Bellarine Rail Trail Run

GEELONG Athletics

Sunday Aug 21, 2011

BRT Run 2011

Safety:

- Remember this is NOT a race. Run as hard or easy as you like but remember roads are not closed and there is the steam train operating with 4 track crossings in <u>each</u> 17km direction.
- There is a doctor on a mountain bike and multiple medical / nursing people running so if in trouble, roll over and raise your hand!!
- Please be courteous of other people using the trail.
- The trail is well marked, if in doubt look around for signs and go straight unless directed otherwise.

Registration:

- Everyone MUST register to collect their run number (pins provided).
- No entries on the day – too much to do!
- Queenscliff Registration for both 17k & 34k runners from 7.15am. Those taking the train please register at Queenscliff. Please allow plenty of time.
- Drysdale Registration for 17k runners not registering at Queenscliff from approx 8.50am.
- Please allow enough time. The 34km run must start at 8.30am to co-ordinate with the train timetable.

Amenities:

- There are toilets at both the Queenscliff and Drysdale starts and there is a new toilet block on the platform at Suma Park 7k from Queenscliff (10k from Drysdale).

Train (please read carefully if using!):

- Please support this if at all possible as it really adds to the atmosphere. Thanks to the Bellarine Railway for their tremendous support of the run.
- Please allow plenty of time to purchase tickets or you might miss the train!!
- You don't need to have ticked use of the train on entry to purchase tickets.
- Purchase tickets on the day from Queenscliff (before 8.20am please) or Drysdale stations (all tickets at kids prices of $8 with under 4yo free). Those travelling in both directions can also do that for $8.
- Please have correct change if possible to minimise delays. Late departure of the train will delay the planned 9.30am 17km start and cause problems for 34km runners coming into Drysdale.
- Please be <u>on board</u> the train by 8.30am (ie before the 34k run starts – you'll be able to see this out the windows) for planned 8.35am departure.
- Returns from Drysdale at 10am sharp. If leaving bags to go back on the train to Queenscliff, please avoid leaving valuables. Bags will be moved next to the Registration marquee at Queenscliff once the train pulls in.

Aid Stations (10, 17, 24k):

- There are <u>no</u> water taps along the trail and no reliable water taps at either end.
- There will be some water provided at the aid stations but where possible, please bring along your own supplies and use the aid stations as outlined on the run website under "Aid Stations"

Trail Update:

- The whole trail was in great condition Sunday Aug 14 with a few wet patches that didn't cause any problems.
- There has been some rain early this week and a small section (30m or so) close to Drysdale prone to getting very wet. The council are keeping an eye on it but just in case, a spare pair of socks & shoes at the end might be worthwhile!

Brunch / Lunch:

- Gusto Café (150m up the main street on the left from the run start / finish in Queenscliff) have again offered us exclusive use of their café from 11.15am. Full details are on the website. No bookings required, just roll in once you're ready for a great postrun feed.

Services:

- **Bean Cravin' Mobile Coffee** will have vans set up at both ends of the run for all your coffee needs.
- **Rotary (Bayside Geelong)** are setting up a mobile BBQ – they should be easy to spot but if not, just use your nose!
- **The Bellarine Railway Kiosk** will be open at both the Queenscliff & Drysdale Stations if you're after cold drinks or a snack.