

Hello Trail Runners,

Thank you very much for signing up to the Ross River Rush Trail Run 2018. Please take some time to read through the below info, so you know what to expect come race day.

- Arrive 30 minutes before race start to allow enough time for sign in and getting ready to run. We will try to get everyone out on the trail and if everyone is signed in we start 10/15min early. So make sure you are not late!!
- Please park in an orderly fashion and be considerate of other users of the park area. The trails are closed to mountain bikers during the event.
  
- There are a few sections with longer grass, so make sure you wear long pants, socks and or gaiters if you have any
- There is no mandatory gear required for the runs, however it is recommended to bring water, bandages and maybe a phone. Keep in mind that running on trails will take you longer than running the same distance on road.
- There will be one water station out on the course for 13km and 18km only. There will be NO cups, please use your own water bottles
  
- The Feel Good Foodie will be on site offering their amazing coffees and food
- The Athlete's Foot is setting up an aid station, which will have professionals on site to help you recover and answer any questions you might have. They are bringing Salomon Trail Running shoes, which can be taken out for a test run. So make sure you see the team before the run starts. Two pairs of each size available.
- Luke from the Fresh Market is providing us with delicious fresh fruit after the race. Refreshments will be provided also.
  
- Please bring a chair or picnic blanket to relax and enjoy the atmosphere after the race and cheer on your friends and family if you are not racing yourself

Rego closes Friday 15<sup>th</sup> June at 8pm. So if you know anyone who hasn't registered yet, make sure they do it soon. No rego on the day!

We are looking forward to seeing you on the trails!

Your Outer Limits Team