

7-9 DEC 2023

ULTRA  TRAIL
KOSCIUSZKO

BY  **UTMB®**

RUNNER GUIDE

2023

RUN THE HIGH

kosciuszko.utmb.world/
ultra trailkosciuszko@service.byutmb.world
Ph: 1300 761 384

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RACE DIRECTOR MESSAGE

Welcome to Ultra-Trail Kosciuszko by UTMB®.

Thank you for joining us at Ultra-Trail Kosciuszko by UTMB®, our team can't wait to welcome you to the stunning Snowy Mountains for another year running of this event.

The scene is set for what will be an incredible few days of running on some of our favourite trails in the country.

Courses have been designed for trail runners, by trail runners, and include some of the best the region has to offer. Each course will see you work your way through the highlights of the Snowy Mountains, taking in alpine meadows, snow gum forests, crystal clear streams, and for some, ascending to the highest point in Australia.

Whichever distance you embark on, you are set to take on all the ups and downs and will be rewarded with views that are worthy of the challenge ahead. Regardless of your race objectives, be it a personal best, completing a distance you've not yet achieved, or enjoying a day of trail running with family and friends, be sure to pick your head up, breathe in the fresh mountain air, and take in the wonderful sites around you.

As we know from last year, the conditions in this alpine environment are highly changeable so please be mindful that the weather can, and does, change here incredibly quickly so keep your eyes on the sky as much as possible, look after yourselves and your fellow trail runners.

There's something special about trail running. It brings together people from many different walks of life. It inspires us to dig deep and challenges us both physically and mentally, It creates joy and excitement and at times it humbles us and challenges us to reflect. But above all, trail running brings us together as a community where we share in each other's highs and lows and celebrate the collective achievements of those around us.

We're thrilled that you've chosen to come on this journey with us throughout the Snowy Mountains.

Enjoy your time on the trails and I look forward to seeing you at the start line, along the trails in the mountains, and crossing the finish line.



Nick Christopher

Race Director

WELCOME MESSAGE

Welcome from the NSW Government – Ultra-Trail Kosciuszko by UTMB

The NSW Government welcomes you to the picturesque Snowy Mountains for Ultra-Trail Kosciuszko by UTMB, proudly supported by our tourism and major events agency Destination NSW.

The Kosciuszko Ultra joins the Ultra Trail Mont Blanc (UTMB) World Series as one of the most prestigious trail running events in the world. With distances ranging from 20kms to 100 miler events, taking in alpine meadows, snow gum forests, crystal clear streams and ascending to the highest point in Australia, Ultra-Trail Kosciuszko provides something for everyone, from the first-time trail runner to the ultra-enthusiast.

Events like Ultra-Trail Kosciuszko are vital to our regional towns. They attract thousands of participants, officials and spectators who stay in our hotels, visit our attractions and spend locally, bringing substantial economic and social benefits to local communities.

Best of luck to all competitors and take some time to explore the spectacular vistas and warm hospitality of the Snowies region waiting to be discovered at [visitnsw.com](https://www.visitnsw.com).



EVENT SCHEDULE

WED 6 DEC	ACTIVITY	LOCATION
12:00pm – 7:00pm	Race Check-In (All distances)	Jindabyne Sport & Recreation - Conference Centre
12:00pm – 7:00pm	Checkpoint Drop Bag drop off (Kosci50, Kosci100, KosciMiler)	
12:00pm – 7:00pm	Official Merchandise Store	
12:00pm – 7:00pm	Event Expo	
12:00pm – 7:00pm	Event Information	
2:00pm	Race Director Q&A Session (ALL race distances)	

**VIBRAM
ELITE SOLE
X
GEDIMINAS
GRINIUS**

- SUPER LIGHT CUSHIONING**
VIBRAM SLE MIDSOLE
- + GRIP**
VIBRAM MEGAGRIP
- + LIGHTNESS**
VIBRAM LITEBASE
- HIGH DURABLE CUSHIONING**
VIBRAM HAE INSERT
- + TRACTION**
VIBRAM TRACTION LUG

E L I T E S O L E E L I T E S O L E

EVENT SCHEDULE

THUR 7 DEC	ACTIVITY	LOCATION
5:00am – 7:00am	Event Information	Bullocks Flat, Ski Tube Terminal
5:00am - 6:15am	Finish Line Bag Drop Open (Kosci27 and Kosci50 - bags transported to finish)	
6:00am	RACE START (Kosci27)	
6:30am	RACE START (Kosci50)	
8:00am – 6:00pm	Event Information	Jindabyne Sport & Recreation - Conference Centre
8:00am – 6:00am	Race Check-In (Kosci100 + KosciMiler)	
8:00am – 6:00pm	Official Merchandise Store	
8:00am – 6:00pm	Event Expo	
8:00am - 6:00pm	Drop Bag Drop Off (KosciMiler + Kosci100)	
From 8:11am	Race Finish (Kosci27)	Friday Flat, Thredbo
8:00am	Finish Line Bag Collection (Kosci50 & Kosci27)	
From 10:22am	Race Finish (Kosci50)	
11:30am	Q&A Session (Kosci100) Hosted by Race Director	Jindabyne Sport & Recreation - Conference Centre
1:30pm	Finish cut-off (Kosci27 – 7hr 30min total allowable time)	Friday Flat, Thredbo
1:30pm	Kosci27 Presentations	Friday Flat, Thredbo
3:00pm	KosciMiler Race Briefing Hosted by Race Director. Pre recording will be available online.	Jindabyne Sport & Recreation - Conference Centre
8:00pm	Finish cut-off (Kosci50 – 13hr 30min total allowable time)	Friday Flat, Thredbo

EVENT SCHEDULE

FRI 8 DEC	ACTIVITY	LOCATION
5:00am – 6:45am	Event Information	Friday Flat, Thredbo
5:00am – 6:00am	Finish Line Drops Bags (KosciMILER and Kosci100)	
5:30am	RACE START KosciMiler	
6:00am	RACE START Kosci100	
1:30pm – 8:00pm	Event Information	
1:30pm – 8:00pm	Official Merchandise Store	
2:00pm	Kosci50 Presentations	
From 3:11pm*	Race Finish (Kosci100)	
From 7:49pm*	Race Finish (KosciMiler)	
SAT 9 DEC	ACTIVITY	LOCATION
8:00am – 5:00pm	Event Information	Friday Flat, Thredbo
8:00am – 5:00pm	Official Merchandise Store	
10:00am	Finish cut-off (Kosci100 – 28hr total allowable time)	
10:15am	Kosci100 Presentations	
4:00pm	KosciMiler Presentations	
5:30pm	Finish cut-off (KosciMiler – 36hr total allowable time)	

FEEL TIME
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RUNNER CHECKLIST

PRE-EVENT

- ⬆️ Book and confirm accommodation & flights (if applicable).
- ⬆️ Ensure event registration is confirmed (check for confirmation email).
- ⬆️ Familiarise yourself with Event Schedule (know all check-in/start times) .
- ⬆️ Pack Photo ID in your luggage.
- ⬆️ Ensure you have all mandatory gear items needed for your race.
- ⬆️ Familiarise yourself with the course - it is your responsibility to know this on race day.
- ⬆️ Login to your [ACTIVE My Events Profile](#) to check all your details are correct and make any necessary updates to mobile phone number, medical conditions, support crew information and emergency contact information. You can make changes up to 7pm Tuesday 5th December.
- ⬆️ Any late entry transfers must be completed online by 5:00pm Tuesday 5 December. Refer to the event website for details regarding [Late Entry Transfers](#).

ONCE I ARRIVE (PRE-RACE)

- ⬆️ Familiarise yourself with the venue and key areas (check-in, start line, finish line and event information).
- ⬆️ Check-in and collect your race kit and runner gifts.
- ⬆️ Pack mandatory gear ready for race day.
- ⬆️ Attend race briefings or Q&A
- ⬆️ Drop off your checkpoint drop bags (Kosci50, Kosci100, KosciMiler).

RACE DAY

- ⬆️ Ensure you have all items for your race including race kit and mandatory gear.
- ⬆️ Drop off finish line drop bag
- ⬆️ Be at the start line at least **30 minutes prior**.
- ⬆️ Receive your medal
- ⬆️ Collect your runner gift at the finish line (Kosci100, KosciMiler).
- ⬆️ Collect your drop bags.

POST RACE

- ⬆️ Upload your #medalmonday on your social media platforms. Remember to tag the event #ultra-trailkosciuszko.

RACE KIT

EMERGENCY INSTRUCTIONS

These instructions will be printed on a A5 piece of paper in your race pack. Please familiarise yourself with this information. These instructions have the Event Safety Team phone number on it if you need to call them during your race.

RUNNERWRISTBAND

Secured at check-in and must be worn at all times.

DISPOSABLE TIMING TAG

This is attached to the back of your race bib. Please do not bend, fold, or remove this timing tag.

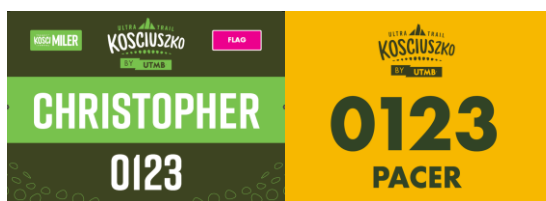
RACE KIT COLOURS



RACE NUMBER

Your race number must be visible at all times on the outside of your clothing and on the front of your body.

It must not be worn on your pants or leg. Do not cover your race number with any backpack strap or article of clothing as this can prevent your timing tag from registering at the timing points. Do not fold, bend or cut your race number. Consider using a race belt to attach your number to.



PACER RACE BIBS

All Pacers must attend Race Check-In during the opening times and are required to wear the compulsory race bib provided.

Each Miler participant has one bib for their pacers. The first pacer to check-in will receive the pacer bib. Bibs are to be exchanged at checkpoints if the Miler participant is swapping their pacer runner.

EVENT T-SHIRT

You are not able to swap sizes during check-in, however t-shirt size swaps will be available on Friday or Saturday from Event Information at Friday Flat, Thredbo. Exchanges are based on size availability. T-Shirts are provided for all race distances. Milers will have a unique T-shirt design.



BAG TIMINGTAG

All runners are required to attach the bag timing tag to the back of their running backpack/bag, with the cable tie. **There is NO bag timing tag for Kosci27 runners.**

FINISH & DROP BAG STICKERS

All runners for Kosci27, Kosci50, Kosci100, and KosciMiler will receive a Finish Drop Bag sticker in their race pack. Each runner who uses a finish drop bag must attach this sticker to their finish drop bag prior to leaving this bag at the start line.

Each runner for Kosci50, Kosci100, and KosciMiler will receive additional Checkpoint Drop Bag stickers. These stickers are colour coded and are specific to the checkpoints where Drop Bags are allowed. Each runner who uses a drop bag must attach this sticker to their checkpoint drop bag prior to placing it in the designated drop bag location during Race Check-In.

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PRE-RACE INFORMATION

RACE CHECK-IN

See the Event Schedule on page 5-7 for times and location.

You can attend check in at your convenience during the opening hours. Kosci100 & KosciMiler runners note that Thursday check in will be quieter than Wednesday as the Kosci27 and Kosci50 runners will be racing, so we suggest checking in on Thursday if you can.

At race check-in you will receive your race kit.

Kosci100 & KosciMiler runners must present their gear check certificate, or have your gear checked prior to checking in.

Please note, no kits will be posted out prior to the event.

To Race Check-In, you should bring:

- ▲ Photo ID (driver's licence or passport): Make sure you know your race number before coming to Race Check-In. Race numbers can be found on the 2023 Event App and via [ACTIVE MyEvents Portal](#).

Who can collect?:

- ▲ Only the person registered can pick up their Race Kit at Check-In. Please note that it is illegal for someone else to compete under your name or for you to compete under someone else's name. This will result in banning both parties from future IRONMAN Group Races.

GEAR CHECK – Kosci100 & KosciMiler

Kosci100 and KosciMiler runners will need to have passed gear check before completing Race Check-In.

- ▲ **Prior to Race Week:** To save time during race week, you can complete an early gear check at one of the nominated gear [check stores](#). Once your gear check has passed, you will be supplied with a certificate which you must bring to Race Check-In. If you forget to bring your certificate to Race Check-In, see the Help desk or Event Information staff for assistance.
- ▲ **Race Week:** Gear checks can be completed at Race Check-In. Ensure you bring all of your mandatory gear to Race Check-In **including** the weather ruling dependent items (waterproof pants and fleece). Once passed, you will be given a certificate to present and be able to Check-In. The Event Expo and our Ultra-Trail Kosciuszko by UTMB Official Merchandise Store will be open for any necessary last-minute purchases. **However please do not rely on purchasing mandatory gear items at the Event Expo or our Ultra-Trail Kosciuszko by UTMB Official Merchandise store.** We strongly advise these items to be purchased, tested, and in your possession prior to arriving onsite.

PRE-RACE INFORMATION

EVENT PARKING

There is free parking at check-in (Jindabyne Sport & Rec Centre) as well as at both start lines (Bullocks Flat Ski Tube Terminal & Thredbo) and the Finish Line (Friday Flat – Thredbo). Cars can be left in the carparks at Bullocks Flat and Friday Flat for the duration of your race.

Spectators and support crew can also make use of this free parking at any time.

EVENT SHUTTLE BUSES

Shuttle buses will run throughout the event at various times.

Shuttle bus tickets must be purchased in advance.

You can view the full schedule of shuttle buses and find instructions on how to purchase on the event website [here](#).

CHANGED TRAFFIC CONDITIONS

Please take the time to make yourself aware of all [changed traffic conditions](#) on race day.

Changed traffic conditions will be available to view on the website.

Please obey all marshals and 'No Parking' signs. Also take note of NSW [General Parking Rules](#) if parking on any other streets. Local traffic Police will be doing checks and issuing fines for any illegal parking.

RACE BRIEFING

A virtual Race Director briefing will be sent out to KosciMiler runners at the beginning of race week. This will include a high-level overview of the event.

An in-person Q&A session for all distances will be held at Jindabyne Sport and Recreation centre, to help answer all your last-minute questions – refer to the [Event Schedule](#) for timings.

An in-person briefing for KosciMiler and Kosci100 runners will be held Thursday, see refer to the [Event Schedule](#) for timings. Race Director Nick Christopher, will talk through key points of the event, as well as be available to answer any of your questions. It is highly recommended you either attend or view the race briefing prior to the event.

PRE-RACE INFORMATION

START PROCEDURE

Kosci27 and Kosci50

The Kosci27 and Kosci50 will start in 3 waves 5 minutes apart. These waves will be self-seeded on race morning. Refer to information on the individual race pages on the website for suggested seeding.

Kosci100 and KosciMiler

The Kosci100 and KosciMiler will have a mass start.

We ask that you self-seed when entering the chute, so that the faster runners are towards the front and those looking to take their time are further back.

While you're getting ready, keep an ear out for announcements and instructions from our crew and volunteers.

START LINE

Kosci27 & Kosci50 races will **START** at **Bullocks Flat, Ski Tube Terminal**.

Bullocks Flat, Ski Tube Terminal is accessible via Alpine Way, turning off onto Ski Tube Way.

Kosci100 & KosciMiler races will **START** at **Friday Flat, Thredbo**.

Friday Flat, Thredbo is accessible via Alpine Way, turning onto Friday Drive and following signs to Friday Flat Carpark.

There will be coffee as well as a few food options available to purchase at each start line.

Runners should aim to arrive 30 mins before the start of their race to allow adequate time to get ready, drop Finish Drop Bag, enter the start chute and mentally prepare for the run ahead.

Sunrise is at 5:45am, so it could be a little dark! Tell your crew to bring a head torch to keep their hands free and help you get your kit ready.

NSW NATIONAL PARKS PASS

Any cars driving into the National Park (which includes: Thredbo and many of the checkpoint locations) will need a National Parks Pass (day or annual), which can be purchased at the toll booth when entering the National Park, or at the Snowy Mountains Info Centre in Jindabyne. More information on the fees can be viewed at [Kosciuszko National Park | Visitor info | NSW National Parks](#)

Function	Location	National Parks Pass Required
Kosci27 & Kosci50 Start Line	Bullocks Flat, Ski Tube Terminal	No
Kosci100 & KosciMILER Start & Finish Line	Friday Flat, Thredbo	Yes
Race Check-In	Jindabyne Sport & Rec Centre	No
Checkpoints	Various Locations: Thredbo & Perisher Valley	Yes

MANDATORY GEAR

ALL MANDATORY GEAR MUST BE CARRIED BY EACH RUNNER AT ALL TIMES

The mandatory gear is the absolute minimum gear that must be carried. Click the event distance below for detailed descriptions of all items. Further details can be found on the event website and supporting pages of the Runner Guide.

Mandatory Item	KOSCI MILER	KOSCI 100	KOSCI 50	KOSCI 27
1 x long sleeve thermal top (polypropylene, wool)	✓	✓	✓	✓
1 x long leg thermal pants (polypropylene, wool)	✓	✓	✗	✗
1 x waterproof and breathable jacket with fully taped (not critically taped) waterproof seams and hood	✓	✓	✓	✓
1 x beanie balaclava or head sock (Buff)	✓	✓	✓	✓
1 x full-fingered lightweight thermal gloves (polypropylene, wool)	✓	✓	✗	✗
1 x high visibility safety vest that complies with Australian Standard AS/NZS 4602:1999 or AS/NZS 4602:2010 or AS/NZS 4602: 2011 as well as Class D/N for day and night time wear Refer to event website for when these need to be worn.	✓	✓	✗	✗
1 x headlamp	✓	✓	✓	✗
1 x small backup light	✓	✓	✗	✗
1 x mobile phone in working order with fully charged battery and working SIM card	✓	✓	✓	✓
1 x compass	✓	✓	✓	✗
1 x whistle	✓	✓	✓	✓
1 x emergency space blanket (light bivvy sack or equivalent)	✓	✓	✓	✓
1 x compression bandage (minimum dimensions 7.5cm wide x 2.3m long unstretched)	✓	✓	✓	✓
1 x lightweight dry sack (can be a zip lock bag)	✓	✓	✓	✗
Water bottles or bladders with a capacity to carry 2 litres of water	✓	✓	✓	✓
2 x food bars / food portions	✓	✓	✓	✓
1 x ziplock bag for your personal rubbish	✓	✓	✓	✓
1 x A5 participants emergency instruction card (provided in race pack)	✓	✓	✓	✓
1 x race number (provided in race pack)	✓	✓	✓	✓
1 x timing tag for backpack (provided in race pack)	✓	✓	✓	✗
1 x long leg waterproof pants*	✓	✓	✗	✗
1 x 100-weight (minimum) long sleeve synthetic fleece top*	✓	✓	✗	✗

*Weather dependent items – ruling made at 09:00AM Wednesday 6th December.

MANDATORY GEAR CONT.

WEATHER DEPENDENT ITEMS

A weather dependent ruling will be made at **09:00AM on Wednesday 6th December**. Notification will be provided by the event app and will also be communicated on the event website, by email and social media.

PENALTIES

Random gear checks will be performed during the event. For fairness to all runners, a 40-minute time penalty will apply for every item that is missing. For on-course gear checks, this time penalty will be served at the location of the gear check point so a runner will not be able to proceed on course until the time penalty is served. During this time, the runner must arrange for the missing items(s) to be replaced or they will not be allowed to continue on course even after the time penalty has been served. For severe breaches of mandatory gear or failure to comply with the requests of event marshals, the runner may be disqualified. Where it is not feasible to serve a time penalty on course, the time penalty will be added to the runner's overall race time.

OTHER RECOMMENDED ITEMS:

- ▲ More substantial first aid kit
- ▲ Spare socks
- ▲ Sunscreen
- ▲ Cap or sun hat
- ▲ **Collapsible cup – highly recommended as this is a cup-less event**
- ▲ Body glide/body lubricant
- ▲ Spare headlight batteries
- ▲ Extra warm layers including a packable insulated jacket, warm leggings, thicker thermal tops, gloves.
- ▲ Leather rigging gloves can be worn when running along steel mesh walkways

MISSING ITEMS?

A selection of mandatory gear items will be on sale at event merchandise and at the event expo. You should not rely on being able to purchase mandatory gear items at expo. There are a number of local outdoor stores in Jindabyne where you may be able to purchase any missing items.



FINISH LINE DROP BAGS

FINISH LINE DROP BAG – ALL DISTANCES

All runners for all distances may leave one finish drop bag at the drop bag location at the start line. Finish Line Drop bags are left on the morning of your race. Runners will receive a Finish Line Drop Bag sticker as part of your Race Pack. This sticker must be attached and clearly visible on your Finish Line Drop Bag. This bag can contain warm, dry clothing and footwear to change into at completion of your race.

Note: the fastest runners in the Kosci27 may finish whilst their Finish Line Drop Bag is still being unloaded and sorted. Please be patient with drop bag staff when collecting your Finish Drop Bag

It is the responsibility of runners to collect their Finish Drop Bag from the drop bag location after the race. The contents of any finish drop bags not collected by 01:00PM on Sunday December 10th will be donated or disposed of. Your race number must be shown to collect your finish drop bag from the drop bag area.

DROP BAG REQUIREMENTS

- ▲ All drop bags must be closable and soft (e.g., Woolworths/Coles cooler bags).
- ▲ Plastic/garbage bags and plastic boxes will not be accepted.
- ▲ Drop Bags must not contain glass bottles and valuable items.
- ▲ Finish Line Drop Bag Stickers must be adhered to bags prior to leaving them with Drop Bag Staff.
- ▲ In addition to using the Drop Bag sticker, we recommend drop bags be clearly marked using permanent marker pen with the following information:
 - ▲ Surname
 - ▲ Race Number
 - ▲ Drop bag location (i.e. CP3, CP5, FINISH etc).
- ▲ All Finish Drop Bags will be lined up in numerical order, in all locations. Any bags without visible drop bag stick or clearly written/visible name and race number, will be placed at the end of the number range.

DROP BAG SIZE:

- ▲ Please take a reasonable approach to the size of your finish drop bag. Finish drop bags must be less than 10kg in weight

CHECKPOINT INFORMATION

CHECKPOINTS ON COURSE

There are a number of checkpoints on course for each distance, which provide runners with the chance to stop and refill bottles, stock up on nutrition, see support crew and pacers (where applicable) and access drop bags.

Checkpoints are marked on course maps and a table with the details of each is available under the distance specific section of this runner guide, and on the [race details](#) page of the website.

Exit signs will indicate the distance to the next checkpoint.

Please note we are a **cup-less event**. In an effort to cut down on waste, we will have no drinking cups at checkpoints. You will need to carry a cup or hydration pack with you. Limited stock of cups and hydrations packs will be available for sale at the event expo, but we encourage you to purchase one in advance and use it in your training.

First Aid will be available at each checkpoint and the finish. There will also be roving first aid crews on the course.

Toilets and feminine hygiene products will be available at ALL checkpoint locations.

If you are using a support crew, you must also read the Support Crew section.



CHECKPOINT SUPPLIES

KOSCI MILER	Water	NAAK Drink Mix	Cola	NAAK Waffles	NAAK Bars	Gels	Chocolate	Lollies	Potato Chips	Banana	Oranges	Watermelon	Salt/Sugar	Bakery Items	Bread	Tea/Coffee	Soup/Noodles	GF/Vegan Soup/Noodle Alternative	Sunscreen / Vasoline	Hygiene Products
	Eagles Nest 1																			
Eagles Nest 2																				
Charlotte Pass																				
Burning Log																				
Guthega Power Station Outbound																				
Guthega Power Station Inbound																				
Sponars Chalet																				
Sawpit Creek																				
Trout Hatchery Outbound																				
Banjo Patterson Park																				
Trout Hatchery Outbound																				
Bullocks Flat																				
Ngarigo																				
FINISH																				

KOSCI 100	Water	NAAK Drink Mix	Cola	NAAK Waffles	NAAK Bars	Gels	Chocolate	Lollies	Potato Chips	Banana	Oranges	Watermelon	Salt/Sugar	Bakery Items	Bread	Tea/Coffee	Soup/Noodles	GF/Vegan Soup/Noodle Alternative	Sunscreen / Vasoline	Hygiene Products
	Eagles Nest 1																			
Charlotte Pass																				
Burning Log																				
Sponars Chalet																				
Sawpit Creek																				
Trout Hatchery																				
Bullocks Flat																				
Ngarigo																				
FINISH																				

KOSCI 50	Water	NAAK Drink Mix	Cola	NAAK Waffles	NAAK Bars	Gels	Chocolate	Lollies	Potato Chips	Banana	Oranges	Watermelon	Salt/Sugar	Bakery Items	Bread	Tea/Coffee	Soup/Noodles	GF/Vegan Soup/Noodle Alternative	Sunscreen / Vasoline	Hygiene Products
	Ngarigo																			
Eagles Nest 1																				
Eagles Nest 2																				
FINISH																				

KOSCI 27	Water	NAAK Drink Mix	Cola	NAAK Waffles	NAAK Bars	Gels	Chocolate	Lollies	Potato Chips	Banana	Oranges	Watermelon	Salt/Sugar	Bakery Items	Bread	Tea/Coffee	Soup/Noodles	GF/Vegan Soup/Noodle Alternative	Sunscreen / Vasoline	Hygiene Products
	Ngarigo																			
Eagles Nest																				
FINISH																				

Kosci100 & KosciMiler runners will receive hot food inside the Recovery Area. Additional food will be available to purchase.

Kosci50 & Kosci27 – hot food items will be available for purchase after the completion of your race.

- Item available
- Item not available
- See footnotes

CHECKPOINT DROP BAGS

CHECKPOINT DROP BAGS – Kosci50, Kosci100 & KosciMiler

There is a Checkpoint Drop Bag service for all Kosci50, Kosci100 & KosciMiler runners. This service allows runners to leave items in a bag that is taken by event crew out to certain checkpoints for them to access during the race.

The drop bag service should not be used for any checkpoints where support crew will be in attendance.

Drop bags can be useful for extra food, gels, body lubricant, spare socks, clothing, batteries and spare headlamp at the checkpoints.

Checkpoint Drop Bag locations can be found in the race specific sections of this guide, and on the race detail pages of the website.

Checkpoint Drop Bags must be delivered to the Checkpoint Drop Bag drop off location at Race Check-In on **Wednesday 6th December** between **12:00PM – 07:00PM** or **Thursday 7th December** between **08:00AM – 06:00PM**.

- ▲ Kosci50 runners must drop their Checkpoint Drop Bags at race check in before 7:00PM Wednesday. There will be NO checkpoint drop bag drop off for Kosci50 runners on Thursday
- ▲ Kosci100 & KosciMiler runners may complete their Checkpoint Drop Bag drop off on either Wednesday or Thursday. However, this must be completed by 06:00PM on Thursday. There will be NO Checkpoint Drop Bag drop off services for Kosci100 & KosciMiler runners on Friday.
- ▲ Your race number must be shown when delivering your drop bags to the drop bag drop off.
- ▲ Only the runner can collect their drop bag at the checkpoint locations by showing their race number. Once each checkpoint drop bag is finished with, it must be taken to the used drop bag area. Even if you don't use the drop bag, please move it to the "used" section.
- ▲ Runners can collect checkpoint drop bags post-race at Friday Flat, Thredbo from the following times:
 - ▲ Kosci50 – Checkpoint Drop Bags will be available for collection from Friday Flat, Thredbo from 2:00PM to 8:00PM on Thursday 7th December
 - ▲ Kosci50 runners may also collect their Checkpoint Drop Bags anytime from 1:30pm Friday 8th December until 05:30PM on Saturday 9th December
 - ▲ Kosci100 & KosciMiler – Checkpoint Drop bags will be available for collection from Friday Flat within 4 hours of each checkpoint cut off time.
 - ▲ All drop bags **MUST BE** collected by 1:00PM on Sunday 10th December or the contents will be donated or disposed of.

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AND A LITTLE BIT
TWISTED**



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SPEED 4**

Extreme traction for those who
choose the toughest terrain

HOKA
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RACE DAY INFORMATION

WITHDRAWING FROM THE EVENT

Any withdrawal must be at a checkpoint unless you are assisted from the course by the event Medical Team. To withdraw at a checkpoint:

1. Notify the checkpoint staff that you are withdrawing from the event.
2. Complete and sign the Checkpoint Withdrawal Form.

After you have withdrawn, the event team will facilitate getting you back to the venue from the check points.

If you withdraw from the event at any other safe location and are unable to go to the nearest checkpoint to complete the withdrawal form, you must immediately phone the Event Control Centre phone number (on the back of your race bib) and state that you are withdrawing from the race.

CONTINGENCY PLAN

All courses may be required to operate under contingency. The course team is continually monitoring the condition of the tracks. If/when additional contingency plans are needed, you will be notified by the Race Director. This will be communicated by the Event App, Event Website, Social Media, or by the commentator.

MEDICAL

Medical will be available at every checkpoint and at the finish line. There will be roaming first aid vehicles on the course for emergencies.

As you prepare for the weekend, please keep the following in mind:

- ▲ Say no to NSAIDs - Ibuprofen, nurofen, diclofenac, voltaren, naproxen – sure to cause trouble!
- ▲ Drink to thirst - Drink varied fluids, take on food during the race, have a varied intake.
- ▲ Be prepared for the condition - Hot, cold, dry or wet – have a plan for a range of conditions
- ▲ The race doesn't end at the finish line - Pack warm clothes and a range of food for basking in your success at the finish
- ▲ Look out for each other

Each runner is responsible for their own wellbeing and basic first aid and should carry their own blister pads/band-aids, body lubricant, sunscreen and strapping tape. Please be aware of the effects of dehydration, hypothermia and extreme fatigue. If you are not fit to continue, please withdraw from the race at the next checkpoint.

You should familiarise yourself with the correct use of a space blanket. If you need to stop, seek shelter from the elements, put on all your dry clothing and wrap the space blanket as tightly as possible around your whole body.

If you pass an injured runner, please stop to assist them and follow the Participant Emergency Instructions card. Record how long you stopped to assist and notify the staff at Event Information, and they will organise to adjust your time accordingly.

RACE DAY INFORMATION

TOILET/HUMAN WASTE (LEAVE NO TRACE)

There are toilets at the start, finish and every checkpoint.

If you do need to release your bowels while on course, move at least 15 metres from the track and away from any water sources, make a hole at least 15cm deep and cover it up afterwards. Instead of toilet paper, wash using water. If using toilet paper, put this in a zip lock bag and take it with you.

INSURANCE

Runners are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to, ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all runners hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an ultra-trail running event. Runners are responsible for understanding the terms and conditions of insurances held.

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Decreasing the risk of injury and cramps.

Achilles Proprioceptive Stripes
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Added support & less inflammation

Waffle Proprioceptive Stripes
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Less chance of shin splints & stomach inflammation

Fibular Stripes
3D textured yarn activates the fibular muscles, improving balance & stability.
Less chance of sprained ankles

MICRO GAINS, MACRO RESULTS.



COMPRESSPORT

www.compressport.com

RACE DAY INFORMATION

RUBBISH (LEAVE NO TRACE)

NO LITTERING on course. Please use the bins provided at each checkpoint to dispose of your waste. If you see rubbish out on course, please pick it up and dispose of it accordingly. Runners are required to carry their rubbish with them while on course until it can be disposed of properly.

EVENT RULES

You can find the event rules on the website under the entry info page. Failure to comply with these rules can result in penalties or disqualification.

RECOVERY

After passing the finish line arch, you will collect your medal. Kosci100 and KosciMiler runners will collect your finisher gift.

You will have the below available to you:

- ▲ Water, NAAK Drink Mix, Cola, fruit,
- ▲ Medical support (if required)

After exiting, please make your way to the drop bag location within the venue to collect your Finish Line Drop Bag. Kosci50, Kosci100, KosciMiler runners may also collect their Checkpoint Drop Bags from this location post race.

RESULTS

All results will be available online at [UTMB Live](#) and on [Results - Ultra-Trail Kosciuszko by UTMB](#) and on the Event App.

PHOTOS

The official event photographer will be Sportograf. Post event, photos will be available online for purchase within 48hrs – 72hrs after the race via the [Sportograf Website](#).

Ensure your race number is always completely visible on your front during the race.

Any runners who pre-purchased photos during the registration process will be contacted via email within 48hrs – 72hrs.

COURSE INFORMATION

COURSE ROUTE – GENERAL INFORMATION

Markings: All courses are marked with a combination of pink flagging tape with reflective strips, pink survey flags, as well as red arrows and crosses on white background (A5 size).

Intersections: An arrow will indicate the direction to travel followed by two pieces of pink flagging tape. This will continue for a short distance along the correct course. A cross will be within 20m along any of the incorrect routes out of each intersection.

Along the course: Pink flagging tape will be displayed at least every 500m along the entire route and distance signs every 5km.

It is the responsibility for each runner to know the course and follow the course map for a general idea of where they are at all times. Refer to the Kosci27, Kosci50, Kosci100 and KosciMiler pages on the event website for maps, course descriptions, GPX files of the course.

MAPPING APPS

Ultra-Trail Kosciuszko by UTMB courses and details can be found on Capra. Click [here](#) to view the Ultra-Trail Kosciuszko by UTMB course collection.

COURSE DISTANCES

Courses have been measured using GPS data and mapping software and measurements are as close as possible to those advertised. Personal GPS devices are likely to show discrepancies up to approx. 3% from those shown.

COURSE SAFETY – GENERAL INFORMATION

This is a long event and contains a variety of different types of trails. You will be travelling through remote areas that are not easily accessible. The temperature in the Snowy Mountains can vary widely from below zero, snow and rain, to pleasant sunny days. The nights are always cold so expect a night maximum of 5 degrees Celsius and the high likelihood of temperatures below 0.

The mandatory gear requirements are for your safety and are the bare minimum that you will need. Please check forecasts and be prepared for all conditions. Consider carrying, or having accessible, extra warm gear if the weather requires.

If you are injured or lost, you may have to wait out in the open for up to several hours during the night. Medical teams will reach any injured participants as soon as possible but depending on the location this may take up to 2 hours. View the Medical page in this guide for more information.

The tracks and trails can be rough, uneven and slippery (especially in wet conditions). Please take care, it is your responsibility to proceed with caution. The walking tracks are not closed to other users. Be aware of tourists and other walkers on the trails.

COURSE CONGESTION – GENERAL INFORMATION

Walking tracks: There is limited opportunity to pass on some track and trails. It is very important that you let people pass especially if the next start group catches up to you.

In front of a long line of runners:

- If you hear someone yell out advising they'd like to pass, please move to the side where possible. (This isn't them being rude, rather the only way they can advise).
- Yell back from time to time to ask if anyone wishes to pass. This is a long and challenging race, which encourages camaraderie and respect between runners.

You will all battle the course and may struggle within yourselves however we ask that you don't battle fellow runners. We ask that each and every one of you are respectful of each other and allow others to pass when requested.

COURSE DETAILS

Distance: 168.2km

Elevation: +/- 4889m

Total Allowed Time: 36 hours

COURSE DESCRIPTION

From alpine meadows to snow gum forests, golden pastures to lakeside trails, crystal clear creeks and the ultimate mountain summit – the KosciMiler course was designed as the ultimate Ultra-Trail experience.

Starting out in Thredbo, the home of adventure sport in Australia, courses will ascend a mountainside earmarked for skiing in the winter and MTB riding in the summer, before making the journey across the alpine plateau towards the highest peak in Australia – Mt Kosciuszko. After taking in the views from the top, runners will make their way down the trails of Perisher Valley, stopping off at iconic alpine locations like Charlotte Pass, Guthega, and more along the way to meet with their support crews.

Here you'll see a change in scenery, as the alpine meadows turn into snow gum forests, and trails twist and turn between trees as they make their way down towards Lake Jindabyne. Following along the shores of Lake Jindabyne runners will be welcomed with a final chance before heading back to the mountains and make their way up the Thredbo Valley Trail to your final destination – the finish line at Friday Flat, Thredbo.

CAPRA MAP LINK

View KosciMiler on Capra [here](#).

COURSE SAFETY

Weather – The KosciMiler passes through an alpine environment which is highly changeable and extreme. Weather conditions can range from below 0 degrees Celsius to above 25, with rain, high winds, snow, hail and more a very real possibility within a short period of time. Your mandatory gear is what we believe to be the **minimum requirement** to keep you safe, but if you would normally take other items including warm or wet weather gear then you should still take it, particularly for overnight sections.

Road Safety – Sections of the KosciMiler pass along public roads, some of which will be open to traffic, including those traversed by support crew vehicles. A runner laneway will be set up for runners – these are installed for your safety and you must run within them. When running along Kosciuszko Road (84km – 95.6km) please stay to the **left** of the cone line installed in this section. Runners are also required to wear their Hi-Vis vest while on this section of course, regardless of the time of day.

Mandatory Walking Sections – There is a **MANDATORY WALKING SECTION** on the KosciMiler Course. This section is the uphill stretch from CP2 (Eagles Nest) through to Rawsons Pass. Runners are required to walk this section. Running is not allowed. The start and end of this section will be marked with signs. Event staff and course marshals will be monitoring this section of the course to ensure runners adhere to this requirement.

Metal Grated Walkways – In addition to the 5km section mentioned above, other sections of the course are on metal grated walkways. It is strongly advised that when on these sections you slow down and if need be, walk. While not unsafe to traverse, these sections are very grippy and it is very easy to catch your toe or tread on the bottom of your shoe. Please use caution when on these metal grated walkways. Falling in these sections can lead to serious injury.

Remote Access – Many sections of course are remote and difficult to access for our medical teams. If you are injured out on trail or come across an injured runner, please follow the instructions of the Emergency Instructions card. You may need to wait up to 2 hours for medical to reach you, in which case being prepared with warm clothes, food and drink and a basic first aid kit can make all the difference.

COURSE SPLITS

Distances below are specific to **KosciMiler** based on location listed. Some of these split points exist for Kosci100 runners. Instructions for both distances are included in the information below, for specific km location on the Kosci100 course, please refer to the Kosci100 information page in this Runner Guide.

Note that these split points will be well marked and Course marshals in place where necessary.

Location	Distance	KosciMiler	Kosci100
CP1 – Eagles Nest	5km	Follow course markings down mountain to begin the Deadhorse Gap Loop	Continue uphill towards the summit of Mt Kosciuszko
Guthega Road 4WD track turn off	56km	Continue straight on Guthega Road towards Guthega Power Station	Turn right onto 4WD track.
CP9 – Trout Hatchery	104.5km	Exit CP onto Gaden Rd towards Lake Jindabyne	Exit CP back across the bridge onto the Thredbo Valley Trail

CHECKING IN AND OUT OF CHECKPOINTS

On arrival, please follow the directions of course marshals and signage to ensure you pass through the entry and exit timing zones.

There are timing zones at the exit of all checkpoints. Ensure you do not miss these exit timing zones, especially if you have been out of the main checkpoint area prior to continuing.

CHECKPOINT SUMMARY

Please refer to the [event website](#) more race specific details.

Checkpoint	Location	Distance	Support Crew Access	Pacer Meeting Point	Drop Bags
Checkpoint 1	Eagles Nest	5km	Yes (via Kosciuszko Express Chairlift)	No	No
Checkpoint 2	Eagles Nest	17.6km	Yes (via Kosciuszko Express Chairlift)	No	No
Checkpoint 3	Charlotte Pass	38.3km	Yes	No	Yes
Checkpoint 4	Guthega	49.9km	Yes (limited parking, walk approx. 500m to CP)	No	No
Checkpoint 5	Guthega Power Station Outbound	58.6km	Yes	No	Yes
Checkpoint 6	Guthega Power Station Inbound	75.1km	Yes	No	Yes
Checkpoint 7	Sponars Chalet	87.5km	Yes	Yes	No
Checkpoint 8	Sawpit Creek	97.7km	Yes	Yes	Yes
Checkpoint 9	Trout Hatchery Outbound	102km	No	No	Yes
Checkpoint 10	Banjo Patterson Park	114.7km	Yes	Yes	Yes
Checkpoint 11	Trout Hatchery Inbound	127.2km	No	No	Yes
Checkpoint 12	Bullocks Flat	146.6km	Yes	Yes	Yes
Checkpoint 13	Ngarigo	154.9km	Yes	Yes	No

CHECKPOINT ESTIMATED RUNNER TIMES & CUT-OFFS

Below is a Checkpoint summary with estimated runner times & cut offs for the KosciMiler. Please refer to the [event website](#) for more race specific details. **Note:** first arrival timings are estimates only based on expected runner paces throughout the course and should be used as a guide only. CUT-OFF times must be adhered to at all times.

Checkpoint	Location	Distance	Approx. First Arrival	Cut-Off
Checkpoint 1	Eagles Nest	5km	6:00 AM	
Checkpoint 2	Eagles Nest	17.6km	6:59 AM	9:44 AM
Checkpoint 3	Charlotte Pass	38.3km	8:33 AM	2:00 PM
Checkpoint 4	Guthega	49.9km	9:28 AM	4:20 PM
Checkpoint 5	Guthega Power Station Outbound	58.6km	10:08 AM	6:18 PM
Checkpoint 6	Guthega Power Station Inbound	75.1km	11:39 AM	9:44 PM
Checkpoint 7	Sponars Chalet	87.5km	12:53 PM	12:23 AM (Sat)
Checkpoint 8	Sawpit Creek	97.7km	2:02 PM	02:40 AM (Sat)
Checkpoint 9	Trout Hatchery Outbound	102km	2:22 PM	3:26 AM (Sat)
Checkpoint 10	Banjo Patterson Park	114.7km	3:20 PM	05:43 AM (Sat)
Checkpoint 11	Trout Hatchery Inbound	127.2km	4:18 PM	8:00 AM (Sat)
Checkpoint 12	Bullocks Flat	146.6km	6:12 PM	12:14 PM (Sat)
Checkpoint 13	Ngarigo	154.9km	6:57 PM	2:18 PM (Sat)
Finish	Friday Flat	164.8km	7:49 PM	5:30 PM (Sat)

SUPPORT CREW

Support crew are a massive part of your KosciMiler journey. In order for them to do their job properly and assist you best whilst also respecting other runners and crews, please take note of the below rules and notes, and ensure your crew reads the runner guide pre-race also.

SUPPORT CREW LOCATIONS

Runners may only receive support crew assistance at the designated checkpoints.

Support crew are able to assist runners within 200m either side of the Checkpoint location. We ask that crew follow the instructions of volunteers and event crew to respect other runners and crews trying to assist in the same area.

Outside of these checkpoints, support crew cannot assist their runner in any form other than with verbal assistance (aka cheering). This includes but is not limited to nutrition and hydration support, passing of any items including food and gear, and any form of pacing (outside of those dedicated pacers).

Any cars driving into the National Park (which the start line and many of the CPs is inside) will need a NSW National Parks Pass (day or annual), which can be purchased at Park Information Centres or at the toll gates while entering the park.

Eagles Nest is only accessible by the Kosciuszko Express Chairlift. Passes can be purchased from Thredbo [here](#). Please check the Chairlift timetable to ensure your runner won't have already passed through by the time you get to Eagles Nest.

SUPPORT CREW EVENT RULES

- The runner is responsible for the actions of their support crew. Support crews must comply with all instructions from event staff, road marshals and officials. The runner may be penalised or disqualified for actions or breaches of the rules by their support crew.
- Support crews must obey all road rules and drive within the speed limits. Please ensure that support crew get sufficient rest and are not tired when driving.
- Support crews must not eat the runner food provided at checkpoints (runners only).
- Outside assistance is only permitted at the designated Checkpoints. Runners must not receive outside assistance at any other points on course. Assistance from event staff is fine.
- Support crews and spectators are not permitted to run with runners or as pace runners, other than those designated pacers as per the pacer rules.
- Support crews are not allowed to enter the event course to collect runners.
- The event organisers are not responsible for the safety or whereabouts of support crew

PACERS

Pacers are companion runners that can accompany a KosciMiler athlete from various points. They can provide moral support and assistance out on course, however are not able to assist their runners in any way physically or with items whilst outside of supported checkpoints. The Pacer's role is to accompany their athlete, to provide moral support, pacing advice, and companionship in the latter stages of the event.

PACER LOCATIONS

Pacers may only join runners at specific Pacer Pick Up Locations at designated Checkpoints along the course. Pacers are responsible for making their own way to the Pacer Pick Up Locations. Pacer Pick Up Locations for this year's KosciMiler race are:

- ▲ CP7 – Sponars Chalet
- ▲ CP8 – Sawpit Creek
- ▲ CP10 – Banjo Paterson Park
- ▲ CP12 – Bullocks Flat, Ski Tube Terminal
- ▲ CP13 – Ngarigo

PACER RULES

- ▲ Pacers **MUST** register themselves online as they will be required to sign a waiver.
- ▲ All Pacers must wear a compulsory race bib number. All pacer(s) must attend Runner Check-in to collect their bib.
- ▲ The minimum age for Pacers is 18 years old.
- ▲ Pacer race bibs will be yellow and match the number of your athlete. This is so we know you are part of the event.
- ▲ Pacers must carry their own set of mandatory clothing and equipment items to match that required by the KosciMiler runners. They must also have this checked pre-race.
- ▲ Pacers cannot meet their runner before or after the designated start locations or at intermediate points. Doing so results in disqualification.
- ▲ Competitors can use **three** Pacers – but only one at a time (they must change over at one of the designated checkpoints listed above).
- ▲ If you plan to make an exchange, you must hand over your pacer number to the next pacer.
- ▲ Pacers are responsible for their own transport.
- ▲ There are no Pacers for Kosci27, Kosci50 or Kosci100 runners.
- ▲ Pacers may not carry extra water, food or equipment that can be passed to their runner.
- ▲ With the exception of an emergency or medical situation, Pacers cannot provide any material or physical assistance to their athletes.

KOSCI MILER

ULTRA TRAIL KOSCIUSZKO

BY **UTMB**

KOSCI MILER

COURSE MAP



LEGEND

- Kosci Miler Course
- Start/Finish Line
- Checkpoint

[View Map Online](#)

*Course subject to change





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ENDURANCE

COURSE DETAILS

Distance: 106.4km

Elevation: +/- 3132m

Total allowable time: 28 hours

COURSE DESCRIPTION

We've left no stone unturned when designing the Kosci100 course – made with both the 100km first timer and ultra-endurance junkie in mind.

Following much of the same route as the KosciMiler, the course kicks off in the alpine village of Thredbo, before taking in highlights like the mountainside Thredbo trails, alpine plateau, Kosciuszko summit and ski village checkpoints.

From there runners will head below the tree line into snow gum forests, with trails twisting and turning beneath the trees, funnelling down to Sawpit Creek before shooting up the Thredbo Valley Trail to the finish line at Friday Flat, Thredbo.

CAPRA MAP LINK

You can view the Kosci100 Capra map [here](#).

COURSE SAFETY

Weather – The Kosci100 passes through an alpine environment which is highly changeable and extreme. Weather conditions can range from below 0 degrees Celsius to above 25, with rain, high winds, snow, hail and more a very real possibility within a short period of time. Your mandatory gear is what we believe to be the **minimum requirement** to keep you safe, but if you would normally take other items including warm or wet weather gear then you should still take it, particularly for overnight sections.

Road Safety – Sections of the Kosci100 pass along public roads, some of which will be open to traffic, including that traversed by support crew vehicles. A runner laneway will be set up for runners – these are installed for your safety and you must run within them. When running along Kosciuszko Road (50.5km – 62km) please stay to the **left** of the cone line installed in this section. Runners are also required to wear their Hi-Vis vest while on this section of the course, regardless of the time of day.

Mandatory Walking Sections – Some sections of course, including a 5km section from Eagles Nest to Rawsons Pass, are on a metal grated walkway. The start and end of the mandatory walking section will be marked by signs. Anytime you are on this metal walkway you must slow to a walk. These sections are unsafe to run on due to their grated nature and falling on them can lead to severe injury.

Remote Access – Many sections of course are remote and difficult to access for our medical teams. If you are injured out on a trail or come across an injured runner, please follow the instructions of the Emergency Instructions card. You may need to wait up to 2 hours for medical to reach you, in which case being prepared with warm clothes, food and drink and a basic first aid kit can make all the difference.

COURSE SPLITS

Distances below are specific to **Kosci100** based on location listed. Some of these split points exist for KosciMiler runners. Instructions for both distances are included in the information below, for specific km location on the KosciMiler course, please refer to the KosciMiler information page in this Runner Guide.

Note that these split points will be well marked and Course marshals in place where necessary.

Location	Distance	Kosci100	KosciMiler
CP1 – Eagles Nest	5km	Continue Uphill towards the summit of Mt. Kosciuszko	Follow course markings down mountain to begin the Deadhorse Gap Loop
Guthega Road 4WD track turn off	43.6km	Turn right onto 4WD track	Continue straight on Guthega Rd towards Guthega Power Station
Waterfall Track Junction	62.7km	Turn Right	Turn Left
CP6 – Trout Hatchery	68.3km	Exit CP back across the bridge onto the Thredbo Valley Trail	Exit CP onto Gaden Rd towards Lake Jindabyne

CHECKING IN AND OUT OF CHECKPOINTS

On arrival, please follow the directions of course marshals and signage to ensure you pass through the entry and exit timing zones.

There are timing zones at the exit of all checkpoints. Ensure you do not miss these exit timing zones, especially if you have been out of the main checkpoint area prior to continuing.

CHECKPOINT SUMMARY, ESTIMATED RUNNER TIMES & CUT-OFFS

Below is a Checkpoint summary and estimated runner times & cut offs for Kosci100 runners. Please refer to the [event website](#) more race specific details. **Note:** first arrival timings are estimates only based on expected runner paces throughout the course and should be used as a guide only. CUT-OFF times must be adhered to at all times.

Checkpoint	Location	Distance	Support Crew Access	Drop Bags
Checkpoint 1	Eagles Nest	5km	Yes (via Kosciuszko Express Chairlift)	No
Checkpoint 2	Charlotte Pass	25.7km	Yes	Yes
Checkpoint 3	Guthega	37.3km	Yes	No
Checkpoint 4	Sponars Chalet	54.2km	Yes	No
Checkpoint 5	Sawpit Creek	64.4km	Yes	Yes
Checkpoint 6	Trout Hatchery	68.7km	No	No
Checkpoint 7	Bullocks Flat	88.1km	Yes	Yes
Checkpoint 8	Ngarigo	96.4km	Yes	No

Checkpoint	Location	Distance	Approx. First Arrival	Cutoff
Checkpoint 1	Eagles Nest	5km	6:31 AM	
Checkpoint 2	Charlotte Pass	25.7km	8:06 AM	12:47 PM
Checkpoint 3	Guthega	37.3km	9:00 AM	3:48 PM
Checkpoint 4	Sponars Chalet	54.2km	10:24 AM	8:13 PM
Checkpoint 5	Sawpit Creek	64.4km	11:13 AM	10:54 PM
Checkpoint 6	Trout Hatchery	68.7km	11:34 AM	12:00 AM (Sat)
Checkpoint 7	Bullocks Flat	88.1km	1:26 PM	5:13 AM (Sat)
Checkpoint 8	Ngarigo	96.4km	2:13 PM	7:24 AM (Sat)
Finish	Friday Flat	106.4km	3:11 PM	10:00 AM (Sat)

SUPPORT CREW

Support crew are a massive part of your Kosci100 journey. In order for them to do their job properly and assist you best whilst also respecting other runners and crews, please take note of the below rules and notes, and ensure your crew reads the runner guide pre-race also.

SUPPORT CREW LOCATIONS

Runners may only receive support crew assistance at the designated checkpoints.

Support crew are able to assist runners within 200m either side of the Checkpoint location. We ask that crew follow the instructions of volunteers and event crew to respect other runners and crews trying to assist in the same area.

Outside of these checkpoints, support crew cannot assist their runner in any form other than with verbal assistance (aka cheering). This includes, but is not limited to, nutrition and hydration support, passing of any items including food and gear, and any form of pacing.

Any cars driving into the National Park (which the start line and many of the CPs is inside) will need a NSW Parks Pass (day or annual), which can be purchased at Park Information Centres or at the toll gates while entering the park.

Eagles Nest is only accessible by the Kosciuszko Express Chairlift. Passes can be purchased from Thredbo [here](#).

Please check the Chairlift timetable to ensure your runner won't have already passed through by the time you get to Eagles Nest.

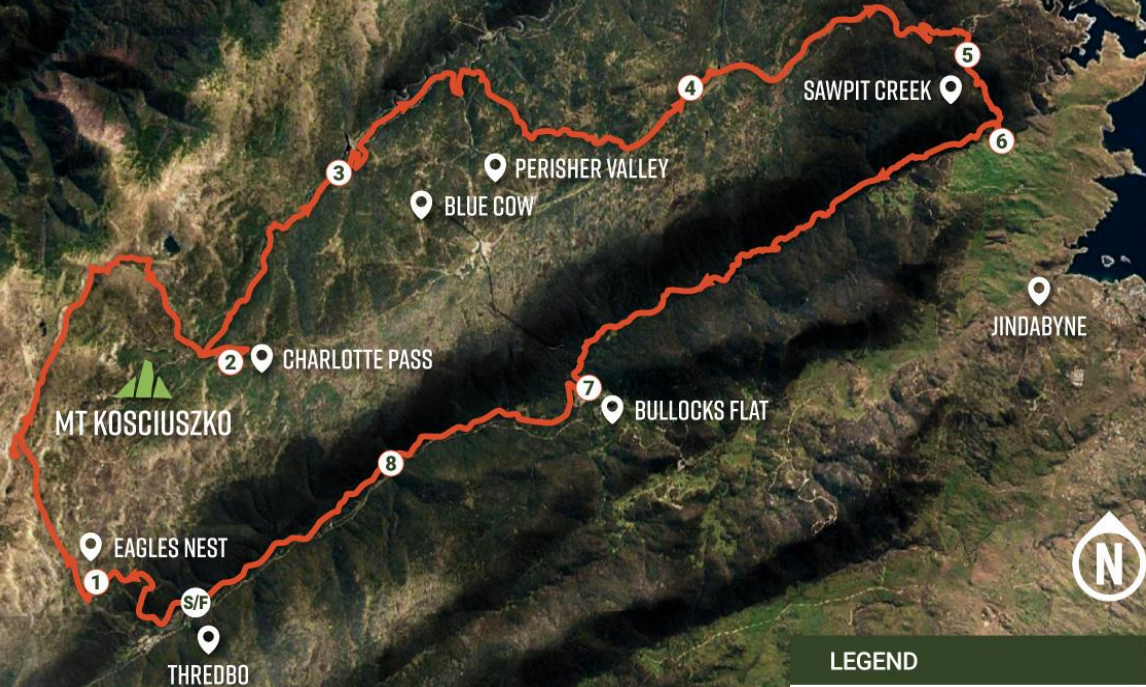
SUPPORT CREW EVENT RULES

- ▲ The runner is responsible for the actions of their support crew. Support crews must comply with all instructions from event staff, road marshals and officials. The runner may be penalised or disqualified for actions or breaches of the rules by their support crew.
- ▲ Support crews must obey all road rules and drive within the speed limits. Please ensure that support crew get sufficient rest and are not tired when driving.
- ▲ Support crews must not eat the runner food provided at checkpoints (runners only).
- ▲ Outside assistance is only permitted at the designated Checkpoints. Runners must not receive outside assistance at any other points on course. Assistance from event staff is fine.
- ▲ Support crews and spectators are not permitted to run with runners or pace runners.
- ▲ Support crews are not allowed to enter the event course to collect runners.
- ▲ The event organisers are not responsible for the safety or whereabouts of support crew

ULTRA TRAIL KOSCIUSZKO

BY **UTMB**

COURSE MAP

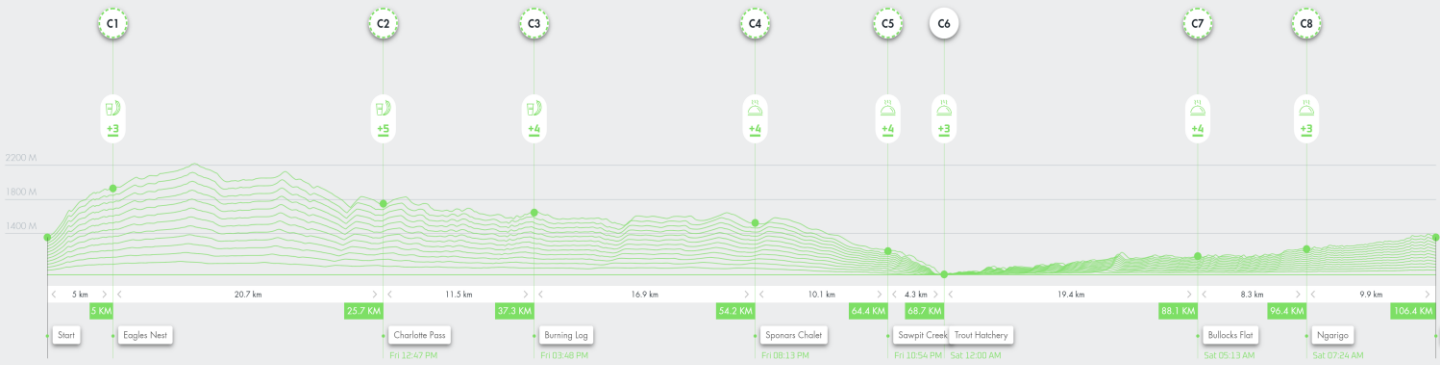


LEGEND

- Kosci 100 Course
- Start/Finish Line
- Checkpoint

[View Map Online](#)

*Course subject to change



COURSE DETAILS

Distance: 50.4km

Elevation: +/- 1796m

Total allowable time: 13:30

COURSE DESCRIPTION

Picture 50km of trail running heaven, and you'll have a pretty good idea of what's in store for the Kosci50. Kicking things off at the Bullocks Flat Ski Tube Terminal, it won't take long before you hit the good stuff - single-track.

The sound of trickling water will accompany you along the next parts of the route as you follow the Thredbo River along the Thredbo Valley Trail, making your way deeper into the mountains towards the Thredbo Ski Village. You'll wind your way beneath chairlifts and amongst ski routes, ascending the mountain before flying down flowy MTB single track – the stuff dreams are made of...

CAPRA MAP LINK

You can view the Kosci50 course on Capra [here](#).

COURSE SAFETY

Weather – The Kosci50 passes through an alpine environment which is highly changeable and extreme. Weather conditions can range from below 0 degrees Celsius to above 25, with rain, high winds, snow, hail and more a very real possibility within a short period of time. Your mandatory gear is what we believe to be the **minimum requirement** to keep you safe, but if you would normally take other items, including warm or wet weather gear, then you should still take it, particularly for overnight sections.

Remote Access – Many sections of course are remote and difficult to access for our medical teams. If you are injured out on a trail or come across an injured runner, please follow the instructions of the Emergency Instructions card. You may need to wait up to 2 hours for medical to reach you, in which case being prepared with warm clothes, food and drink and a basic first aid kit can make all the difference.

COURSE SPLITS

Distances below are specific to **Kosci50** based on location listed. Some of these split points exist for Kosci27 runners. Instructions for both distances are included in the information below, for specific km location on the Kosci27 course, please refer to the Kosci27 information page in this Runner Guide.

Note that these split points will be well marked and Course marshals in place where necessary.

Location	Distance	Kosci50	Kosci27
Bullocks Drive	1km	Turn Right on Bullocks Drive	Turn Left onto Lake Crackenback trails
Lake Crackenback Trails (Near Bullocks Hut)	4km	Turn right to complete out and back along River Track	Turn Left onto footpath and follow to Bullocks Track
Thredbo Diggins	9km	Turn left onto Thredbo Valley Trail heading back towards Bullocks Flat	Stay right following course markings on Thredbo Valley Track towards Ngarigo Campground
Thredbo Diggins	14.6km	Follow course marking on Thredbo Valley Trail towards Ngarigo Campground	-
Merrits Nature Track / Meadows Nature Track Junction	36.2	Turn right and follow course marking along Meadows Nature Track	Continue following course markings to stay on Merrits Nature track towards finish
Merrits Nature Track / Meadows Nature Track Junction	48.6km	Continue following course markings to stay on Merrits Nature track towards finish	-

CHECKING IN AND OUT OF CHECKPOINTS

On arrival, please follow the directions of course marshals and signage to ensure you pass through the entry and exit timing zones.

There are timing zones at the exit of all checkpoints. Ensure you do not miss these exit timing zones, especially if you have been out of the main checkpoint area prior to continuing.

CHECKPOINT SUMMARY, ESTIMATED RUNNER TIMES & CUT-OFFS

Below is a Checkpoint summary and estimated runner times & cut offs for Kosci50 runners. Please refer to the [event website](#) more race specific details. **Note:** first arrival timings are estimates only based on expected runner paces throughout the course and should be used as a guide only. CUT-OFF times must be adhered to at all times.

Checkpoint	Location	Distance	Spectator Access	Drop Bags
Checkpoint 1	Ngarigo	19.6km	Yes	Yes
Checkpoint 2	Eagles Nest – Pass 1	34km	Yes	No
Checkpoint 3	Eagles Nest – Pass 2	46.5km	Yes	No

Checkpoint	Location	Distance	Approx. First Arrival	Cutoff
Checkpoint 1	Ngarigo	19.6km	7:38 AM	11:27 AM
Checkpoint 2	Eagles Nest – Pass 1	34km	8:50 AM	3:23 PM
Checkpoint 3	Eagles Nest – Pass 2	46.5km	10:03 AM	7:09 PM
Finish	Friday Flat	50.4km	10:22 AM	8:00 PM

TARGET TIMES

In addition to the above timings and cut-offs for Kosci50 there are a number of **Target Times** that we recommend you review in preparation for your race. These locations and timings should be used as a guide to allow you to complete your race in the total allowed time of 13hrs 30min. Target Times are predicted based on the slowest pace required in order to meet the total race cut-off time. If you do not make it to these locations by the times listed below you will be advised by course staff that you may need to increase your pace over the next leg in order to maintain the pace required to completed the race:

- ▲ Thredbo River Turn Around (5.3km) – Target Time 07:43 AM
- ▲ Friday Flat (28.6km) – Target Time 01:49 PM

SPECTATORS

Kosci50 Runners can have spectator support on course in all publicly accessible areas providing verbal and moral support.

SPECTATOR LOCATIONS

Spectators cannot assist their runner in any form other than with verbal assistance (aka cheering). This includes, but is not limited to, nutrition and hydration support, passing of any items including food and gear, and any form of pacing.

Any cars driving into the National Park (which the start line and many of the CPs is inside) will need an NSW Parks Pass (day or annual), which can be purchased at Park Information Centres or at the toll gates while entering the park.

Eagles Nest is only accessible by the Kosciuszko Express Chairlift. Passes can be purchased from Thredbo [here](#). Please check the Chairlift timetable to ensure your runner won't have already passed through by the time you get to Eagles Nest. Note that the chairlift closes at 4pm.

SPECTATOR EVENT RULES

- ▲▲ Spectators must comply with all instructions from event staff, road marshals and officials.
- ▲▲ Spectators must obey all road rules and drive within the speed limits. Please ensure that spectators get sufficient rest and are not tired when driving.
- ▲▲ Spectators must not eat the runner food provided at checkpoints (runners only).
- ▲▲ Runners must not receive outside assistance at any points on course. Assistance from event staff is fine.
- ▲▲ Spectators are not permitted to run with runners or pace runners.
- ▲▲ Spectators are not allowed to enter the event course to collect runners.
- ▲▲ The event organisers are not responsible for the safety or whereabouts of spectators

KOSCI 50

ULTRA TRAIL KOSCIUSZKO

BY **UTMB**

KOSCI 50 COURSE MAP

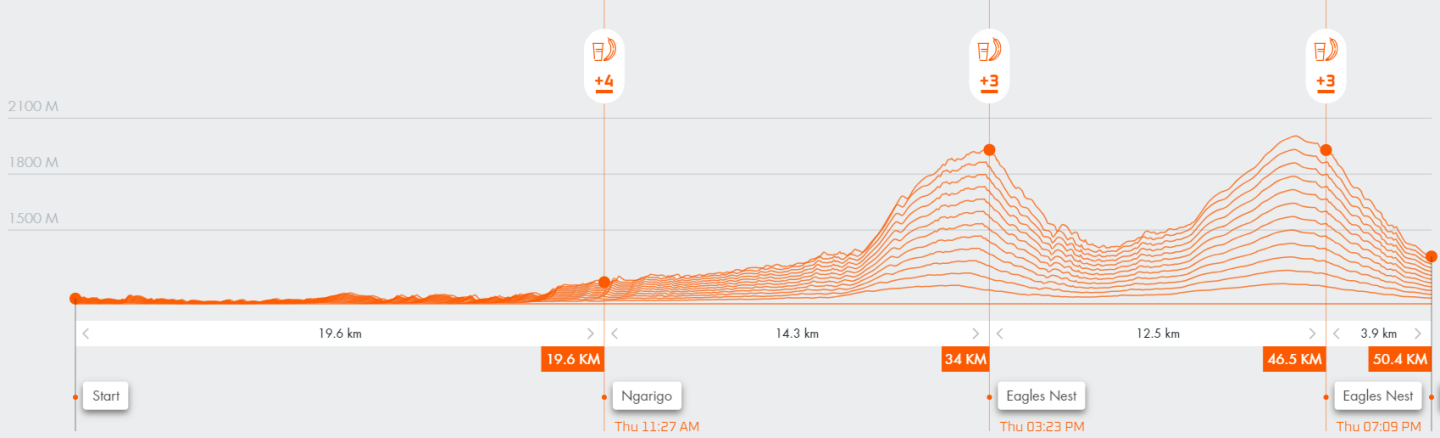


LEGEND

- Kosci 50 Course
- Start Line
- Finish Line
- Checkpoint

*Course subject to change

[View Map Online](#)



COURSE DETAILS

Distance: 27.3km

Elevation: +/- 972m

Total allowable time: 7hr 30min

COURSE DESCRIPTION

This is where the party starts. For those just getting into trail running, who've ticked off a road half and are looking for something to get excited about – the Kosci27 is made for you.

We've hand-picked the best trails, the best elements of the alpine ultra experience and whittled it down into 27 of the best kilometres ever.

Starting in Bullocks Flat outside the Ski Tube Terminal, you'll head towards the picturesque Crackenback Village before hitting the trails. From here you'll trace the trickling Thredbo River deeper into the mountains, passing through Thredbo Village before ascending towards the Eagles Nest, the highest point on course. Runners will pick up flow trails on their way back down as chairlifts swing above them and they scoot between ski runs all the way to their finish line in Thredbo.

CAPRA MAP LINK

You can view the Kosci27 course on Capra [here](#).

COURSE SAFETY

Weather – The Kosci27 passes through an alpine environment which is highly changeable and extreme. Weather conditions can range from below 0 degrees Celsius to above 25, with rain, high winds, snow, hail and more a very real possibility within a short period of time. Your mandatory gear is what we believe to be the **minimum requirement** to keep you safe, but if you would normally take other items, including warm or wet weather gear, then you should still take it, particularly for early morning sections.

Remote Access – Many sections of course are remote and difficult to access for our medical teams. If you are injured out on a trail or come across an injured runner, please follow the instructions of the Emergency Instructions card. You may need to wait up to 2 hours for medical to reach you, in which case being prepared with warm clothes, food and drink and a basic first aid kit can make all the difference.

COURSE SPLITS

Distances below are specific to **Kosci27** based on location listed. Some of these split points exist for Kosci50 runners. Instructions for both distances are included in the information below, for specific km location on the Kosci50 course, please refer to the Kosci50 Course Info page in this Runner Guide.

Note that these split points will be well marked and Course marshals in place where necessary.

Location	Distance	Kosci27	Kosci50
Bullocks Drive	1km	Turn Left onto Lake Crackenback trails	Turn Right on Bullocks Drive
Lake Crackenback Trails (Near Bullocks Hut)	1.5km	Turn Left onto footpath and follow to Bullocks Track	Turn right to complete out and back along River Track
Thredbo Diggins	4.1km	Stay right following course markings on Thredbo Valley Track towards Ngarigo Campground	Turn left onto Thredbo Valley Trail heading back towards Bullocks Flat
Merrits Nature Track / Meadows Nature Track Junction	25.7km	Continue following course markings to stay on Merrits Nature track towards finish	Turn right and follow course marking along Meadows Nature Track

CHECKING IN AND OUT OF CHECKPOINTS

On arrival, please follow the directions of course marshals and signage to ensure you pass through the entry and exit timing zones.

There are timing zones at the exit of all checkpoints. Ensure you do not miss these exit timing zones, especially if you have been out of the main checkpoint area prior to continuing.

CHECKPOINT SUMMARY, ESTIMATED RUNNER TIMES & CUT-OFFS

Below is a Checkpoint summary and estimated runner times & cut offs for Kosci27 runners. Please refer to the [event website](#) more race specific details. **Note:** first arrival timings are estimates only based on expected runner paces throughout the course and should be used as a guide only. CUT-OFF times must be adhered to at all times.

Checkpoint	Location	Distance	Spectator Access	Drop Bags
Checkpoint 1	Ngarigo	9.1km	Yes	No
Checkpoint 2	Eagles Nest	23.4km	Yes	No

Checkpoint	Location	Distance	Approx. First Arrival	Cutoff
Checkpoint 1	Ngarigo	9.1km	6:33 AM	
Checkpoint 2	Eagles Nest	23.4km	7:50 AM	12:27 PM
Finish	Friday Flat	27.3km	8:11 AM	1:30 PM

TARGET TIMES

In addition to the above timings and cut-offs for Kosci27 there are a number of **Target Times** that we recommend you review in preparation for your race. These locations and timings should be used as a guide to allow you to complete your race in the total allowed time of 7hrs 30min. Target Times are predicted based on the slowest pace required in order to meet the total race cut-off time. If you do not make it to these locations by the times listed below you will be advised by course staff that you may need to increase your pace over the next leg in order to maintain the pace required to completed the race:

- ▲ Thredbo Diggins (4.1km) – Target Time 06:57 AM
- ▲ CP1 Ngarigo Campground (9.1km) – Target Time 08:15 AM
- ▲ Friday Flat (18.1km) – Target Time 10:40 AM

SPECTATORS & SUPPORT CREWS

Runners can have spectator support on course in all publicly accessible areas providing verbal and moral support.

Kosci27 runners cannot have support crews providing physical, nutritional, hydration or gear assistance on course at any point.

KOSCI 27

ULTRA TRAIL KOSCIUSZKO

BY **UTMB**

KOSCI 27

COURSE MAP

PERISHER VALLEY

BULLOCKS FLAT

MT KOSCIUSZKO

EAGLES NEST

THREDBO



LEGEND

Kosci 27 Course

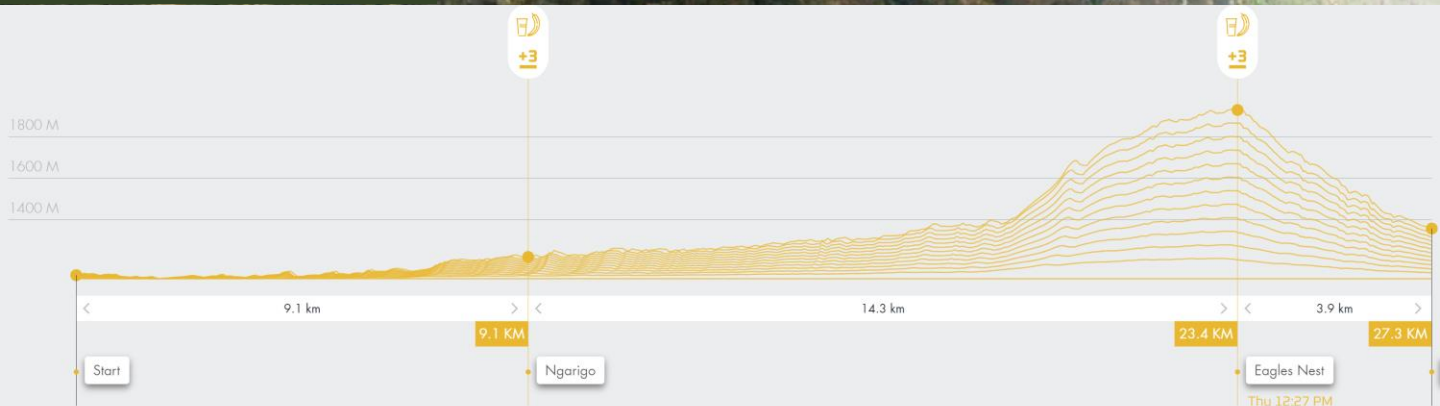
Start Line

Finish Line

Checkpoint

[View Map Online](#)

*Course subject to change



AWARDS

ALL AWARDS WILL BE HANDED OUT AT PRESENTATIONS.
PLEASE CHECK THE EVENT SCHEDULE FOR PRESENTATION TIMINGS

KOSCI MILER

- ▲ \$1000 (AUD) for first place Male and Female
- ▲ Top 3 Male and Female runners will receive Direct Entry into UTMB World Series Finals - UTMB
- ▲ Trophies awarded to top 10 male and female runners
- ▲ Prizes will be awarded to the winner in each division

KOSCI 100

- ▲ \$750 (AUD) for first place Male and Female
- ▲ Top 3 Male and Female runners will receive Direct Entry into UTMB World Series Finals - CCC
- ▲ Trophies awarded to top 10 male and female runners
- ▲ Prizes will be awarded to the winner in each division

KOSCI 50

- ▲ Top 3 Male and Female runners will receive Direct Entry into UTMB World Series Finals - OCC
- ▲ Trophies awarded to top 5 male and female runners
- ▲ Prizes will be awarded to the winner in each division

KOSCI 27

- ▲ Trophies awarded to top 3 male and female runners
- ▲ Prizes will be awarded to the winner in each division



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SPECTATORS

ON COURSE VIEWING

Spectators can see runners at many points along the Ultra-Trail Kosciuszko by UTMB courses. We ask that you please respect private landowners and do not cross any private property. If spectating on course, please respect runners and support crews and do your best to spectate in a supportive, safe manner. Please refer to [the event website](#) for more race specific details.

Any on course spectating outside of supported checkpoints can only be moral support – no material or physical supporting is allowed.

SPECTATING AT EAGLES NEST

Spectators can view runners up at Eagles Nest by catching the Thredbo Ski Chairlift up from Thredbo. You can purchase tickets for the chairlift direct from Thredbo online [here](#). Please check the Chairlift timetable to ensure your runner won't have already passed through by the time you get to Eagles Nest.

SPECTATING IN THE NATIONAL PARK

Spectators can view runners up at various points on course. Many points are located within the NSW National Park, and will require a Parks Pass to be able to drive into and access. Any cars driving into the National Park (which the start line and many of the CPs is inside) will need a NSW National Parks Pass (day or annual), which can be purchased at Park Information Centres or at the toll gates while entering the park.

FINISH CHUTE

Friends and family are welcome to join you in the finish chute as you wish. They can join you from the top of the chute at the entrance to Friday Flat.

We recommend coming along and soaking up the atmosphere at the finish line, watching runners achieve amazing things and conquering their Ultra-Trail Kosciuszko by UTMB journey.

VOLUNTEERS

Ultra-Trail Kosciuszko by UTMB in 2023 appreciates the support of volunteers in order to deliver the event.

Our dedicated Event Volunteers will assist, support and motivate you from the start to the finish of your journey.

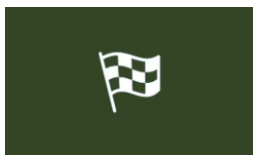
We encourage you to say THANK YOU to the volunteers whenever possible! Without the Volunteers, we simply would not be able to hold this event.

If you wish to sign up and help out as a volunteer, you can sign up [here](#). All volunteers will receive a T-shirt, a tote bag, and priority entry to the 2024 edition of Ultra-Trail Kosciuszko by UTMB too, so an extra incentive to sign up!

LOST PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. View the [Event Schedule](#) for times and location.

HOW TO FOLLOW THE RACE



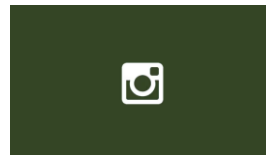
[Live.UTMB.World](#)

Track runners throughout the race on the interactive and predictive live results platform



Ultra-Trail Kosciuszko by UTMB App

for live runner tracking, push-notifications and race info.
[Download for apple](#)
[Download for Android](#)



SOCIAL MEDIA

Keep an eye on [Facebook](#) and [Instagram](#) for race coverage, highlights, updates, content and key moments.

ELEMNT RIVAL



SIMPLY POWERFUL

With powerful and intelligent running features, ELEMNT RIVAL tracks time and workout data with minimal interaction between you and your watch, letting you concentrate on the task at hand – your training and race-day performance.

wahoo

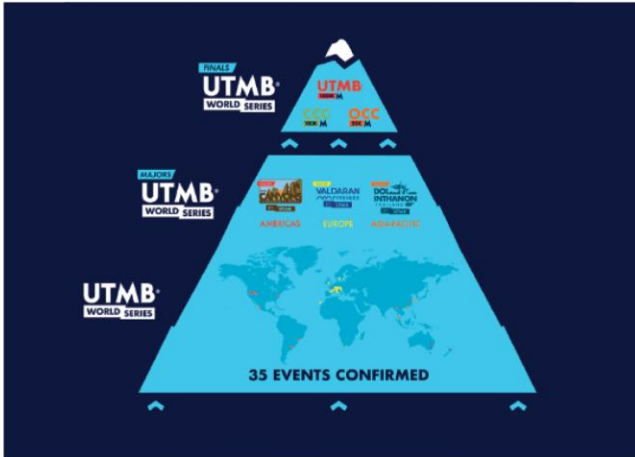
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JIM WALMSLEY
2 X WESTERN STATES WINNER

UTMB WORLD SERIES

UTMB®
WORLD SERIES

THE WORLD'S ULTIMATE TRAIL-RUNNING CIRCUIT



Uniting the sport's biggest stars and amateur runners through the best, leading international events in the most stunning locations, the UTMB World Series gives all trail runners the chance to experience the UTMB adventure across the world, and gain access to the UTMB World Series Finals at the pinnacle UTMB Mont-Blanc.

FINALS

Celebrating its 20th Anniversary this year, the mythic UTMB Mont-Blanc is the world's most well-known and revered trail running event on the globe. In the heart of the Alps, the prestigious UTMB World Series Finals is held in 3 categories: the OCC (50K), CCC(100K) and UTMB (100M) every year at the end of August in Chamonix, France.



MAJORS

Three UTMB World Series Majors, are held each year across the Americas, Europe and the Asia-Pacific region. Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total 225 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.



UTMB WORLD SERIES

EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains with sustainability at its heart, UTMB World Series Events gives all trail runners the chance to experience the UTMB adventure at 35 events around the world. Begin your quest to UTMB Mont-Blanc and the UTMB World Series Finals.



RUNNING STONES

You can only collect Running Stones by finishing races in the 20K, 50K, 100K or 100M category at a UTMB World Series Event or UTMB World Series Major.

Only 1 Running Stone acquired in the past two years is mandatory to enter the lottery. Running Stones are cumulative, have no expiration date, and each Running Stone gives you an additional chance to be drawn in the UTMB World Series Finals lottery.



UTMB® INDEX

The UTMB Index is calculated for each of the 4 UTMB World Series race categories: 20K, 50K, 100k and 100M.



Trail runners are also given a General UTMB Index calculated by combining results from all race categories. A valid UTMB Index is mandatory to enter the UTMB World Series Finals lottery, along with a minimum of 1 Running Stone.

DO YOU HAVE YOUR MY UTMB ACCOUNT ?

THIS IS WHERE YOU CAN SEE IT ALL.



CHECK IT OUT AT
[UTMB.WORLD](https://www.utmb.world)

- See your Running Stones count
- Check your UTMB Index
- View your race results
- Get detailed performance statistics
- See your upcoming race registrations
- Share your results with your friends

EVENT PARTNERS

