



AURA **BOGONG TO HOTHAM** TRAIL RUN

ALIAS "THE ROOFTOP RUN"

carrying on the proud tradition of the Rooftop Runners

www.bogong.ultraoz.com

2009 RACE PACK

24rd Edition, Sunday 11th January, 2009

Race Director: Michael Grayling Ph (03) 9738-2572

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Contents

- Entry Application
- Conditions
- Course notes
- Sketches
- Safety Notes

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.

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 one of the most difficult footraces in Australia.

Runners' stories can be found on the website at www.bogong.ultraoz.com.

The Course

This event 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 64km. 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 outstanding views 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 finish on the summit of Mt Hotham, where you slump, spent but exhilarated.

If you are not ready for the full distance, you can choose one of the shorter events. But do not under-estimate the difficulty of these options – they are tough events by any standard.

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2009 ENTRY APPLICATION

The Race Director reserves the right to reject any application for any reason.

Entries close Friday 19 December or when field limit of 65 is reached

Cheques payable to: Michael Grayling.

Direct Entry payments available upon request.

Mail entry to: Paul Monks 9 Alwyn Street Croydon VIC 3136.

Email entry to: paulmonks@gmail.com (MS Word copy of entry form available on website)

Name:

Address:

Phone: Hm Mobile (or work) Email

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

- Tick Event:**
- | | | | |
|--------------------------|------------------|--------|--|
| <input type="checkbox"/> | Bogong to Hotham | 64 kms | Mountain Ck to Summit of Mt Hotham |
| <input type="checkbox"/> | Bogong Marathon | 42 kms | Mountain Ck to Omeo Rd (incl. short diversion) |
| <input type="checkbox"/> | Langford 35 | 35 kms | Mountain Ck to Langford Gap |
| <input type="checkbox"/> | High Plains 23 | 23 kms | Omeo Road to Mt Hotham |

If you start at Mountain Creek, you can switch en route to a different event on the day.

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

.....
.....
.....

Transport: Do you require transport from finish to start? Circle Yes / No. If Yes, add \$15 to the entry fee below.

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)	\$15
Donation	\$
Total	\$

Surplus proceeds go to the Twin Cities Radio Club for their generous volunteer support.

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2009 CONDITIONS OF ENTRY

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 19 December 2008, or when the limit has been reached.** 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 65 competitors, and places will be awarded in order of receipt of entry application and fee. However, 50 places will be preserved for the full Bogong to Hotham event until 1 December 2007, and which time unfilled slots will be available to all entrants irrespective of chosen event.

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 for runners continuing on to Mt Hotham is 12:30 pm. **Cut-off times will be strictly enforced.**

Start Times: Mountain Creek Start: Runners confident in their ability to reach Langford Gap in 5-1/2 hours may start at 6:15 am. Two early starts are also available: 5:00 am (torch mandatory) or at 5:30 (torch not required). To ensure faster runners don't reach check points before the radio operators are in place, no runner will be permitted to leave the summit of Mt Bogong before 6:45 am. **Most first time runners underestimate the difficulty of this course, so if you are in doubt, you are encouraged to** choose an early start to avoid disappointment at missing the cut off. Omeo Road Start: Runners doing the High Plains 23 will start at Omeo Road at 11:30 am.

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 or Cancellation 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. **Runners withdrawing from the event must notify the nearest checkpoint.** Runners leaving the race without notifying a race official will be responsible for search costs incurred.

Safety: This event is held in remote alpine country where weather conditions can change quickly and a fine day can turn to a blizzard in a matter of hours. By signing the entry form, runners acknowledge the risks and accept full responsibility for them. That said; the organisers will use their best efforts to recruit volunteers to man check points along the course, and to act as sweepers to follow the runners and render assistance if required. The number of volunteers can vary from year to year, and for that reason, a dual approach has been taken to the carrying of mandatory safety gear.

Light Kit: (if weather is fine AND adequate sweepers have volunteered for the event): spray jacket, whistle, elastic bandage for snake bite, 1000 kilojoules of emergency food, map (*VicMap 1:50,000 Outdoor Leisure Map Bogong Alpine Area* or equivalent) and course notes in waterproof bag, compass, space type emergency bag (eg., Coghlan's All Weather Emergency Bag No 9815 - Kathmandu also makes and sells one), torch (for runners starting at 5:00 am only).

Full Kit: (mandatory if weather is bad but not bad enough to cancel the event, OR if insufficient sweepers have volunteered for the event): all items in the light kit, plus waterproof jacket with hood in lieu of spray jacket, long sleeve thermal top, warm beanie, gloves, thermal long johns or tights, extra 3000 kilojoules emergency food, cigarette lighter or waterproof matches. Epirb is optional (for absolute emergency use only).

Mobile phones: CDMA and NextG phones operate on some parts of the course, and if you own one, we suggest you bring it. Emergency numbers are in the Safety Notes attached.

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, Omeo Road 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 may not be marked. Course notes are included in this pack, 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, however this does NOT cover participant's medical or rescue costs which are the responsibility of each individual. Participants are particularly advised to ensure that they have adequate ambulance cover.

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2009 COURSE NOTES

Map references below relate to **VicMap 1:50,000 Outdoor Leisure Map "Bogong Alpine Area"**. Maps also available online at www.bogong.ultraoz.com. 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.

Most of the distances shown below have been taken from runners' GPS data. These vary and should be regarded as guidelines only. Support at the locations below is subject to availability of volunteers which varies from time to time.

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. At the top of the climb is the site of Roper's Hut which was destroyed by fire in 2003. Veer left and pick up the 4WD track, and follow the 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).

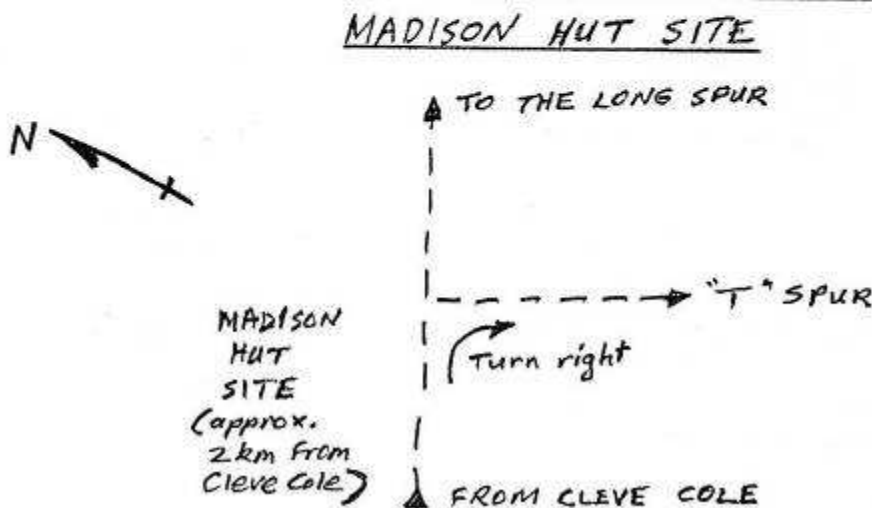
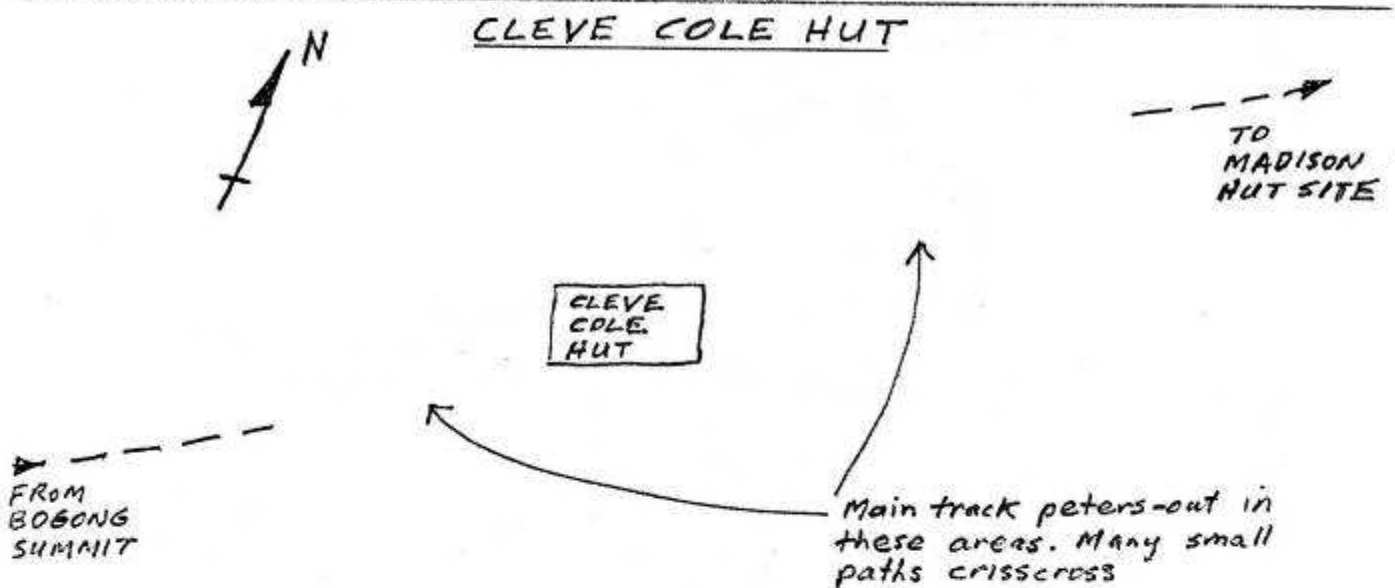
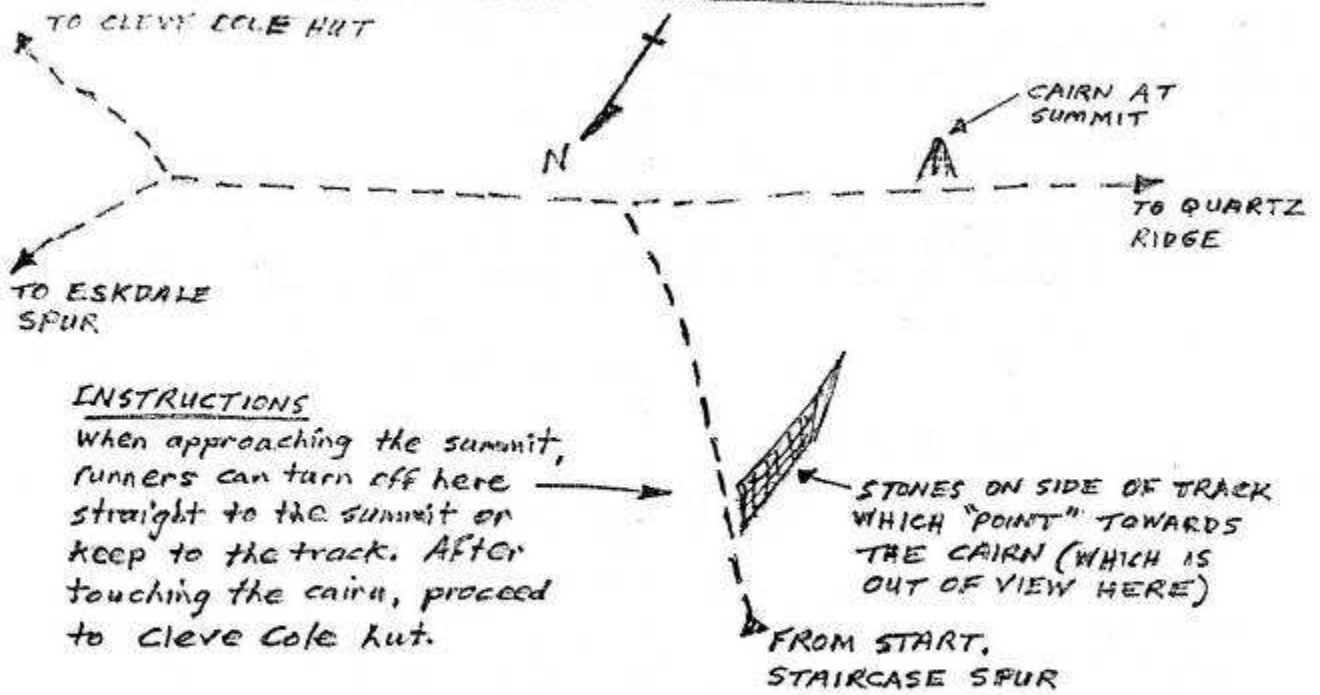
Location	Approx. Dist. From the Start km	Local Water Available	Aid Stations	Radio Check Point
Mountain Creek	-	River	Yes	Yes
Bivouac Hut	6	Water Tank (unreliable)		
Bogong Summit	9	Spring near summit	Usually	Yes
Cleve Cole Hut	13	Inside Hut	Usually	Yes
Madison Hut Site	15	Small Creek		
Big River	18	River		
Roper Hut	23	No		
Warby Corner	26	No	Usually	Yes
Track Intersection	31	No		
Langford Gap	35	Yes	Yes	Yes

Stage 2:

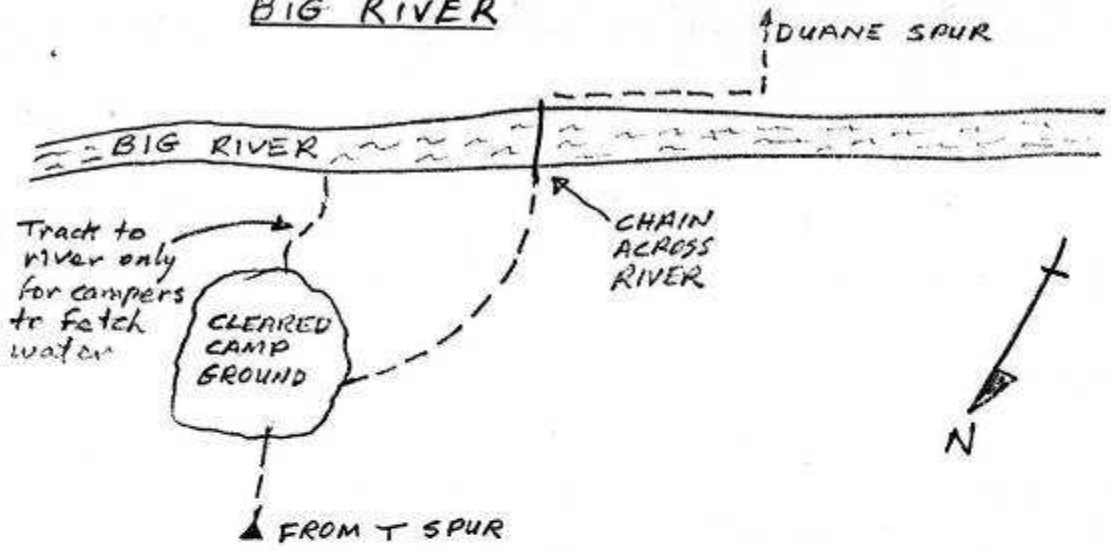
From Langford Gap, continue along the West Langford Aqueduct passing the turnoff to Wallace Hut. Shortly after passing the Rover Hut you arrive at a T-intersection. Turn right and pass Cope Hut to the Bogong High Plains Road at pole 532. Cross the road and follow the pole line south-west across the Bogong 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.

Location	Approx. Dist. From Start km	Local Water Available	Aid Stations	Radio Check Point
Omeo Road	41	No	Yes	Yes
Aqueduct Junction	44	Aqueduct	Usually	
Pole 333	49	No	Usually	Yes
Pole 267	51	No		
Dibbin Hut	54	Creek	Usually	Yes
Derrick Hut	58	Water Tank	Usually	
Lock Car Park	53	No		
Mt. Hotham Summit	64	Yes	Yes	Yes

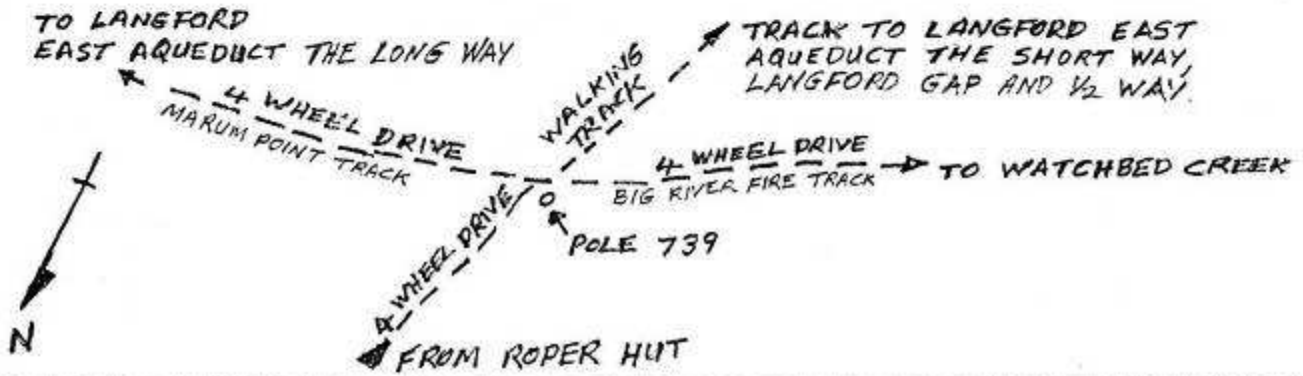
SKETCHES TO ASSIST IF NO RACE MARSHALLS PRESENT AT THESE LOCATION
PLAN VIEW OF BOGONG SUMMIT



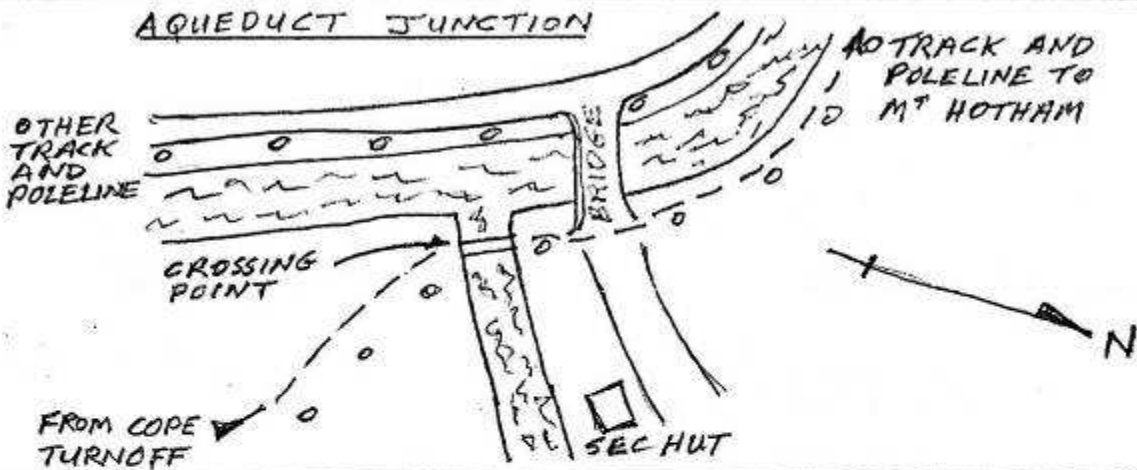
BIG RIVER



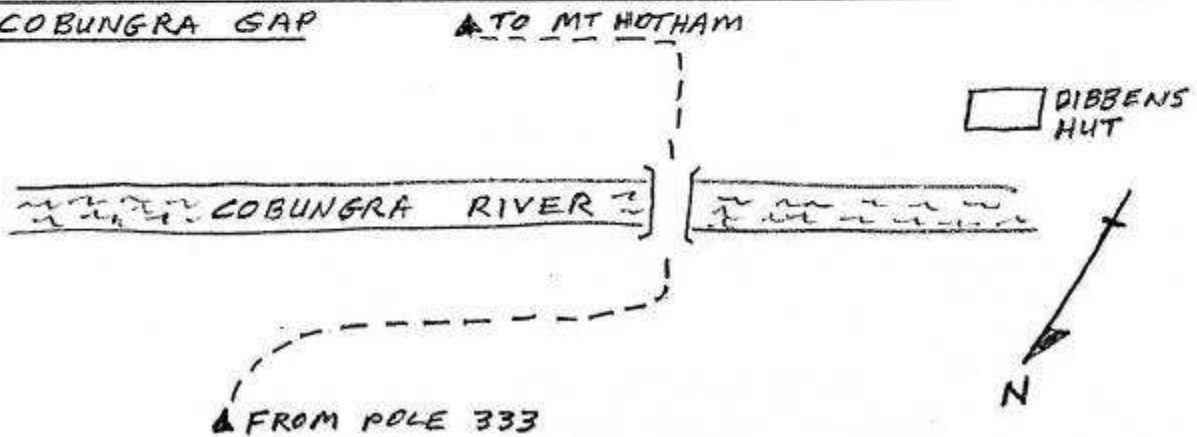
WATCHBED CREEK



AQUEDUCT JUNCTION



COBUNGRA GAP



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SAFETY NOTES

Although some safety measures have been put in place as described in the Conditions of Entry, this is by and large a self-supported event, and you are ultimately responsible for your own well-being on the trail. Please read these notes carefully.

If you need to leave the trail

Upon check in, you will be supplied with a coloured ribbon with your race number on it. Please tie this to the outside of your pack. If you have to temporarily leave the trail for any reason, please leave your pack on the trail where it can be seen, so that sweepers who may be following the field do not unknowingly get ahead of you.

If you get lost

If you believe at any time that you may not be on the correct trail, do not attempt to find your way across country. If you are sure of your route, backtrack to where you are confident of your position. If you are unable to find your way, wait where you are, as wandering randomly may take you farther from the trail and reduce your chances of being found. Blow 3 sharp blasts on your whistle, and repeat periodically. You should use your Epirb (if you have one) ONLY in absolute emergency.

If you become injured, exhausted or ill

Stay on the trail where you will be found. Staying on the trail is vital. If you feel dizzy, disorientated 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 want to withdraw from the run

If you want to withdraw from the event, you must notify the nearest checkpoint. Runners leaving the race without notifying a race official will be responsible for search costs incurred.

Mandatory safety gear

Runners entering this event have to carry the mandatory equipment contained in the Race Pack, if required by the Race Director, for the duration of the run. This equipment will greatly increase your chance of survival in blizzard conditions, which can develop quickly in alpine regions, even in summer.

Hydration, nutrition and electrolytes

Maintaining proper fluid and calorie intake and electrolyte balance is a personal responsibility, and runners should already be competent in this area. A wealth of information on these subjects can be found at <http://www.ultrunr.com/>. It is not uncommon for runners to reach Langford Gap dehydrated from the severe climb up out of Big River, and it is then almost impossible to re-hydrate adequately for the completion of the run. Despite your desire to travel light, make sure that you carry sufficient water with you. Don't rely on water that has to be carried in to check points, as that is subject to the availability of volunteers which varies from year to year. Tanks at huts can sometimes be unreliable, especially in drought years. A full update on available water will be provided at the pre race briefing.

Emergency Contacts

Digital (GSM) mobile services are virtually non-existent over the course. CDMA services tend to work on the higher peaks, and the NextG services are expected to give similar coverage. Emergency numbers are:

Greg Sargeant	0427 215 438 (CDMA phone on Mt Hotham - try this first)
Mike Grayling	0433 420 530
Paul Monks	0402 852 566
Emergency	000
Emergency (mobile)	112