



# FAQ'S

## **Can I get a refund? Transfer or sell my entry? Defer my entry to the the next year?**

You can only get a refund if you withdraw before the stated refund date. Please refer the Conditions of Entry for Refund/Transfer details.

## **How to withdraw**

The procedure is on the Condition of Entry.

## **Road shoes or trails shoes?**

Your choice – in general, you can use a mix of both as the course dictates. See recommendations in the individual course descriptions.

## **I am not sure if I can do this...**

That's the whole point. This is not designed to be an event that you know with certainty you can finish. It is designed to be an adventure that will push many of you to run further than you have before. If you have completed a marathon previously, you are well on track to finish any distance of the Scenic Rim Ultra. You'll still have to train diligently though. If you have a history of tramping in the hills and have strong legs and endurance, you should be able to complete any of the ultra distances, even with little running background.

### **How do you mark the courses?**

For the event, the course will be marked with red directional arrows on a white background '→', and pink fluoro flags. There will also be reflective tape and glow sticks on night time sections. You need to pay attention, especially at night, to follow these course markings.

### **Carrying water?**

It is compulsory to carry at least 1.5L of water

### **Compulsory gear**

In the week prior to the race and at registration, competitors will be advised, and again at the pre-race briefing, what compulsory clothing and equipment items they must carry (based on the expected weather conditions). If there is little risk of bad weather, the most likely Compulsory Gear list will be A.

### **There are two compulsory gear levels:**

- A. Standard Mandatory equipment
  - B. Seam sealed waterproof jacket and thermal top.
- Be prepared to bring B with you – just in case.

