

General Notes on the Monthly Trail Runs in the Adelaide Hills and Mt Lofty Ranges

You do not need to advise anyone if you are participating in the trail run - the informal nature of the trail runs means you can just turn up and that they can proceed whether 3 or 30 people participate.

If you join in these trail runs you do so at your own risk. The informality of these runs, the type of country and conditions that we run in as well as the very nature of trail running itself means that every participant needs to take full responsibility for them self at all times - in terms of where you are at any given time, who you are with and what you carry (water, food, first aid, maps, clothing etc).

Details of the runs including maps and directions will be provided to all participants in advance so that all participants can run with their own map and instructions.

Each run begins with a short briefing from the trail organizer with some specific last minute instructions and the chance to address any questions runners may have about the trail.

Usually differently paced groups are formed on the morning of each run, running/walking different routes and going different distances. Each group needs to take responsibility for the directions they take, making sure they know where they are at all times and how to get back to the trailhead!

As a precaution names and mobile numbers of all participants are collected prior to the trail briefing. Runners/walkers are also asked to sign off on a clipboard when they finish. This ensures that despite runners finishing at different times, at the end of the day we know that everyone has returned and is not out still out on the trail.

Runners/walkers are responsible for bringing and carrying their own water and food supplies. As there are few opportunities to access drinking water on most trails, runners/walkers need to ensure that they carry an adequate supply for however long they are running/walkers. Runners/walkers should also bring with them a hat, sunscreen, fly repellent, toilet paper and clothing suitable for all conditions. Gaiters don't go astray either nor a cold bottle of flat coke in an esky in your car waiting for you at the end of the run.

A small first aid kit is provided and left at the trailhead, able to be accessed by all - but runners/walkers may also choose to carry their own first aid supplies. All participants should be familiar with basic first aid and emergency procedures (e.g. snake bites).

Runners/walkers are encouraged to run with their mobile phones. Whilst range cannot be guaranteed, mobiles can be of great assistance in an emergency. They also assist if a runner/walker or group of runners/walkers become lost or have not returned to the base by the expected time. Runners/walkers should also ensure they have entered the Trail Coordinator's phone number as well as the numbers of several fellow runners into their phone prior to the run so that they can stay in communication as required and particularly in the event of an accident or mishap.

Runners/walkers with GPS watches (e.g. garmins) are encouraged to use them so that we can record routes, profiles and distances and make them available for all - in this way we hope to building up a database of different trails. Similarly runners/walkers are encouraged to share any photos taken out on the trail.

Generally once a run has been organized it will go ahead regardless of the expected temperature. If it is very hot, a decision will be made to run a lesser distance. The only reason for a run to be called off will be because of an expected total fire ban which prevents access to the trail. Generally most trails through national parks, conservation parks and reserves and forests are open all year round except on days of total fire bans. Information about fire bans can be monitored at:

http://www.cfs.sa.gov.au/site/fire_restrictions/fire_bans.jsp.

Where it is necessary to call off a run due to a fire ban, an email will be sent out as soon as possible to all people on the trail run email list.

The general code of practice is to ensure that no one runs alone at all and preferably in at least a group of three. This means that if someone is seriously injured a person can stay with the injured person whilst another person can go for help. Should you decide to run on your own you do so at your own risk.

Participants are requested to act at all times in a manner that respects the land and environment that we are traversing, as far as possible leaving no sign that we have been there, and leaving the land just as we have found it. Runners/walkers are also encouraged to acknowledge and respect the traditional custodians whose ancestral lands we are crossing, respecting their spiritual relationship with their country, not only in the past but also today.

The role of Trail Coordinator is to be shared by different people with an interest in leading and organizing a monthly trail runs. Generally this means being familiar with the trail, accessing and distributing maps and instructions, arranging meeting place and time, and locating a coffee shop or bakery.

These trail runs are meant to be fun, a social occasion enjoyed by all! And the participation of runners/walkers of all abilities is always to be a focus of these trail runs.

These runs are open to anyone who is interested. There is no obligation to be a member of SARRC. For some people though these runs may lead to participation in other SARRC events and SARRC membership.

See you out on the trail...

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