

# 2017 HUBERT 100

## INFORMATION HANDBOOK

For all Course Maps, Course Notes, and links to Strava files, please visit our [website](#)

### **GPX Files (for uploading to your GPS device):**

Files will be emailed to competitors, and/or [DropBox Link](#) (Dropbox is free to download)

The Hubert 100 is back, and this year is the first year the full complement of events are on offer. Entries are strong, and we are ahead of last year's inaugural numbers. So we are excited to once again be heading up into the ancient and sacred lands of the Ikara-Flinders Ranges.

Aside from the two new events being on offer (the 100 mile and 100km), it is important for the 100km runners to note that your course has changed from its original carnation, and you will now be starting from Wilpena Pound Resort at 6.00am on Sunday May 7, rather than having to catch the ridiculously early bus.

So the only two events that require the bus now are the 42.2km and 50km runners.

100km runners who have paid their bus fare will receive a full refund.

And once again we are pleased to be working in conjunction with Wilpena Pound Resort, and local artist from Wadna Yura Kristian Coulthard. Tourism is strong in the Flinders, but it is always our goal to make it even stronger, to show the outside world how amazing the Flinders are.

And don't forget this event is named after 20<sup>th</sup> century explorer Sir Hubert Wilkins. Wilkins was an SA-born pioneer in many fields, making his biography quite enthralling to read. If you have time I highly recommend you read *The Last Explorer*. It's thanks to individuals like Sir Hubert, with that adventurous spirit, that people like us are inspired to challenge ourselves in such a landscape.

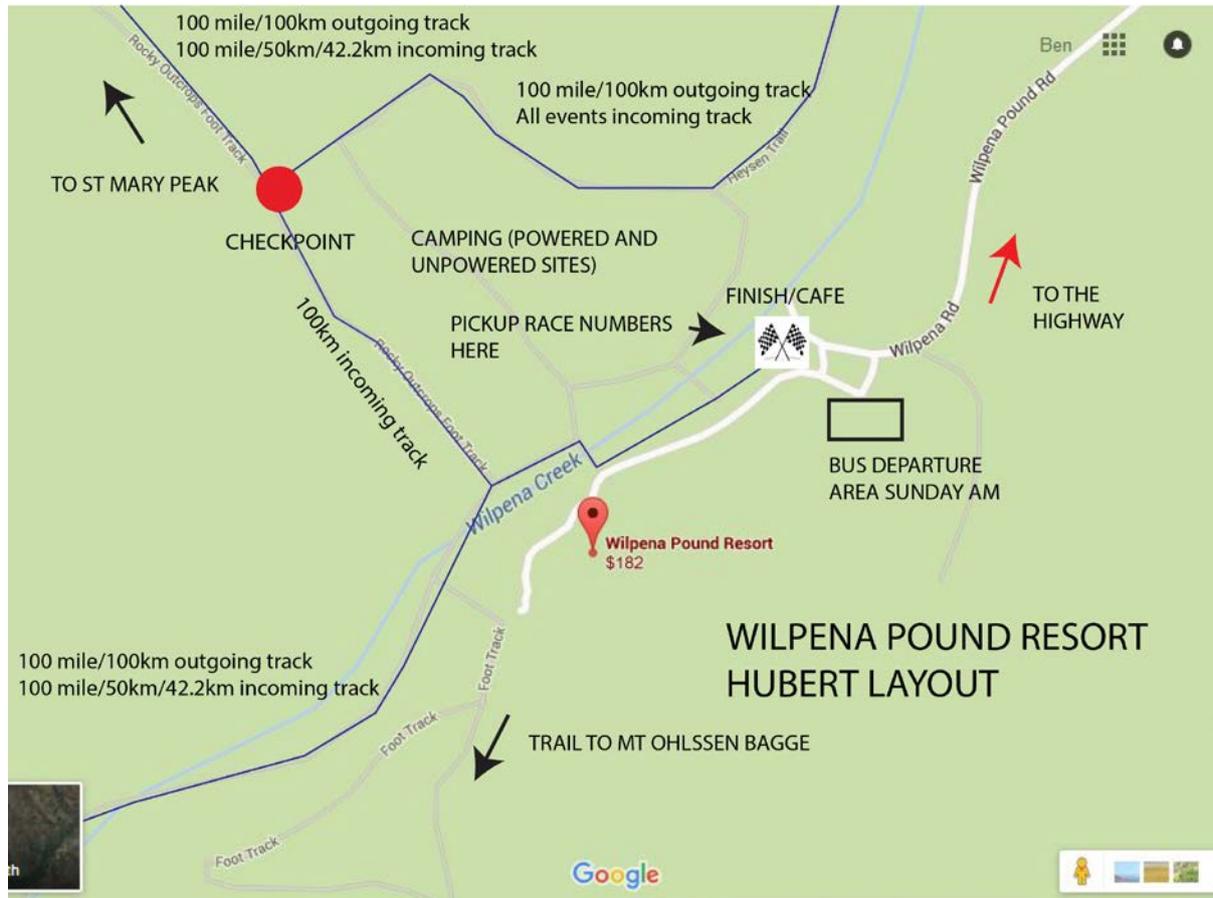
So read on for all of the info. Of course, if you feel there is anything lacking or confusing then please let me know.

Thanks, and see you on the weekend of May 6-7!!

Ben  
0447 550 010

## SECTION 1: EVENT OVERVIEW

### 1.0 Wilpena Pound Resort Layout



### 1.1 Event Start Times and Dates

Event Start Date and Time: Saturday May 6 2017

100 miles (start Wilpena Pound Resort): 10.00am (cutoff 9.00pm Sunday May 7)

Event Start Date and Time: Sunday May 7 2017

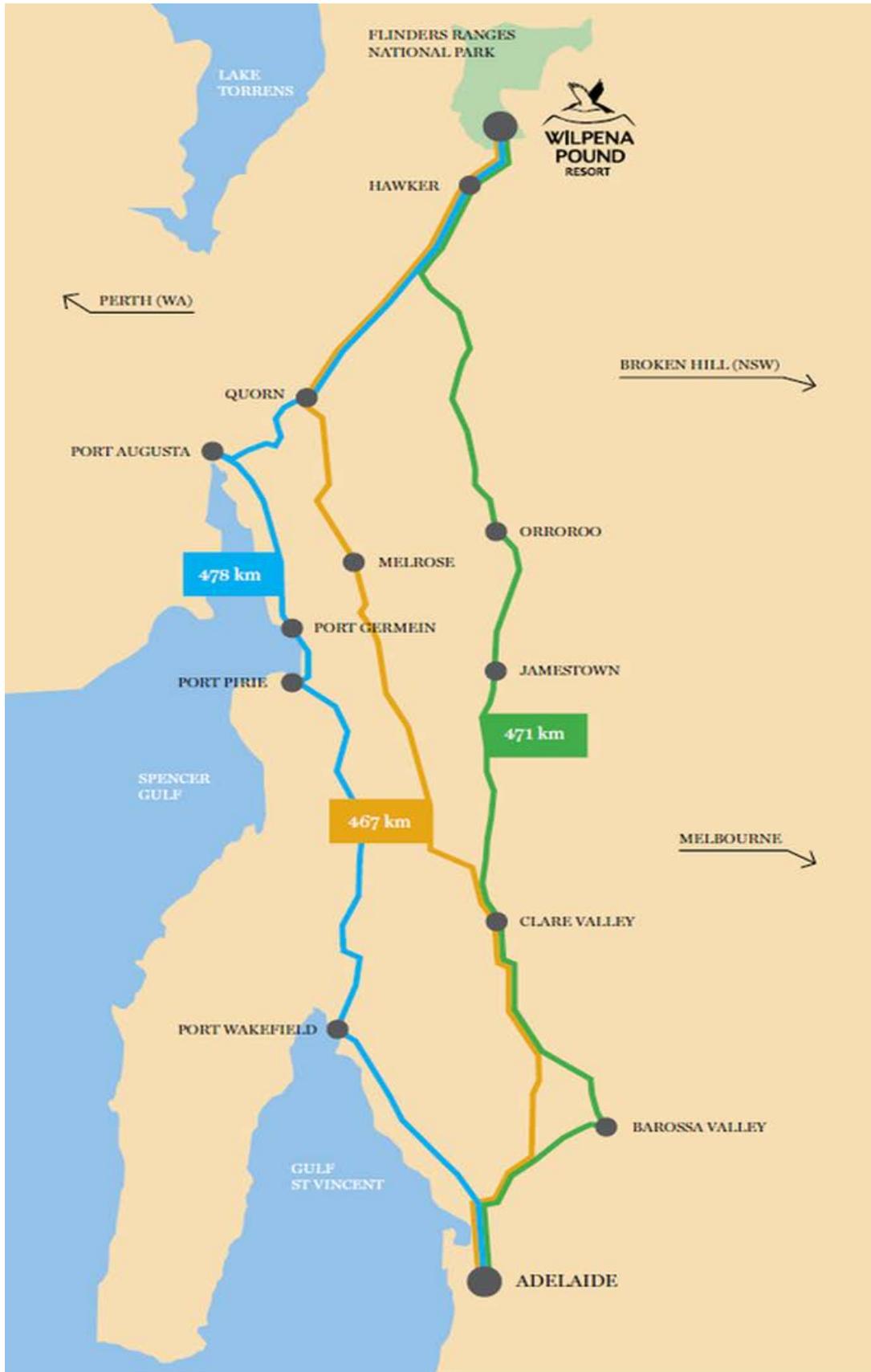
100km (start Wilpena Pound Resort): 6.00am (cutoff midnight Sunday May 7)

50km (start Trezona Campground): 8.00am (cutoff 9.00pm Sunday May 7)

42.2km (start Yanyanna Hut): 10.00am (cutoff 9.00pm Sunday May 7)

## SECTION 2: GETTING THERE

### 2.1 Driving Distances and Times



- ROUTE 01 - THE WINE ROUTE
- ROUTE 02 - OUTBACK AUSTRALIAN JOURNEY
- ROUTE 03 - PORTS OF SOUTH AUSTRALIA

*Adelaide to Wilpena Pound Resort via RM Williams Way Clare/Jamestown/Hawker:*  
6h00m

*Adelaide to Wilpena Pound Resort via Horrocks Highway Clare/Quorn/Hawker:*  
5h30m

*Adelaide to Wilpena Pound Resort via Port Wakefield Road/Quorn:* 5h00m

*Wilpena Pound Resort to Trezona Campground (north via Flinders Ranges Way and Brachina Gorge Road):* approx. 40mins. Caution dirt road for approx. 15km (passable in normal weather).

*Wilpena Pound Resort to Yanyanna Hut (north via Flinders Ranges Way and Bunyeroo Valley Road):* approx. 30mins. Caution dirt road for approx. 15km (passable in normal weather).

## **2.2 Fuel**

Please be aware that you will be traveling in isolated areas where fuel is not always available when you might need it. Be conscious of filling up when you can.

There are stations at Jamestown, Quorn, Hawker and Wilpena Pound Resort. All of them have ULP, Diesel, and LPG. Some do have 24 Hour eftpos/credit card payment options, but count on most of the service stations only being open in daylight hours.

## **2.3 Phone Reception**

The only reliable phone reception (for all carriers) is in Wilpena Pound Resort. Outside the Resort there is no reception on the course, so we strongly recommend the use of satellite phones or two-way radios.

## **SECTION 3: PRE-EVENT**

### **3.1 Bib and Merchandise Collection**

Bib and merchandise collection will commence from midday Saturday May 6, from a table behind the General Store, on the deck (see Layout map, above).

We still have limited stock available. Stock numbers will be emailed in the week prior to the event, in case you think you would like a memento.

### **3.2 Welcome To Country**

At 6.00pm on both Friday and Saturday nights, a Welcome To Country ceremony will be performed out the front of the main restaurant. Attendance is optional but we highly recommend it to get a real feel for the Dreamtime story of the Ikara-Flinders Ranges and the Adnyamathanha people, the traditional owners of the land.

### **3.3 Dinner Friday and Saturday Nights**

Dinner on the Friday night (which will primarily be made up of 100 mile runners and their families) will be left to each person to organise.

However on the Saturday night, we will have a buffet available for everyone involved in the Hubert. This will save waiting times for the kitchen, and all varieties of food will be available.

**Please let me know asap via email if you will be attending. A great way to mingle!**

An email will be sent out prior to the event confirming cost and start times.

## **SECTION 4: EVENT DAY**

### **4.1 Buses to the Start**

Reservation for seats on the buses are open until May 1. Bus departure times are:

Bus 1 (50km runners) departs Wilpena Pound Resort carpark at **7.00am**

Bus 2 (42.2km runners) departs Wilpena Pound Resort carpark at **9.00am**

**Buses depart promptly so be sure you are at the designated pickup location well in advance.**

**All drop bags are to be left in the designated collection bags at the bus departure point at the Resort. If you are not staying at the Resort, and are not catching a bus, please let Ben know so we can make alternative arrangements to collect your drop bags. Details for where dropbags will be sent to are further below.**

### **4.2 Checkpoint Cutoff Times**

**\*\*\*NB Checkpoint numbers relate to checkpoints specific to that event. Please refer to the course maps for these numbers**

#### **100 miles**

based on runners running at an average of 12.42mins/km (to make the 4.30pm cutoff at CP11 on Sunday May 7 – 30h30m):

CP6 Heysen Trailhead 86km closes at 4.15am (18h15m)

CP8 Aroona Ruins 106km closes at 8.30am (22h30m)

CP10 Heysen Trail/Wilcolo Track 129km closes at 1.30pm (27h30m)

Checkpoint 11 Outside Track/Heysen Trail 144km closes at 4.30pm (30h30m)

#### **100km**

based on runners making the first Checkpoint in 3h30m or less (12.21/km), and then running at an average of 10.29/km to finish the final 83km in 14h30m:

CP3 Aroona Ruins 53km closes at 3.30pm (9h00m)

CP4 Trezona Campground 67km closes at 6.00pm (12h00m)

CP5 Heysen Trail/Wilcolo Track 85km closes at 9.15pm (15h15m)

#### **50km**

CP2 Outside Track/Heysen Trail 33km closes at 4.30pm (15.46/km)

#### **42.2km**

CP2 22km by 4.30pm (17.43/km)

Cutoffs will be strictly enforced for safety reasons. The Race Directors' decision is final.

### 4.3 SpotMe GPS Trackers

In the 100 mile event, runners will be given an individual tracker. Details will be emailed out in the week prior to the event on how these will work.

### 4.4 Checkpoint Stock and Bag Drops

We will have all the basic foods and drinks available, such as your sugar sweets, peanuts, bananas, sandwiches, water, energy drink and soft drink. However if you require anything more specific (such as gels) then be sure to bring these with you.

*All checkpoints will have water/sugar sweets/peanuts/sports drink*

*What extra stock will be at what checkpoints:*

#### **100miles**

*CP1/11 (17km/144km)*

17km:

None

144km:

Softdrink/bananas/tea/hot chocolate/noodles

**BAG DROP**

*CP 2/10 (32km/129km)*

32km:

Softdrink/bananas

129km:

Softdrink/bananas/fruit cake/tea/hot chocolate/spag bol

*CP3 (53km)*

Softdrink/bananas/fruit cake/cheese and/or cucumber sandwiches

**BAG DROP**

*CP4/8 (68km/106km)*

68km:

Softdrink/bananas/fruit cake/tea/hot chocolate/noodles

**BAG DROP**

106km:

Softdrink/bananas/fruit cake/tea/hot chocolate/spag bol/noodles

**BAG DROP**

*CP5/7 (80km/92km) **unmanned station***

80km:

Softdrink/bananas (**NB no sports drink**)

92km:

Softdrink/bananas (**NB no sports drink**)

*CP6 (86km)*

Softdrink/bananas/fruit cake/tea/hot chocolate/spag bol

**BAG DROP**

*CP9 (112km)*

Bananas/fruit cake

**BAG DROP**

## **100km**

*CP1 (17km):*

None

*CP2/5 (34km/85km)*

34km:

Softdrink/bananas

85km:

Softdrink/bananas/fruit cake/tea/hot chocolate/noodles

*CP3 (53km)*

Softdrink/bananas/fruit cake/cheese and/or cucumber sandwiches

**BAG DROP**

*CP4 (67km)*

Softdrink/bananas/fruit cake/tea/hot chocolate/spag bol

**BAG DROP**

## **50km**

*CP1 (19km)*

Bananas

*CP2 (33km)*

Softdrink/bananas/fruit cake

**BAG DROP**

*CP3 (47km)*

WATER ONLY

## **42.2km**

*CP1 (8km)*

Bananas

*CP2 (22km)*

Softdrink/bananas/fruit cake

**BAG DROP**

*CP3 (36 and 39km)*

WATER ONLY

## **4.5 Running Buddies**

### **100 mile event**

Running Buddies are welcome and encouraged to assist entrants through the night section.

To this end, Buddies can join their runner from CP3 (53km – Trezona Campground) onwards. Transport will be organised for one trip only, **departing Wilpena Pound Resort on Saturday May 6 at 1.00pm sharp**. Cost is \$30pp and travel time is approx 45mins.

### **100km event**

Running Buddies are welcome to join their runner for the final 25km, from Yanyanna Hut. **Transport will depart Wilpena Pound Resort on Sunday May 7 at 11.00am**. Cost is \$25pp and travel time is approx 35mins.

Please let Ben know if you would like to take advantage of this transport. Any other arrangements must be made by the runner and their support crew. No other transport is being arranged by the event organisers to collect cars after the event has finished.

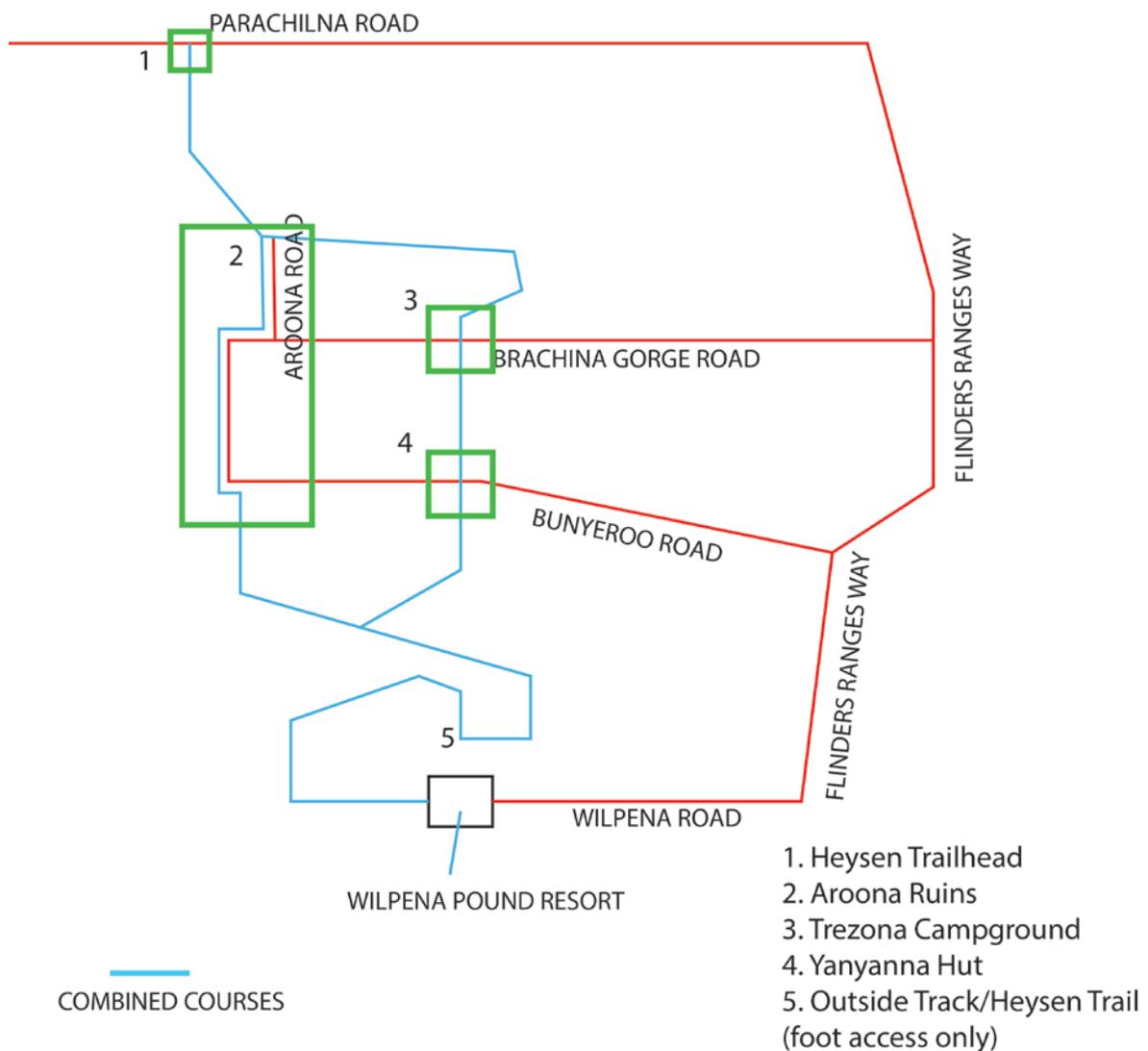
There will be bibs available for Buddies, which can be collected along with the entrant's bib. Please fill out your Buddy's name on the sheet provided at collection.

There is no mandatory gear list for Buddies, but of course we encourage them to pack sensibly.

#### 4.51 Crew Access

Crew is permitted to intercept their runner at any accessible point along the course.

Vehicle-accessible routes:



#### 4.6 Timing

Timing will be recorded manually. Results will be uploaded to the Yumigo! Hubert page by the following Tuesday evening.

## 4.7 Mandatory and Suggested Gear

Please refer to the [website](#) for the lists.

All mandatory gear must be carried on your person at all times.

### 4.71 Course Facilities

Save for the amenities at Wilpena Pound Resort, there are NO toilets available along the course. There are toilets at Aroona Ruins but from personal experience it I can say you will be much more comfortable not using those.

Please use commonsense if you have to go in the bush eg not near a watercourse (dry or otherwise).

Toilet paper will be available at each manned checkpoint.

## 4.8 Course Details and Marking

This year the maps will **NOT** be supplied to you. The links at the top of this Briefing are intended to be used as the guides. The trail notes should be used in conjunction with the maps.

This year all courses will be marked.

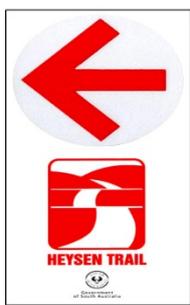
Please read the trail notes, and especially the Section Overviews.

### 4.81 Course Markers

The course will be marked using red and white tape, with reflective yellow tape tied to the bottom.

There will also be labeled and coloured corflute signs used along the way.

You can also expect to see these markers when your course runs in conjunction with them:



The far right marker is a Plate Marker, and is commonly used to give you a sense of where you are on the network.

Each Plate Marker (which sit atop a metre-high metal column) has its own individual identifying number, and are featured in the Trail Notes (such as “Haywards Hut Network CP (CheckPoint) Y2”). This way you are able to cross-check in case you are wondering if you are on the right track.

#### **4.82 The Galileo Map App**

Also, as mentioned in the Mandatory/Suggested Gear List, we highly recommend you download the Galileo Pro app for your phone. There is no reception at all on the course, save for around the Resort.

The Galileo Pro app allows you to see where you are on a map on your phone in relation to major features (such as a marked trail) without requiring phone reception. Runners in last year’s event highly recommend this app.

##### *Instructions for Galileo Pro:*

Once you've downloaded the free version of Galileo from the App Store, go to the settings in the app, and select "Download Map". From the next menu you then choose "Australia".

Once this has downloaded to your phone, you then need to upload the gpx file (supplied in the event email following this Briefing being posted) to the Galileo app.

##### **Uploading the GPX file to Galileo Pro**

1. Email yourself the applicable gpx file (ie. 42.2km/50km/100km/ or the 100 mile file)
2. Open the email on your phone, and press on the attachment (if you then get a page of nonsense numbers, select the image of the box with the arrow in the bottom left corner)
3. Select “download file with Galileo Pro”
4. This should automatically take you to the Galileo app, with an image of your course map. In the top right, select the image which looks like a fold-out pamphlet. This will make your map full-screen. When you are in the Flinders, it will show your location in relation to the course.

**NB! Using this map will use your phone battery. If you are going to be using the phone map a lot please consider bringing along some battery life extenders for your phone.**

#### **4.9 Safety and Communication**

This year all checkpoints will have volunteers in attendance, save for CP5/7 in the 100 mile event.

Each of these Checkpoints with volunteers will have First Aid staff and either a satellite phone or two-way radio. In addition, we have three 4wds out on course which will also have a satellite phone or radio each. If a runner doesn’t make it to a checkpoint by cutoff then we are able to go and check that they are ok.

Thank you as always to Susan Stevens and her amazing staff at First In Sports First Aid!

## SECTION 5: POST EVENT

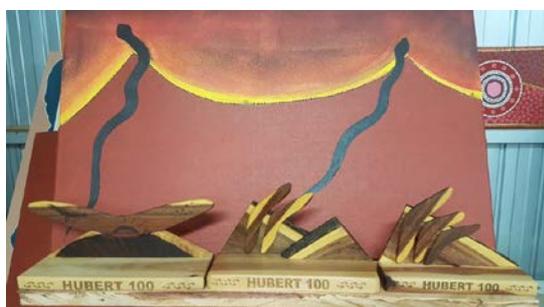
### 5.1 Trophies and Medals

Once again we are lucky enough to have the services of Kristian Coulthard from Wadna Yura in the production of the trophies and medals.

Both awards are made from local Mulga, Myall, and native Pine. They are fashioned to represent the shape of Wilpena Pound, and this year incorporating the Wadna (boomerang). Truly unique awards! The top three males and females for each event will receive one of these trophies, while every finisher receives one of the amazing medallions.

Thank you to Kristian who has done a fantastic job – we really appreciate his time.

We also have a wristband to give away to every runner, which can be collected with your bib and merchandise.



### 5.2 Finish Line Food

As was the case last year, the Resort will be putting on a BBQ at the finish line, starting at 3.00pm.

Payment is by cash at the time, and the cost will be emailed prior to the event. For around \$15 last year you were able to have a full bbq meal (meat, salad, bread, and more) plus a softdrink. It gave us even more reason to hang at the finish line to cheer everyone in!

## SECTION 6: HAZARDS

### 6.1 Fire

Running trails means we are always faced with the risk of fire. This time of year has been selected for this event due to the low risk of fire in the area. At the time of writing the forecast is for around 20deg cel, with a cool low of 6deg cel.

However the Hubert event is still subject to normal Park conditions. On a high-fire danger day this means that there is a risk of the event being modified or, where the logistics of this is too great, the event being cancelled.

Yumigo! works closely with the Department of Environment Water and Natural Resources before, during and after the event to ensure the welfare of participants is maintained, our impact on the environment is minimised and any lessons learned reviewed and applied for the following year. We have a very good relationship and it is one that we would definitely like to maintain! So keep in mind that there is a chance that the conditions of the event may change when weather or other factors demand it. You will receive any important information before the event, or at Checkpoints. Most of the course is accessible by 4wd so we will be able to get to most runners quickly in case of emergency.

If there is any chance at all of fires in the area then the event will not go ahead.

In the event that the forecast maximum for the event is 35 degrees celcius or more, the event will be **cancelled**.

Because most suppliers will be paid prior to the event, officially there will be no refund available on any cost incurred associated with entering and/or participating in the event if the event is cancelled. However all options will be explored in returning some sort of credit or transfer to entrants.

The determining forecast will be on the night of Wednesday May 3 at 6.00pm, according to the Bureau of Meteorology. Entrants will then be notified if the event is to be affected.

## **6.2 Injury and Withdrawing**

You must notify event staff immediately if you are withdrawing from the event.

If, as another entrant, you come across someone who requires assistance out on the course, you are obliged to render all help possible.

## **SECTION 7: THE FINAL WORD**

### **7.1 The Walker's Code**

In keeping with the code of The Friends Of The Heysen Trail, who put in enormous amounts of volunteer hours ensuring the 1200km-long Heysen Trail is kept in such good condition, please keep these principles in mind:

- Take all your rubbish with you
- Leave gates as you find them
- Move quietly near stock and wildlife
- Observe fire bans
- Respect the privacy of others, including other walkers and landowners
- Help keep water sources clean
- Do not disturb native flowers or other vegetation
- Stay on the marked trail
- Use boot cleaning stations when provided
- Leave pets at home

South Australia is incredibly lucky to have such a Trail, so please leave only your footprints behind so that we may have this event and others on again in the future.

For any further details please contact Ben [ben@yumigo.com.au](mailto:ben@yumigo.com.au) 0447 550 010