

SUPPORT STARS



**8. SUPPORT STARS
COASTREK PLAN & TRAIN E-BOOK
BY WILD WOMEN ON TOP**

Support crews are just as important as trekkers for a successful Coastrek event!



SUPPORT STARS

The best support crews are made up of friends, family and work mates who are on your side and understand what is involved in undertaking something as challenging as Coastrek. Involve them from the start and plan together how they can best support you, what your expectations are of them and make sure to include them in your achievements, milestones and celebrations!

Coastrekkers doing the Super 60km challenge are seriously encouraged to have a friendly loving Support Crew on call for the entire event, and you should call on this crew to assist you if there is a safety issue. It is optional for 30km Trekkers, but highly recommended.



TIPS FOR A HAPPY SUPPORT CREW

Get them involved

Invite your support crew to walk a section with you in training to get a feel for what you will be doing on the day. *Note:* they are not covered by our insurance to walk with you during any part of the event and are not under our duty of care.

Communicate

Agree with them up front about how as a team you will manage their costs for food, drink and petrol during Coastrek. We recommend every 60 km team has a Support Crew on call for the entire event to assist at any time.

Don't rely on one person

Have least two people in each crew so one can drive and one can navigate and communicate with team members.

Get sorted

Be organised before the event - put things in a box with labels so that your support team can find that missing pair of socks or emergency chocolate!

Be nice to them!

We know can be hard after 40km but they are there for YOU so make sure you're kind or you'll have to recruit a new support team next year!



PACKING FOR YOUR SUPPORT CREW

Don't rely on your support crew to pack for you. Get a big sports bag or tub and put everything you think you might need into it. Then pack an esky with all possible food options you might like. When your support crew rocks up, all they need to do is get out everybody's personal bags, a few folding chairs and rugs or yoga mats so you can re-stock, re-fuel, sort feet and get water, then be on your way again. The following list is a guide only. The more thought you put into your personal requirements, the more fun you'll have.

What to pack for your support crew

- Spare shoelaces
- Jumper or blanket (to keep warm while you hang at a LUV stop)
- Towel
- Wet Wipes
- Water Containers (3x2 litres per person for support team to fill CamelBaks from)
- First Aid kit top up: blister

treatment, sterilized needle for draining blisters, scissors, Vaseline or Paw Paw ointment, headache tablets, sunburn treatment, conforming bandage, anti-inflammatories, Stingose, etc.

- Change of clothes
- Multiple changes of socks
- Fruit and snacks, ice drinks, icy poles
- Torch and spare batteries
- Glo sticks
- Spare shoes, runners, boots and socks
- Poles
- Toothbrush and toothpaste
- Rubbish bag
- Hot food/meals or cold things. Your support crew can give you a meal at the halfway point. You might have them bring take away, or a gas cooker to warm food, or ice for drinks and cooling you.



SUPPORT CREW KEY INFO

Make sure your team and support crew reads this information before the event!

Don't leave the trail

Your Coastrek team must remain within 200 metres of the designated route to receive Support Crew assistance. However, you can meet your crew as often as you need during the event with the best locations being near Surf Life Saving Clubs, parks and other public spaces, away from residential streets.

Don't stop too much

Bear in mind the more you stop the longer Coastrek will take you. The longer it takes, the harder it is.

Work out what time they'll meet you

Use the timing calculator during your training walks to plan when you would like your support crew to meet up and the estimated time you'll reach certain locations.

Don't get in the car!

Support Crews may NOT transport Coasttrekkers in vehicles at any time during the event, except in a medical

emergency (or if the team member has withdrawn). Failure to abide by this rule will result in immediate disqualification of the entire team.

Withdrawals

If a team member is withdrawing due to exhaustion or minor injury, you must contact Coastrek HQ (the number will be on your race bibs). Please take the withdrawing team member to the nearest LUV stop for first aid, or the hospital if more serious.

In the case of a serious injury e.g. broken bones, snake bite, severe bleeding, hypothermia or any LIFE

THREATENING injury or illness, call 000. If a team member cannot be moved, one person must stay with them while the other goes for help.

Some light reading...

Make sure you read our Terms and Conditions and general information in the Coastrek Plan and Train E-book chapters that relate to support crews. Support crews are also advised to read: Safety First, Hot Stuff, Ice Ice Baby, Blister Sister and Nourishing your Body.





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