

Photography by Nathan Damcevski – thank you for capturing the people, landscapes and spirit of Coast to Kosci.

Contents

The Coast To Kosci Ultramarathon

Page 1: Welcome to Coast To Kosci
Page 2: What We Value Most
Page 3: Acknowledgement Of Country
Page 4: About Us
Page 5: Meet Your Race Directors
Page 6: Race Overview

Runner Responsibilities

Page 8: Pre-Race Obligations
Page 9: The Essential Runner Rules
Page 10: Be Seen. Be Tracked. Be Safe
Page 11: Pacers & Support
Page 12: Officially Remaining in the Race
Page 13: If Your Race Ends Early
Page 14: Fair Play & Accountability
Page 15: The Summit Path

Support Crew Playbook

Page 17: Your Role As Support Crew
Page 18: Supporting Your Runner
Page 19: Crew Rules & Road Safety
Page 20: Race Operations
Page 21: Support Crew Vehicle
Page 22: Support Crew Vehicle – Signage & Requirements
Page 23: Along The Way

Safety & Environmental

Page 25: Safety & Medical
Page 26: In An Emergency
Page 27: Toilets and Environmental

Welcome to Coast To Kosci

The Coast To Kosci Ultramarathon is more than a race!

Every November, a select group of approx. 60 runners gather on the shores of Twofold Bay before dawn.

Between 24 and 46 hours later, if everything goes to plan, they will stand on the finish line at Charlotte Pass having travelled from the Pacific Ocean to the summit of Australia's highest mountain.

Between these two points lies 240 kilometres of challenge.

There are no stadiums.

There are no crowds lining the course.

There is no prize money.

There is only the road ahead.

The journey begins at sea level, winding through forests, farmland, country towns, open plains and alpine wilderness before reaching the summit of Mount Kosciuszko.

The distance is significant.

The terrain is relentless.

The weather is unpredictable.

But Coast To Kosci has never been defined by kilometres.

It is defined by people.

For nearly two decades, runners, support crews, volunteers, officials and local communities have come together to create something rare in modern sport: a race where humility is valued above ego, where community matters just as much as competition, and where resilience is measured not only by how fast you move, but by how you respond when things become difficult.

It is an invitation to test yourself, support others, respect the communities and landscapes through which we travel, and become part of a family that extends far beyond race weekend.

Every runner who stands on the beach at Twofold Bay becomes part of the story.

Every finisher who reaches Charlotte Pass adds another chapter.

Ultimately, many of the world's great ultramarathons are bucket-list events. Coast To Kosci is no different in that regard. But what makes Coast To Kosci truly special is the people. The friendships forged through shared hardship. The volunteers who know your name. The support crews who become family. The communities that welcome us each November. You may arrive hoping to finish a race. You'll leave having become part of something much bigger than yourself, part of the Coast To Kosci family.

Welcome to the Coast To Kosci, Australia’s premier ultramarathon!

What We Value Most

Coast To Kosci Is More Than A Race
It is a journey from the shores of Twofold Bay to the summit of Australia's highest mountain. Along the way, runners pass through small towns, farming communities, alpine wilderness and landscapes that have been cared for by First Nations peoples for thousands of years.

The kilometres are important – the people are more important. Since 2004, Coast To Kosci has earned a reputation as one of Australia's most respected ultramarathons, not because of its size, but because of its spirit. Every runner, support crew member, pacer, volunteer and official plays a role in protecting that spirit.

We Are Custodians
We are all custodians of a great event. Please protect it and keep the spirit for the runners and support crews who come after you.

Similarly, we honour those who came before us, we care for the event today, and we leave it stronger for those who will follow. Every decision made by runners, crews and officials should reflect this responsibility.

Humility
The mountains do not care about reputations. Every runner starts at the same beach. Every runner faces the same road.

Humility means respecting fellow competitors, volunteers, officials, local communities and the challenge itself. Celebrate success. Support others. Leave your ego behind – simply carry yourself with humility from the very first step to the finish.

Community
Coast To Kosci has always been built by people. The volunteers who stand in the rain. The support crews who stay awake through the night. The officials who work behind the scenes. The local communities who welcome us each year. The runners who encourage one another when things become difficult. We believe the strongest athletes are often those who contribute most to those around them.

Resilience
Every runner will face adversity. Fatigue. Pain. Doubt. Heat. Cold. Wind. Sleep deprivation. The race does not demand perfection. It demands persistence. Resilience is not measured by how easy the journey is – it is measured by how you respond when things become difficult.

Respect
Respect the land. Respect the communities we pass through. Respect the volunteers who make the event possible. Respect the support crews who sacrifice their own comfort to help others succeed. Respect your fellow runners. And above all, respect yourself – making wise decisions is a sign of strength, not weakness.

Leave It Better
Our goal is simple: to leave Coast To Kosci better than we found it. That applies to the event, the communities we visit, the environment we travel through and the people we meet along the way. If every participant leaves a positive impact, Coast To Kosci will continue to inspire runners for generations to come.

Acknowledgment of Country

Coast To Kosci acknowledges the Traditional Custodians of the lands on which this event takes place. We pay our respects to Elders past and present and recognise the continuing connection of Aboriginal and Torres Strait Islander peoples to land, waters and community.

From the shores of Twofold Bay through the Monaro region and into the Snowy Mountains, we are privileged to travel through landscapes that have been cared for over countless generations.

We acknowledge the Yuin people of the Far South Coast and the Ngarigo people of the Snowy Mountains; and honour their enduring relationship with Country.



For the past five editions of Coast To Kosci, runners, support crews, volunteers and officials have been welcomed to Country by Uncle BJ, a respected Elder of the Yuin people. Before the race begins, participants gather on the beach at Twofold Bay as Uncle BJ shares stories, wisdom and a Welcome to Country that reminds us of the significance of the land on which we stand and the journey that lies ahead.

The ceremony is often accompanied by a traditional smoking ceremony, through which runners pass as they leave the beach and begin their journey towards Australia's highest mountain. It is a moment of cleansing, welcome and respect. An invitation to begin the journey with gratitude for Country, care for one another and humility for the challenge ahead.

For many participants, this has become one of the most memorable and meaningful moments of the entire Coast To Kosci experience. It serves as a reminder that Coast To Kosci is about more than distance and finishing times. It is about connection – to places, to community, to those who have travelled these lands before us, and to one another.

We are deeply grateful to Uncle BJ for his generosity, friendship and guidance, and for helping create a tradition that has become an important part of the spirit of Coast To Kosci.

About Us

Coast To Kosci began as an idea shared between friends in a Sydney pub in 2004.

What followed was an adventure that captured the imagination of Australia's ultrarunning community: a race from the shores of Twofold Bay to the summit of Mount Kosciuszko, Australia's highest point.

Four runners stood on the start line of the inaugural event in December 2004.

Three finished.

A legend was born.

From those humble beginnings, Coast To Kosci has grown into one of Australia’s most respected ultramarathons while remaining true to the values on which it was founded.

And unlike many major races, Coast To Kosci has remained deliberately small.

The field is limited.

The experience is personal.

The connections are genuine.

Over 18 official editions, runners from around Australia and across the world have travelled to southern New South Wales seeking the challenge of the journey from the sea to the summit.

Today, Coast To Kosci continues to honour the vision of founders Paul Every and Diane Weaver whilst embracing a new generation of runners, volunteers and support crews who contribute to its unique culture.

The course remains the same.

The challenge remains the same.

The spirit remains the same.



From left to right: Jan Hermann, Lawrence Mead, Sean Greenhill & Paul Every

Meet Your Race Directors



Greg Wallace

Greg started running at 40. He went for a run round the block to clear his head...and didn't stop! A seasoned ultra runner with 30x events of 100km or more, Greg has an Ironman; an 800km run in 8 days; and a 1400km run in 26 days thrown in for good measure. Greg's also a 5x finisher of Coast to Kosci, falling in love with the race after hearing about it in 2010 via Mickey and Michael Hull. Like Coast to Kosci, ultras are all about the journey, the experience and the destination which is often more than just the finish line. Greg says, "it's great fun - except the bits that hurt!" Greg's proud to be a custodian of Coast to Kosci with Mickey, with a focus on a race for runners, by runners - and those with humility, community and resilience front and centre.



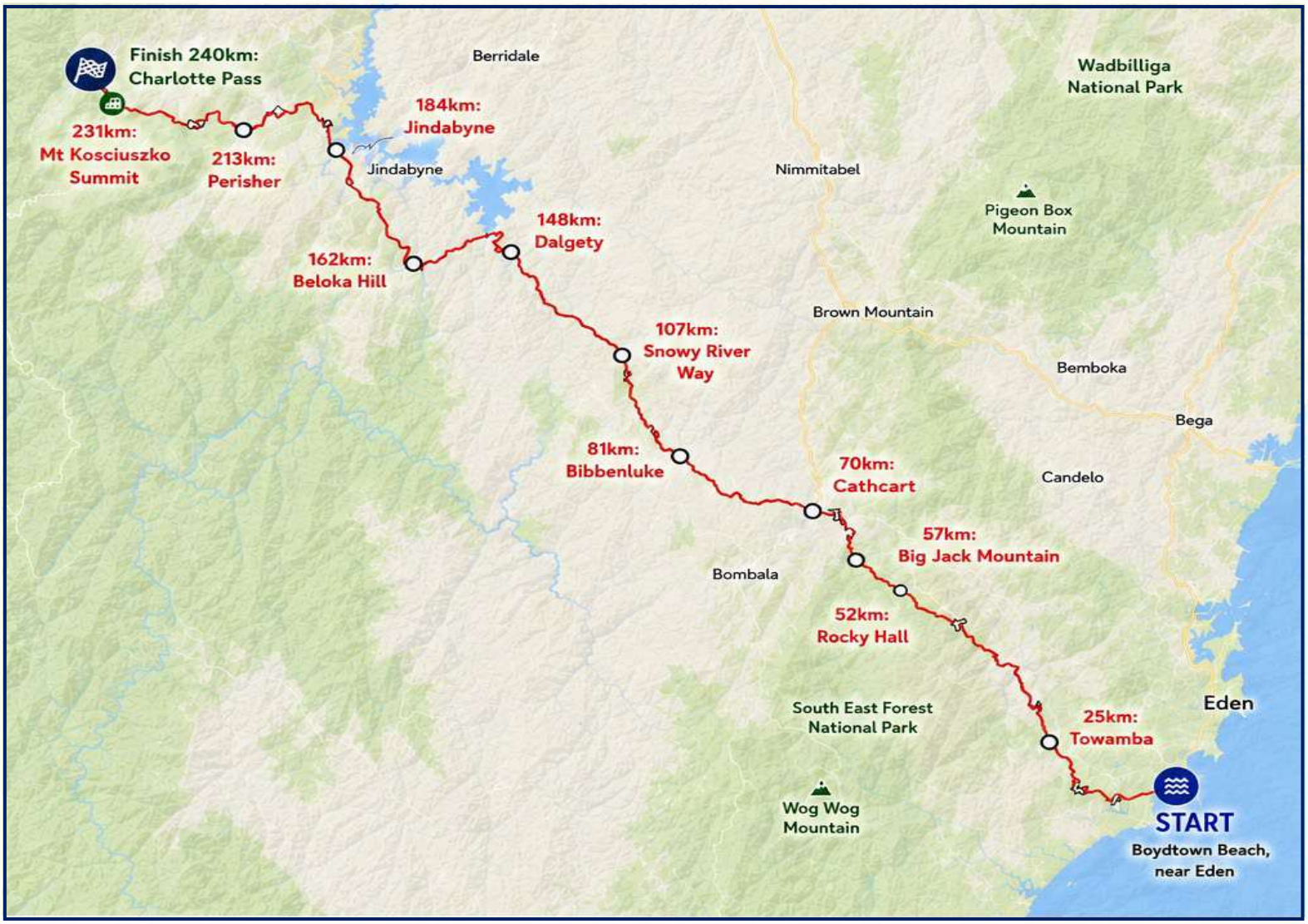
Mickey Campbell

Mickey has always sought adventure, even at the tender age of 6 where he rode 10 miles on his bike! Since then, he's ran in various ultra-marathons, most notably 250km through the Sahara Desert, additionally 250km through the stunning Kimberleys; he's climbed 3 of the 7 Summits, recently missing out on summitting Denali; he's completed the gruelling Race Across America (cycling 5,000km in 12 days, averaging 2 hours sleep per day); he's got 10 Ironman finishes to his name; and as part of a team, he's completed the 20km Rottnest Channel Swim and the 20km Lake Argyle Swim.

Undoubtedly, his greatest adventure accomplishments to date have been to revive the Coast To Kosci ultramarathon alongside Greg; and to instigate (and still organise) the Krazy Kosci Klimb, allowing 20 teenagers with cerebral palsy, ably assisted with their respective support teams, to participate in a life-changing experience to summit Mt Kosciuszko.

Notwithstanding those adventures, Mickey sees himself as being very normal – married, with 2 children, a dog and a cat; and living in Berry NSW, he is a patriotic Scotsman and a grateful Aussie citizen!

Race Overview



AT A GLANCE

DISTANCE
240 km

START
Boydtown Beach, near Eden

SUMMIT
Mount Kosciuszko (2,228 m)

FINISH
Charlotte Pass

MAXIMUM TIME
46 hours

ELEVATION GAIN
5,269m

CHECKPOINTS
8 mandatory checkpoints

KEY STATISTICS

18TH EDITION

399 INDIVIDUAL FINISHERS

670 TOTAL FINISHES

83.18% FINISH RATE

20+ COUNTRIES REPRESENTED

THE RACE FORMAT

- Point-to-point ultramarathon
- Mandatory support crew with support vehicle
- Pacers permitted after Checkpoint 4
- GPS tracking throughout
- Finish at Charlotte Pass after summitting Mount Kosciuszko

Runner Responsibilities

Running Coast To Kosci comes with responsibility!

You are sharing public roads, travelling through local communities and protected environments, and participating under conditions that allow the race to continue each year. These rules exist to keep you, your crew and others safe...and to protect the future of Coast To Kosci.

These will be the conditions under which you are running.



Pre-Race Obligations

1 C2K INFORMATIONAL WEBINARS

All runners and support crew are invited along to find out what's involved in successfully completing the Coast To Kosci Ultramarathon.

- Wed 30 Sep 20:00 Webinar 1: Race Rules
- Wed 14 Oct 20:00 Webinar 2: Runners Considerations
- Wed 28 Oct 20:00 Webinar 3: Support Crew & First Aid

All webinars via Zoom

2 PRE-RACE BRIEFING

All runners AND at least one support crew member must attend the Pre-Race Briefing Webinar.

Wed 18 Nov
20:00
Mandatory Pre-Race Briefing

Via Zoom

3 THURSDAY CHECK-IN – MANDATORY FOR RUNNERS & CREWS

THU 19 NOV
15:00 – 18:00

Runner Check-in
Race Gear Collection
Support Crew Vehicle Check

Seahorse Inn
Twofold Bay

YOU WILL RECEIVE:

- Race Number
- GPS Tracker (to be worn throughout the race)
- Support Crew Race Vehicle Sticker
- Runner Ahead and Runner Following Signs

4 START LINE REGISTRATION

FRI 20 NOV
04:50 – 05:00

Final registration at Boydtown Beach (Twofold Bay).

Photo opportunities before the race start.

5 IMPORTANT REMINDERS

- Complete Form for Support Crew, Support Vehicle and Breakfasts when issued.
- Runners and at least one support crew member must attend the pre-race briefing webinar.
- Support Crew vehicles must be checked subsequent to the race sticker and signs being affixed. Signs to be returned after the race.
- GPS tracker must be worn at all times and returned after the race.
- Bring Photo ID to Check-In.

The Essential Runner Rules

5 RULES EVERY RUNNER MUST KNOW

KNOW THE RULES. STAY SAFE. PROTECT THE EVENT. *We're all in this together.*

1 RUN THE ENTIRE COURSE UNDER YOUR OWN POWER

No physical or mechanical assistance.



Your effort. Your journey.

2 STAY ON THE CORRECT SIDE OF THE ROAD

Run on the extreme right, facing oncoming traffic, unless instructed otherwise. Normal road users always have right of way.

2 CRITICAL EXCEPTIONS



BIG JACK MOUNTAIN **LEFT**



BELOKA HILL **LEFT**

1 CRITICAL REMINDER



BIBBENLUKE / MONARO HIGHWAY **RIGHT**

3 NO CREW UNTIL TOWAMBA

You are self-sufficient from Boydtown Beach to Towamba (24 km), other than at the 3.7 km aid station.



First 24 km. All on you.

4 OBEY RACE OFFICIALS & ROAD CONTROLS

Follow the directions of Race Officials at all times, including at road crossings, roadworks and other controlled areas.



They're here to keep you safe.

5 IT'S YOUR RESPONSIBILITY

You are responsible for your actions, your gear, your crew and your pacers.
Know the rules.
Follow the rules.
Protect the event.



Respect the journey. Respect each other. Respect C2K.

EVERY DECISION YOU MAKE OUT THERE *matters.* | PLAY YOUR PART. *Finish the journey.*

Be Seen. Be Tracked. Be Safe.

Race Bib
Must remain visible throughout the race.

GPS Tracker
Must be worn throughout the race and kept operational.

Flashing Rear Light
Mandatory **day and night**, worn at the rear and set to flashing mode.

Reflective Vest
Mandatory from **Checkpoint 4 — Gunningrach Road / Snowy River Way — to the finish**.

Headlamp / Torch
Mandatory during darkness.

Mandatory Checkpoints
There are eight mandatory checkpoints where all runners must be checked-in:



CHECKPOINT	LOCATION	DISTANCE FROM START
1	**TOWAMBA** Junction Towamba Rd & Pericoe Rd	24.5 km
2	**ROCKY HALL** Rocky Hall Public Telephone	51.7 km
3	**CATHCART** Cathcart General Store	69.8 km
4	**GUNNINGRACH RD** Junction Gunningrach Rd & Snowy River Way	106.7 km
5	**DALGETY** Dalgety Memorial Hall	148.0 km
6	**JINDABYNE** Entrance of Jindabyne Caravan & Holiday Discovery Park	183.8 km
7	**PERISHER** Bus Shelter in Front of Ski-Tube Station	212.9 km
8	**CHARLOTTE PASS** Car Park in Front of Turnaround Loop	221.8 km

Check-in via your Support Crew Chief.
GET CHECKED.

Your Support Crew Chief must notify Race Control via the WhatsApp group when you have passed the checkpoint and are fit to continue.

Meet the cut-offs.
Stay on course.
Keep moving.
THAT'S WHAT IT TAKES.

Pacers & Support

Your Crew

Every runner must have:

1. A dedicated support crew
    - Must comprise of at least 2 people
    - At least 1 person needs to able to pace
    - The mobile phone of the support crew chief must be activated within the C2K WhatsApp group prior to the race
    - 'There can be only one support crew chief's number activated per runner - Race Control will add your support crew chief's mobile phone number to the C2K WhatsApp group prior to the race
2. A dedicated support vehicle
    - The same dedicated support vehicle must be used from Start to Finish – no other Support vehicles are permitted
    - 4WD vehicles are highly recommended – campervans are not permitted
3. Required crew/contact/vehicle information needs to be lodged before the race

Pacing

Every runner must have:

1. From their support crew, at least 1 person who can pace them
2. Pacers are permitted after Checkpoint 4 (at the 106.7km mark) or after sunset if before Checkpoint 4
3. Pacers are optional aside from the following mandatory sections:
    - Paced by only 1 support crew on the ascent of Big Jack Mountain, from 57.3km to 64.1km – always keep to the left
    - Paced by only 1 support crew on the ascent of Beloka Hill, from 162km to 165km – always keep to the left
    - Paced by at least 1 support crew on the Summit Path, ascending Mt Kosciuszko from Charlotte Pass and return, from 222km to 240km
4. Pacers may carry equipment, food or drink for a runner; however, they may not physically assist, support, push, pull, carry or tow a runner
5. Pacers are under the same obligations as a runner:
    - Wear a mandatory flashing rear light, day and night, set to flashing mode
    - Wear a reflective vest, mandatory from Checkpoint 4 – Gunningrach Road / Snowy River Way – to the finish
    - Wear a mandatory headlamp/torch during darkness

Importantly, you are responsible for the actions of your crew and your pacers.

Officially Remaining in the Race

Cut-Offs
A runner behind the prescribed cut-offs may be required to withdraw at the discretion of the Race Directors or the Race Officials:

BOYDTOWN BEACH

04:50 – 05:00 Race Registration

05:10 Welcome to Country • Uncle BJ Cruse

05:30 • RACE START

70 KM	FRI 17:30	12 HRS	Cathcart General Store
106 KM	FRI 23:30	18 HRS	Gunningrach Rd / Snowy River Way
148 KM	SAT 06:30	25 HRS	Dalgety Bridge
184 KM	SAT 14:00	32:30 HRS	Jindabyne Caravan Park
222 KM	SAT 23:00	41:30 HRS	Charlotte Pass

240 KM SUN 03:30 RACE FINISH CHARLOTTE PASS • 46 HRS

ALL TIMES AEDT

Leaving the Course
If you leave the race route for any reason, you must return to exactly the same point before continuing.

Road Crossings
Cross only at designated crossing points and only when directed by Race Officials.

If Your Race Ends Early

There's typically 3 different circumstances resulting in your race ending prematurely:

You Choose to Retire
Notify the Race Directors or the Race Officials immediately, either in person but ultimately through the C2K WhatsApp group. Please record the following:

1. Runner Bib Number
2. Runner Name
3. Location/Distance
4. Time
5. Official Notified (if applicable)

Where practicable, travel to the nearest checkpoint and check in.

We May Withdraw You
Race Directors and/or Race Officials may withdraw a runner for the following:

- Medical reasons
- Failure to meet cut-offs
- Inability to progress without physical assistance
- Breach of Race Rules
- Failure to follow official or emergency services directions

Once withdrawn from the race, a runner may not continue along the race route.

Medical Assistance
If it is an emergency, please call 000 immediately. Otherwise, the runner or support crew needs to contact the Race Control via phone or the C2K WhatsApp group and notify us of their issue, location and time.

Fair Play & Accountability

Coast To Kosci is built on trust, fairness and respect:
With a small field spread across 240km of public roads, we rely on every runner, support crew member and pacer to know the rules, follow the directions of Race Officials and act in the spirit of the event.

Runners are responsible not only for their own conduct, but also for the actions of their support crew and pacers:
We don't want to penalise anyone. But where a rule is breached, Race Directors may apply a penalty proportionate to the nature, seriousness and potential consequences of that breach. Our approach is simple:

- Minor mistakes should be corrected
- Repeated or serious breaches should have consequences
- Deliberate cheating or conduct that puts people – or the future of Coast To Kosci – at risk will not be tolerated

Race Director decisions are final. There is no appeal process.

PENALTY MATRIX

LEVEL	WHAT IT MEANS	POSSIBLE OUTCOME
LEVEL 1 GUIDANCE	Minor or inadvertent issue, immediately corrected, with no material advantage or safety consequence.	DIRECTION / WARNING — Verbal or written direction or official warning.
LEVEL 2 INFRINGEMENT	Failure to comply with a race requirement, road rule or official direction.	TIME PENALTY — Time penalty applied to race time.
LEVEL 3 SERIOUS BREACH	Repeated infringement, significant safety breach, gaining an unfair advantage, or conduct potentially damaging the event.	SIGNIFICANT TIME PENALTY OR DISQUALIFICATION — Significant time penalty and/or disqualification.
LEVEL 4 CRITICAL BREACH	Deliberate cheating, dangerous conduct, refusing an official direction, or conduct seriously threatening the safety, integrity or future of C2K.	DISQUALIFICATION AND/OR EXCLUSION FROM FUTURE EVENTS — Disqualification and/or exclusion from future Coast To Kosci events.

GUIDANCE → TIME PENALTY → SIGNIFICANT PENALTY / DQ → DQ / FUTURE EXCLUSION

CONTEXT MATTERS
Not every breach is the same. Race Directors will consider intent, severity, safety implications, any competitive advantage gained, whether the breach was immediately corrected, and whether it was repeated.

Multiple penalties may be applied where multiple breaches occur.

All decisions are at the discretion of the Race Directors.

THE BEST RULE IS THE SIMPLEST ONE:
Don't do anything that gives you an unfair advantage, compromises someone's safety, disrespects the communities or Country through which we travel, or puts the future of Coast To Kosci at risk.

The Summit Path



CHARLOTTE PASS



MT KOSCIUSZKO SUMMIT



CHARLOTTE PASS

18.4 KM RETURN | MANDATORY PACER(S) | MANDATORY GEAR | WEATHER DEPENDENT

PACER(S) REQUIRED

A runner must be accompanied by pacer(s) from Charlotte Pass to Mt Kosciuszko and back to Charlotte Pass.

GEAR CHECK

Runner and pacer(s) must present their mandatory Summit gear for inspection at Charlotte Pass before proceeding.

FIT TO CONTINUE

Race Officials may assess a runner at Charlotte Pass before allowing them to continue onto the Summit Path.

WEATHER DECISION

Access to the Summit Path is subject to weather, track conditions and any directions from Race Directors, NPWS, NSW Police or other relevant authorities.

RUNNER – MANDATORY GEAR

- Beanie / warm headwear
- Gloves
- Head torch + spare batteries
- Rain jacket
- Waterproof pants
- Thermal pants
- Long-sleeve thermal top
- Reflective vest
- Charged mobile phone
- Space blanket
- Food & water
- Sunscreen
- Trekking poles
- Sunglasses

PACER(S) – MANDATORY GEAR

- Beanie / warm headwear
- Gloves
- Head torch + spare batteries
- Rain jacket
- Waterproof pants
- Thermal pants
- Long-sleeve thermal top
- Reflective vest
- Charged mobile phone
- Space blanket
- Food & water
- Sunscreen
- Trekking poles (optional)
- Sunglasses

THE MOUNTAIN HAS THE FINAL SAY.

Weather and conditions on Mt Kosciuszko can deteriorate rapidly, Race Directors may delay, modify or cancel access to the Summit Path where conditions make it unsafe or where directed by the relevant authorities.

If the Summit Path is closed, the Inclement Weather Finish provisions will apply.

EMERGENCY SHELTER

Seamans Hut and Rawson Pass provide emergency shelter locations on the Summit Path.

SUMMIT CAIRN

Do not stand or climb on the Mt Kosciuszko summit cairn.

Reaching Charlotte Pass does not automatically mean you will proceed to the summit.
Safety is always our highest priority.

Support Crew Playbook

Your runner may cover 240km – but nobody completes Coast To Kosci alone!

The Support Crew is effectively the runner's **mobile aid station, logistics team, safety net and decision-support team for up to 46 hours**.



Your Role As Support Crew

Supporting a runner at Coast To Kosci is an endurance event in its own right.
Over 240 km, you'll feed, hydrate, navigate, encourage, troubleshoot and monitor your runner...whilst managing the wellbeing, fatigue and safety of your own crew.
Great crews don't simply respond to what their runner asks for. **They anticipate what their runner will need next.**
Your job is simple: help your runner move safely and sustainably towards the Charlotte Pass finish.

The Support Crew Mindset



The Support Crew Chief

One person should take overall responsibility for:

RUNNER WELFARE
Monitor the runner's condition, behaviour and ability to continue.

RACE COMMUNICATIONS
Act as the primary crew contact with Race Control.

CHECKPOINT REPORTING
Check the runner through each mandatory checkpoint and confirm they are fit to continue.

CREW COORDINATION
Coordinate drivers, pacer(s), nutrition, equipment and crew rotations.

DECISION-MAKING
Keep communication clear and ensure the runner receives one coordinated message from the crew.

ONE RUNNER. ONE CREW. ONE CLEAR VOICE.
At 180 km, a tired runner doesn't need a committee meeting.

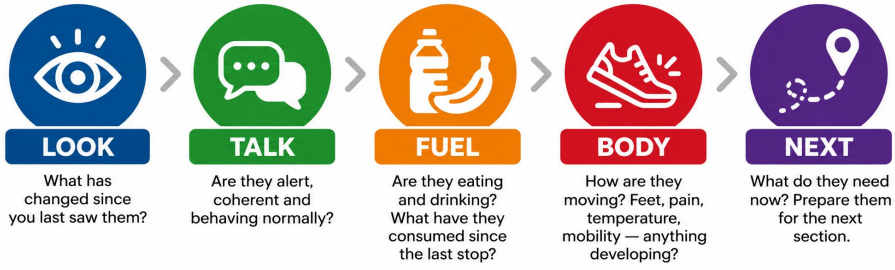
Supporting Your Runner

Supporting a runner well is about more than handing them nutrition and hydration.
As the kilometres accumulate, runners become tired, uncomfortable and increasingly less capable of making good decisions for themselves. A good crew watches, listens and anticipates. Often, **what you notice is more important than what your runner tells you.**

Before Your Runner Arrives

Know what you're going to do before your runner reaches you. Have an approximate idea of when they will arrive, what they are likely to need and what lies ahead. Consider the weather, temperature, daylight, terrain and whether a clothing or equipment change is approaching. Have food, fluids, clothing and equipment **ready before they arrive**. Most importantly, think one section ahead. You're not simply servicing the kilometres they've just completed — **you're preparing them for the kilometres ahead.**

When Your Runner Arrives



DON'T JUST ASSESS HOW THEY ARE. LOOK FOR WHAT HAS CHANGED.

Solve What's in Front of You

At some point during 240km, almost every runner will have a problem. They may be cold, depleted, uncomfortable, nauseous, overwhelmed or simply exhausted. **Don't try to solve the remaining 100 kilometres – solve the problem that's in front of you!** Warm them. Feed them. Change their shoes. Deal with their feet. Adjust clothing. Let them sit briefly if that's what they genuinely need. Simplify the situation and get them focused on the next achievable objective.

Keep Stops Purposeful

Know why you're stopping before your runner arrives. Some stops will take 60 seconds. Others may legitimately take 10 minutes. **Don't rush necessary stops...but don't prolong unnecessary ones!**

THE CREW PRINCIPLE

- **Prepare before they arrive.**
- **Observe what has changed.**
- **Solve what's in front of you.**
- **Prepare them for what comes next.**

Your job isn't to get your runner through 240km in one go. It's to help them successfully navigate the next section — again and again — until they reach the Charlotte Pass finish.

Crew Rules & Road Safety

Your support vehicle is part of the race...but the roads are not.
Coast To Kosci takes place predominantly on public roads that remain open to other road users. Our ability to continue running the event depends on every support crew driving responsibly, parking safely and respecting local communities, residents and other road users.
Your runner's race is never more important than the safety of someone else using the road.

Supporting From Your Vehicle
Your support vehicle should **move ahead of your runner, park safely and wait for them to arrive**. Once support has been provided, move ahead again to the next appropriate location. Never crawl alongside or immediately behind your runner. Never stop where your vehicle could obstruct traffic, compromise visibility, block a driveway or gate, or create a hazard for runners or other road users.



Supporting Your Runner Roadside
Whenever possible, support your runner from **their side of the road**. Do not encourage your runner to cross unnecessarily between the runner's side and the support vehicle. Never provide assistance from a moving vehicle. Where a crew member needs to briefly move alongside the runner to complete a hand-off, keep that interaction short and return safely to the support vehicle.

Be Seen. Be Predictable.
Support crews need to make themselves visible whenever they are outside the vehicle, particularly at night and in poor weather. Wear the required high-visibility/reflective clothing and use lighting when necessary. Drivers should behave predictably. Indicate early and check carefully before pulling back onto the road.

40 km/h MAXIMUM
When actively supporting your runner, the maximum permitted speed for a support vehicle is 40 km/h. This is a maximum, not a target. Drive to the road, traffic, weather and visibility conditions. Normal road rules continue to apply at all times.

Share the Road
You'll encounter local residents, farm vehicles, motorcycles, cyclists, tourists and other traffic throughout the 240 km journey. Give them room. Don't create convoys. Don't obstruct the road. Be courteous if someone is delayed or confused by the event. **Remember that we are guests on these roads.**

Crew Fatigue
Look After Your Crew Too! Supporting a runner through the night is exhausting. Plan driver rotations before the race and make sure crew members eat, drink and rest whenever opportunities arise. **A fatigued crew cannot safely support a fatigued runner.**

Race Operations

Your Support Crew Chief is the operational link between your runner and Race Control.
Throughout the race, the crew is responsible for knowing where their runner is, completing required checkpoint reporting, maintaining communications and responding quickly if something doesn't go to plan. **Keep Race Control informed. Don't leave them guessing.**

Mandatory Checkpoints
Your runner must pass through all **8 mandatory checkpoints**. At each checkpoint, the Support Crew Chief is responsible for confirming that the runner has passed the checkpoint and is fit to continue. **A checkpoint isn't complete until your runner has passed it and the required check-in has been made.**

Race Communications
The Support Crew Chief should remain contactable throughout the race and monitor the designated **C2K WhatsApp greoup** for messages from Race Control. Use Race Control for matters affecting the runner's progress, safety or ability to comply with the race requirements. When contacting Race Control, make it easy for them to help you: **Runner name/number → Location → What has happened → What you need**

If the GPS Tracker Stops Working
If your runner's GPS tracker stops working or appears to be malfunctioning, contact Race Control immediately via WhatsApp.

If Your Runner's Race Ends Early
If your runner decides they cannot continue, **contact Race Control before leaving the course**. Provide the runner's name/number, location and condition, and follow any instructions given by Race Control. If the runner requires urgent medical assistance, **call 000 first**, then notify Race Control as soon as practicable.

Charlotte Pass is different.
At Checkpoint 8, the runner is preparing to leave the road environment and begin the final journey towards the summit of Mt Kosciuszko.



The Summit Path
No runner or pacer(s) should proceed beyond Charlotte Pass until all Summit requirements have been satisfied and they have been authorised to continue.

At the Finish
When your runner returns to Charlotte Pass, **their 240 km journey is complete...but your crew responsibilities aren't quite finished.** Make sure your runner is warm, fed, hydrated and medically okay. Return the GPS tracker and ensure you have a driver fit enough to return to Jindabyne. **The finish line doesn't remove 30, 40 or 46 hours of accumulated fatigue.**

REMEMBER...
Your runner will get their Akubra. But when they look back on their Coast To Kosci, they'll remember who got them there. Nobody completes Coast To Kosci alone!

Support Crew Vehicle

One Runner – One Support Vehicle
Only ONE registered support vehicle per runner is permitted on the course at any one time. Additional vehicles must not follow, leapfrog or provide support to the runner anywhere on the course.

Warning Lights – Be Seen
KEEP YOUR WARNING LIGHTS OPERATING AT ALL TIMES.
Support vehicles must display flashing hazard lights or an approved amber flashing warning light while operating on the race course, in accordance with race instructions and applicable road rules. If using hazard lights, be mindful of the need to indicate as well as battery drain, particularly when parked with the engine switched off for extended periods.

Leapfrog – Don't Shadow
DRIVE → PARK → SUPPORT → LEAPFROG → REPEAT
Move ahead of your runner, find a safe location completely off the roadway and wait. Do not crawl alongside, immediately behind or ahead of your runner. As a guide, move approximately 5 km between crew stops.

Passing Runners
SLOW DOWN. GIVE SPACE. KEEP THE DUST DOWN.
Every runner deserves consideration – not just your own. Slow down significantly when approaching and passing runners. Give them as much space as safely possible and accelerate gently once clear.
On gravel roads, take particular care to minimise dust. Avoid unnecessary acceleration, braking or wheel movement that throws dust, gravel or debris towards runners.

Wildlife – Look Out For Our Locals
SLOW DOWN. STAY ALERT. PROTECT OUR WILDLIFE.
Coast To Kosci passes through areas rich in native wildlife, particularly kangaroos, wombats and wallabies, which can appear suddenly on the road, especially around dawn, dusk and overnight. Drive cautiously and never swerve dangerously to avoid an animal. If you encounter injured wildlife, pull over only where safe, avoid putting yourself or others at risk – WIRES can be contacted 24/7 on 1300 094 737.

Park Like Someone Else Needs The Road
🅿️ **COMPLETELY OFF ROAD** – keep the carriageway clear.
🚪 **DON'T BLOCK ACCESS** – driveways, gates, intersections and property entrances remain clear.
👀 **THINK BEFORE OPENING DOORS** – check for runners and other traffic.
↔ **LEAVE ROOM** – other vehicles must be able to pass safely.
🏠 **RESPECT RESIDENTS** – never assume a verge, driveway or property is available because it's convenient.

Driver Fatigue
Fatigue + Driving DON'T mix! Plan driver rotations before race day. Don't allow your only rested driver to become the next pacer.

YOU'RE NOT JUST FOLLOWING YOUR RUNNER.
You're sharing the road with runners, crews, residents and the wider community.
Drive patiently. Park thoughtfully. Keep the dust down. Leave no trace that Coast To Kosci passed through.

Support Crew Vehicle – Signage & Requirements

Choose the Right Vehicle
Vehicles must be roadworthy, registered and suitable for the course. 4WDs are strongly recommended, particularly for gravel sections and variable weather conditions.

MAXIMUM LENGTH 5.5 METRES



4WD / SUV
Yes – strongly recommended



SEDAN / STATION WAGON
Yes



UTE / DUAL-CAB UTE
Yes



VAN (e.g. TOYOTA HIACE)
Yes (maximum 5.5 m)



CAMPERVAN / MOTORHOME
Not permitted



ANY VEHICLE EXCEEDING 5.5 M
Not permitted

Mandatory Vehicle Signage

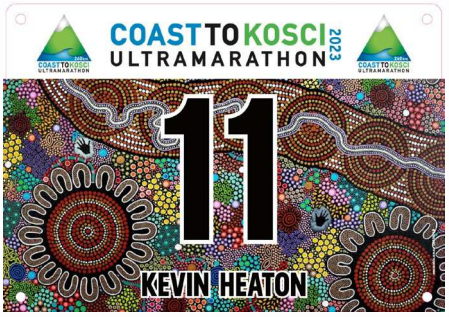


FRONT OF VEHICLE



REAR OF VEHICLE

Warning Signs: Fit the supplied yellow-and-black signs as shown above. Signs must be securely attached, clearly visible to other road users, and must not obstruct the driver's vision. Do not cut or resize them. Please return both warning signs after the race.
Race Sticker: Affix the supplied A4 race sticker to the rear window or rear driver's-side window, clearly visible to Race Officials.



Mandatory Vehicle Check
All vehicles must pass the mandatory signage inspection before being approved for use on the course. Seek out either Race Director at Race Registration on Thursday or before your vehicle leaves the beach car park on Friday morning. Each check should take a couple of minutes.

Along The Way

TOWAMBA — BREAKFAST
Towamba Public School hosts a BBQ breakfast fundraiser during the race. A great opportunity to grab some breakfast while supporting the local community.
Cash preferred.

ROCKY HALL — COFFEE & SNACKS
The Rocky Hall Society will have coffee and snacks available for runners and support crews.
Cash ONLY.

CATHCART — GENERAL STORE
Cathcart General Store has a selection of drinks and snacks available.
Cash ONLY.

DALGETY — SOUP
Dalgety Hall will have soup and other refreshments available for runners and support crews only.
These are provided specifically to support race participants and are not available to spectators, family or friends.

JINDABYNE — FUEL, FOOD & SUPPLIES
Jindabyne is your main opportunity to restock later in the race. Shops, supermarkets, food outlets and fuel stations open progressively from approximately 7:00 am, with many closing from approximately 7:00 pm. Plan ahead — don't assume everything will be open when you arrive.



Safety & Environmental

Coast To Kosci takes runners and crews across **240 km of public roads, remote countryside, local communities and alpine wilderness**, often through the night and in unpredictable conditions. Everyone involved shares responsibility for looking after themselves, one another and the places through which we travel. **Prepare for the unexpected, act early when something isn't right, respect the communities and environment around you, and leave every place exactly as you found it.**



Safety & Medical

Your Safety Comes First
Every runner is responsible for monitoring their own physical and mental condition throughout the race. Support crews are expected to actively monitor their runner and **act early** if something doesn't look right. At 150km – 200km, crew shouldn't wait until a minor problem becomes a major one.

Race Officials may assess a runner at any time and may require a runner to stop or withdraw where continuing presents an unacceptable safety or medical risk.

Know the Warning Signs
🔥 **HEAT / DEHYDRATION:** Excessive thirst • dizziness • headache • nausea • confusion • reduced urination
❄️ **COLD / HYPOTHERMIA:** Shivering • poor coordination • slurred speech • confusion • unusual behaviour
🧠 **ALTERED MENTAL STATE:** Confusion • disorientation • inability to follow instructions • unusual behaviour
🤢 **GI / NUTRITION:** Persistent vomiting • inability to eat/drink • progressive weakness
🚶 **INJURY / MOBILITY:** Severe pain • inability to bear weight • significantly altered gait
😴 **EXTREME FATIGUE:** Microsleeps • hallucinations • inability to remain alert • unsafe decision-making

If Something Isn't Right, STOP → ASSESS → CONTACT → ACT
STOP: Don't push through a potentially serious medical problem.
ASSESS: Runner condition, location, symptoms and immediate surroundings.
CONTACT: Notify Race Control / Race Officials and provide your exact location and runner number.
ACT: Follow the directions of Race Officials, medical personnel or emergency services.

LIFE-THREATENING EMERGENCY? CALL 000 FIRST. Then notify Race Control as soon as practicable.

Crew = Your First Line of Defence
Your support crew knows you better than anyone else on the course. Crew should continually monitor hydration, nutrition, temperature, alertness, mobility and behaviour. A significant change in a runner's condition should never be ignored simply because the runner says they're "fine".
Are they eating? | Are they drinking? | Are they coherent? | Are they moving normally? | Are they warm/cool enough?

Medical Assistance, Ambulance & Insurance
Runners and support crew are responsible for ensuring they have appropriate personal accident and ambulance cover – Coast To Kosci's public liability insurance does not provide personal accident cover for individual runners or crew.

Where an ambulance is considered necessary, one may be called on your behalf. Any associated ambulance or medical costs remain the responsibility of the individual.

Local Hospitals
Local hospitals can be contacted on the following numbers:

BEGA HOSPITAL: (02) 6491 9999
COOMA HOSPITAL: (02) 6455 3222

In An Emergency

In An Emergency – Safety Comes First
If there is an immediate threat to life or a serious medical emergency, **CALL 000 FIRST.**
Then notify Race Control as soon as practicable. Do not delay contacting emergency services while attempting to contact Race Control. Follow all directions given by NSW Police, Ambulance, Fire & Rescue, SES, National Parks or other emergency services.

Know Where You Are
In an emergency, accurate location information can save valuable time. Runner and support crew should always be able to identify:
RUNNER NAME & BIB NUMBER → LOCATION → CONDITION → WHAT HAS HAPPENED → ASSISTANCE REQUIRED
Use road names, kilometre distance, checkpoint information or GPS coordinates where available. Download and familiarise yourself with the Emergency Plus app before race weekend – it can assist in providing emergency services with your precise location.

Contacting Race Control
For urgent race-related issues that are not immediately life-threatening, contact Race Control via theC2K WhatsApp group or designated phone number. Examples include runner unable to continue; significant medical concern; missing or separated runner/crew; vehicle breakdown affecting runner safety; GPS tracker failure; hazardous course or road conditions; or any situation where you think it is unsafe to continue.
When contacting Race Control, keep the message simple:

If You Lose Mobile Coverage
Mobile coverage cannot be guaranteed across the entire 240 km course, however a Telstra connection offers the best mobile coverage across the route and is highly recommended. If you cannot contact Race Control, obviously move to a location with reception or ask another C2K crew or contact Race Officials to relay the message (most Race Officials will have a Starlink satellite connection.

Severe Weather, Fire or Other Course Emergency
Conditions across the C2K course can change rapidly. Race Directors may **stop, delay, divert, shorten or modify the race** where conditions present an unacceptable risk or where directed by the relevant authorities. If instructed to stop: **STOP → MOVE TO SAFETY → BE CONTACTABLE → FOLLOW INSTRUCTIONS**

Before Race Day



LIFE-THREATENING EMERGENCY? CALL 000 FIRST.
Everything else? Assess the situation, contact Race Control and follow directions.

Toilets & Environmental

Leave No Trace
Coast To Kosci travels through some extraordinary landscapes – forests, farmland, small communities and Kosciuszko National Park. We are guests in these places. **Everything you bring onto the course leaves the course with you.** Runners, pacers and support crews must not discard food wrappers, bottles, cups, clothing, toilet paper or any other waste anywhere along the course. If you see C2K rubbish – even if it isn't yours – please pick it up. **LEAVE NOTHING BEHIND EXCEPT FOOTPRINTS.**

TOILET LOCATIONS
Towamba
Rocky Hall
Base of Big Jack Mountain – opposite side of the road to the park
Cathcart – approx. 200m past Cathcart General Store
Dalgety – building 50-100m beyond the rear of Dalgety Hall
Jindabyne – opposite the roundabout, adjacent to the lake path
Charlotte Pass
Seamans Hut
Rawson Pass

Toilets
Use public toilets and plan ahead. **THERE ARE NO TOILETS AT THE START LINE – PENALTIES APPLY.** Additionally, note that the toilets at Dalgety Memorial Hall are for runners only - Support Crews and others must use the toilets behind the hall. Do not use private property, farm buildings, driveways or areas immediately adjacent to homes or businesses as toilets. For Kosciuszko National Park and the Summit Path, use designated toilet facilities wherever available. Human waste and toilet paper must never be left beside the Summit Path or in the alpine environment.

Carry Your Rubbish
Support vehicles should carry dedicated rubbish bags throughout the race. Do not overload small public bins with race rubbish. Food packaging, bottles, discarded clothing and other crew waste should remain in your support vehicle until it can be disposed of appropriately.

Protect Wildlife
Never deliberately feed wildlife. Food must not be left unattended or accessible to birds or animals, particularly within Kosciuszko National Park. Secure food and rubbish inside your vehicle and take particular care around ravens and currawongs, which can quickly access unattended food. **IF YOU BROUGHT IT IN, TAKE IT OUT.**

Respect Private Property & Communities
The course passes homes, farms and communities whose goodwill helps make Coast To Kosci possible. Be courteous to residents and other road users and do not:

- **enter private property without permission**
- **leave gates open**
- **block driveways or property access**
- **leave rubbish or human waste**
- **create unnecessary noise, particularly overnight**

Pets & Children
Pets are not permitted as part of a runner's support crew.
Children under 16 should only participate as part of a support crew with prior approval from the Race Directors and must remain under the supervision of a responsible adult at all times.