

10. TOP TIPS

The following tips will assist you on the day of the event. However, if you haven't done the training and other preparation during the lead up to the event, these tips alone will not ensure success on Coastrek. Make sure you have practiced EVERY aspect of the event in the months prior if you really want to enjoy the Adventure of this magnificent Coastrek.

- In the week leading up to the event, get plenty of rest and make sure you eat really well and drink lots so you begin the event well hydrated and nourished. Also ensure that you've met with your support crew and that you've given them an event plan regarding expected time at the 25k, 50k, 75, and finish mark plus all your contact numbers.
- Your support crew can meet you as many times as you like along the route, however the more times you stop the longer it will take you to complete the event – be time smart!
- Arrive an hour earlier than your Event Start time for registration – ie by 5am for the 100km Event. This will give you plenty of time to gather your team, get organized, check out the checkpoint maps and feel calm.
- DO NOT TRY ANYTHING that you haven't practiced in training! And this means ANYTHING. If you didn't do it, eat it, or wear it in training, DON'T do it now! We cant stress this enough. We hear countless stories of people eating something different, wearing new shoes, or taking a drug that they haven't practiced in training and it always ends in tears!
- Coastrek can be a hot event so please keep a really close eye on your team mates and ensure that you're familiar with the first aid on dehydration. Drink and eat regularly throughout the event. Small amounts are often the best.
- Set the pace by your slowest team member, and DON'T ever let them get at the back. The slowest person will get slower and slower at the back. We recommend putting the fastest or strongest person at the back to ensure that you keep together. Putting the slowest person at the front will usually empower them and motivate them to keep up the pace.
- Break the event down into bite size chunks in your mind. Forget about the 50 or the 100ks ahead. Just focus on getting to the next checkpoint, and having fun with your friends.
- Make sure you punch in at each checkpoint along the track. You will not be eligible for an official result if you don't have a record of this.
- Ensure you're in touch with your support crew so that they can arrive at the 50k mark or other required locations easily. Allow time for them to prepare for your needs. And be nice to them when they arrive, no matter how tired you're feeling! They're your Fairy Godmothers and will really assist you though the night.
- Make sure your Support Crew is prepared with all your requirements for night. Torches, batteries and spare clothes are really important.
- Keep talking to each other, particularly at night when you're starting to get tired. Play little games like the A-Z Game where you have to come up with words or anecdotes from A to Z. eg A – Z of past romances, or A – Z of cars or movies etc.
- Keep eating and drinking small amounts, even during the night. Don't have big heavy meals which will weigh you down. Ensure you get salt as well as sugar.
- Take a few moments at each checkpoint to rest and stretch. However keep in mind that long stops at each location will draw out the time you take, which can make the trek even more exhausting. Encourage team members to be thoughtful of each other and try to coordinate toilet stops and food stops together so you're efficient and team oriented.
- Never put a desire to finish in a particular time ahead of personal safety. St Johns Ambulance will be located at the 25k, 50k, 75k and 100k mark, but you must look after yourself and each other in between times. If a team member goes quiet, you MUST give this immediate attention and take action as required. Keep together and keep talking, especially at night.
- The early hours of the morning, between 2 and 5am are the most difficult for most trekkers. You might need a caffeine hit, or guarana tablet to assist you through, but the most important thing is a positive mental attitude and support of each other.
- Be encouraging, nurturing and supportive of each other and remember that Coastrek is as much about mental tuffness as it is about physical fitness. And remember, you're trekking so that millions of people around the world can enjoy the gift of sight!