

2017 - SUPPORT CREW INFORMATION (HALF COURSE)



Welcome

Welcome to Mountain Designs GeoQuest. Support crews are an integral part of every team. Firstly from the organisers, a big thank you for taking the time to perform this task. We sincerely hope you have a great time at the event. If you have any difficulties, please don't hesitate to pop into HQ and seek help.

Craig Bycroft Race Director - 0419 427 244

Race Headquarters (HQ)

Race HQ – this is the area that your team registered in and will ultimately finish at. It is located in the Sawtell Surf Lifesaving Club, Sawtell.

Transition Areas (TA)

These are locations during a leg where your team will change disciplines. When teams arrive at a transition, all team members normally need to go to the officials tent to sign in. Please don't take them to your team area before this.

There are three types of mid leg TAs.

- <u>Support Allowed</u> At these TAs teams have full access to support crews while they are in that transition.
- <u>No Support Allowed</u> No Support Crew are allowed to these TAs. They are generally remote, hard to get to and have little parking. They may also be designated to allow support crews some rest time.
- <u>Equipment Drop</u> Support crew may drop equipment off at a TA area before a team gets there then leave

No other equipment may be pre-positioned anywhere else on the course.

Course and Maps

To have an understanding of the course, we recommend that you sit with your teams while they go through their planning. A basic course overview is attached to these notes. Note that the FULL course and HALF course teams have different maps and different CP/TA numbering.

Sleep

It is very important that you look after yourself while you are at the race. Ensure you catch up on sleep whenever you can. The race is long and you will need to drive to various transitions. Think about your safety as well.

Live Tracking and Web Site

The live web site is where you can keep up with what is happening at the race. There is the mapping showing where teams are, the leaderboard as well as photos and race gossip. Use the links down the right hand side to navigate and click on the teams dot or name to bring up more information on them including the time they last tracked.

The direct link to the map is: http:// live.trackmelive.com.au/geoquest2017/

The trackers teams are carrying require mobile coverage to work. There is good coverage over most of the course but they will drop out in the deeper valleys as they travel inland.

SUPPORT CREW TIP - click on your teams dot to see the time your team was last recorded in that position - if their tracking stops working for some reason and the time is showing from a long time previous, you will know your team is further on the course than their dot is showing.

Twitter/Instagram

Twitter and Instagram are the perfect medium for support crews to find out and importantly share information about "what the heck is going on" in the race. Let's face it, it isn't a very good spectator sport - and as a support crew you can often feel left in the dark errrr literally out at the TAs.

The live site has a stream of all tweets and instagrams containing hash tag #geoquestar Follow this and join in the conversation! Also make sure you include the hash tag #geoquestar on any of your posts or tweets.

PRIZES: Instagram Competition - We have a prize of a \$100 Mountain Designs Voucher to give away at the end of the race to the photo that tells the best story that is relevant to this years Geo.

Driving Map

You can use the overview map in conjunction with the slightly more detailed driving map provided. The overview map shows you where the TAs are in relation to this.

The notes also have Lat/Long coordinates and street addresses which can be plugged into smart phones or car navigation systems. If you are really concerned about getting lost, it might be an option to befriend another support crew and follow them to the next TA.

Parking



There is rarely enough room in Transition Areas for everyone to spread out!!! Please follow these tips so we can keep everyone as happy as possible:

- Nose or back of car to curb where possible avoid parallel parking which takes up lots of space.
- Set you team TA space up at front/back of your car on the curb/ footpath/ verge - not in a parking spot beside your car.
- Park close to other teams (think shopping centre car park) please to maximise the vehicles in the TA.
- Feel free to help guide other support crews into a parking space - especially at night when it can be very difficult.
- Don't park in turn around areas not only does it make it really hard for support crews with trailers, but unobstructed access for safety vehicles is critical.

Also, please don't leave your vehicle engine running in the TA. It is noisy for teams and local residents, pumps fumes around the TA and is generally unpleasant for everyone. If you are cold - put an extra jumper on - not the car heater.

Fuel

To avoid getting stranded, fill up with fuel before petrol stations close in the evening. There are several in the local area.

Fire

Some of the TA's have a camp fire to keep support crew warm while they wait for teams. If you can collect a few pieces of wood as you drive around the course then you can add it to the fires at the TAs. While you are waiting for your team feel free to find some wood and add to the fire.

Identifying Your Teams Equipment

Make sure your team has their equipment named in case you need to find it without them!

Mobile Phone Contact

It is very important that HQ have your support crew phone numbers (multiple is better). If you team needs to be picked up in an emergency or if they have pulled out, race officials need to be able to call you. If you haven't already, go and give HQ your contact phone numbers now!

Toilets and Water

There are toilets at some of the transition areas. These are detailed in the course notes. Water is available at some but not all TAs and CPs. We recommend you bring a few large water containers in your car. Plan wisely for this!!

Kayaks

You are permitted to help move your teams kayaks to and from the launching and landing zones.

When your team is starting a kayak leg, you are not permitted to pre-position kayaks at waters edge as it gets too crowded and sometimes blocks general public from using an area/ boat ramp etc. You can help move team kayaks to the launching point only once your team is departing on this leg.

If your team is arriving from a paddle, you may help them bring their kayaks up from the water as soon as they arrive. Often the rule is that a team can't check in at the TA until kayaks have been brought up to support crew vehicles.

Geo-half kayaks are moved on an event trailer. Please assist loading your team kayaks onto this trailer, or unloading as required.

Rubbish

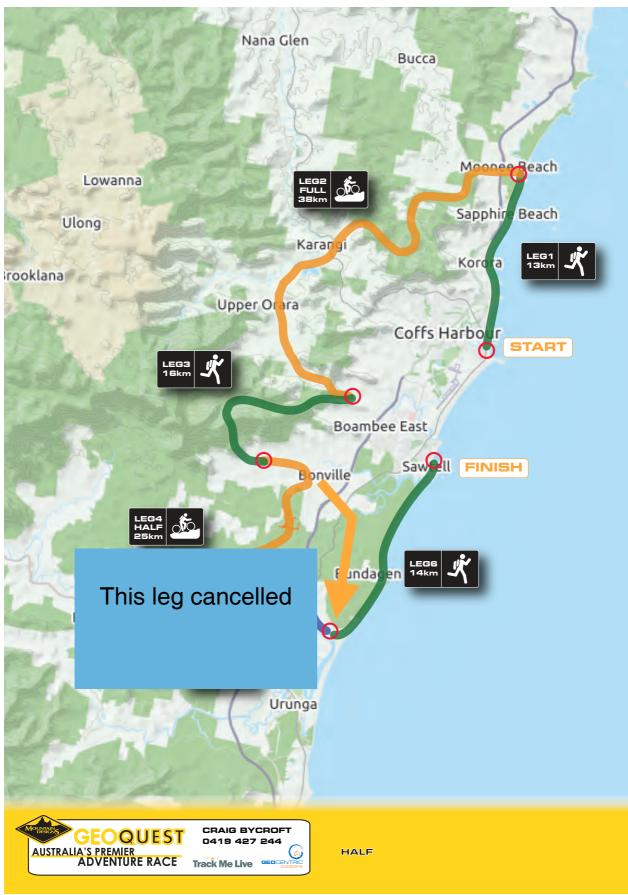
Before you leave a TA, check around your area and collect any rubbish. If a public bin is full, don't pile up rubbish around it - it will just get blown around by the wind, animals will get into it and the event will get a bad name.

Particularly at night it can be easy to leave rubbish as it is harder to see. Make sure you have a thorough look with your headlamps before departing.

Rules

Please note also the following rules:

- No generators may be used in Transition Areas.
- No taking equipment to your team while they are on the course even if they have forgotten it!!!! You can only assist them in the TA.
- Your team is NOT permitted to call you from the course!!! This is breaking the rules of the race. (Unless they have withdrawn and also notified the organisers).



START LEG 1	FS HARBOUR	START LINE
END LEG TRANSITIO	N AREA LOGISTICS & EQUIPMENT • Shops/ cafes in Coffs Harbour.	 <u>ADDRESS</u> - Jordan Esplanade, Coffs Harbour NSW 2450. <u>LAT/LONG</u>30.304357°, 153.139511° <u>DRIVING</u> - North via Hogbin Drive. <u>PARKING</u> - Parking area near Jetty. Start briefing 07:50hrs. Start 08:00hrs <u>SUPPORT</u> - Parking area near jetty and along Jordan Esplanade. Teams start on the beach to South of Jetty.
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