



UM AUSTRALIA 2023

Run Manual



The Run

Its day 3 – time to stretch the legs over a spectacular double marathon.

For the athlete today is about running. Enjoying it and getting it done, the big kms, the worries about mechanicals are all behind you – today the only thing standing between you and the finish line is your body, so you need to prep it and take care of it.

- If you develop blisters, take care of them early, it's a long and hot day out there.
- Keep on top of your nutrition from before the start, its not just a double marathon, it's a double marathon with two massive days behind you that have depleted all of you each day- so you really need to be on top of fuelling both during the day and also each night of the race.
- You may love your crew, and you may be a seasoned ultra-runner, it doesn't matter, be it your first ultra-distance run event or your 100th, today can get ugly, and be prepared for a roller coaster of emotions.
- Being an out and back event, you will cross paths with everyone at some stage, use the support and encouragement, be it a glance, a grunt or a smile, take when you can from those who you are sharing the experience with, its amazing how much closer that turn point can feel when you see happy faces coming back towards you!

The Crew experience:

Today is the day you expect to be a little less hectic – its only 84.4km and really who runs that fast- nothing like chasing someone on a bike right?! Wrong.

Run day is crazy, its fun, you get to see all the athletes many times over and in much closer proximity, today is the day you might be handing out extra supplies to others on course, some water, or a piece of watermelon from another crew is sometimes just what is needed to put the spark back into an athlete's day.

Nutrition - Be prepared for anything on run day. The addition of pacing and pacers also adds a further element to this day and may of them run many many kms also – for some they run the whole thing, for others they might unexpectedly clock up their first marathon.

Water - You will go through a lot, for the crew and for your athlete, it can get really hot out there.

Ice - The holy grail of run day. Make sure to have enough and then some more.

Navigation – there are several spots on the run course where the crew car takes a different route to the athlete and pacer- check the maps, take the drive, know where you will leave the athlete and where you will meet back up with them.

The first approx. 5km of the run (to the school you can see on the map) is unsupported- this is where you will meet your athlete for the first time after they start- we will go over this at rego and the briefing, the school car park is an easy spot to park and a great first check in spot. Athletes will be led out from the start by an official on bicycle.



Pacers:

Pacers can jump in from the 5km mark at the school and can then join for the rest of the race. We do require people to have their pacers for the last 10km of the run, athletes are tired, there are some road crossings and the pacer is more important than ever for safety. (We will cover this in the briefing).

Pacers will be provided with a 'Pacer' bib, and each athlete can have 1 person run with them at a time. We suggest taking a race belt for the pacer bib so you can swap easily if changing pacers.

Pacers need to ensure they also have enough of their own nutrition needs sorted – a big one for today is that history tells us that a lot of people cover a lot more kms then they intended to- so be prepared.

The finish:

As you may have seen in many photos, we encourage all crew and pacers to run the beach with athletes and cross the line together.

It's really important to make sure your athlete has what they need with enough time to find a park and hit the sand together.

Its DAY 3 – go out there- have fun, soak up the atmosphere- the circle of athletes at the start is a pretty incredible experience, carry that energy and calmness with you for the day and we cannot wait to see you all run through that finish line!

