



# AURA BOGONG TO HOTHAM TRAIL RUN

## ALIAS "THE ROOFTOP RUN"

carrying on the proud tradition of the Rooftop Runners

Next Run – Sunday 6 January 2008

Newsletter 2008-02

13 October 2007

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

**Communications Officer:** John Lindsay Ph 0419 103 928, [jlindsa1@bigpond.net.au](mailto:jlindsa1@bigpond.net.au)

**Volunteer Coordinator:** Greg Sargeant Ph (02) 6026-8948, [sarge@inet.net.au](mailto:sarge@inet.net.au)

**Website:** [www.bogong.ultraoz.com](http://www.bogong.ultraoz.com)

Hi Everyone,

Bogong to Hotham is now less than 3 months away. Mike informs me we have around 20 entries so far, which is very good for this time. Remember there is a limit of 60 across all distances, so if you are intending to run, it's best to get your entries in early.

### If you have already entered

If you have sent in your entry form and have NOT received a confirmation email from me, can you please [email](mailto:jlindsa1@bigpond.net.au) me with brief details as soon as possible? Mike and I have not been able to catch up for a while and I want to make sure that I have your name on my list.

### Change to entry form address

We're changing the entry procedure. From now on, the entries will come to me first; I will record your details and pass your entry form and your cheque on to Mike. Please send your entry to:

John Lindsay  
AGCO Finance Pty Ltd  
615 Somerville Road  
West Sunshine Vic 3020

Note: please make your cheque out to Mike Grayling – it is only the mailing address which is changing.

A new Race Pack with the changes to the address details will be uploaded to the website in the next few days.

### What if I don't have a cheque account?

If you don't have a cheque account, send me an [email](mailto:jlindsa1@bigpond.net.au) and I'll give you my bank details so you can direct deposit the funds there. You can use Paypal –send me an [email](mailto:jlindsa1@bigpond.net.au) with the amount you wish to pay, and I'll send you back an email with the details.

### Sweepers

We currently have one firm and one tentative sweeper. We need 4 all up, so we'd really appreciate hearing from some more people who can help in this respect. One pair of sweepers will cover the first half of the course and a second pair will cover the second half. Sweepers will need to maintain a steady pace carrying a small backpack for up to 9 hours. If you can run a marathon in

4 to 4-1/2 hours, you should have adequate pace. Familiarity with the course is a bonus; however map and course notes will be provided.

Sweepers will be guaranteed entry into a future Bogong to Hotham event (which includes shorter options), and will pay no entry fee. Contact John Lindsay on 0419 103 928 or click [here](#) to send an email.

Tip: The Western States Endurance Run in the USA requires entrants to provide proof that they have put in 8 hours serving in a volunteer capacity for an ultra event. Those who intend to run Western States in 2008 may wish to use Bogong to Hotham as an opportunity to meet their WS service requirement.

### Extreme Running Book

Some months ago, I was contacted by a UK publisher wanting to include Bogong to Hotham in a new book they were compiling on extreme running. I was able to provide them with some photos I took in the 2006 event, along with some information on the race.

They sent me a copy of the book this week, and it is absolutely fabulous. It is a high quality hard cover pictorial of extreme running events from all continents. The 160 pages features 24 events in total; events like the Mont Blanc and Trans Alpine runs in Europe; Marathon Des Sables and Comrades in Africa; Badwater and Pikes Peak in North America; Jungle Marathon and Atacama Crossing in South America; Everest Marathon and Lake Baikal Ice Marathon in Asia; the marathons at the North Pole and Antarctica; and locally the Kepler Challenge and Bogong to Hotham.

With the publisher's permission, I have reproduced and attached the two pages for the Bogong to Hotham run. This book would make an ideal gift for a person who loves trail running. You can order it from [www.amazon.com](http://www.amazon.com), although the publisher says that at the present time, you'll get it faster if you order it from [www.amazon.co.uk](http://www.amazon.co.uk) (until the end of the year - then the US will be quickest they say).

Happy running!

John Lindsay  
Communications Officer

**To unsubscribe** from this newsletter, please email John Lindsay at [jlindsa1@bigpond.net.au](mailto:jlindsa1@bigpond.net.au).



## BOGONG TO HOTHAM TRAIL RUN

**ABOVE** Four runners above the tree line approaching the summit of Mt Bogong.

THE BOGONG HIGH PLAINS are an adventure playground in an area of outstanding natural beauty, known as the 'Roof Top' of Australia. In winter, the area is a thriving ski resort. In summer, it boasts some of the most spectacular tramping trails in the country, one of which has become host to the 64km Bogong to Hotham 'Roof Top Run'.



The Alpine Walking Trail begins from the base of Mt Bogong and continues to the top of Mt Hotham. It is the legendary setting for a foot race across what is described as *'the most gruelling course in Australia'*. Trekkers take up to a week to traverse the 64km route; determined adventure runners try to do so within the hours of daylight in one day. That said, 40–50 per cent will fail.

The event commemorates the courageous, single-day crossing attempt that was made by cross-country skier, Charles Derrick.

Derrick set out from Mountain Creek (at the foot of Mt Bogong) to Mt Hotham in winter and on skis. His endurance and resolve proved to be no match for the horrendous conditions and he perished within a few kilometres of his goal. In 1984, Russell Bulman – founder of the Australian 'Rooftop Runners' group – created the first foot race following Derrick's route.

The course begins at Mountain Creek car park (585m). The first few kilometres are easy running on good tracks up to the first major ascent: the aptly named 'Staircase Spur'. From there it is a steep and steady 1,300m rise over 6km to the top of Mt Bogong (1,986m), Victoria's highest peak. From the summit, it is a rapid 'quad-busting' descent back down towards Big River.

Competitors must ford the river before the daunting climb up Duanne Spur to the top of Mt Nelse. From there, it is a pleasant track running once again through to Langford Gap. Langford Gap is the halfway mark in the event and a significant time checkpoint. Competitors who successfully make the cut-off (and nearly half the field do not) carry on across the Bogong High Plains, descend into the Cobungra Gap, before the final ascent to the finish at Mt Hotham summit (1,860m).

The Bogong to Hotham Ultra is not a race that generates much fanfare. The field is relatively small and many are repeat entrants. This gives the race a family-like atmosphere. In addition, the demanding cut-off time at the Langford Gap proves to be a strong, unifying force. Many in the field must face a difficult decision whether or not to continue beyond that point. But the small number that does continue and successfully reaches Mt Hotham will join a very small and elite group of extraordinary sportsmen and women. Their reward is the personal knowledge that in a tough country, they have conquered one of the toughest trails of all.

**'It's the best race  
in Australia.'**

**Jonathan Worsick (Two-time race winner)**

**BELOW** A runner taking a short rest, alongside a race radio operator, at the Mt Bogong summit checkpoint.



#### KEY DATA

|                     |  |
|---------------------|--|
| RACE                | Bogong to Hotham Trail Run                           |
| LOCATION            | Mount Bogong (Victoria, Australia)                   |
| DISTANCE            | 64km (40 miles), single stage                        |
| DATE                | January  |
| TOTAL ASCENT        | 3,000m (9,840ft)                                     |
| TOTAL DESCENT       | 2,000m (6,560ft)                                     |
| KEY CHARACTERISTICS | Mountainous trail race over footpaths and 4WD tracks |
| RACE RECORDS        | Male 6:41, Female 8:29                               |
| FIELD (APPROX)      | Limited to 60  |
| CLIMATE             | 20°C (68°F)  |
| FINISHERS           | 60% of starters                                      |
| RACE DIRECTOR       | Michael Grayling                                     |
| EMAIL               | jlindsa1@bigpond.net.au                              |
| WEB                 | www.bogong.ultraoz.com                               |