AURA BOGONG TO HOTHAM TRAIL RUN
ALIAS “THE ROOFTOP RUN”

carrying on the proud tradition of the Rooftop Runners

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Communications: John Lindsay Ph 0419 103 928, JLINGSA1@BIGPOND.NET.AU

RACE PACK - 2006
Sunday 8th January, 2006 – 21st Edition

How it all started

In the days when technology didn't count for very much, a lone skier, Charles Derrick, attempted a marathon ski trek from Mountain Creek to Mt. Hotham; an arduous journey at the best of times; an impossible one in a blizzard. In September 1965, Charles Derrick set out in a late winter burst of foul weather using equipment that lacks the sophistication of modern day technology. His endurance and tenacity were supreme as he kept skiing through horrendous gales, fighting fatigue.

Graeme Wheeler, in his book "Walk The Timeless Land", poignantly writes, "He had pushed almost thirty miles of terrain beneath his skis, had gained and dropped over 9000 feet. Within a mile and a half of his objective the weather had pounded him to a halt, frozen, exhausted". A cairn now marks the spot close to Mt. Hotham where Charles Derrick perished.

Bogong to Hotham – a foot race is born

The first footrace was held in 1984 over the same course as Charles Derrick attempted. Russell Bulman, orienteer competitor and organiser and founder of the Rooftop Runners, devised the footrace to follow the Charles Derrick course. The challenge of the tough course soon drew quite reasonable numbers of competitors, and AURA (the Australian Ultra Runners’ Association Inc.) took over the conduct of what has come to be regarded as the most difficult footrace in Australia.

The Course

This is not for the faint hearted. The course has an overall climb of more than 3000 metres and an overall descent of about 2000 metres, over a distance of approximately 60km. The scenery is spectacular, with much of the run being above the tree line.

Starting at Mountain Creek Picnic Ground near Mt Beauty, you'll run 2km along an undulating 4 wheel drive track, and then climb sharply over 1300 metres in the next 6km to the summit of Mt. Bogong, Victoria’s highest peak. You'll follow the ridge above the treeline for several kilometres before descending into the snow gums to Cleve Cole Hut.

The steep descent down T-Spur to Big River trashes your quads. If you're lucky and the river is low, you can rock hop to the other side; otherwise you wade through the fast flowing water and commence the relentless climb up Duane Spur. The sun beats down on your back as you climb, and you sweat profusely, until you emerge above the tree line alongside Mt Nelse, and follow the trail to Langford Gap.

The second half of the race takes you across the famous Bogong High Plain, with an outstanding view of stunning Mt Feathertop. You push your tired body along the endless rutted track and down the steep ravine into Cobungra Gap, to be confronted with yet another draining slog up Swindlers Spur to Derrick Hut. You can now smell the finish, and know that you’ve broken the back of this beast, as you cross the Alpine Road and tackle the final grind to the summit of Mt Hotham, where you slump, spent but exhilarated.

If this sounds like your kind of fun, then read on...
AURA BOGONG TO HOTHAM TRAIL RUN

ENTRY APPLICATION
The Race Director reserves the right to reject any application for any reason.
Entries close 24 December 2005 – No late entries accepted.

Name: ...........................................................................................................................................................................
Address: ........................................................................................................................................................................
Phone: Hm ................. Mobile (or work) ............... Email ...........................................................

Age on Race Day: .......... Date of Birth: …/…./……

Circle Event: Full Distance  1st Half  2nd Half  Completed in this event before? Circle Yes / No

Note: Declarations must be definite; declarations for the full Bogong to Hotham distance is for an organisational guide; you may change your mind on the day and stop at Langford Gap, but you must start at Mountain Creek.

Best performances in a similar type of event within the past 3 years: (Name of event, date, your performance, winner’s performance)

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Best Performances in any ultra event within the past 6 months: (as above)

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Transport: Do you require transport from finish to start? Circle Yes / No

Event Waiver

1. I have read the conditions of entry for this event and understand the demanding physical nature of the event. I have trained for this event and I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the event, I will withdraw from the event.

2. I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including; over exertion, heat stroke, hypothermia, dehydration, snake bite, and accidents with other participants, spectators or road users.

3. I acknowledge that it is a condition of participating in this event that I do so at my own risk. I accept all risks and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers, and any person or body, directly or indirectly associated with the event, from all claims, demands and proceedings arising out of or connected with my participation on this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.

Signed: ................................................................. Date: .................................................................

Entry Fee $65 (or $60 for current financial AURA members) $
Transport (optional) $10 $
Donation $
Total $

Cheques payable to: Michael Grayling.
Mail entry to: Michael Grayling, 14 Banksia Court, Heathmont, VIC 3135

SURPLUS proceeds go to the Twin Cities Radio Club for their generous volunteer support.
AURA BOGONG TO HOTHAM TRAIL RUN

CONDITIONS OF ENTRY

<table>
<thead>
<tr>
<th>Event</th>
<th>Kms</th>
<th>Start</th>
<th>Location</th>
<th>Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bogong to Hotham</td>
<td>60</td>
<td>5:00 – 6:15 am</td>
<td>Mountain Creek</td>
<td>Mountain Creek</td>
</tr>
<tr>
<td>Langford to Hotham</td>
<td>26</td>
<td>11:30 am</td>
<td>Langford Gap</td>
<td>Summit Mt Hotham</td>
</tr>
<tr>
<td>Bogong to Langford</td>
<td>34</td>
<td>5:00 am</td>
<td>Mountain Creek</td>
<td>Langford Gap</td>
</tr>
</tbody>
</table>

Runners will be bound by the following conditions. Please read them carefully.

Entry: Send completed entry application to the address on the form. The closing date for entries is 24 December – no late entries will be accepted. Acceptance will be confirmed in writing. Acceptance is at the discretion of the Race Director who considers each application on its merits, based on the applicant’s experience and performance at previous ultra events.

Numbers Limit: There is a limit of 50 competitors; places will be awarded in order of receipt of entry application.

Cut-off Times: The cut-off time to reach Langford Gap for runners starting at Mountain Creek is 11:45 am. The cut-off time at Omeo Road Crossing for runners continuing on to Mt Hotham is 12:30 pm. Cut-off times will be strictly enforced. Runners who feel confident in their ability to reach Langford Gap in 5-1/2 hours will start at 6:15 am. Runners whose times based on previous Bogong runs or other ultra events indicate that they cannot meet these cut-offs with a 6:15 am start may start early. Early starters will nominate their own starting times, and be sent off at 15 minute intervals between 5:00 am and 6:00 am, allowing them to fine tune their departure to match their expected finishing times. Runners starting in the dark must carry a torch.

Instructions: All competitors must obey instructions from race officials, including but not limited to instructions to withdraw from the event for medical reasons, injury or non-achievement of time limits.

Postponement of Run: Should the weather be unsuitable on the day of the race, or other conditions exist outside the control of the organisers, the organisers have the right to postpone or cancel the event.

Withdrawals: For the safety of all participants, teams manning radios will be positioned strategically throughout the course. Each team cannot disband until the last runner has arrived at the following checkpoint. So, in the interest of fairness to these volunteers, runners withdrawing from the event must notify the nearest checkpoint, otherwise time, effort and money will be wasted in search parties. Runners leaving the race without notifying a race official will be responsible for search costs incurred.

Safety Gear: This event is held in a remote alpine region, and participants must carry sufficient safety gear to facilitate survival if caught overnight in blizzard conditions, which can occur at short notice even in summer. The following new rules will therefore apply from 2007: Mandatory (to be carried at all times, irrespective of weather conditions): • waterproof coat with hood and over trousers; • two tops (one must be long sleeved) and a pair of long johns, all of polypropylene or light-weight wool; • warm beanie; • 4000 joules of emergency food (equivalent to 200g of chocolate), separate from normal food carried; • survival bag, sturdy enough to resist tearing in strong winds, eg. ‘space’ emergency bag; • VicMap 1:50,000 Outdoor Leisure Map Bogong Alpine Area or equivalent, laminated or in a waterproof bag; • course notes, laminated or in a waterproof bag; • compass; • cigarette lighter or waterproof matches; • elastic bandage for snake bite and cuts; • torch (for runners starting in dark only); Optional: • eiprb (for absolute emergency use only).

Due to the late notice of this change in safety gear requirements, the above rules will not be strictly enforced for the 2006 event; however runners are strongly encouraged to adopt these rules. That said, participation will nonetheless be permitted on the basis of the superceded rules: Mandatory: • a spray jacket must be carried at all times - no jacket no start; • first time runners at this event to carry the map and course notes. Emergency (in case of bad weather, but not bad enough to cancel the event): • whistle; • gloves; • spray jacket; • space blanket or large garbage bag with head and arm holes; • food (minimum 3 food bars, 200gm chocolate or equivalent); • water (minimum 375ml); • cigarette lighter or waterproof matches. All competitors should arrive prepared to carry the emergency items throughout the event if directed by the Race Director - no kit no start.

Accident: If a participant becomes incapacitated, other participants must assist him/her to the nearest check point.

Water and Aid Stations: Aid stations will be at Langford Gap and Mount Hotham Summit, with additional stations dependent on the level of assistance from volunteers which varies from year to year. HOWEVER, this is by and large a self-supported event, and participants are ultimately responsible for their own food and water during the event. Water from creeks and rivers along the way is usually suitable for drinking; however illness from contamination has occurred. Participants are advised to carry a water filter. There are some long sections without water, and runners are advised to carry a minimum of 1 litre of water.

Course Notes: The course is not marked, however course notes are included, and every effort will be made to have sufficient marshals on the course. However if you don't know the course and have trouble navigating, DO NOT ENTER.

Insurance: Entrants should note that public liability insurance exists for this event, but this is not a substitute for each individual's own insurance, which is the individual's responsibility.
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COURSE NOTES

Map references below relate to VicMap 1:50,000 Outdoor Leisure Map "Bogong Alpine Area". To reach Mountain Creek Picnic Ground, turn east off the Kiewa Valley Highway onto Mountain Creek Road, opposite the Bogong Hotel in Tawonga. The Picnic Ground is about 8 kms along on the right.

Stage 1:

From the start at Mountain Creek Car Park (Map Ref. J1), follow the 4WD track for 2km and turn right up the Staircase Spur track. Follow the track up past Bivouac Hut, beyond the tree-line and towards the summit. Detour to the cairn on top of Mt. Bogong, then follow the numbered poles (from 1278) back to the north along the ridge, then east past Cleve Cole Hut, east down Camp Creek valley to pole 1150, and then right at Madison's Hut site (be careful here; the turn-off is across the creek and has often been missed by walkers and runners). Head south down "T" Spur then cross Big River at the chain. Turn right along opposite bank for about 30m and look for track to the left going up the hill. Climb Duane Spur south to rejoin snow poles at pole 942. Follow pole line and track past Roper's Hut site junction (the hut was destroyed by fire in 2003), then follow 4WD track and poles past Mt. Nelse and Hollands Knob to Big River Fire Track/Marum Point Track intersection at pole 740. Cross the intersection and take the walking track to Langford East Aqueduct at pole 661. Turn right along the Aqueduct to Langford Gap aid station (Map Ref. M11).

<table>
<thead>
<tr>
<th>Check Point</th>
<th>Approx. Dist. From the Start km</th>
<th>Local Water Available</th>
<th>Aid Stations</th>
<th>Radio Check Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mountain Creek</td>
<td>-</td>
<td>River</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Bivouac Hut</td>
<td>6</td>
<td>Water Tank (unreliable)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bogong Summit</td>
<td>9</td>
<td>Spring near summit</td>
<td>Usually</td>
<td>Yes</td>
</tr>
<tr>
<td>Cleve Cole Hut</td>
<td>13</td>
<td>Inside Hut</td>
<td>Usually</td>
<td>Yes</td>
</tr>
<tr>
<td>Madison Hut Site</td>
<td>15</td>
<td>Small Creek</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Big River</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roper Hut</td>
<td>23</td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Warby Corner</td>
<td>26</td>
<td>No</td>
<td>Usually</td>
<td>Yes</td>
</tr>
<tr>
<td>Track Intersection</td>
<td>31</td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Langford Gap</td>
<td>34</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Stage 2:

From Langford Gap, continue along the West Langford Aqueduct passing the turnoff to Wallace Hut. Shortly after passing the Rover Hut you arrive at a T-intersection. Turn right and pass Cope Hut to the Bogong High Plains Road at pole 532. Cross the road and follow the pole line south-west across the Bogong High Plains past the SEC Hut at Cope Saddle (be careful here - many competitors go astray). The Alpine Track pole line exits from the aqueduct junction on the same side, but opposite direction to the S.E.C. hut. From there, the pole line runs west and then north-west to pole 333 which is north of Mt. Jim. Turn left at pole 333 and head south to a junction at pole 267. Turn right and follow the pole line, soon descending past Basalt Temple to Cobungra Gap (Dibbin's Divide). From here, take track left down to Cobungra River and Dibbin's Hut. Follow poles and track up to Swindler's Spur, past Derrick Hut then north-west to the track junction at pole 60. Turn left (west) and follow track to Mt. Lock car park, then on to the Alpine Road briefly before a short climb to the summit of Mt. Hotham.

<table>
<thead>
<tr>
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<th>Approx. Dist. From Start km</th>
<th>Local Water Available</th>
<th>Aid Stations</th>
<th>Radio Check Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Omeo Road Crossing</td>
<td>39</td>
<td>No</td>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>Aqueduct Junction</td>
<td>42</td>
<td>Aqueduct</td>
<td>Usually</td>
<td></td>
</tr>
<tr>
<td>Pole 333</td>
<td>46</td>
<td>No</td>
<td>Usually</td>
<td>Yes</td>
</tr>
<tr>
<td>Pole 267</td>
<td>49</td>
<td>No</td>
<td>Usually</td>
<td></td>
</tr>
<tr>
<td>Dibbin Hut</td>
<td>51</td>
<td>Creek</td>
<td>Usually</td>
<td>Yes</td>
</tr>
<tr>
<td>Derrick Hut</td>
<td>55</td>
<td>Water Tank</td>
<td>Usually</td>
<td></td>
</tr>
<tr>
<td>Lock Car Park</td>
<td>59</td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mt. Hotham Summit</td>
<td>60</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>
INSTRUCTIONS
When approaching the summit, runners can turn off here straight to the summit or keep to the track. After touching the cairn, proceed to Cleve Cole Hut.

STONES ON SIDE OF TRACK WHICH "POINT" TOWARDS THE CAIRN (WHICH IS OUT OF VIEW HERE)
FROM START, STAIRCASE SPUR

Main track peters-out in these areas. Many small paths crisscross

TO THE LONG SPUR
"T" SPUR (Turn right)
FROM CLEVE COLE
Watchbed Creek

To Langford East Aqueduct the Long Way

Track to Langford East Aqueduct the Short Way, Langford Gap and 1/2 Way.

4-Wheel Drive

Marumi Point Track

Walking Track

4-Wheel Drive

Big River Fire Track

Pole 739

From Roper Hut

Aqueduct Junction

From Core Turnoff

To Mt. Hotham

COBUNGRA GAP △ TO MT HOTHAM

Dibbens Hut

COBUNGRA RIVER

△ FROM POLE 333