TOMAREE
Fingal Bay, NSW

23 September 2018

ATHLETES GUIDE
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On behalf of team In2Adventure we would like to send out the biggest welcome to athletes, friends and families attending the inaugural Trail Run Australia Festival.

We are so excited to launch this new Australian series in spectacular Port Stephens.

After over a decade of developing the sport of cross triathlon and off road events in Australia it is so amazing to head into the future with the launch of this new trail run series hosted in what is arguably one of the most picturesque and spectacular adventure destinations in Australia.

We look forward to helping you to take away some amazing memories and experiences of your time in Port Stephens and it is a true privilege to welcome each and every one of you to our very special In2Adventure Family.

We wish you all every success and no matter what your goals at this event we encourage you to aim high, strive with all your heart, but most of all have the best time doing it.

Now let’s get this party started!

Best Wishes

Robyn & Simon & the In2Adventure Team
INTRODUCTION

The purpose of this athlete’s guide is to ensure that all athletes are well informed about all aspects of Trail Run Australia Tomaree.

In2Adventure has made every effort to ensure that the information contained within this guide is correct and up to date at the time of publishing, however any late changes will be published on the event web page and via social media.

PORT STEPHENS COUNCIL

The Port Stephens Region is home to some of the most spectacular adventure destinations in New South Wales.

In2adventure would like to thank and acknowledge the support of the Port Stephens Council in the hosting of Trail Run Australia.

Find out more about the Port Stephens Region and all the amazing things there are to do and discover here at https://www.portstephens.org.au/

THE LOCAL COMMUNITY

We would like to take the opportunity to say a special thank you to the local community in Port Stephens for supporting the hosting of this event and especially to Fingal Bay Surf Lifesaving Club, Tomaree Trotters and Park Run for assisting with first aid and volunteers who have made the hosting of this event possible.

NPWS NSW

We would also like to take the opportunity to thank National Parks and Wildlife Service NSW for their support and for allowing us permission to enjoy the sport we love in beautiful Tomaree National Park.

To find out more about NPWS NSW VISIT US HERE
LOCAL INFORMATION

PORT STEPHENS REGION

The Port Stephens Region is pleased to extend a warm welcome to individuals and teams competing in Trail Run Australia. To help provide a whole new level of service and provide an unforgettable experience, we are pleased to provide you with a number of options to make your travel and time in the region as enjoyable as possible.

VISIT PORT STEPHENS

Be prepared to be relaxed, exhilarated, enchanted and amazed when you visit Port Stephens on the NSW ‘awesome coast’... an easy 2.5 hours’ drive north of Sydney with a choice of 26 beautiful beaches & bays, award-winning accommodation, gourmet restaurants, whale & dolphin watching, sand dunes and much, much more.

Looking for where to eat, drink, shop, play and stay in the Port Stephens Region? Welcome to Port Stephens is your guide to great deals, ideas and events. Create your own bucket list today and discover the wonders of the region at: portstephens.org.au

VENUE

Trail Run Australia is hosted at the Fingal Bay foreshore.

Address
3 Marine Drive,
Fingal Bay,
NSW, 2315

- View Location in Google Maps
WEATHER

Spring (September - November) offers sunny days followed by mild warmer evenings. September is the perfect time to enjoy cycling, walking and the National Parks. The temperatures fall between 13-25°C – which means you won’t get too cold when you’re resting, or too hot when you’re racing.

COMMUNICATIONS

4G Phone coverage is good throughout the venue and across the majority of the course.

VENUE CATERING

A big thank you to our event partners who will be keeping us well-fed and energised throughout the weekend.

LONGBOAT CAFE

The Longboat Café is located next to event Race HQ, so you can watch the action and enjoy some of their beautiful breakfasts, lovely lunches and premium beers.

From Longboat Cafe, you can watch your young ones playing in the joining park whilst indulging in farm fresh and free range menu items. With a pick me up coffee or a ice cold treat, your time enjoying the beach has just become the perfect day.

Visit the Longboat Café website
TRAVEL INFORMATION

Port Stephens is easy to access due to its local airport and proximity to the Pacific Highway.

DRIVING

Race HQ is based at the Fingal Bay Foreshore Reserve at 3 Marine Drive Fingal Bay, NSW 2315

- Driving from Sydney: approx 2hrs 45mins drive
- Driving from Brisbane: approx 9hrs Drive
- Driving from Newcastle: approx 1hr drive

Fingal Bay is just a 34 minute drive from Newcastle Airport.

ACCOMMODATION

After a challenging day taking on Trail Run Australia, there’s nothing like waking up in a beautiful room and looking out over a glistening pool to a sparkling bay... you know you’re on holidays.

Accommodation of all types can be found all around Port Stephens; dormitory style for school camps, backpackers, holiday parks, safari tents, cabins, self-contained apartments, holiday homes, bed & breakfast, hotel rooms, units, studio apartments and treehouses just to name a few. With thousands of rooms in Port Stephens you’re assured of finding something to suit your style and budget.

View and Book at portstephens.org.au
PARKING

There is ample parking located near Race HQ in the SLSC car park, on Marine Drive and in the overflow parking area located on Marine Drive and at Fingal Bay Oval.

Please follow signage on arrival and be respectful of local resident’s access to their homes.
THINGS TO DO IN PORT STEPHENS

PORT STEPHENS 4WD TOURS

Port Stephens 4WD Tours offers the ultimate beach and sand dune 4WD experience on the largest moving coastal sand mass in Southern hemisphere. Based in the beautiful Port Stephens region, we boast the largest fleet of modern 4WD air-conditioned vehicles conducting tours daily on the Stockton sand dunes. Our staff are passionate about showcasing our amazing sand dunes to customers from all over the world. We pride ourselves on offering the best 4WD experiences and offering the best form of transportation in Port Stephens.

SAVE UP TO 15% OFF SANDBOARDING ADVENTURES

Promo Code – TreXPS

15% off single tickets (Adult, Concessions and Children), Family (2 Adults & 2 Children) pass at 10% off for our Sandboarding Adventure.

Tickets can be used any day of the week including weekends and public holidays. Tickets must be purchased online via www.portstephens4wd.com.au. Promo code valid for 12 months from purchase date, offer available until 1st December 2018.

CONNECT WITH US

Visit Us: Shop 3/35 Stockton Street, Nelson Bay NSW 2315
W: www.portstephens4wd.com.au
E: info@portstephens4wd.com.au
T: 02 4984 4760
MURRAYS CRAFT BREWING CO

Murray’s Craft Brewing Co shares its home with Port Stephens Winery, the region’s oldest vineyard.

Visit us at Bobs Farm and try Murray’s beers – there’s up to 10 on tap at any one time, plus bottled specials. Taste local and regional wines, enjoy a delicious meal from the Brewery Restaurant, play a game of bocce, enjoy our entertainment and events, and learn more about craft beer by taking a Brewery Tour (public tours are daily at 2.15pm).

CONNECT WITH US

Visit Us: 3443 Nelson Bay Rd, Bobs Farm NSW 2316
W: murraysbrewingco.com.au
E: info@murraysbrewingco.com.au   T: 02 49826411

TAKE HOME SPECIAL MEMORIES

At Capture Imaging Photography we have spent a lifetime perfecting the art of capturing these fleeting moments, by creating fun photo sessions where everyone relaxes and enjoys themselves.

We are a boutique, award winning photography studio, and we specialise in photographing families with kids on the beach. Give us a Call on 02 4981 9659 weekdays 11am-3pm, and come in and have a coffee with us & find out what everyone is talking about.

CONNECT WITH US

Visit Us: 61A Essington Way, Anna Bay, 2316
W: captureimaging.com.au
E: sandra@captureimaging.com.au   T: 02 4010 3010 or 0431 937 576
## GENERAL EVENT INFO

### EVENT TIMETABLE

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30am</td>
<td>Registration 1 Open</td>
<td>All Events</td>
</tr>
<tr>
<td>8:00am</td>
<td>Late Online Entries Closed</td>
<td>Half Marathon</td>
</tr>
<tr>
<td>8:30am</td>
<td>Registration 1 Closed</td>
<td>Half Marathon</td>
</tr>
<tr>
<td>8:45am</td>
<td>Course Brief</td>
<td>Half Marathon</td>
</tr>
<tr>
<td></td>
<td><em>Compulsory for all half marathon competitors</em></td>
<td></td>
</tr>
<tr>
<td>9:00am</td>
<td><strong>START</strong></td>
<td>Half Marathon</td>
</tr>
<tr>
<td></td>
<td>Late Online Entries Closed</td>
<td>11.5k &amp; 6k</td>
</tr>
<tr>
<td>9:30am</td>
<td>Registration 2 Closed</td>
<td>11.5k &amp; 6k</td>
</tr>
<tr>
<td>9:45am</td>
<td>Course Brief</td>
<td>11.5k &amp; 6k</td>
</tr>
<tr>
<td></td>
<td><em>Compulsory for all 11.5k &amp; 6k competitors</em></td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>START</strong></td>
<td>11.5k</td>
</tr>
<tr>
<td>10:15am</td>
<td><strong>START</strong></td>
<td>6k</td>
</tr>
<tr>
<td>12:15pm</td>
<td><strong>START</strong></td>
<td>Free Kids Mud Rats Run</td>
</tr>
<tr>
<td>12:30pm</td>
<td><strong>PRESENTATIONS</strong></td>
<td>Dirt Master Titles</td>
</tr>
<tr>
<td></td>
<td><strong>PRESENTATIONS</strong></td>
<td>Half Marathon, 11.5k, 6k</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Event Close</td>
<td>Venue</td>
</tr>
</tbody>
</table>

*Estimated Time Only | Please listen for announcements at Race HQ*
PETS

At In2Adventure we love our fur kids too, however pets are not permitted on the beach at Fingal Bay, dogs must be kept on a lead in all other areas.

There is a dog off leash area adjacent to the event hub so they can have a run and play whilst the event is on. Poop bags are provided so please ensure that you clean up after them wherever you are in the Port Stephens region.

DRINKING WATER

Drinking water is available from free refill stations on the foreshore. Drinks are also on sale at the Longboat Café.

VOLUNTEERS

A HUGE thank you to our True Bluey Volunteers and community groups who have come together to make this event possible we cannot thank you all enough and your efforts are greatly appreciated by athletes and the local organising committee.

BECOME A TRUE BLUEY VOLUNTEER

If you, or any of your friends or family, would like to be a part of the True Blueys volunteers we would love to have your help!

Volunteers will receive a gift pack, meals during their shifts, and a lot of thanks!

Register to be a True Bluey HERE.

RESPECT THE ENVIRONMENT

We are very privileged to have the opportunity to enjoy the sport we love in Tomaree National Park. At all times athletes and entourage must respect the natural environment and native wildlife. Athletes are to carry their rubbish (gel wrappers, bottles etc) back to Race HQ.

This is an important issue and any violation of this will result in penalties or disqualification.
NATIVE WILDLIFE

Australia is home to a number of poisonous reptiles and insects that may be encountered on the course during the event and in training. In most situations when left alone they pose little harm, however, be aware you are entering into their habitat.

NO SMOKING AREA

The Event Hub is a ‘No Smoking Zone’, please respect our staff and volunteers by not smoking anywhere in the vicinity of the event site.

RECYCLING & WASTE

We are aiming to reduce the amount of waste and landfill that is created at our event and we ask for your assistance. Yellow recycling bins are available at Race HQ. Please ensure that only recycling items are deposited in these bins. If an item can be recycled ensure it goes in this bin. If you’re not sure what can be recycled visit the Port Stephens Council website

#WarOnWaste “I could be the catalyst that sparks the revolution” What a waste | Ian Dury 1978
SAFETY & MEDICAL

Your safety is a key consideration however, Trail Running does involve risk.

DOWNLOAD COURSE GPX FILE

Course maps are available on the event website; we suggest also downloading the GPX file for your course and loading it onto your phone for the event. GPX files will be available on the Trail Run Australia Course Page by Wed 19 Sep. This can be used to assist if, for any reason you miss any course signage during the race.

Files can be downloaded easily using either ‘MapMyRun’ or ‘Strava’ both of these are available for iPhone and Android phones.

MAPMYRUN

STRAVA
1. Download - [https://www.strava.com/mobile](https://www.strava.com/mobile)
2. Import a *.GPX File - [https://www.strava.com/upload/device](https://www.strava.com/upload/device)

DOWNLOAD GLYMPSE APP

For safety during the event we recommend the use of the ‘Glympse’ App, this will allow you easily to send your location and direction of travel to the event team if necessary, this is a free download that is available here:
[https://www.glympse.com/get-glympse](https://www.glympse.com/get-glympse)
ENTER EVENT SAFETY PHONE NUMBERS

All athletes are requested to enter the following event safety phone numbers into their phones prior to the event which can be used in the case of emergency.

1. 0414 320 585
2. 0418 870 007
3. 0414 282 084

FIRST AID

A dedicated First Aid tent will be located in a central area at Race HQ. Dedicated first aiders are also strategically positioned throughout the course.

SAFETY ON THE COURSE

On the course there are a number of things athletes can do to assist themselves and fellow competitors:

- Use caution in steep or rough areas.
- If you’re not confident with a section of the track stop and walk if you feel more comfortable. Please just remember to keep to the left so others can pass easily.
- Run on the left hand side of tracks.
- Compete within your limits.
- Let common sense and courtesy prevail. We want to see you safe and sound at the end of the race.

*Your Safety is Our Concern and Your Responsibility*
3 SAFETY RULES

1. Stop and assist any competitor that is in need of emergency assistance.
2. Report any incident to the next available marshal on the course.
3. Compete within your abilities.

EMERGENCY ASSEMBLY POINT

In the event of an emergency, follow the instructions from event officials. On the course, marshals will direct you back to the evacuation meeting point at Race HQ. Please follow all directions given by event staff and/or emergency personnel.
COMPETITION INFO

COMPETITION RULES

Trail Run Australia uses a set of rules and regulations to ensure that all participants have a safe, fair and enjoyable race and that all those around them also have a safe, fair and enjoyable race. We recommend that all athletes familiarise themselves with the competitions rules prior to the event.

- View Trail Run Australia Race Rules

ATHLETE REGISTRATION

It is a requirement that all competitors register in person at the designated times at Race HQ prior to the start of each event.

Please refer to the EVENT TIMETABLE for registration times.

AT REGISTRATION

- Line up in the queue indicated with a copy of your entry confirmation email.
- Advise the officials of your name and category.
- Confirm all your details are correct and that you are entered in the correct race.
- Collect your race pack
- Collect pins for your race numbers from the collection area or alternatively you can purchase a race number belt from Race HQ.

LATE ONLINE ENTRIES

If the event is not sold out, late online entries are available after close of entries at 5pm on Wednesday and close half an hour before the close of registration.

Late online entries incur an additional $30 administration fee and are completed online using a phone, device or computer prior to the late online entry close time.
HOW DO I ENTER VIA LATE ONLINE ENTRY?

1. Enter & Pay Online up until half an hour before the close of registration
   ENTER HERE
2. Bring a copy of your In2Adventure Order Email to the ‘Late Online Entry’ queue at registration. Please note: race packs can only be collected with proof of entry.
3. Join the ‘Late Entry’ Queue at Race HQ, show your entry order and collect your race pack.

LATE ONLINE ENTRY CLOSURE TIMES
Late online entries close half an hour before registration closes.

ATHLETE RACE PACKS

Race packs will be issued at registration. Race packs include:

- Timing Chips
- Trail Run Number
- Port Stephens information pack
- FREE Trail Run Australia Skull Case
- FREE Trail Run Australia T – If you were one of the first lucky entrants

RACE NUMBER TIES & PINS

Pins for race numbers will be available for collection at the registration area. Alternatively race belts are on sale at the i2a store at Race HQ.

RACE NUMBERS & TIMING CHIPS

Race Numbers and Timing Bands MUST NOT be defaced, cut or altered in any way. Penalties will apply.

TIMING CHIPS

Strap the timing chip to your left ankle with the chip to the outside of your ankle and the logo to the front.

Do Not Cut the Timing Chip Strap in any way. If you have any problems with this please see one of the event team as it is important that timing chips are positioned correctly for times to be recorded.

Timing chips are to be returned to marshals in the post-race finish area.
Timing Chips and ankle straps must not be cut, and the timing chip must not be removed from the ankle strap. Where competitors choose not to comply with this a $50 replacement fee (payable at the finish line) will apply.

RUN NUMBERS

Run numbers are displayed on the front of the torso during the entire race. The number is to be facing the front and should be clearly visible.

It is important that the run number is clearly visible at the finish line to ensure a time is recorded.

Safety pins are available for collection near the registration area. Alternatively, race belts are on sale at the i2a store at Race HQ.

ATHLETE BRIEFINGS

COMPULSORY BRIEFING

At In2Adventure we value the safety of our athletes and aim to ensure they enjoy the very best experience at our events. For this reason, it is compulsory for all athletes to attend their designated briefing at the assigned times at Race HQ.

The Race Director reserves the right to refuse entry to the start to any competitor that does not attend the briefing, as it includes important safety and course information that is essential for athletes to enjoy a safe and fair race. The briefing also includes any last-minute changes to the course or event details. No compensation is applicable if a competitor is refused entry to the start for this reason.

Please refer to the EVENT TIMETABLE for event briefing times.

OUTSIDE ASSISTANCE

Athletes will be disqualified for receiving any outside assistance or equipment (race nutrition, drinks, clothing and equipment) from unauthorised race personnel, i.e. spectators, family, friends or coaches.

Athletes will be disqualified if they hide items along the race course and collect them during the race or leave items on the course to be collected afterwards.

LITTER ZONES

We are extremely privileged to be granted permission to race in this naturally beautiful area and want to ensure that we keep it in pristine condition.
To make it easier for athletes litter zones have been implemented on the course where litter can be deposited. Each litter zone is clearly signed with a start and end point. Litter may be deposited between these signs only.

Marshals and video cameras on the course will be monitoring this closely and penalties and/or disqualification will result, so do the right thing and don’t spoil your race.
COURSE INFORMATION

COURSE MAPS

COURSE SIGNAGE

The course will be marked primarily white A4 signs with red arrows indicating the route for the ‘Trail Run Festival’. At key junctions where courses take alternate routes A3 signs will indicate the route for either the ‘Half’, ‘11.5k’ or ‘6k’.

IMPORTANT! It is important to note that there is course signage marking the TreX Triathlon Course. **Follow the ‘Trail Run Festival’ signs at ALL TIMES.**

Course marshals will be located throughout the course; however, it is the competitor’s responsibility to know the course and take the correct route on the day.
ATHLETES CALL – RACE START

The event will start in Tomaree National Park on Rocky Point Road.

Once the Event Safety Brief has finished athletes will be escorted across the road to the start point. Please walk along the footpath and stay off the road, obey all road rules and give way to vehicles as you make your way to the start point.

Please check the race start times and ensure you are ready for your race.
TRAIL RUN COURSE

This spectacular and technically challenging trail run course is a 21km, 11.5km & 6km lap circumnavigating the Tomaree National Park and the Port Stephens Coastline.

Taking in some of the most spectacular coastal, beach and bushland trails this Trail Run course is set to delight, challenge and inspire trail runners of all ages and abilities.

Some sections of the coastal trail have bushes with branches overhanging the trail, it is recommended that protective eyewear be worn.

The course challenges runners with a diverse array of terrain and scenery, from the beauty of Tomaree National Park, to the expansive coastal views from the Tomaree coastal trail, to a rocky coastal section finishing up along the awe inspiring white sandy beaches of Fingal Bay, this course offers every type of trail run experience in the one spectacular and iconic location.

This is an OFF ROAD Trail Run, expect to get wet, muddy & dirty, so a shoe that provides grip, stability and quick drainage will be best for the course.

AID STATIONS

Important Note | This is a Self Sufficient Event

Participants are required to carry their own hydration and nutrition sufficient for the duration of the event. Aid Stations, where participants can refill bottles and hydration packs with water are located at:

**Half Marathon**
- Aid Station CP 7 | 11.5k - Water refill station and Muesli Bars
- Aid Station CP 11 | 17k - Water refill station
- Aid Station Finish | 21k - Water and Fruit

**11.5k Trail Run**
- Aid Station CP 7 | 3.5k - Water refill station and Muesli Bars
- Aid Station CP 11 | 8k - Water refill station
- Aid Station Finish | 11.5k – Water and Fruit

**6k Trail Run**
- Aid Station CP 11 | 2.7k - Water refill station
- Aid Station Finish | 6k – Water and Fruit
FINISH AREA

The finish is always a special place for our athletes, so make sure you make your finish photo one to remember and get ready to celebrate your achievements as you are presented with your Trail Run Australia finishers medallion.

Our volunteers will be serving fruit and water and collecting timing chips in the finish area.

FIRST AID

The first aid team will be on hand at the finish line for any first aid needs.
EQUIPMENT

REQUIRED EQUIPMENT

It is recommended that competitors bring the following equipment.

COMPULSORY EQUIPMENT: THE STUFF YOU HAFTA HAVE

As Event Organisers we are often asked why ‘Compulsory Equipment’ is included as part of some of our races. The simple answer to this question is that it’s about keeping participants safe, which we believe should be the priority in any decision making when it comes to event management. To find out more please visit FAQ Compulsory Equipment.

This is a self supported event and the following equipment is compulsory and must be carried by all participants.

COMPULSORY EQUIPMENT FOR ALL ATHLETES

All participants are required to carry the following equipment:

- Enclosed Trail Running Shoes suitable for the trail conditions. These must be worn at all times throughout the run.
- Race Number Plate worn on the front torso and attached to the outermost garment at all times. This can be worn on a race belt (available for purchase on line or at Race HQ on the day) OR attached with pins available at Race HQ.
- Mobile phone with emergency numbers saved (Telstra Next G recommended)

COMPULSORY EQUIPMENT FOR 11.5K & HALF MARATHON ATHLETES

In addition to the items listed above participants in the 11.5k and Half Marathon Trail Run are also required to carry the following items:

- A hydration pack or water container capable of carrying a minimum of 500ml of water.
- Space Blanket
- 1 x crepe bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched).
- Whistle
- *Waterproof jacket (breathable fabric strongly recommended)
*Long sleeve thermal top*

*Participants are required to bring these items to the event. Dependent on weather conditions, participants will be advised at race registration if these items are compulsory to be carried on the day.*

**EQUIPMENT CHECK**

An equipment check will be carried out at registration. Please bring all of the compulsory equipment with you when you register, and to the start line. Due to safety considerations those without the necessary equipment will not be permitted to the start line. Runners are required to carry compulsory equipment with them at all times throughout the event.

**RECOMMENDED EQUIPMENT | THE STUFF IT’S GOOD TO HAVE**

It is recommended that participants bring the following:

- A hydration pack or water container capable of carrying 1 litre of water or more.
- Waterproof bag or snaplock bag for mobile phone
- Hat
- Protective Eyewear/Sunglasses: Some sections of the course have overhanging branches. It is recommended that athletes wear some form of eye protection during the event
- Additional clothing to match the weather conditions on the day
- Warm clothes in case of bad weather, preferably layers that can be removed as the weather conditions change
- Sun Lotion
- Insect repellent
- Nutrition and hydration
- Body lubricant
- Sports injury tape
- Chairs
- Plastic bags for rubbish
- A sense of adventure!
OTHER

MEET OUR MC

LACHLAN WILL THE FACE OF OFF ROAD SPORTS IN AUSTRALIA

Those of you who race at the 2016 ITU XTri World Champs in Australia will remember Lachlan as the ever-energetic MC who kept us all fired up through 3 days of amazing racing. Lachlan will be joining the In2Adventure team this season as the face of our off-road sports in Australia.

Representing Lachlan Wills Media, Lachie is a 29 year-old Australian media performer, currently working with Fox Television Network, and as a model in the United States, and ESPN in Australia.

For many years he worked as a presenter on Australia’s most high-profile radio show, hosted by Eddie McGuire on Triple M radio. Lachlan also hosted his radio show on that network.

Across more than a decade in the media he’s also worked with the Seven Network, the ABC, Fox Sports Australia, SBS, SEN radio, The Age newspaper, and as a radio and TV presenter in the Australian Outback and we look forward to him taking up the mike at our next event.

VIDEOS & PHOTOGRAPHS

CURYO MEDIA

Basil and Dylan, and the awesome team from Curyo Media who brought you the 2016 ITU World Champs live will be back this year, so stay tuned to social media to relive all the action of as the videos go live.

PHOTOGRAPHY BY SHIOBAN

A big In2Adventure welcome to Michael & Shioban from Photography by Shioban who will be capturing all the action photos throughout the weekend. Photos will be made available for purchase after the event.

View and purchase photos here post event.
PRESENTATIONS

Presentation Ceremony will take place at Race HQ at approximately 12:30pm. Please note this may be moved earlier or later depending on athlete’s progress through the course. Please listen at Race HQ for announcement.

FUN ONE PRIZE DRAW

The ‘Fun One’ prize draw will take place at each event prize giving.

To enter:

1. Place your race number in the box at the finish area; and/or
2. Complete an online Feedback Form before presentations

To be eligible for a ‘Fun One’ prize, athletes must be present at the draw.

FEEDBACK

In 2 Adventure events, have been developed in response feedback from athletes who take part in our events. We are keen to gather your feedback to ensure we deliver the type of events you want to be a part of.

An online feedback form will be made available. We encourage all participants to follow the links and take a few minutes to tell us your thoughts before presentations. As an added bonus, each competitor who completes the online feedback prior to the presentation ceremony will receive an additional entry into the ‘Fun One’ prize draw!

ENVIRONMENTAL POLICY

In 2 Adventure (Allura Pty Ltd) is committed to maintaining a minimal impact policy that will protect the environment and enable us as individual members of the general public and members of the outdoor community to continue to enjoy the vast natural environment that is Australia’s backyard. Therefore we ask that competitors read and agree to abide by the Bush Code and Mountain Bike Code outlined on in the Policy Section of our website @ in2adventure.com.au and ensure that no rubbish, gel packets or wrappers are dropped on the course during the event.
TUNE IN LIVE

Keep up to date with everything that’s happening at In2Adventure:

- Join the In2Adventure Community: #TrailRunAus
- Follow us on Twitter: @In2Adventure
- Follow us on Facebook: @In2Adventure
- Join us on Instagram: @in_2_adventure
- Follow the video coverage on YouTube @In2Adventure
- Keep up to date on the web page Tomaree Trail Run
- Follow live results on the website in2adventure.com.au – choose the ‘Results’ dropdown link.

Event Hashtags: #TrailRunAus   #GetDirtyDownUnder

RESULTS

Follow live results on the website in2adventure.com.au – choose the ‘Results’ dropdown link.

Full results will also be published on the RESULTS page of the Trail Run Australia Website.

MOST IMPORTANTLY

The most important aspect of the event is the experience you take away. Where you cross the finish line is important, but equally important is the experience you take away from the event. So please, race hard, but also remember to relax and enjoy the event for what it is... a great opportunity to get into the outdoors with your mates and have an awesome time!
CONTACTS

KEY CONTACTS

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