

# PRE RACE BRIEFING NOTES

Welcome to the first edition of Fraser's Hill Tristate Ultra Trail Run 2018 Series that consist of 3 different categories of 50KM, 25KM and 15KM.

We believe everyone is excited and ready for the fantastic challenges of this ultra trail run. Whilst we love the nature of the trail that create some amazing experience to all runners in all categories.

We hope you are all injury free healthy and looking forward to the challenge ahead. Online entries are closed now. Thank you to all runners who are supporting the event.

We again welcome all runners from 10 different countries and state around Malaysia to the event. To all volunteers we thank you for helping us to create a relaxed friendly and supportive atmosphere, as always we can't put on events without the wonderful volunteers, of course come race day we are often in need of a few extra, so if you are running and someone coming along with you is at a loose end we'd love to have them on the team, just let us know in advance so we can plan ahead.

Good Luck All, Fraser's Hill Tristate Ultra Trail Run will be a rewarding, challenging and memorable experience, and most of all FUN, even through the painful bits.

## IMPORTANT

**Weather Forecast is looking perfect, BUT come prepared for**

**Day 25'c degrees / Night 18'c degrees**

**Rain – Mostly Rain but in short period**

**Wind – 6KM/H W / Humidity – 82%**

**As always running in mountain locations the weather can change, or it can simply be different at the top compared to conditions at the bottom. Be sure to have warm dry clothes for after run and be aware that conditions may require a wind or waterproof jacket.**

## KEY POINTS TO NOTE

- There are no race bib mail outs.
- You must register and show your mandatory items before your event in the morning and during the collection your race bib.
- You must collect your race number on REPC date; you must show the authorization letter if you are collecting the race bib on behalf of your friends.
- There are only 1 BUSES 2-Way Transportation from KL Sentral to Fraser's Hill on 14<sup>th</sup> July, Saturday Noon and Back on 16<sup>th</sup> July, Monday Noon.
- There are a lot of aid station in the check point especially in high risk area
- You must carry your mandatory items all the time ( random check from the crew )
- You must take care of your fellow runner if in need
- There are no last minute race bib collection during/ before the race start (DNS)
- YOU MUST HAVE FUN or HURT A LOT

## COMPULSORY MANDATORY FOR 25KM & 50KM

- Hydration Bag /Back Pack (1.5Liter Water or above),
- Food/Snack (1000-2000 calories) or 2 food/protein bar,
- Emergency Space Blanket,
- Head light,
- Blinker,
- Rain Coat / WindBreaker,
- Hand phone,
- First Aid Kit(plaster, antiseptic wipes, medications),
- Own Cup & Utensils,
- Reflective Vest,
- Whistle,
- mobile phone

\*optional – extra cloth, gloves, cap/hat, spare socks, spare headlight batteries,

# COMPULSORY MANDATORY

## FOR 15KM

- Hydration Bag /Back Pack (500ml Water or above),
- Rain Coat / WindBreaker,
- Hand phone,
- First Aid Kit(plaster, antiseptic wipes, medications),
- Own Cup & Utensils,
- Reflective Vest,
- Whistle,
- mobile phone

\*optional – sun block, cap/visor, glove,

## IMPORTANT INFORMATION

### EVENT SCHEDULE

Registration for all events will be carried out near Clock Tower, Fraser's Hill. This is the main briefing area and also the Start / Finish line for all categories / distance.

Note the schedule times may be vary slightly from the previously advertised so please ensure you read and know the correct start times.

50KM Registration opens & Mandatory Check at **11.00pm Clock Tower Start / Finish**

50KM Race Briefing held at **12.30am**

50KM Race Starts **1.00am Sharp**

25KM Registration opens & Mandatory Check at **5.00am Clock Tower Start / Finish**

25KM Race Briefing held at **6.30am**

25KM Race Starts **7.00am Sharp**

15KM Registration opens & Mandatory Check at **6.00am Clock Tower Start / Finish**

15KM Race Briefing held at **7.30am**

15KM Race Starts **8.00am Sharp**

## CUT OFF TIMES

Race cut off times, please note that all events carry a flexible but enforceable time limit / cut off time. These will be implemented at the race director's discretion in conjunction with the course sweep and medical officer. Following is the guide for cut off times

50KM Event – 18 hours COT ( COT at Jeriau Waterfalls 6.00pm )

25KM Event – 9hours COT ( COT at Jeriau Waterfalls 3.00pm )

15KM Event – 4hours COT ( COT at Finishing Line 12pm )

All Runners must clear Aid Station / Water Station at Jeriau Waterfalls CP no later than 6.00pm or their race will end at there, runners will be transported to the finish line via aid station vehicle.

## PRESENTATIONS

Presentations will begin at approximately 5pm, Please ensure you hang around for your awards if you think you have placed, there may be some great prizes that are worth sticking around for too. **EVERY FINISHERS RECEIVES A MEDAL BE SURE TO GET YOURS & ONLY 25KM / 50KM RECEIVES A FINISHER TEE.** If you are a podium finisher, and unable to wait for prizes presentation please be sure to collect your winner's trophy, any additional prizes that may have come with your podium position will be awarded as spot prizes to remaining participants.

**PLEASE NOTE AID STATION POSITIONS  
ARE BASED ON VOLUNTEER AVAILABILITY**

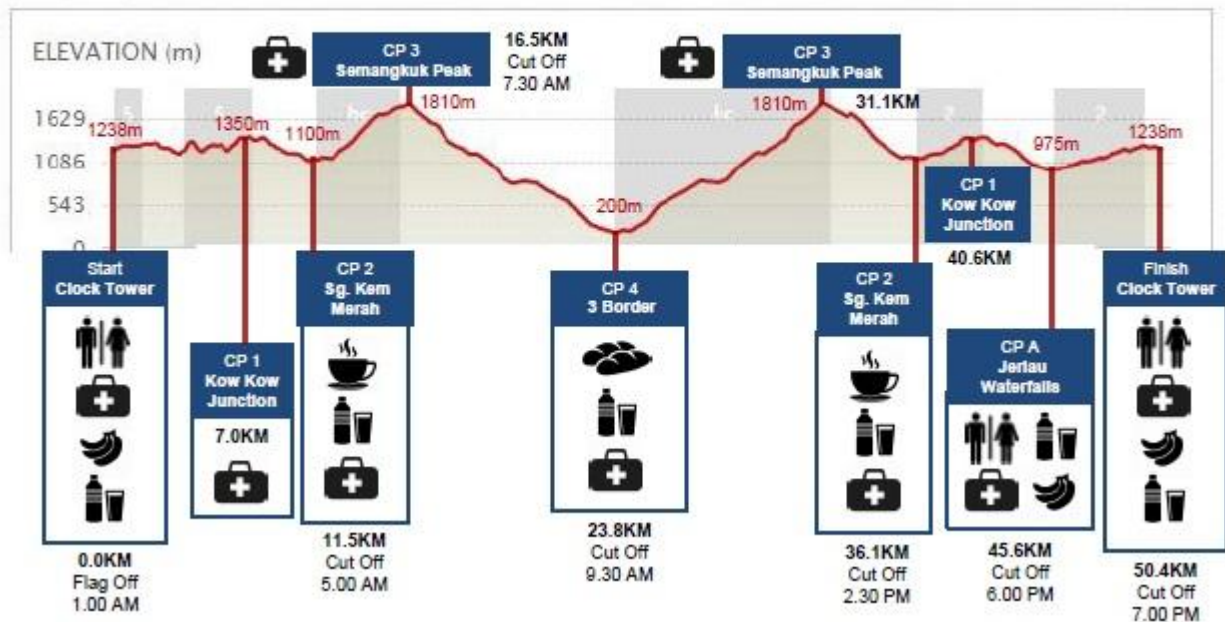
Aid Stations will be located at the following approximate distances pending above



# Fraser's Hill Tristate Ultra Trail Run

CP, Elevation & Cut Off Times

Elevation Gain 3,437 M  
Distance 50KM



## Fraser's Hill Tristate Ultra Trail 2018 - 50KM

LOCATION	POINT	DISTANCE Total in KM	IN BETWEEN Check Point	CUT OFF TIME (Hours / Time)
Clock Tower	Start	0.0km	7.0km	00:00 / 1.00am
Kow Kow Junction	CP 1	7.0km	4.5km	NIL
Sg. Kem Merah	CP 2	11.5km	5.0km	04:00 / 5.00am
Semangkuk	CP 3	16.5km	7.3km	06:00 / 7.30am
3 Border	CP 4	23.8km	7.3km	08:30 / 9.30am
Semangkuk	CP 3	31.1km	5.0km	NIL
Sg. Kem Merah	CP 2	36.1km	4.5km	13:30 / 2.30pm
Kow Kow Junction	CP 1	40.6km	5.0km	NIL
Jeriau waterfalls	CP A	45.6km	4.8km	17:00 / 6.00pm
Clock Tower	Finish	50.4km	-----	18:00 / 7.00pm

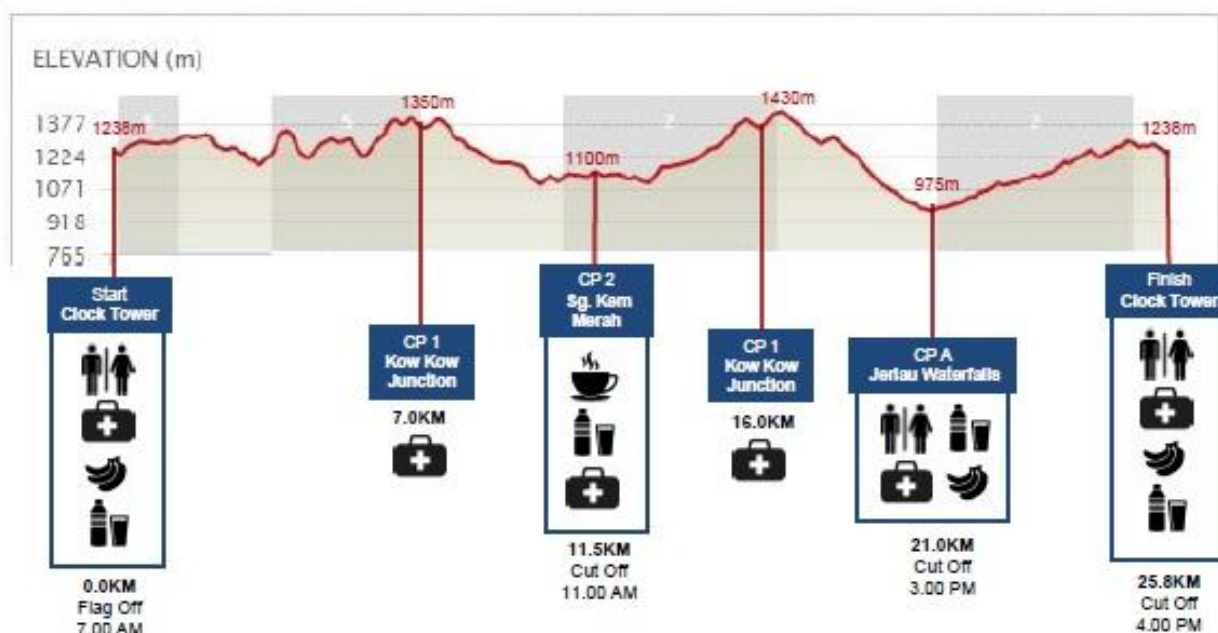


## Fraser's Hill Tristate Ultra Trail Run

CP, Elevation & Cut Off Times

Elevation Gain 1154 M

Distance 25KM



## Fraser's Hill Tristate Ultra Trail 2018 - 25KM

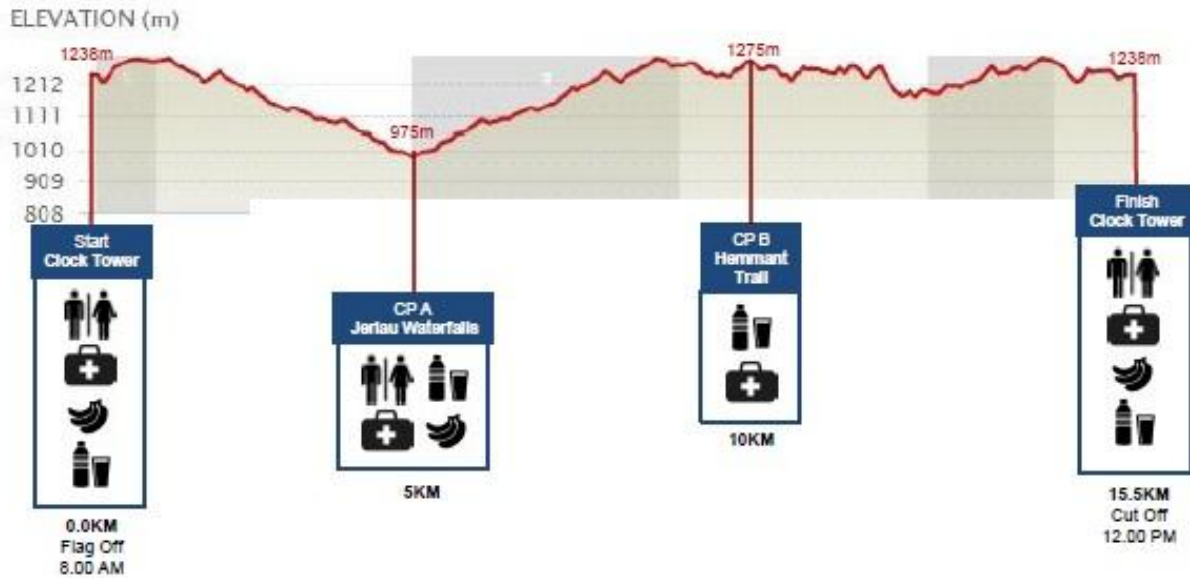
LOCATION	POINT	DISTANCE	IN BETWEEN	CUT OFF TIME
Clock Tower	Start	0.0km	7.0km	00:00 / 7.00am
Kow Kow Junction	CP 1	7.0km	4.5km	NIL
Sg.Kem Merah	CP 2	11.5km	4.5km	04:00 / 11.00am
Kow Kow Junction	CP 1	16.0km	5.0km	NIL
Jeriau waterfalls	CP A	21.0km	4.8km	08:00 / 3.00pm
Clock Tower	FINISH	25.8km	-----	09:00 / 4.00pm



## Fraser's Hill Tristate Ultra Trail Run

CP, Elevation & Cut Off Times

Elevation Gain 540 M  
Distance 15KM



## Fraser's Hill Tristate Ultra Trail 2018 - 15KM

LOCATION	POINT	DISTANCE	IN BETWEEN	CUT OFF TIME
Clock Tower	Start	0.0km	5.0km	00:00 / 8.00am
Jeriau waterfalls	CP A	5.0km	5.0km	NIL
Hemmant Trail	CP B	10km	5.5km	NIL
Clock Tower	FINISH	25.8km	-----	04:00 / 12.00pm

### COURSE NOTES AND SAFETY

#### CONTINUE ACCESS AND THE FUTURE OF THIS EVENT

The future ability to hold this event depends totally on how we as a group conduct ourselves. Pahang Forestry do not guarantee we can continue to hold this event, Fraser's Hill Town Council are key to our access also and now with the support from Pahang Forestry Raub District to approve access to the trails. If we are to have a chance of future trail events in this location it is important we abide by a series of guidelines. It only takes one member of the public to get upset and lodge a complaint and the event may not be allowed to continue. Any rubbish found on course can also reflect poorly on the event,

these are just a couple of items to be aware of, importantly focus on the course markings, DO NOT stray into restricted water catchment areas.

### **Always be respectful of other park user**

Do not startle people by charging up behind them, let them know you are coming and would like to pass, slow down when passing and when approaching from the opposite direction. The main area you are likely to meet others in the park are on the last CP onwards.

**Technical and Steep Uphill / Downhill** although the course is very runnable in most parts there are some very steep and technical sections and rock climbing with rope. Please ensure you move at a controllable pace, take extreme care when you start to descend from the peak at the top is unstable, slippery, rocky and technical SLOW DOWN HERE.

As always have fun and enjoy the experience, there are lots of undulating sections that require you full attention but for the most part the course is runnable, I know you will enjoy it.

**Environment LEAVE NO TRACE** Do not leave any sign of rubbish behind, it is very important that we don't drop rubbish or let rubbish get away from us at aid stations. In particular our Gel packets and tear off tabs, please don't drop them on the trail carry them with you to an aid station and drop in the bin provided, please try to keep aid station areas free from rubbish by using the bins on the last CP. (Jeriau Waterfalls CP)

**All events** will have pre race briefing to go over any questions you may have and to provide me an opportunity to quickly cover what is required from us all on the day.

## **YOU MUST ATTEND THE BRIEFING OR WILL NOT BE PERMITTED TO START THE RACE**

**SAFETY** It is a requirement of entry to the event that you assist any runner in need of help, if you come across an injured or distressed runner please offer assistance or get assistance for them. Runner's health and Safety is a number one priority. We will take into account the time (in regard to cut-offs) you spend with a runner in need if you are then able to continue on with the event and finish.

**PERSONAL BELONGINGS** An area will be provided for personal belongings however the race director takes no responsibility for the safe keeping, if you intend to have valuables please consider locking them in your car. And as your car is located at the finish line, it is safer to leave in your car out of sight or locked in the boot.



**CHECK POINTS / AID STATIONS** There will be a number of manned aid stations and possibly locations where water will be available from large containers. The aid stations will be stocked with fruits, energy drinks, plenty of water and some hot cereal at special CP.

**DNF / DISQUALIFIED** If you have been marked as DNF/DQ, please surrender your bib to the crew and you have to walk/run out to the last CP (Jeriau Waterfalls CP) without any transportation services. Transportation services only available at Last CP to send you back to the starting/finishing line.

**SHOE CHOICE** it is highly recommended that all participants wear a suitable footwear, there should be in the form of a quality trail running shoe. No road running shoes are allowed as the trail are muddy and slippery due to the wet/misty conditions of weather. However, recommended trail running shoe will be available on sales during race day.

## **TRAFFIC MANAGEMENT / RUNNER CONTROL**

There is only official traffic management on the main road, but please ensure you take extreme care on two sections of gravel road at Jeriau Waterfalls CP on the way back to finishing line. Traffic on both roads is very rare but still likely, please remain alert and obey normal traffic rules.

**DISTRACTIONS** As part of our safety requirements during the event. Music devices of any form are not permitted on any trafficable road/trail section or when you are in sight of an aid station. This means ear phones are not to be even placed in the ear even if no music is playing. We understand that many people like to run with music but I would like to encourage everyone to enjoy the sight and sound of the magnificent forest land and for them to leave their iPods etc in their bag and not take them on course. It is also rude to approach aid stations where volunteers are there to help and encourage you, do them the courtesy and acknowledge their contribution toward you having a successful event.

## **Navigating the Course**

The entire course will be marked with a series of signs below and caution tape. (RED/WHITE). We will also use white reflective markers during the dark to assist. Please note that some junctions will be placed on a red blinker light, please do not remove them.

## **PRESENTATION**

Presentation will take place at approximately 5pm or as soon as practicable after the 5<sup>th</sup> place 50km runner's finish, this may change depending on how the day pans out but this is the plan. Also if you have finished in the top 5 places and need to leave before presentation, please come and find us and we will present your trophy to you.

## **GETTING THERE**

We have only 1 chartered bus going from KL Sentral on 12pm noon 14<sup>th</sup> July 2018 and return on Monday 12pm noon 16<sup>th</sup> July 2018 back to KL Sentral. Seat are limited. Fees are RM160/pax for 2way. Please inform us via email to [info.kowkowsport@gmail.com](mailto:info.kowkowsport@gmail.com)

**CAR PARKING** It is extremely important that we **DO NOT** fill the main car park, please consider how you park and make best use of the space as there are no bays to define where and how, there are additional carparks within 500M of the finishing area so plenty of space if used correctly.

**CAMPING AREA** We have selected open space area for those who like to set up his own camping tent. However camp site fire is not allowed.

**WASHING AREA / REST ROOMS / SURAU** We have 2 public toilet and 2 washing area are ready to runners to clean up. Surau are available in Puncak Inn Hotel.

**POST RACE REFRESHMENT** We will give a food/meal voucher for each participants during registration and have appointed 3 restaurant (Chinese/Malay/Western) for food redemption after your race to keep the freshness of your meal. However, vegetarian can choose their meal in the preferred restaurants.

**INSURANCE** We have engaged MSIG Sport Insurance with Group Personal Accident Insurance sums of RM10,000.00 each participants and crew. However, it is highly recommended that you have personal insurance cover in time for this event.

## **THANK YOU VOLUNTEERS YOU ARE ALL AMAZING AND MAKE OUR EVENTS SPECIAL**

We would like to take this opportunity to thank the following sponsor for their support

## **LINK TO SUPPORT SPONSORS**

**Brooks – Official Apparels & Main Sponsors**

**Jakes Charbroil Steak – Official Sponsors**

**Garmin – Official Watch Sponsors**

**Taurus – Official Energy Drinks Sponsors**

**2XU – Official Sport Compression Wear**

**Marmot Gaiter – Official Gaiters Sponsors**

**Perskindol – Cold Heat Gel Sponsors**

**Pokka Kiyo Juice – Drinks Sponsors**

## **SPECIAL THANKS TO**

**JABATAN PERHUTANAN NEGERI PAHANG**

**PAHANG TOURISM**