

Mountain Hardwear Edge of Reality – Competitor Information No. 3

21 January 2008

Some last minute information....

The weather forecast

Who knows what the weather will be like. The forecast is changing on a daily basis. Be prepared for anything, hot and dry or cold and wet.

Mobile phones

We are planning on getting 50 hour teams to call HQ during a very remote trekking section. Please make sure your mobile phone works on either Optus or Telstra. If you have to borrow a phone or purchase a SIM card, Optus is preferable. If you do need to purchase a SIM card you may have to unlock your phone from your existing carrier's network so that the Optus (or Telstra) SIM will work. It can take 4 or 5 days to get a phone unlocked from your existing carrier's network.

Please make sure your phone is fully charged by the start of the race on Saturday morning. Also make sure your phone has no chance of getting wet. Use multiple forms of protection for your phone. Multiple Zip-loc bags AND dry bags or purpose made waterproof phone bags (aquapacs).

Remember you will be swimming, jumping into water and possibly kayaking through surf. Your backpack will get completely submerged so please protect your phone and other gear accordingly.

Gaiters and or long pants

There is some thick bush on the trekking sections so we recommend that you bring either gaiters or long pants (lycra tights or trousers) or both. Bring some options with you to Beachcombers.

Water on the course

With recent rains, there is lots of water on parts of the remote trekking leg of the 50 hour. The water should be fine to drink straight from any of these creeks but if you want to be sure, bring some purification tablets with you so you.

Lubricant

Make sure you carry both chain lube for your bike and plenty of vasoline or other body lube.

Additional equipment required

For 50 hour Edge of Reality, teams must have a 2nd team compass. This compass may be a thumb compass or baseplate. A compass on a watch is not good enough. If you are unable to source a second compass we have a limited number available for use. These will be loaned out on the basis that if you lose it damage it you have to buy it. 25 hour teams still only need one compass but two are recommended.

Injuries on the course

Some parts of the 50 hour course are remote and very difficult to access. In these parts in particular it is important that your team looks after each other and takes care for two reasons: 1) It may be difficult getting an emergency phone call through and 2) Rescue from may take many hours and may not be possible at night.

Medical conditions

If you have any medical conditions please make sure that you carry any relevant medication with you on the course.

Live Site & Team Motto

Get your thinking caps on! The media and photo station is one of the stops during the skills and gear testing. Start thinking of your team motto now which will all be put up on the live site Friday evening.

Don't forget to tell your friends and family to check out your progress via the Live site http://www.arocsport.com.au/adventure/EOR/EOR_home.html which will be updated regularly (we are aiming for hourly!) during the whole weekend.

Please note that from Tuesday night the AROC office will no longer be on line. Any queries call Alina 0401 564 462 or Tom 0401 908 623.

See you there!
The AROC Team