

Surf Coast
TRAIL MARATHON
IS NOW
CUP-FREE
PLEASE
BYO



2019 Event Program

Where the Wild Things Run
SURF COAST TRAIL MARATHON | TORQUAY TO FAIRHAVEN, VIC

EVENT PROGRAM

A TRAIL EXPERIENCE PRODUCED BY



FRIDAY 28 JUNE 2019

1pm-8pm Event Registration, The Happy Runner
1/15 Bell Street, Torquay



SATURDAY 29 JUNE 2019

6.30am BUS > Fairhaven SLSC to Torquay (pre-booked competitors only)
6.30am - 8am Late Event Registration, race start line @ Salty Dog Cafe, located opposite Torquay Bowls Club, Fisherman's Beach, The Esplanade, Torquay
8.15am Marathon race briefing at the start line at Torquay
8.30am **Marathon START (individual and team runners)**
9.30am BUS from Torquay - Point Addis (pre booked only)
9.30am BUS from Fairhaven SLSC - Point Addis (pre booked only)
9.30am-10.30am Late Event Registration, Point Addis Checkpoint
10.45am Half Marathon race briefing, Point Addis Beach (south side)
11am **Half Marathon START at Point Addis Beach (south side)**
11am BUS leaves Pt Addis > Fairhaven Surf Lifesaving Club
11.15am First Marathon runner expected to finish at Fairhaven SLSC (CR: 2:51:17)
12.15pm First Half Marathon runner expected to finish at Fairhaven SLSC (CR: 1:19:31)
1.30pm BUS return to Torquay (pre booked only)
2.30pm **PRESENTATIONS** (supported by Suunto)
3pm BUS return to Torquay (pre booked only)
5pm BUS return to Torquay (pre booked only)



MEALS

There will be food served on a rolling basis throughout the day inside the cosy confines of the Club. The Club is fully licenced and there will be a live musician MELODY MOON playing in the afternoon 12.30pm - 3.30pm.

MASSAGE

Pro Feet Podiatry/Torquay Sports Medicine Centre is offering sports massage for a donation fee (to Rivers Gift)



AFTERPARTY!

There will be an official afterparty at the Aireys Inlet Pub, located about 1km up the Great Ocean Road towards Anglesea. We encourage all to get along and celebrate. Food all day. Band from 8ish.



SPECIAL OFFER: KEEP YOUR RACE BIB! It's your ticket to a free Salt Brewing beer at the Aireys Pub. To redeem you will need to present your race bib at the bar.



WE GIVE MASSIVE THANKS TO 'THE BELIEVERS':



BROOKS
RUN HAPPY

Nature is Great for the Sole

From speedy and nimble, to cushioned and protective.
We have shoes for every runner on any trail.

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Rugged and versatile to protect you on any trail.



BROOKS Cascadia 13

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Responsive and lively to give you energy mile after mile.



BROOKS Caldera 2

Available at:

the
HAPPY
RUNNER

1/15 Bell St. Torquay VIC 3228
Tel: (03) 5264 6196
www.thehappyrunner.com.au



PRESENT YOUR RACE BIB
TO BAR STAFF FOR
1 FREE POT OF SALT LAGER

VALID SAT 29 AND SUN 30 JUNE 2019

ONE FREE POT PER CUSTOMER

MUST BE OVER 18 TO REDEEM



WEEKEND RUNNERS SPECIAL
FREE STUBBIE COOLER OR WALLET BOTTLE OPENER
WITH ANY SALT BREWING TAKEAWAY 6 PACK

WHILE STOCK LASTS

FREE BEER!!!??

Every participant (over 18yo) can get a free pot of Salt Lager over the weekend when they go celebrate the run at the Aireys Pub, in Aireys Inlet, not far from the finishline.

Come and join us for an afterparty - the event crew will pack up and land at about 7pm for the live music that starts at 8pm!



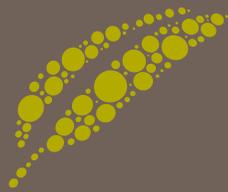
Take your bib to the pub
to receive a free beer!

Salt Brewing / Aireys Pub is also offering a runners special of free stubbie cooler or bottle opener with any takeaway Salt Brewing six pack!

Cheers to that!

SALT
— BREWING CO. —

surf
coast
walk



Offering natural beauty and easy access on the edge of the stunning Great Ocean Road, the Surf Coast Walk is a world-class trail for all to enjoy, that links Anglesea to Torquay and Aireys Inlet.

Plan your next Surf Coast Walk adventure, using the detailed, easy-to-follow map, downloadable at www.surfcoastwalk.com.au



To ensure you get the most from your stay on the spectacular Surf Coast, drop into the picturesque Anglesea Visitor Centre conveniently located on the bank of the Anglesea River, or head to the Torquay Visitor Centre which is open 9am to 5pm 7 days a week (except Christmas day). Ph. 1300 614 219

angleseaadventure.com.au | iamtorquay.com.au | aireysinlet.org.au



 [visitgreatoceanroad](https://www.facebook.com/visitgreatoceanroad)


The start of the Great Ocean Road

BUS LOGISTICS

Organisers are providing a LIMITED bus service*, primarily allowing runners without support to be able to run what are end-to-end event/s.



NOTE that the logistics of the buses have been specifically arranged so as to *disuade* people from parking at Pt Addis (start of the half marathon) as there is limited parking there (and you get fined if you park out of legitimate bays - you've been warned!).

NOTE there is a ticketed cost for this bus service which was payable when you entered online. Pre-booking was required. You will not be able to use the service on a walk-up basis!

FAIRHAVEN to TORQUAY (MARATHON START LINE)

6.30am Bus leaves Fairhaven Surf Lifesaving Club,
7am Bus arrives Salty Dog Cafe, Torquay.

TORQUAY to POINT ADDIS (HALF MARA START LINE)

9.30am Bus leaves Torquay start line, from out front of Salty Dog Cafe
10am Bus arrives Point Addis (Half Mara Start, Start for Leg 2 relay team runner)

FAIRHAVEN to POINT ADDIS (HALF MARA START LINE)

9.30am Bus leaves Fairhaven Surf Lifesaving Club,
10am Bus arrive Point Addis (Half Mara Start, Start for Leg 2 relay team runner)

FAIRHAVEN SLSC to TORQUAY

1.30pm Depart FSLSC
3pm Depart FSLSC
4pm Depart FSLSC

IMPORTANT NOTE TO HALF MARATHONERS

There are NO BUSES that return to Point Addis. If you park your car at Point Addis it is YOUR RESPONSIBILITY TO ARRANGE TRANSPORT BACK THERE.

INDEPENDENT PUBLIC TRAVEL

There is a local minibus service, Ride The Wave, that can be booked for private transport although teaming up with others is recommended as a trip back to Torquay is \$100. Call 0459 149 447.

There is also a VLine Bus (pre-bookings required) from Fairhaven - Torquay / Geelong at 1.52pm and 4.21pm. Check timetable [HERE](#).



A FEW MORE NOTES:

IT IS the runner's responsibility to have some idea of where you are going!! If you end up knee deep in the southern ocean, you have gone too far left. If you end up with cars speeding by you on the Great Ocean Road, you have gone too far right. Stay in between the two somehow and you'll get there...

GOOGLE MAP COURSE:

www.google.com/maps/d/viewer?mid=12tBrWlffJFqWJF7nVxu2RMrdTg8

NO...there will be NO 'Kilometres to go' markers. That just ain't trail running. And I know, I know it's de rigueur in road running circles, but you're here to experience TRAIL RUNNING, right? So let's do things the trail running way :).

NO CUPS AT AID STATIONS...what, the repetitive stickers didn't give it away?! New guidelines means this year's event will be paper / plastic cup free. So you may as well take a hydro pack, running bottle, water belt or collapsible cup with you this year to get used to it ... we make no apologies for trying to save the environment :).



TORQUAY FORESHORE CARAVAN PARK

The Torquay Foreshore Caravan Park is proud to sponsor the 2018 Surf Coast Trail Marathon.

Stay with us for 2 nights and receive 10% off your booking. Located on the picturesque Torquay surf beach and only a short walk from local shops and cafes, Torquay Foreshore Caravan Park is the perfect place to start your running adventure.

Managed by the Great Ocean Road Coast Committee, a community-based, not-for-profit organisation that cares for 37km of public land, including the Surf Coast Walk between Torquay to Lorne. Your stay helps us protect our precious coastal environment.

Use promo code 'EVENTS10' when you stay with us

GREAT OCEAN ROAD
COAST COMMITTEE

STAY WITH
US ON THE
COAST

35 Bell Street, Torquay VIC 3228
T | 03 5261 2496
W | www.torquaycaravanpark.com.au



DROP BAGS

There will be a drop bag service with drop zones at Torquay, Point Addis and the finishline.

MARATHONERS can drop gear at the start, **labelled** to be dropped at the halfway mark or the finish. **HALF MARATHONERS** can drop a bag at Point Addis (their start), and have it marked for the Finish.

PLEASE CLEARLY LABEL YOUR BAG (no boxes) WITH NAME AND THE LOCATION IT NEEDS TO BE TAKEN TO. WE WILL NOT TAKE RESPONSIBILITY FOR UNLABELLED BAGS (ALTHOUGH WE WILL HAVE SOME TAGS AVAILABLE!). ALSO, if a friend picks up your bag for you - make sure you know about it (a confusion in past years led to a runner thinking we had lost their bag...when really, a mate had picked it up!).

TEAM MARATHON COMPETITORS: YOUR LOGISTICS

Team marathoners have more logistics to think about. Here's the dot point rundown:

BIBS

Each team runners gets their own own bib number, teh numbers will be consecutive.

Both packs need to be picked up at one of the registration sessions (Fri 1pm-8pm The Happy Runner retail store and Sat 6.30am-8am, Salty Dog Cafe, Fishermans beach, Torquay). We suggest for the sake of organisation, that you both get your bibs on the Friday session. Registration bibs **MAY** be picked up on behalf of the other team runner. **IT IS THE RUNNERS RESPONSIBILITY TO HAVE THEIR CORRECT BIB NUMBER. IT DOES NOT MATTER WHETHER RUNNER 'A' OR RUNNER 'B' RUNS FIRST.**

TEAM RUNNER #1

The first runner needs to be at the start of the full marathon course, with bib on, ready for race briefing 10-15 minutes prior to race start. Team Runner #2 can be present also, but it is not necessary. The first runner in the team will finish their leg at Point Addis, just shy of 20km later. That runner will need to get themselves from Point Addis to the finish line.

TEAM RUNNER #2

The second runner must get themselves to Point Addis transition zone by 10.30am (earlier if you are a late registration pick up). You can do this one of two ways:

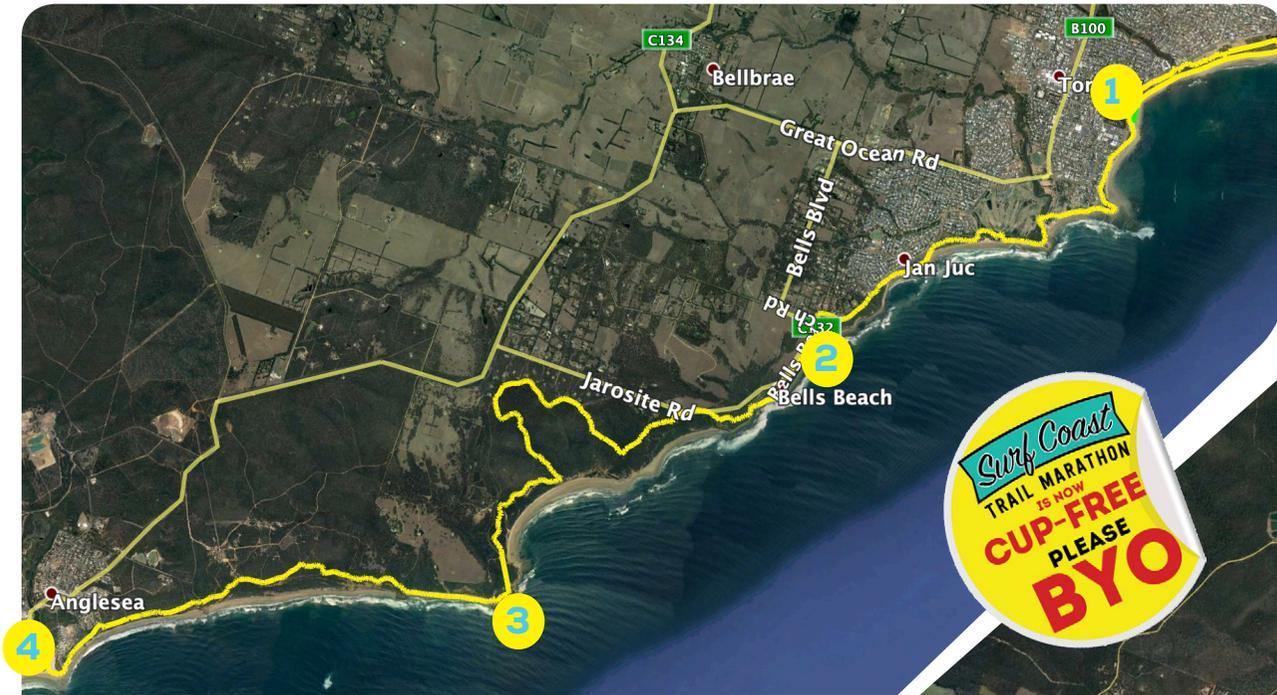
- catch the event-supplied buses (pre booking required) from Torquay or Fairhaven.
- drive and park (leaving your car for your team mate to pick up and drive to the finish - remembering to arrange what to do with key handover!!). **THERE IS LIMITED PARKING** and it is a decent walk to the start. We suggest the bus system.

BOTH RUNNERS

It is possible for both team runners to cross the line together, the first runner meeting the second on the beach stretch approaching the finishline. Good for the photo! Yes, there's a few stairs... we don't want to break with tradition.

ROUTE

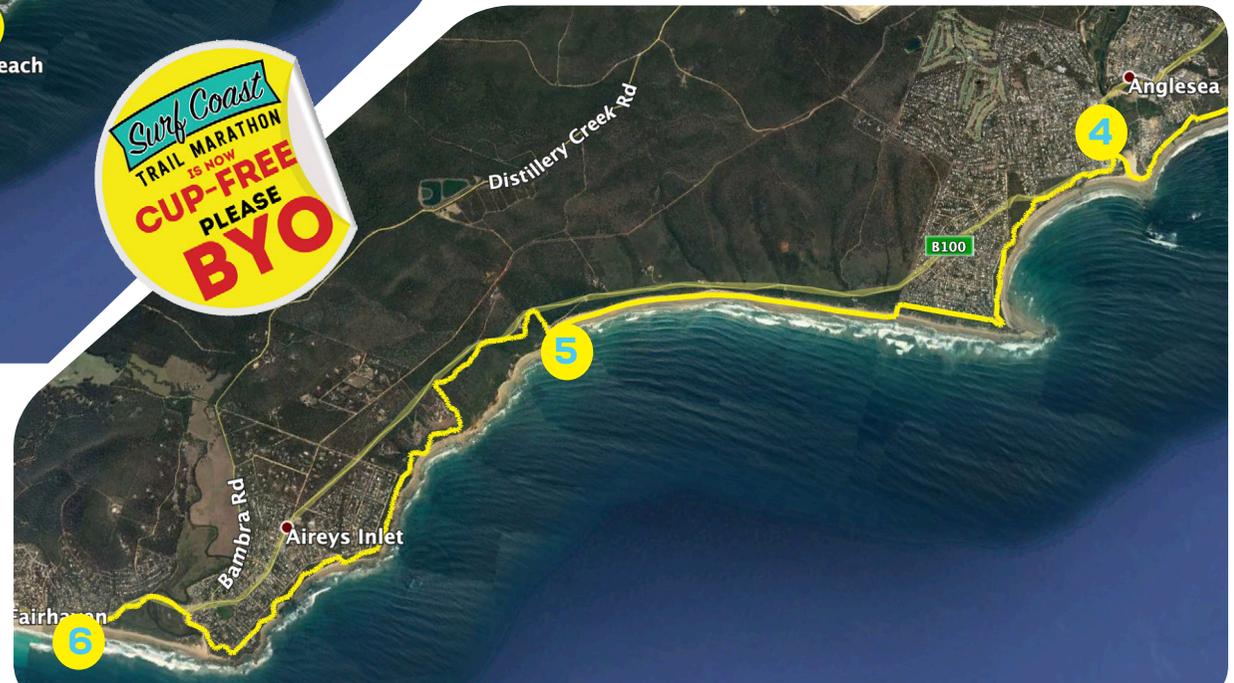
The Surf Coast Trail Marathon course is based on the exact routing of the Surf Coast Walk. A general tourist map with good general information can be found at: www.surfcoastwalk.com.au. NOTE: we start at Salty Dog Cafe / Fishermans Beach and DO NOT head all the way to Point Impossible rather we do an out and back along the beach and then along the footpath above the beach, heading back towards Torquay.



COURSE MAP on Google Maps:

www.google.com/maps/d/viewer?mid=12tBrWlFfJFqWJF7nVxu2RMrdTg8

WE ENCOURAGE EVERYONE TO VIEW THIS MAP AND BECOME COMFORTABLE THAT YOU KNOW THE ROUTE! OCTOGENARIANS FOLLOW THIS ROUTE AND DON'T GET LOST... JUST SAYIN'... TAKE SOME RESPONSIBILITY.



1. START In front of Torquay Angling Club / Salty Dog Cafe Fisho's Beach, Torquay

AID & WATER STATIONS

2. WAVES CAR PARK (CPI) 10.5km

3. HALF MARA START & POINT ADDIS (CP2) 19.5km

4. ANGLESEA (CP3) 27km

5. URQUHARTS BEACH (CP4) 34km points

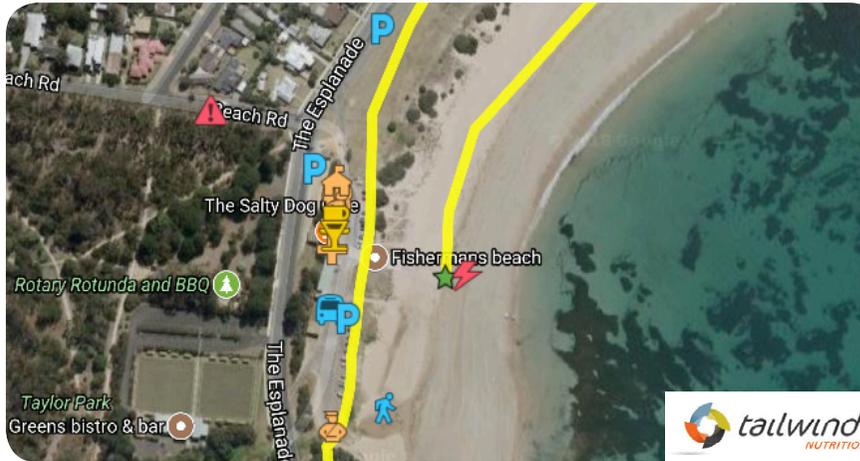
*NOTE: as a trail marathon, there are not as many aid stations as a regular road marathon, as the event will attract a more experienced competitor; and runners MUST carry a hydration pack or belt as THERE ARE NO CUPS AT AID STATIONS.

6. FINISH - FAIRHAVEN SLSC with use of facilities

ROAD CROSSING: There is only one road crossing along the length of the route, being at Point Addis Car Park although it is within a closed section of road. The remainder of the route is as per the Surf Coast Walk. There are a few car park crossings: Point Danger (Torquay); rear Torquay SLSC; rear Jan Juc SLSC; Point Addis; Anglesea. Each of these will be marshalled. Please exercise caution.

ROUTE MARKING: As the SCW is already marked with excellent signage, there will be little need for much added trail marking, keeping environmental noise to a minimum. Organisers will ensure all 'decision points' are, however, adequately marked and/or have a marshall on site. IF IN DOUBT, KEEP THE OCEAN TO YOUR LEFT AND THE GREAT OCEAN ROAD TO YOUR RIGHT. DON'T CROSS EITHER THRESHOLD! AND YOU'LL GET THERE EVENTUALLY.

MARATHON START



LATE REGISTRATION: 6.30-8am // **BUS ARRIVAL** (from Fairhaven) 7am

RACE BRIEFING at start arch: 8.15am

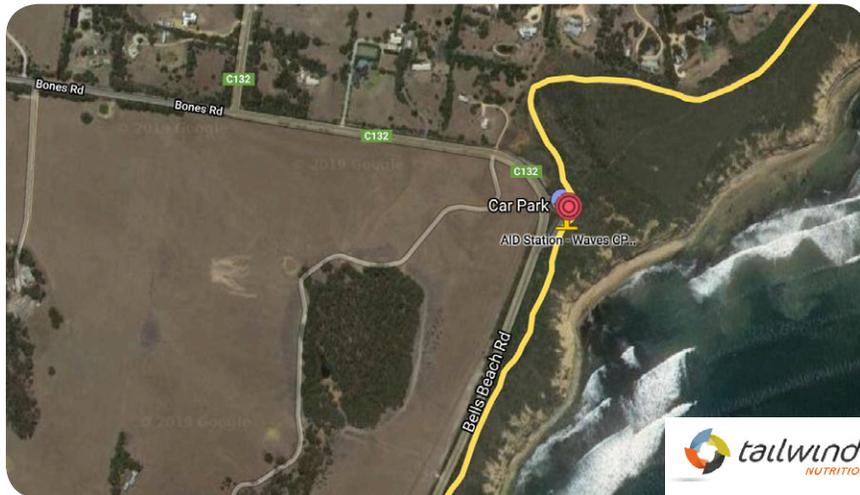
START TIME: 8.30am

COFFEE ON SITE: Salty Dog Cafe serving from 6am

MERCHANDISE SALES - tees \$30 and caps \$25

SPECTATOR VIEWING watch the runners run back past the start line, just in front of Salty Dog Cafe approx 20 mins + after start.

WAVES CAR PARK CPI - 10.5km



CHECKPOINT is located on runners' right as you come across Waves Car Park, about 1km PRIOR to Bells Beach. HYDRATION and some NUTRITION. **PLEASE** be mindful of public using this space - the footpath running down left of the car park is narrow. Watch your footing as you head down the stairs onto Bells Beach. Please put all CP rubbish in bins.

HALF MARATHON START / CP2 - 20km



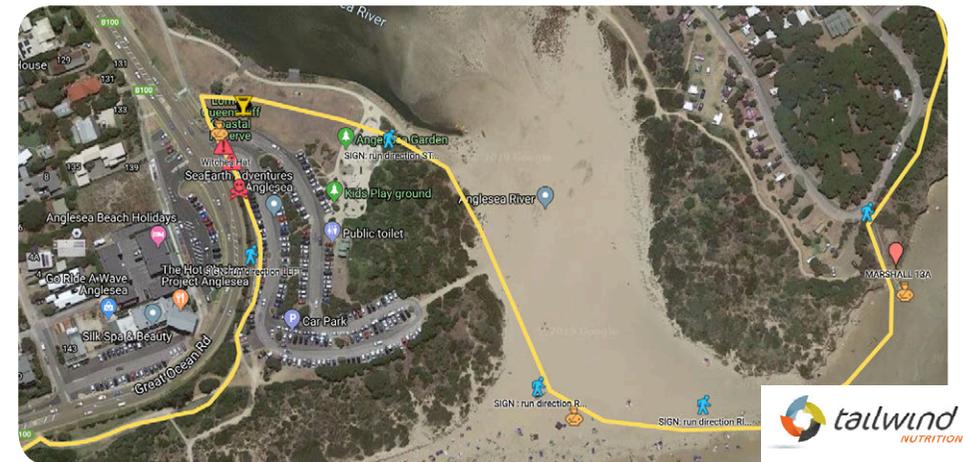
LATE REGISTRATION: 9.30-10.30am // **BUS ARRIVAL** (from Torquay & Fairhaven) 10am

RACE BRIEFING at start arch ON THE BEACH: 10.45am. Please allow five minutes to walk down to beach. PLEASE GIVE WAY TO MARATHON RUNNERS COMING THROUGH ON SAME PATH

COFFEE CART ON SITE: serving from 9.30am

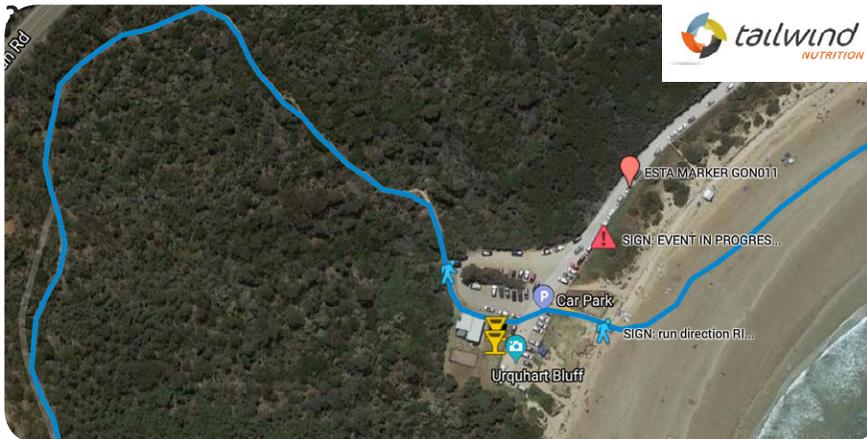
PARKING: we urge people **NOT** to park at Pt Addis - there isn't much space! If you must, please park your car further up Point Addis Road in the enclaves or on the road verge. You cannot park at the far end of Point Addis. **Note park in legal bays only. Fines will apply.** HYDRATION & NUTRITION available.

ANGLESEA CP3 - 27km



CHECKPOINT is located on parkland on the Anglesea Riverbank. HYDRATION and some NUTRITION. PLEASE be mindful of public using this space. After the CP, you will cross the car park entrance - please take care.

URQUHARTS BEACH CP4 -



CHECKPOINT is located to the left within the car park. Be mindful of cars. HYDRATION & NUTRITION. The trail then heads away from the rear of the car park.

FINISH



After dropping down onto the beach you will run another 200 metres to the finish arch located halfway up the stairs. Yes.. up teh stairs. Interesting, eh? How's the calves?

There are **showers** available downstairs - please be quick and mindful that there aren't many! There will be **massages available** for minimal donation (to the Rivers Gift) upstairs, provided by Pro Feet Podiatry / Torquay Sports Medicine.



We encourage you to hang around, enjoy the hospitality of the Club with hot food served, the bar open and coffee available. Plus there will be live music and presentations 2.30pm. **PLEASE NOTE** that we are guests of Fairhaven Surf Lifesaving Club and lucky to enjoy their awesome facility (and its view!). Please be respectful and treat the premises with care. Thanks.

MESSAGE: TORQUAY SPORTS MEDICINE CLINIC / PRO FEET

TSMC will provide support on race day with post race rub downs to help ease those sore spots and get you back up and going!! Post race massages will be available:

Where - Fairhaven Surf Lifesaving Club, upstairs

Who - Massage therapists and Physiotherapists from Torquay Sports Medicine Centre

When - 11:15am - 3pm (ish)

Price - \$5-\$10 voluntary charity donation to Rivers Gift (stamp out SIDS)



The Sports Podiatrists and Physiotherapists team at Torquay Sports Medicine Centre and Pro Feet Podiatry will also be talking all things shoes, running technique, foot pain and how to keep you out there and active.

When - 11:15am - 3pm (ish)

Price - Free... come and chat!

Torquay Sports Medicine Centre is a new clinic offering professional advice from Sports Doctor, Physiotherapy, Exercise Physiology, Sport Podiatry, and Myotherapy

www.torquaysmc.com.au or bellarinesmc.com.au

Pro Feet Podiatry has clinics in Torquay, Geelong, Lara, Brighton, Hawthorn, Windsor, Colac & Drysdale, all open 6 days per week. Tel: 1300 855 189
www.profeetpodiatry.com.au

If you have any questions please go up and have a chat to the team at Torquay Sports Medicine Centre and Pro Feet Podiatry... they are here to help!

PRO FEET PODIATRY

**SHIN PAIN?
WE CAN HELP YOU!**

3D Running Assessments
Footwear advice
Plantar pressure assessment
High speed video
Concise management plan

PHONE | 1300 855 189
www.profeetpodiatry.com.au

LOCATIONS | BRIGHTON | HAWTHORN | GEELONG | COLAC | LARA | BARWON HEADS | DRYSDALE

FINISH LINE NOTES

PRESENTATIONS

We will start presentations inside at the Fairhaven Surf Lifesaving Club at approx 2.30pm. PLEASE NOTE THAT WINNERS MUST BE PRESENT AT PRESENTATIONS (that's why they are called 'PRESENT'ations) to collect their prize, lest they be flung out to those who did stick around for the fun and frivolity of handballing other people's prizes.

Overall winners, second and third place (male/female) for the marathon and half marathon will be presented with trophies and prizes. Overall winners will also get their name on the Perpetual Trophy. There are no prizes as such for category winners but plenty of spot prizes for all.



SHOWERS

There are limited shower facilities at the FSLSC available for participants to use. PLEASE be considerate and make your showers quick lest there be massive queues! No weeing in the shower, eh?!

FOOD & DRINK

There will be casual snack meals served on a rolling basis throughout the day and into the evening inside the cosy confines of the Club. Coffee and drinks including beer (!) will be available throughout the day. There will be a live acoustic musician, Melody Moon, playing in the afternoon. The Club has an awesome view over the beach and down the coast towards Lorne, so is a great place to plan to spend the afternoon and evening. We encourage everyone to stick around for a drink, regale about how you hated the beach section, but the view at Sunnymeade blew your mind (etc etc)...keep the good-time vibe going.

DID SOMEONE SAY....

....AFTERPARTY?!?!



There will be an OFFICIAL afterparty at the Aireys Inlet Pub, located about 1km up the Great Ocean Road towards Anglesea. We encourage all to get along and celebrate. DID SOMEONE SAY FREE BEER?! get a free SALT BEER (brewed on site!) - be sure to keep your race bib and take to the pub - it's your ticket to a FREE BEER! Redeemable any time Saturday or Sunday. MUSIC Come along to the Aireys Pub after the race. Come and dance. We will be. Badly. Join in.

HYDRATION

HYDRATION will be provided at the start, finish and at every checkpoint passed through (see course map earlier for distances and locations).

Each CP will have both water and TAILWIND, a unique hydration, electrolyte and nutrition product fairly new to market. TAILWIND will be placed at every checkpoint in a range of flavours. TAILWIND is a clean tasting, reliable ultra fuel made from simple ingredients that don't cause stomach issues.



ALL YOU NEED, ALL DAY. REALLY!
WWW.TAILWINDNUTRITION.COM.AU

CUPPA SOUP? BYO CUP!

Given it's going to be a little cold come the end of the run, we will be supplying LIMITED AMOUNT of Cuppa Soups, to be served up by our aid station volleys at the finishline aid station, located under the Surf Lifesaving Club (in the garage!).

BUT as a cup free event we WILL NOT BE SUPPLYING CUPS or MUGS! So it is BYO CUP / MUG if you want to grab a quick hot noodle soup! Make sure it is an appropriate mug for holding hot water / soup!

Apologies in advance if we run out of your flavour or indeed altogether. Limited supplies only!



ALL ELSE FADES

SUUNTO



SUUNTO 5

SPECIAL AGE CATEGORY PRIZES: U/18 and 60+ only!

Together with Suunto, we wanted to offer some serious encouragement to our future trail stars and those still grinding it out later in the piece (what is the politically correct term for 'older age group' these days?). So, courtesy of Suunto and Amers Sports Australia, we are offering a new release Suunto 5 to :

- > male and female winners of **U/18 category** in the Marathon
- > male and female winners of **60+ category** in the Marathon.

We will not call out all age category results at presentations (we'd be there all arvo!), but we will call these ones out. You need to be at presentations to collect your prizes. **Presentations are at 2.30pm inside the Surf Lifesaving Club.**

Check out the latest Suunto release at: www.suunto.com/en-AU/ PURCHASE at



COMPETITOR PHOTOGRAPHY



www.SUPERSPORTIMAGES.com

Photos of you doing your thang will be available for direct purchase, via the creative crew at Supersport Images. They will be out on course at several key photo points (hello you with the Split Point lighthouse in the background, or sprinting along Bells Beach!). So smile, look strong, puff the chest, earn that place on the mantelpiece in the 'good' photo frame!

COST: Supersport tell us that downloads will range from \$7 for low res Social Media Pack, with Single Images from \$16, through to \$46 for Downloadable Superpack (two different versions of each image in one's collection). The prints range from \$17 - \$30 for varying sizes and presentation choices.

SUPERSPORT will email you after the event to see if you want any images. Check your junk email folder in case it gets filtered. Or try this link:

WWW.SUPERSPORTIMAGES.COM



WONDERLAND RUN GRAMPANS
 AUGUST 24 + 25, 2019
www.wonderlandrun.com.au

36KM SUNDAY ROSEA RUN
 20KM SUNDAY SUNDIALERS
 8KM SATURDAY FRAN'S 'FLAT' FUNRUN
 2KM SATURDAY VENUS BATHS RUN

~50KM NEW DISTANCE!

Absolute freaking intensity! You are engulfed by a whole different world. You are IN the landscape. It will chew you up and spit you out and you will love it.
 All events based from Halls Gap in the mighty Gramplans.

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Plug at Surf Coast

RUNNING FOR CLEANER TRAILS
 JUN 30 2019

9am-10.30am Sunday 30th at the Salty Dog Kiosk, Torquay.

Looking for a recovery after your big run? Come and join us at **The Salty Dog** in Torquay for a warm-down social Plogging event, hosted by the awesome environmental heroes at The Plastic Runner! **So, what the hell is plogging?** Born in Scandinavia, plogging is the combination of jogging and picking up rubbish, helping the environment while keeping yourself active. Coffee, chats, and treats after we finish our fun run at the Salty Dog Cafe.

WANT A FREE COFFEE? Just come and participate, and BYO coffee cup (mandatory) and you'll get a FREEBIE from the good folk at The Salty Dog! The is an all-inclusive event so children, dogs (on leash) and any person of any age is invited to join. Although we normally run and clean up, we see this as more of a "recovery plog" (from those who raced the day before and join) so we expect more walkers at this event. People need to only bring themselves (and maybe their reusable cup for a coffee after!) .
MORE INFO AT: www.theplasticrunner.com

Surf Coast Century 2019

ONLINE ENTRIES NOW OPEN!

100KM SURF COAST CENTURY

COME AND EXPLORE THE MYRIAD OF TRAILS, VILLAGES, BAYS, ISLANDS, CULTURE AND WARM HOSPITALITY OF CROATIA! SLEEP ON A BOAT AT NIGHT, CRUISE SINGLETRACK AND THE MEDITERRANEAN BY DAY.
COSTS AND ITINERARY TO BE CONFIRMED.

CROATIA

SAIL & TRAIL

OCTOBER 2019

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TOUR TRAILS

RESULTS

View results and splits (halfway only) via the weblinks.

www.tomatotiming.racetecresults.com

There will also be the option to download your own finisher's certificate, with time on it.



VOLUNTEERS

A HUGE THANKS TO OUR AWESOME TEAM OF VOLUNTEERS, FROM REGO, TO MARSHALING, TO MANNING THE AID STATIONS - YOUR RUN DOESN'T HAPPEN WITHOUT THEM, SO PLEASE, WHEN YOU SEE A VOLUNTEER ON COURSE, GIVE THEM A SHOUT OUT, SAY THANKS, BECAUSE YOUR GREAT RUN IS MADE ALL THE BETTER AND SAFER BECAUSE OF THEM DONATING TIME AND ENERGY TO BE OUT THERE ON COURSE FOR YOU! LEGENDS, ONE AND ALL.



RACE BIBS

Check 'em...each colour race bib denotes a different race category, and there are race details and emergency information for each competitor to fill in on the rear. **IMPORTANT NOTE:** You need to wear your bib on the outermost garment, plainly visible, preferably on the front, for the timing sensors to work.



REAR - ALL

SIGNAGE

On course you will note a range of signs (other than the permanent Surf Coast Walk signs, which also give you indication of where to run!). You may also see some bright pink bunting / ribbon en route - it will be letting you know you are on course. The event specific signs and their meanings:

FOLLOW THE ARROW DIRECTION AHEAD / RIGHT / LEFT



YOU ARE GOING THE WRONG WAY, TURN AROUND!



A NOTE RE: TRAIL MARKING AND WAYFINDING

Part of trail running is about using the landscape to tell you where you should be going - navigation (albeit not talking compass skills here!) is part of trail running. The course will be LIGHTLY MARKED with signage and ribbons only placed at 'decision' points (typically junctions). In between these critical areas, DO NOT EXPECT MARKING. Be confident that the trail beneath your feet is leading you the right way. There will be long stretches without marking. It is YOUR RESPONSIBILITY to have a look at the course map online to familiarise yourself with the course to help you navigation. Also, please keep your wits and think about what you are seeing in terms of navigation: we have already had some signage vandalism on course, including purposely swapped out wrong way and arrow sign that would have sent people in the wrong direction. Be wary. Be sensible. Know the general course before you start running.

WEATHER: IMPORTANT

The weather is predicted to be a tad cold (11 Degrees Celcius early morning up to 16 Degrees during the day), with likelihood of showers (90%) This prediction as of Tuesday 25th June. Things can change! We **STRONGLY RECOMMEND** that you run with a small hydration pack or similar that has carrying capacity for a wet weather jacket (wind and water proof) and/or a midlayer for warmth. Please consider carrying these as a matter of precaution and comfort.

SAT 29 Jun



11 16

Showers

OFFERS OF *Awesome*

10% DISCOUNT

TORQUAY FORESHORE CARAVAN PARK

Wake up to the sound of the surf and get 10% off your stay at Torquay Foreshore Caravan Park on race weekend. It's located within walking distance of the Marathon start! **BONUS:** Your fees help our partners, the Great Ocean Road Coast Committee protect the precious coastline - the same one we run along and enjoy! Funds are reinvested into caring for the coast through conservation and education programs.

TO TAKE UP THE OFFER contact the park and mention SCTM or book online using

the **promo code: 'EVENTS10'**

www.torquaycaravanpark.com.au

\$30 DISCOUNT - TORQUAY SPORTS MEDICINE CENTRE / PROFEET PODIATRY

How are you running at the moment? Get \$30 off a 3D Run Assessment (usually \$100), between now and the end of July. Just show your SCTM entry or mention the event! TSMC is in Torquay – perfect for those on the Surf Coast, but you can also head to any of the Profeet Podiatry clinics, ocaced across Melbourne and Geelong. See websites for details. **Just mention SCTM**

www.profeetpodiatry.com.au / www.torquaysmc.com.au

\$400 DISCOUNT COAST TO COAST PUB TO PUB 2019

We have a spare slot on the upcoming Coast to Coast Pub to Pub trail run tour and we'd love for you to join us - a whimsical booking (we leave in a month and a half!) with refreshing ales and quintessential English countryside as you run 300km+ through teh Lake District, Yorkshire Dales and North York Moors.

TO TAKE UP THE OFFER see Race Director Chris Ord today! or email him this week on chris@tourdetrails.com / www.tourdetrails.com



EVENT ORGANISER

TOUR DE TRAILS IS A NEW BOUTIQUE ADVENTURE RUNNING (AND SOMETIME CYCLING) TOUR COMPANY THAT SPECIALISES IN HIGH END MULTI-DAY ADVENTURE TOURS WITH A LUXE TWIST INCORPORATING QUALITY CULINARY AND CULTURAL EXPERIENCES. OCCASIONALLY, AS WITH THE SURF COAST TRAIL MARATHON, WE BRANCH OUT TO EVENTS, WORKING WITH SPECIALISED PARTNERS THE LIKES OF ADVENTURE HOST TO DELIVER PREMIUM ADVENTURE TOURISM EXPERIENCES.

WWW.TOURDETRAILS.COM



THANK YOU
FOR JOINING THE WILD
SURF COAST TRAIL TRIBE
...AND REMEMBER...

