

## **Marathon Participation Statement, 2017**

### **Fitness:**

The marathon event involves a row through a section of Newcastle Harbour and along the Hunter River covering a distance of 45Km. This is a considerable physical exercise challenge and participants should be of appropriate fitness to endure a row which may take between 3-5 hours.

Any crews/scullers who have not reached the Fitzgerald Bridge at Raymond Terrace (Check Point 2) by 11.15 am, will be asked to withdraw from the marathon at that point and arrange their own pick-up.

### **Hypothermia:**

Conditions can be very cold at this time of year and participants should have appropriate clothing to protect against excessive heat loss.

### **Hydration and sustenance:**

Participants are advised to carry appropriate fluids for regular re-hydration and energy foods. A BBQ & Canteen will be available at the finish – make sure you bring some money to enable you to replenish your reserves at the end of the gruelling row.

### **Adverse Weather:**

The event may be cancelled in the event of adverse weather conditions. If the race starts, and the weather turns dangerous, then the race can be halted at Check Point 1, Ash Island or at Check Point 2, Raymond Terrace.

Cancellation policy:

- If the marathon is cancelled there will be no refund - The costs of the day must be met.
- If the marathon is cancelled at either of the 2 checkpoints, Ash Island (Check Point 1) or Raymond Terrace (Check Point 2), every attempt will be made to provide race results based on times of the completed sections of the race.
- In the event of any cancellation, the BBQ (breakfast or brunch) will still go ahead if possible at Berry Park.

### **Port Traffic:**

Participants should be mindful of other recreational boating activities and as part of the event involves passage through a busy commercial harbour, there may be a requirement to halt to allow the passage of large ships.

### **Equipment failure, injury and exhaustion:**

Each boat should carry a mobile phone secured within a water-tight container and ensure that they have a ground support contact whom they can contact should they need to withdraw from the race and be picked up.

If you withdraw from the race for whatever reason, please ensure that you notify a BRO in a support vessel so that your position can be noted, and your condition reported, and a pick-up arranged. The phone numbers of the BRO's will be provided on the water-proof map provided.

- o **Please take note of your allocated boat number in case it is lost. We will track your progress via your registered number.**

**Please read the Competitor Information and Marathon Instructions.**