pm	7km Race Briefing and Dusk 2 Dawn 12hour Race briefing
6.00pm	7km and Dusk 2 Dawn 12 Hour Race Start
6.50pm	Twilight ½ Marathon Race Briefing
7.00pm	Twilight ½ Marathon Race Start
8.20pm	Moonlight Marathon Race Briefing
8.30pm	Moonlight Marathon Race Start
11.50pm	Midnight ½ Marathon Race Briefing
11.59pm	Course direction changes

SUNDAY

12.00am	Midnight ½ Marathon Race Starts
4.30am	12hour runners must start their last lap. (If you come back after 4.30am your race is finished. EVERYONE MUST BE BACK BEFORE 4.30AM TO START THE LAST LAP TO COMPLETE THE 12HOUR RACE.)
6.00am	Dusk 2 Dawn 12 Hour Race Finishes
7.30am	Course Closed all Races
8.00am	All drop bags must be picked up. After this time, they will be discarded regardless if they have a number and name on them.
8.00am	Race Start/Finish Hub is CLOSED

Check-In -

- 3-4pm Open for late entries (cash please)
- 4pm-5.30pm Check-in opens. Pick up bib if you have done your COVID form online. There is also a Verbal Mandatory Gear Check (Do not need to see gear)

COMPETITOR BRIEFING & FINAL INSTRUCTIONS

Please take a few minutes to read this document - we must give you most of this information as a condition of our permit and insurance. If you do not understand anything or need any more information, just email. We know there are a lot of questions about how COVID 19 will affect the racing this year.

We have included a bit of our COVID Plan in here. So please read all your briefing notes and everyone must adhere by them. If you do not agree with any of it, please do not come. But in the short of it the general rules apply:

- All the check points will be non-touch this year. Please abide by this rule, it is for everyone safety and law. "BE PATIENT" If you do not like this then be totally self-sufficient.
- Please stay 1.5m away from anyone that does not live in your house. We will be on the mic reminding you of this
- Do not split on course, please use the hand sanitizers around the place and even bring your own
- Please, please respect everyone that are here. It has taken a lot to get us COVID Safe and here racing and we want everyone safe and this will take everyone to abide by these rules.
- Please when lining up for toilets, please always practice social distancing.
- If you have a transition tent, please use them.
- It is looking not so cold so, remember social distancing is also around the heaters.
- Please be patient with the volunteers and HD2D Crew as we are running on no sleep and with the COVID changes I do not want people getting impatient and losing their s**t over very little things as we have to take more time to do things this year. The RD's have no problem telling you to leave if it gets to that. I will say it again we are all in this together. There are things that we must do by law to make this happen this year safe for everyone.
- We would like everyone to download the COVID SAFE app before the race before they leave home for help with tracing later if need be.

Parking

Please park in the parking area near the race hub

There is limited parking in race area.

Please respect other competitors. Do not park anyone in, as not everyone is doing the same distance. People will be coming and going over the course of the night. There is NO bus area. Be aware that the road will still need to be driven up the middle, especially if we need to get an ambulance through there.

Start/Finish Race HQ

Race HQ is located on the oval. When you arrive, make your way down to the start area and ask where to set up before you move your gear down (No driving on the oval).

Toilet facilities are available at this location. Start/Finish HQ will be open from 1.00pm Saturday 31/1/20 to competitors. Will close at 8am Sunday 1/11/20.

Transition tents will only be allowed to be put up from 1pm Saturday.

Race HQ will be the location for:

SOCIAL DISTANCING 1.5m always

- any competitor last minute information
- announcement of the results
- bag drop – please note that although Race HQ will be manned throughout the race, you leave your bags at your own risk.

About You

We want you to have a fun and above all, a safe event. However, the nature of trail running means that things can happen.

To help us help you in the event, if you need an EpiPen, please carry one in your pack and advise the HD2D crew and/or marshal of this.

Also please let check-in volunteers know, so they can record it for first aid with your race number.

Trail running will take you to locations that are not easily accessed. PLEASE DO NOT TAKE PART if you are injured or feel unwell. If you are unsure, please consult your doctor prior to the event.

Trail Running

Trail running may involve hazards. You will need to be able to cope with them. Race briefing will inform you where they are.

You should stay aware of your surroundings, including uneven ground, ditches, holes, ruts, creeks, bog holes, boggy or slippery surfaces (i.e. rocks), vegetation and overhanging branches, tree roots and other trip hazards, rocks, debris, etc.

Mandatory Gear

ALL (Mandatory List)

You are not required to carry all your mandatory gear with you, but it is mandatory that you have it available at the Start/Finish HQ aid station tent.

Your Race pack must have enough capacity to hold the following mandatory gear and the mandatory gear that is in your drop bag at start/finish HQ (if advised to pick up by Race Director).

Mandatory Gear you must always carry:

- Mobile Phone (for photos and to call us if you need us)
- Whistle
- Water Bottles or Bladders (capacity to carry 1 litre of water)
- Compression Bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched)
- Headlamp
- Spare/backup light
- Emergency Space Blanket
- Cup or spare bottle (for eg.coke)

Recommended Gear (depending on conditions)

- Long Sleeve Synthetic Fleece Top
- Waterproof and Breathable Jacket with Fully Taped.
- Beanie or Buff.
- Full-Fingered Lightweight Thermal Gloves (Polypropylene, Wool)

The mandatory gear required to carry may change if weather conditions are very cold or wet. This decision can be made by the Race Director at any time.

Please note we will not post any items left behind; it is your responsibility to collect them before 8am Sunday 1st November 2020

This Event

Mandatory gear must always be carried . There will be mandatory gear checks done over the course of the race.

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If you do not have your mandatory gear when the mandatory gear check is done, you will be pulled of course and DSQ. Race Directors instructions are final.

This is for your safety due to change in weather and conditions of the day. Race Directors decision is final.

There is no outside assistance on course. HD2D crew, marshals and NSW Event Health Services staff are the only one that can assist on course.

If you have support crews and family at the start/finish HQ aid station, you are allowed assistance there. Only runners can enter the start/finish HQ area for water, food, and medical help. support crew and family are always to stay behind the barriers.

A race briefing, which will provide essential route and safety announcements, will take place in the race start/finish area 10 minutes before the start time. This will include any last-minute course changes, due to safety or weather.

There will be mixed terrain but mostly tracks, trails, single track, creek beds. Markers will be pink tape (with reflector) and black/yellow tape.

PINK MARKING TAPE

Pink flagging tape will be place heavy around the course. On the bottom of these, there will be reflector tape.

They will be placed on the left-hand side of the road in the clockwise direction of the course.

Pull outs that are not medical related are only picked up from aid stations, no other place on course.

Pink tape will always be on your left-hand side.

On each turning corner, there will be 2 pieces of pink tape about 3-4metres apart (both directions). This is to ensure you that you are going the correct direction.

If you are unsure about how it will work, speak to volunteers at check-in.

Yellow and Black-Flagging tape

Black/yellow tape is a NO GO AREA (closed part of the course).

It is very important to not go past this marking tape. You will get lost and be off course if you follow this marking. There will be red and white X signs past this tape. Do not go past the X signs, it is a closed section. Turn around and go back to the last pink tape you have seen.

Cut Off Time

- Everyone doing the 12hour race must be back before 4.30am to be ready to start the last lap at 4.30am. To complete the 12hour race you must do the 1st and last lap. What you do in between those times is up to you.

MEDALS

Are limited to the 98 runners. You will receive your finisher's medal at the end of the finish funnel from a CTRR member once you have completed the full course.

The results for place getters will be declared, on a provisional basis.

TIMING

There will be an electronic timing system used. This will have all the race competitors list for all races uploaded. The timing crew will be in control of starting the race, ensuring the accurate recording and communication of results as appropriate to the event. The timing crew will deal with any enquiries/protests. They will identify the winners of each race and they will cover any other timing requirements required by race director. There are 1 timing mats. You must go over this timing mat to have the lap counted. Timing mat at the Race Start/Finish line. This will be in the chute. The timing tags are on your bib. Please place the bib on the front of your shirt or on a race belt. It must be on your front (not on the back). All races will start on time. They will not be held up for any reason.

Your Safety

Safety is more important than anything else. A risk assessment has been carried out in the days leading up to the race. Any significant hazards will be indicated on the route map, which will be displayed at Start/Finish Race HQ.

CHANGES DUE TO RISK MAY MEAN THAT ARRANGEMENTS FOR THE RACE COURSE MAY HAVE TO BE CHANGED RIGHT UP TO THE LAST MINUTE, AND ANY ADDITIONAL HAZARDS WILL BE ANNOUNCED AT THE RACE BRIEFING. IT IS THEREFORE IMPORTANT THAT YOU ATTEND THE BRIEFING.

This will take place in the start area, 10minutes before each of the start times. Please be aware of other competitors on race route.

- a reminder not to attend if feeling unwell. If they have been in contact with a COVID 19 patient, had a cold in the last 14 days or returning from overseas in the last 14 days.
- a reminder of any hygiene practices that will be in place (e.g. hand washing, sanitising, sneezing, and coughing, spitting).
- a reminder of any physical distancing requirements that will be in place, even out on course and check points included.
- a reminder that runners should arrive self-sufficient ready to race, including all the mandatory gear that is required and bringing their own food or drink where possible for the race. There will be food at the race hub and check points, but it will not be a self-serve buffet this year like normal. There will be volunteers that will pre-pack food for them in paper bags and fill up their drink bottles using jugs. To minimize touching/contact between volunteers and runners.
- a reminder of the 'this is not like normal years, you must social distance when racing and being a support crew' approach.

- a recommendation to download the COVIDSafe app.

Course Rules:

IF YOU COME ACROSS ANOTHER RUNNER WHO IS ILL OR INJURED, YOU MUST OFFER ASSISTANCE. WHERE APPROPRIATE, REPORT THE ILL OR INJURED RUNNER TO THE NEXT MARSHAL YOU ENCOUNTER SO THAT THEY CAN SUMMON ASSISTANCE FROM FIRST AID RESPONDERS.

Times will be adjusted to compensate for any losses.

This event includes tracks and/or areas of ground that may have been exposed to animals in the period leading up to the race. Please take the following minimum precautions:

- a. Wash hands before eating, drinking, i.e. use soap, clean towels and, preferably, hot and running water
- b. Do not consume water from creeks
- c. Ensure adequate supervision of children, particularly those under 5 years of age always.

Principal Contacts:

Chief Marshal	Mathew Williams	0413 967 694
Race Director	Mathew Williams	0413 967 694

STAY HOME IF UNWELL

No persons, including participants, volunteers, and spectators, are to attend an event if they have any symptoms of COVID-19 or a confirmed case of COVID-19.

Persons must not attend if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19 (cough, sore throat, fever or shortness of breath).

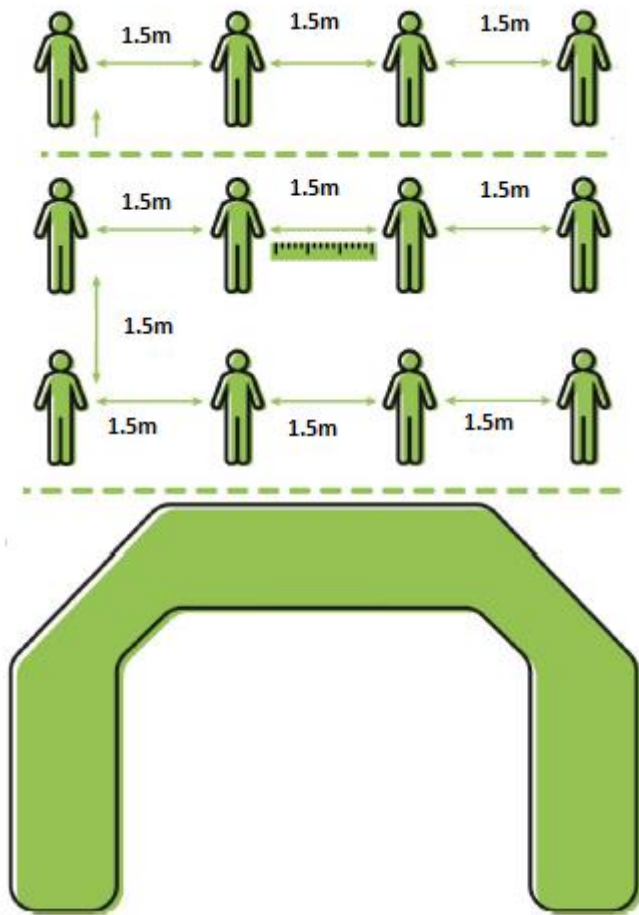
Persons should leave if they develop symptoms of COVID-19 during the event.

DOWNLOAD THE COVIDSAFE APP

As event organiser we recommend (but need not require) that participants, volunteers, spectators, and other attendees download and activate the Australian Government's COVIDSafe App before attending the event.

Start Groups

There are NO start groups. Please self-seed yourselves. This year more important than ever you need to be 1.5m away from each other when starting. This is a requirement by law. Do not push, you will all have enough time out there on course I promise.



Aid Station - Aid stations are no touch.

- **Hydration (water, soda and electrolytes) Fluid:** We are eliminating self-service. Volunteers will have gloves PPE on and fill bottles up with jugs of water. Runners will open their own packs and volunteers refill using jugs to eliminate cross-contamination opportunities. Electrolytes will be given out in tablets.
- **Food:** As with fluid, we are eliminating the buffet style self-service. Safer option is ETR is pre-portioning snacks into small paper bags for lollies and chips and plastic bags for fruit portions. Volunteers will be wearing food service gloves PPE and handing out food portions as required.
- **Maintain distancing**
- **Use sanitizing provided**
- **Waste management in place**

Aid Station

Location	Details
Start/Finish HQ	Support Crew Allowed. Race HQ will be stocked with Electrolytes (Fizz), water, fruit, lollies. (There will be other food available from the food area for sale) *** Timing mat location ***

Rubbish (Leave No Trace)

No Littering. You are running in a State Forest, which is to be protect it. Use the bins provided at each aid station to dispose of your rubbish. If you see rubbish that is obviously from another runner, we would love you to pick it up.

Toilets / Human Waste (Leave No Trace)

Do not leave poo and piles of toilet paper. Make sure you cover it up and off the track.

There are toilets at the following locations:

- Race Start/Finish Line

Dig a little hole and cover up your waste please.

Phone Coverage

Mobile phone coverage over most of the course. Generally, you can get reception on hills and ridges across the course. Telstra coverage across most of the course, Optus more intermittent.

First Aid

There is first aid available at the aid stations and at the race start/finish. Each participant is responsible for their own basic first aid and should carry their own band aids/blister aids, body lubricant (e.g. like body glide), sunscreen and strapping tape, compression bandage, emergency space blanket.

If you pass an injured runner or a runner who is obviously struggling on the course, please stop to help them and follow the Participant Emergency Instructions on the back of your bib.

Emergency evacuation points are the aid stations around the course.

Please let the timing team know ASAP if you helped to assist an injured or sick person, so they can adjust your time.

EVENT RULES

- You must complete the marked course on foot under your own power.
- Performance enhancing drugs are not prohibited in accordance with 'The World Anti-Doping Code'.
- Poles are not permitted to be used in the first 1km of the course due to creating a dangerous tripping hazard.
- Poles must be fully collapsible so they can either fit inside your running pack or be strapped to the outside of your running pack when not in use. Poles must not be held in your hands and must not protrude from your running pack at times when their use is not permitted.
- If you are planning to use poles after the 1km mark, you must start the race at the back of the field.
- Your race number must always be visible on the outside of your clothing and on the front of your body. Do not cover over your race number.
- You must always socially distance (1.5m apart)
- You must abide by all non-touch rules at the aid points. Please be patient as volunteers are doing their best and this is a part of the race being able to run, non-touch. Please use the bins provided for rubbish.
- You must not fold, change your race number in any way. It must be worn as is, unfolded.
- The wearing of iPods or playing music out allowed are **NOT ALLOWED**. This is both for safety and so you do not hold up faster runners on the single track or annoy other runners. There is to be no music to be played by runners while out on course. There will be music played at the aid stations and the race start/finish hub. You must always be aware of your surroundings. This is a multi-directional race and you must always be on your toes.
- No cup races. You must supply your own cup/bottle for fluids.
- If you withdraw from the race, you must sign the withdrawal form at the race start/finish and sign out off course through the sign in/out book
- If you need first aid help on the course, you must use the phone numbers on the back of your race bib. The first aid team will arrange to retrieve you. Support crews are not allowed to enter the race course to collect runners.
- You must stay on the marked course. Short cuts are not permitted. If you get lost, return to the last sighted marking. If chief marshal requests a GPX file for a place clarification, you must supply or forfeit your place. Anyone suspected to have cheated must supply the GPX file for checking. This is the race directors' rule. We will not tolerate people getting outside help and cheating.
- You must always carry your own mandatory gear during the event. Random gear checks will be performed during the race. If you are court without your mandatory gear, you will be DSQ.
- Littering is prohibited.
- You must not leave human faeces on the track. If you need to poo either use a toilet, a wag bag or get well off the track and use leave no trace principles.
- You must not smoke in the State Forest. It will not be tolerated, and you will be asked to leave the course/race/area.
- You must obey all information, signs such as track closures, etc.
- The participant is responsible for the actions of their support crew. Support crews must comply with all instructions from race crew and marshals. The participant may be penalised or disqualified for actions or breaches of the rules by their support crew.
- Support crews must obey all road rules and drive within the speed limits. Please ensure that support crew get sufficient rest and are not tired when driving.
- Support crews must not eat the provided food for runners at race start/finish. The food is for the competitors only. There is a food area where you can purchase food from.
- **Outside assistance is NOT PERMITTED**. Assistance from race ETR & marshals are fine.
- Spectators / support crews / non-race participants are NOT permitted to run with or pace runners, anywhere on course at any time.
- The race organisers are not responsible for the safety or whereabouts of support crew.
- The race organisers reserve the right to discourage and/or penalise behaviour that is considered unsporting.

- Breaking any of the rules may incur a time penalty, disqualification, or pre-race withdrawal. Any such penalties are at the organisers' discretion and are final, there will be no exception to this rule.

INSURANCE

The organiser of the race, Coastal Sports Warehouse, COASTAL Tracks and Trail Runners, has public liability insurance cover. This does not include personal accident insurance for competitors. We recommend that you arrange your own personal accident insurance, ambulance cover and income protection insurance before participating in the race to cover any unforeseen personal costs you may incur due to ambulance trips, medical expenses or time off work due to injuries sustained whilst participating in the race.

WARNING AND DISCLAIMER

Please ensure that you are sufficiently skilled and trained to undertake the event. The course is very tough and demanding with remote sections that can result in slower first aid / rescue response times. It is a combination of fire trail and narrow walking tracks including some very steep sections, on dirt and on rock and sections, creek section that are rough under foot. It is your responsibility to ensure that you are fit enough to complete the event which may take you up to 1.5 hours to complete. Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the race. It is your responsibility to monitor your health and condition during the race and to withdraw from the race if you are no longer fit enough to continue. Please read and understand the Acknowledgement, Release & Indemnity Form. You do NOT need to print and sign this form as you have already electronically signed this when you entered the race online. You will also sign in again at race check-in to show you have read and understood this form. You will not get your race bag until it is read/signed.

RACE AWARDS AND PHOTOS

Medals will be given out at the completion of your race at the race start/finishing chute.

Photos will be taken out on course. Halloween Dusk 2 Dawn, COASTAL Track and Trail Runners and Coastal Sports Warehouse, reserves the rights to use all the photos taken for use in promoting the race on the website, social media and in print form. You have agreed to allow our name, results, photographs, videos, multimedia or film likeness to be used for any legitimate purpose by Coastal Sports Warehouse CSW/CTTR Coastal Track and Trail Runners, the sponsors, Event partners or assigns without payment or compensation. This was agreed in the Acknowledgement, Release, and Indemnity form.

Mathew and I would like to thank everyone for coming and playing in our Spooky Forest in 2020. We hope you enjoy your adventure you are about to take on in the Spooky Forest and hope you will come back next year, which will be bigger and full of more magic.

This document considers the changes in how our trail running events are managed and offers guidelines towards best practices moving forward. Nevertheless, we recognize we cannot eliminate the risk of runners, support crew, spectators leaving their home and attending a trail running event/race/training. We feel as race directors that we can only try to reduce the risk of this outdoor activity.

Mathew and Kerry

Coastal Sports Warehouse CSW (Coastal Track and Trail Runners CTTR)

Acknowledgement, Release, and Indemnity – Halloween Dusk 2 Dawn 2020

This is an important document which affects your legal rights and obligations. You must read it carefully prior to entering 'Halloween Dusk 2 Dawn' (Event/Race). When you do your on-line entry, you will be asked to tick a box to confirm you have read and understood this form. This is a very important form for the race. All participants and late entries will be asked to sign one of these forms at Rego/Check-in. Please re-read it before coming to Rego/Check-in. You need to be aware of the risks of participating in the Event/Race.

In consideration of Coastal Sports Warehouse CSW and Coastal Track and Trail Runners CTTR (the "Event/Race Organisers") accepting my participation in any of 'Halloween Dusk 2 Dawn' (Event/Race) to be held at **CAIRNCROSS SF 31st October -1st November 2020** (the "Event/Race") I Agree to this release of claims, waiver of liability and assumption of risk.

1. I have read and understood the relevant 'Halloween Dusk 2 Dawn' Competitor Briefing document and information relating to the Event/Race for 'Halloween Dusk 2 Dawn'.
2. I understand the demanding physical nature of the Event/Race. I declare, as a condition of entry to the Event/Race, that I have sufficiently trained for this Event/Race and that I am not aware of any illness, COVID-19, not travelled back from overseas in the last month, injury or any other physical disability which may cause me injury or death whilst participating in the Event/Race.
3. Prior to race start or in the Event/Race that I become aware of any medical condition or impairment, or I am otherwise sick or runny nose, dry throat or any other COVID 19 symptoms or have COVID-19 or injured prior to or during the Event/Race, I will withdraw from the Event/Race.
4. I acknowledge that participating in the Event/Race is a dangerous activity and that by such participation I am exposed to certain risks. I acknowledge that the enjoyment of trail running is derived in part from the inherent risks and exertion beyond the accepted safety of life at home or at work and that these inherent risks contribute to such enjoyment and are a reason for my participation in the Event/Race.
5. The Event Organisers CSW/CTTR may at their sole discretion, refuse Event Entry or cancel an event entry (with full refund) to any person for any reason whatsoever.
6. I acknowledge and understand that whilst participating in Halloween Dusk 2 Dawn:
 - I may be injured, physically or mentally, or may die from various causes including, but not limited to, over exertion, dehydration, cardiac arrest, slips, trips or falls, accidents with other participants, spectators and road users, or accidents caused by my own actions;
 - My personal property may be lost or damaged;
 - The conditions in which the Event/Race is conducted may vary without warning;
 - I may cause injury to other persons or damage their property;
 - I assume the risk and responsibility for any injury, death contracting COVID-19 or property damage resulting from my participation in the Event/Race.
 - I may be in a remote or isolated location where access to medical support may be limited and take significant time to reach me;
 - There may be no or inadequate facilities for treatment or transport of me if I am injured;
7. I agree that if I am injured or require medical assistance, the Event/Race Organisers may, at my cost, arrange medical treatment and emergency evacuation as deemed necessary by the Event/Race Organisers. 'Halloween Dusk 2 Dawn' does not have personal accident insurance for Runners.

We recommend that you arrange your own personal accident insurance, ambulance cover and income protection insurance before participating in the Event/Race to cover any unforeseen personal costs you may incur due to ambulance trips, medical expenses or time off work due to injuries sustained whilst participating in the Event/Race. I agree that I am responsible for my own medical and ambulance insurance cover.
8. I understand that my medical history and personal information, collected as part of the entry process for the Event/Race will be made available, if I am evacuated from the Event/Race by Emergency Services, Medical Team or Operations Team, this personal information plus any new data entered by Event/Race staff will be supplied to the Emergency Services staff to enable my continued care.
9. I agree to allow my name, results, photographs, videos, multimedia or film likeness to be used for any legitimate purpose by Coastal Sports Warehouse CSW/CTTR Coastal Track and Trail Runners, the sponsors, Event partners or assigns without payment or compensation.
10. I also agree that in the event I am injured or my property is damaged, I will bring no claim, legal or otherwise, against the Event/Race Organisers in respect to that injury or damage.
11. I agree to abide by the Event/Race Briefing Rules and the directions of all Event/Race officials.
12. I agree to release, indemnify and hold harmless the Event/Race Organisers (Coastal Sports and Fitness CSW/CTTR Coastal Track and Trail Runners), its officers, employees, agents, volunteers, contractors, public bodies, landholders and sponsors, from and against any and all claims, demands, right or cause of action, suits, expenses, costs and proceedings of any nature whatsoever which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property as a result of my entry or participation in the Event/Race whether by negligence, breach of contract or in any way whatsoever. (This is an Event/Race. The Runners make use of facilities at their own risk and without express permission from Event/Race Organisers or the State Forest or Council Authorities or Landholders.)

