



NOOSA
ULTRA-TRAIL
TRAIL RUNNING FESTIVAL

2022

Noosa Ultra-Trail®



ATHLETE INFORMATION
GUIDE



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WELCOME

INTRODUCTION

After almost 2 years in the planning during what can only be described as incredibly challenging times for event promoters, we'd like to welcome you to Noosa and to our inaugural event. We are pleased to be able to announce that the 2022 Noosa Ultra-Trail® is officially a SELL OUT.

This year's event has over 1,000 participants representing 10 nations and from 6 Australian states competing over the 6 different distances.

STAKEHOLDERS

We would like to thank all stakeholders including Queensland Parks & Wildlife Service, Noosa Council, Queensland Police Service, Department of Transport & Main Roads, Tourism Noosa and Tewantin State School. We would also like to recognise the interest shown from passionate local running groups such as the NUTRs, Noosa Road Runners and Park Run.

UTMB® (Ultra-Trail du Mont-Blanc)

We are pleased to have been warmly welcomed into the UTMB® 'family' as a World Series Qualifier!

In recognition of this global status, this year's event will have an "International" theme with 18 international flags flying at the venue representing those countries which host UTMB events as well as recognising the origins of our participants.

SPONSORS & SUPPLIERS

Our sponsors and suppliers have been amazing and we'd like to thank Wythes Real Estate, Peppers Noosa Resort & Villas, Noosa Ferry & Cruise Company, Tailwind Nutrition, Noosa Hinterland Brewing Co, Noosa Beverages, First Batch Coffee Roasters, Noosa Marina, Headskinz, Queensland Athletics, Clif Bar, Pomona Distilling Co and other partners and suppliers who have helped support the event.

ACKNOWLEDGEMENT & THANK YOU

Noosa Ultra-Trail acknowledges the Gubbi Gubbi people as the Traditional Owners of the land where the event takes place. We would like to pay respects to the Elders past and present and extend that respect to other Aboriginal and Torres Strait Islander peoples.

In closing we thank you for your support and trust in us to be able to deliver an amazing event experience for you. We hope we meet and exceed your expectations.

Nick Stewart
Noosa Ultra-Trail®
Event Director



EVENT SCHEDULE

Wednesday 23 March	Activity	Location
12pm – 5pm	Registration / Check In	Noosa Marina, Tewantin
Thursday 24 March	Activity	Location
9am – 5pm	Registration / Check In	Noosa Marina, Tewantin
All Day – Times TBC	Noosa Lifestyle Activities	Various Locations
Friday 25 March	Activity	Location
9am – 7pm	Registration / Check In	Noosa Marina, Tewantin
All Day – Times TBC	Noosa Lifestyle Activities	Various Locations
Saturday 26 March	Activity	Location
4.30am	Bus & Ferry Shuttle Service Begins	From Noosa Heads to Tewantin
5.00am	Venue Open including Information & Gear tent	Goodwin Street, Tewantin
6.30am – 1.00pm	Registrations / Check in open for Forest 15 and Pomona Sundowner 30	Goodwin Street & Tewantin State School, Tewantin
6.00am	Race Start – Ultra-Trail 100	Goodwin Street
6.00am	Race Start – Hinterland Traverse 80	Goodwin Street
6.15am – 6.50am	Courtesy Bus transfers to Twin Hill Views Lookout for Cross Country 25	Cullinane Street, Tewantin
7.00am	Race Start – Out’N’Back 50	Goodwin Street
8.00am	Race Start – Cross Country 25	Twin Hill Views lookout
8.00am	Race Start – Forest 15	Goodwin Street
10.00am – 5pm	Presentations	Tewantin State School
11.50am – 12.40pm	Courtesy Bus transfers to Pomona for Pomona Sundowner 30	Cullinane Street, Tewantin
1.30pm	Race Start (women) – Pomona Sundowner 30	Stan Topper Park, Pomona
2.00pm	Race Start (men) – Pomona Sundowner 30	Stan Topper Park, Pomona
9pm	Cut off for Hinterland Traverse 80	Tewantin State School
9pm	Cut off for Ultra-Trail 100	Tewantin State School
9.15pm	Last Shuttle Bus departs for Noosaville & Noosa Heads	Cullinane Street, Tewantin
Sunday 27 March	Activity	Location
9.00am – 12pm	Lost Property & collection of Drop Bags	Tewantin State School
All Day – Times TBC	Lifestyle Activities	Various Locations

CHECK IN & TRANSPORT

CHECK IN - NOOSA MARINA (AND TEWANTIN STATE SCHOOL – SATURDAY ONLY)

We strongly encourage you to check in early. As an incentive you get to choose your t shirt colour. (It is “first in best dressed” literally). If you can avoid it do not leave check in until Friday afternoon as the Marina is a bustling area with limited parking. Please be patient and give your self plenty of time. You can catch the ferry for a normal return fare and enjoy some time on the Noosa River or at the Marina.

Check In times for all runners: Wednesday 12pm – 5pm | Thursday 9am – 5pm | Friday 9am – 7pm

Only those in the Forest 15 or Pomona Sundowner 30 can Check In on Saturday at the Venue from 6.30am – 1pm.

MERCHANDISE

There will be a limited range of merchandise for sale this year. As the event grows we will look to expand the range to include leisure wear as well as athletic apparel.

TRANSPORTATION – SHUTTLE SERVICE

Our transport partners are Noosa Ferry & Cruise Company and Kangaroo Bus lines. If you need a Shuttle Pass for event day you can purchase one on line by going into your PROFILE and selecting CHANGES. You can also purchase a Shuttle Pass when you Check In (Wednesday – Friday).

For the duration of event day shuttle buses will depart approximately every 30 minutes from Noosa Heads and Tewantin. Noosa Ferries will operate under their regular schedule all day.

First ferry and first bus is 4.30am. Last ferry is 5.15pm

First Bus is 4.30am and the last bus departs Cullinane street at 9.15pm.

You will need to PRE PURCHASE a SHUTTLE wristband (\$10) via the website or at CHECK IN to get on the bus or ferry.





CHECK IN & TRANSPORT CONT'D

COURTESY COACHES

For all athletes in the Cross Country 25 you must take a coach from Cullinane Street in Tewantin (near the venue) to the start of the event. There is no access except event vehicles to Twin Hills View Lookout. The first coach leaves at 6.15am. The last coach leaves at 6.50am. DO NOT MISS THE BUS. The cost to this is included in your entry fee.

There are also courtesy coaches to Pomona for those in the afternoon run – the Pomona Sundowner 30. These also depart from Cullinane Street from 11.50am. The cost to this is also included in your entry fee. If you like you can get dropped off at Pomona by friends or family.

PARKING / CREW SUPPORT

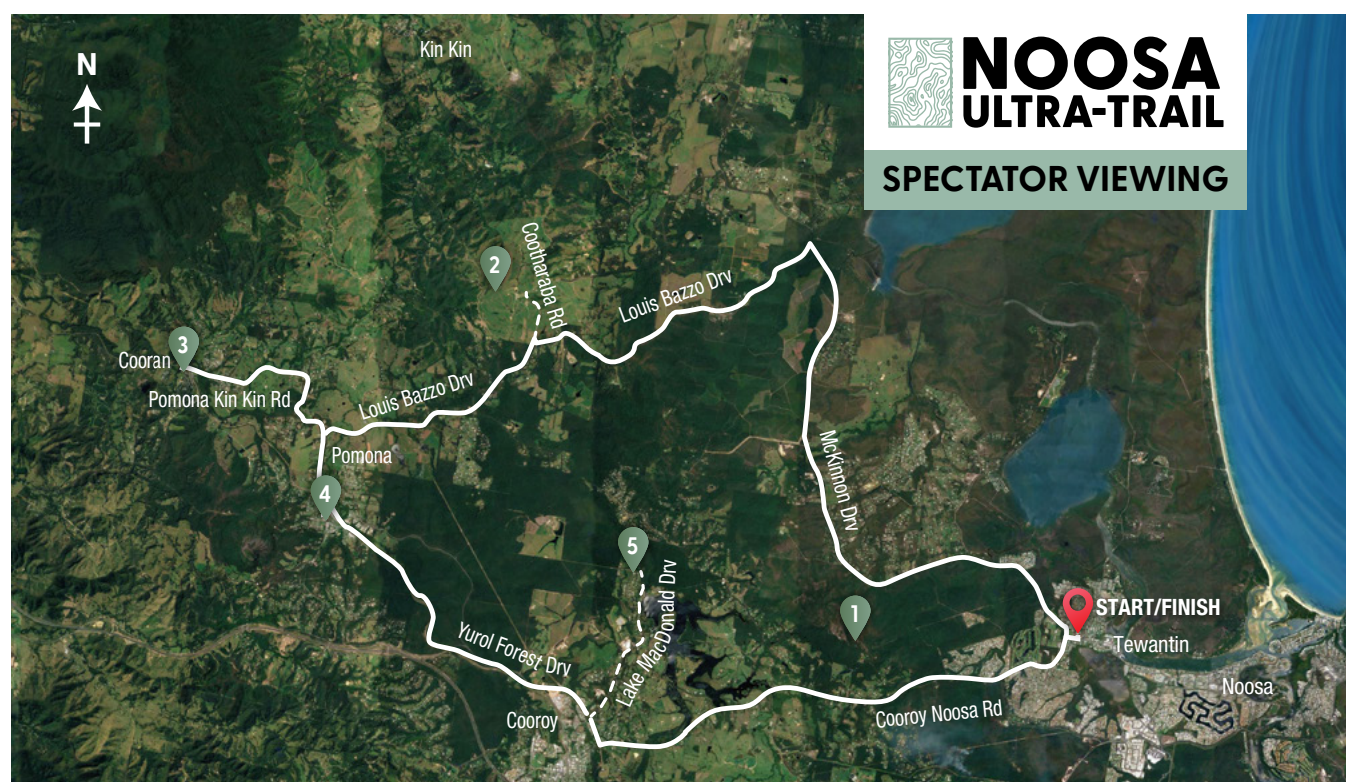
Try to leave the car at home or better still give it to your supporters so they can see the sights of the Noosa Hinterland. There will be limited parking in and around the main venue in Tewantin and designated self parking at the Noosa Sports Complex which is a short walk from the venue.

At checkpoints we ask that family and friends be respectful of the local communities and use common sense when seeking parking areas.

Support Crews can access their runners at CP3, CP4 and CP5.

There is no access to CP1 or CP2.

Support Crew can see runners in the 100km along Cootaraba Road (1km from CP2) but cannot offer any outside assistance in line with standard Ultra regulations.



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ULTRA-TRAIL

SPECTATOR VIEWING

—— MAIN ROAD

----- VIEWING AREA ACCESS

1 CHECKPOINTS

*No access to checkpoint 1

**No vehicle access to checkpoint 2.
Access is available to view 50km & 100km athletes
1km from checkpoint 2.



THE VENUE

MAIN VENUE - TEWANTIN STATE SCHOOL

Open from 5.00am - 9.30pm. This will be the finish for all athletes

CHECK IN

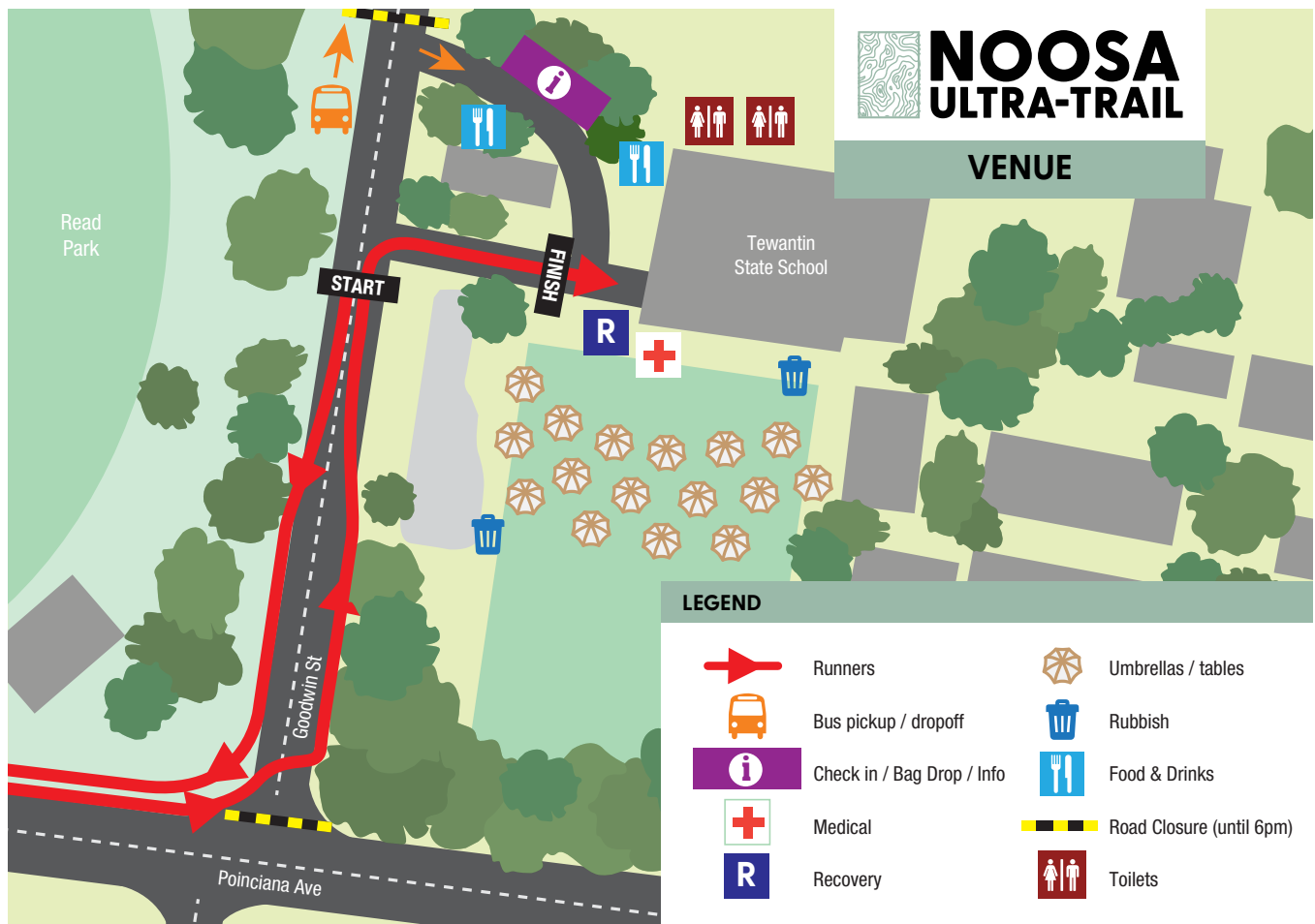
Will be open from 6.30am but only for runners in the Forest 15 and Pomona Sundowner 30.

GEAR TENT

There will be a Gear Tent - you can leave gear there in your own bag...we will have bag tags to fill out at drop-off. Bring a towel and change of clothes if you want to have a swim and / or shower afterwards.

FINISH AREA & VILLAGE GREEN

The main oval will be a Village Green setting offering umbrellas and seating for spectators, family and friends as well as a place to relax and have a coffee, lunch or even dinner !!





THE VENUE CONT'D

PRESENTATION & AGE GROUP PRIZE AREA

There will be a small area for post event presentations and age group prize collection.

SWIMMING POOL & SHOWERS

Tewantin State School Swimming Pool has kindly granted access to all athletes participating in the Noosa Ultra-Trail®. Entry is free for athletes (wristband must be shown). For family and friends there is a \$5 entry fee. There are showers so athletes are able to have a shower, put on some clean clothes and enjoy some of the village green atmosphere at the venue.

FIRST AID / MASSAGE

There will be first aid officers at the finish.

Massage will be offered by Glo Personal Training & Massage at \$20 for 15 minutes. It is a great way to simply relax and chill out after a solid run ! You can pre book if you know your approximate finish time by emailing glauX@netspace.net.au

VENUE – CATERING

The venue will have a number of different catering options with an international theme showcasing French, Italian and Thai cuisine.

In the morning First Batch Coffee Roasters will be providing their great coffee. Each athlete has a 'Happy Spouse, Happy House' voucher which is intended for their supporter whilst you are out on the trails.

Vendors include:

'Smooth as Fruit' – refreshing Smoothies and Acai Bowls

A La Galette Creperie – terrific range of French crepes in keeping with our International theme

IM IM Street Food – serving a delicious range of authentic Thai style street food

Roro Pizza – certain to be a favourite to enjoy with a beer or wine

We're very pleased to welcome the team from the Noosa Hinterland Brewing Co providing a range of their great brews as well as some boutique wines from Dingo Creek Vineyard.

Importantly Unity Water will have their van on site to provide all the hydration requirements for athletes, spectators and supporters.

SUSTAINABILITY

Sustainability is important in the Noosa region.

The venue will have a range of rubbish bins as part of our sustainability practices.

A portion of runners entry fee goes to Trees for Tourism and we are adopting Plastic Free Noosa policies and utilising biodegradable and recycled products where we can..



THE EVENTS

TRAILS

The 6 events that make up the Noosa Ultra-Trail® utilise the well-established Noosa Trail Network which has recently been rebranded to the Noosa Biosphere Trail. Whilst there are variations to some areas mainly due to deforestation work that has been undertaken over the past 2 years, the trails are well sign posted.

In the event of extended wet weather or elements outside of our control the organisers may be required to modify, shorten or change any of the courses including starting times. All runners will be advised of any changes during the CHECK IN process or via email if after check in.

QUEENSLAND PARKS & WILDLIFE

The courses traverse five different National Parks, State Forests and Forest Reserves. We ask that all runner respect the environment, be mindful of the flora and fauna and also only leave footprints behind.

There is a possibility of some wet areas and runners should take care when in these areas.

All rubbish should be held onto and place in appropriate bins at checkpoints.

COURSE MARKINGS

There is 95km of trails that will be marked by normal pink tape and reflective pink tape (for night sections) along the last 15km of the trails from Yurol Forest to the finish.



COURSE SIGNAGE

All courses follow in the most part the Trail Network. The Noosa Ultra-Trail will adopt uniform trail marking with RED arrows, turn around signs and the RED X for wrong way.

There are 3 'turn around' areas where runners will be required to collect a rubber 'lap band'. These are in areas of low telephone coverage and are a 'back up' to the timing mats.

100km – Turnaround is at 33km (water station) (an out and back section from CP2)

50km – Turnaround is at 24km from the start (part of a 2km loop past CP2)

30km – Turnaround is at approximately 4km in Yurol State Forest





THE EVENTS CONT'D

TIMING MATS

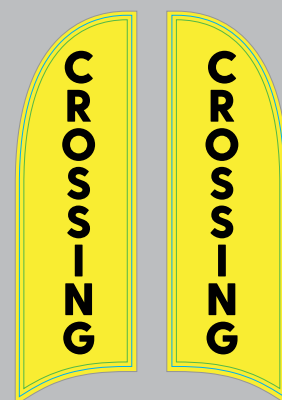
There are timing mats at all 5 checkpoints and 4 water stations.

Family and friends can follow your progress on the ONETIME timing platform. Information how to do this will be available at CHECK IN.

ROAD CROSSINGS

Given the nature of the Noosa Trail Network and the location of the main venue at Tewantin there are road crossings for all runners.

Whilst there are signs warning motorists and road users of the event it is the responsibility of every runner to ensure the roads are clear BEFORE crossing. There will be accredited Traffic Control personnel at State Road crossings and Event Traffic Marshalls at busy local council road crossings. There are some unsupervised minor road crossings in residential areas where traffic is slow which will require 'self crossing'. We strongly recommend against the wearing of ear pods as they distract from runners ability to hear any traffic engines or noise.



CHECKPOINTS & WATER STATIONS

There are 5 checkpoints and 4 water stations.

March is generally warm, humid and sometime wet so proper hydration is imperative.

Each Checkpoint will have medical personnel should runners require assistance.

All checkpoints will have toilets except CP1.

See ATHLETE INFORMATION section for more details on Checkpoints

CUT OFF TIMES

The event has a 15 hour window from 6am – 9pm. In 2022 with Athlete Safety our No.1 priority

For runners in the 80km and 100km there are 2 CUT OFF times that need to be observed.

CP4 – Pomona before 5pm. No runners will be permitted to leave CP4 after 5pm due to safety and the crossing of a State Road.

CP5 – Hamilton Road before 5pm. Any runner leaving CP5 after 7pm will have their bib removed and officially withdrawn from the event. Checkpoint and Medical personnel will assess on a case by case basis whether the participant can continue to the finish under their own steam.

Runners who drop out at Checkpoints will need to phone their family or friends to make arrangements to be picked up.

Runners in the Ultra-Trail 100, Hinterland Traverse 80 and Out'N'Back 50 have a 4 hour window to reach CP2 (23km).

Runners in the Out'N'Back 50 will not be permitted to continue on the return leg to Tewantin from CP2 after 11.30am. This is due to the re-opening for normal vehicle traffic on Louis Bazzo Drive.

KML / GPX FILES

Runners can download the course maps from the website to their phone.



ATHLETE INFORMATION

IDENTIFICATION

All runners will receive a bag with the following items:

Numbered Bib and Coloured Wristband

Forest 15 – Green

Cross Country 25 – Yellow

Pomona Sundowner 30 – Orange

Out'N'Back 50 – Royal Blue

Hinterland Traverse 80 – Grey

Ultra-Trail® 100 – Black

Runners in the Cross Country 25 and Pomona Sundowner 30 will need to show their wristbands to get on the courtesy coaches to their respective start locations.

MANDATORY / COMPULSORY GEAR

The weather is always a factor in any outdoor endurance event. Make sure you have the mandatory gear including your mobile phone and a compression bandage.

Recommended items include nutrition, fluid, compass, whistle, sunscreen and a hat, visor or headskinz.

Due to the fact runners do not run “through” the night (even though they do run “into” the night) and the likelihood of cold weather is minimal there will be no requirement for thermals.

In the event of predicted wet weather athletes should carry a wet weather jacket.

All athletes leaving CP5 after 4.30pm who wish to continue to the finish must have a High Vis vest and Headtorch.

We will have 6 ‘Trail Troopers’ and a “Tail End Charlie” who have approval to disqualify any runner who is running in the dark (after 6pm) WITHOUT a high vis vest and a head torch. Athlete Safety is paramount and this will be strongly enforced with no exceptions.

With the exception of the Forest 15 all athletes must carry a minimum of 600ml of fluid.

We expect all athletes to know what they need to carry in order to complete their particular event in a safe manner.

CHECKPOINTS – HYDRATION & NUTRITION

All checkpoints have Water and the electrolyte Tailwind as well as Coke.

All checkpoints except Checkpoint 1 have food and nutrition including some fruit, lollies, chips and at CP3 and CP4 there will be some Clif products for the 80km and 100km runners. There will be no hot food.

Like the majority of ultra trail run events we recommend athletes be as ‘self supported’ as possible.

WATER STATIONS

Water Stations only have bottled water and environmentally approved bio cups. Some of these may not be manned – they are supplementary to the Checkpoints / Aid Stations. They are only there to provide water in case of extreme or very hot weather. Athletes may be required to ‘help themselves’.

All items are designed to be recycleable or biodegradable.



ATHLETE INFORMATION CONT'D

DROP BAGS

You can leave these when you Check In or bring them directly to the main venue at Tewantin State School on Friday afternoon from 4pm – 7pm. These will be packed Friday night into vans ready for transport early Saturday morning. We will not accept any DROP BAGS after 7pm Friday.

Drop bags will be located at either / both Checkpoint 2 at Twin Hills View Lookout and Checkpoint 4 at Pomona. They need to be clearly labelled with your number and Checkpoint (2 or 4).

You can collect DROP BAGS for CP2 late Saturday afternoon at the venue and DROP BAGS from CP4 on Sunday between 9am – 12pm from the Venue at Tewantin State School.

INJURY / ILLNESS / WITHDRAWAL FROM EVENT

Any athlete who has to withdraw from an event due to injury, illness or other causes for whatever reason is required to report to the nearest Checkpoint or Main Venue to advise officials.

For athletes not making CUT OFF times your withdrawal will also need to be communicated to officials.

It is imperative that officials at Checkpoints or any of the 'Trail Troopers' be notified if any athlete has to withdraw in between Checkpoints.

EXTREME WEATHER

In the event of extreme weather such as fire, lightning, storms all participants will receive a Text Message / SMS advising them of the actions to be taken. This will be done in consultation with Queensland Police Service, State Emergency Service, Queensland Parks & Wildlife Service, Department of Transport & Main Roads and Noosa Council.

IN CASE OF EMERGENCIES

In case of emergencies all runners will be provided with the Event Director's phone.

Athlete should download the Emergency Plus app.

For life threatening emergencies people should call 000.



SNAPSHOT OF EVENT DETAILS

Race	Start Time	Start Location	Bib / Wrist Band Colour	Course Cut Off Times	Additional Information
Ultra-Trail 100	6.00 am	Tewantin	Black	5pm - Check Point 4 Pomona 7pm - Check Point 5 Hamilton Road	
Hinterland Traverse 80	6.00 am	Tewantin	Grey	5pm - Check Point 4 Pomona 7pm - Check Point 5 Hamilton Road	
Out N Back 50	7.00 am	Tewantin	Royal Blue	11:30am CP2	
Pomona Sundowner 30	1.30pm (Women) 2.00pm (Men)	Pomona	Orange		Option to Check In on Saturday at the Venue from 6.30am - 1pm. Courtesy Coaches to Start run from 11.50am departing from the Venue.
Cross Country 25	8.00 am	Twin Hill View Lookout	Yellow		Courtesy Coaches to Start run from 6.15am - 6.50am departing from the Venue.
Forest 15	8.00 am	Tewantin State School	Green		Option to Check In on Saturday at the Venue from 6.30am



POST RACE

FRESHEN UP

Unlike many trail run events where you are in the forests, after this event we are encouraging runners to have a swim, take a shower and relax and enjoy the Village Green at the venue.

With a range of food trucks and a bar opening from 12pm it will be a great location to relax, wait for other friends to finish or simply chill out!

RESULTS

ONETIME is our timing partner.

There will be a large board near Information showing those place getters.

We encourage people to see how they went via the Results Page on the website

TROPHIES & MEDALS

To symbolise the fact the event is part of the UTMB® WORLD SERIES we will be awarding Crystal Globe trophies to 1st, 2nd and 3rd Male and Females for all events.

All finishers will receive a medal which has been crafted with the silhouette of Mt. Tinbeerwah as its design feature.

Significantly to recognise the efforts of age group athletes we will be awarding prizes to age groups finishers.

These will be engraved Wheel & Barrow wine glasses of different sizes which pay tribute to Noosa's reputation as one of Australia's leading culinary destinations and also respects the alliance with the French based UTMB® (Ultra-Trail du Mont-Blanc) and their population's love of wine. For those not partial to wine we will have a limited number of beer glasses if people wish to 'swap out' for a beer glass instead.

If you do not collect your trophy or wine glass on Saturday you can collect it from the Venue at Tewantin State School from 9am – 12pm on Sunday morning.

Because the trophies are crystal and glass we will not be mailing wine glasses or Crystal Trophies for those who achieved 'podium' status.

LIFESTYLE ACTIVITIES

Whilst this is not a traditional festival within one area, we are encouraging all participants to get involved in these activities.,

Noosa is a location which offers so many natural attractions - so get out and enjoy some of these active lifestyle pursuits.

Have a look at the website to view all 6 Activities.

Further Information on times and locations will be available at CHECK IN.

Yoga with Kat & Claudia



Meet our Trail Ambassadors



HINTERLAND TOWNS, RESIDENTS & COMMUNITY

Whilst mountain bike riders, horses and hikers have traversed the Noosa Trail Network for years, many of the residents who live along the trail network will never have experienced the numbers of runners (or walkers) that will impact their daily lives on this event day.

Hence we ask that you show respect, be courteous and respectful of their region and in some cases their land on which we traverse.





GENERAL INFORMATION

COVID-19

We will be complying with Queensland Government guidelines and policies as required.

In line with current Queensland Guidelines as we are deemed a Community Event i.e. marathon, hence unvaccinated people are able to participate.

SAFETY & ENJOYMENT

The philosophy of the Noosa Ultra-Trail is to provide an immersive event experience for all athletes from the time you arrive in Noosa to when you depart. We endeavour to balance athlete safety particularly along dirt roads and at major road crossing with the desire to allow runners the freedom of expression that trail running offers along the trails in a pure and unencumbered manner.

Hence we will have sufficient directional signage, road marshalling, medical support and event safety measures but ultimately we expect people to take responsibility for their own actions and decisions.

NEW EVENT LEARNINGS

We are extremely fortunate and some may say privileged to be able to run, walk or hike through 5 National Parks, State Forests or Forest Reserves in the Noosa Shire.

With any new event we ask that you show some tolerance and patience to some operational elements of this inaugural event and use old fashion common sense to find your way around Noosa and navigate your way along the trails.

Please be respectful of your fellow athletes, officials, road marshals, volunteers and importantly the beautiful hinterland countryside that all of us in Noosa call home.

We will have a short post event survey and we welcome constructive feedback from all of you so that we may improve the event every year.



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