



EVENT SCHEDULE

FRIDAY 16 JUNE 2023

1pm-7pm Bib Pick Up / Event Registration,
The Salty Dog Cafe, 47 The Esplanade, Torquay

SATURDAY 17 JUNE 2023

6.30am BUS > Fairhaven SLSC to Torquay (*pre-booked marathon competitors only*)
 6.30am – 8am Late Bib Pick Up, race start line @ Salty Dog Cafe, located opposite Torquay Bowls Club, Fisherman's Beach, 47 The Esplanade, Torquay
 *NOTE: bib pick up at Torquay for half mara closes at 9.15am
 8.15am Marathon race briefing at the start line at Torquay
8.30am Marathon START (individual and team runners)
 9.45am BUS from Torquay to Point Addis (*pre booked half marathon competitors only*)
 9.45am BUS from Fairhaven SLSC to Point Addis (*pre booked competitors only*)
 9.45am-10.45am Late Bib Pick Up, Point Addis Checkpoint
 10.45am Half Marathon race briefing, Point Addis Beach (south side)
11am Half Marathon START at Point Addis Beach (south side)
 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 competitors only*)
 3pm BUS return to Torquay (*pre booked competitors only*)
 4pm BUS return to Torquay (*pre booked competitors only*)

MEALS & MUSE Food and coffee served all day inside the cosy confines of the fully licensed Fairhaven Surf Lifesaving Club. MELODY MOON playing live muse 12.30pm - 3.30pm.

THERAPY No, not that kinda therapy - rather the good folk at **Beyond** are offering massage services in a post-run recovery tent. Get some. **Beyond**

7PM AFTERPARTY Leave some limbo in your legs 'cause our awesome **EIGHTIES COVERBAND, Bliss** will be belting our your funky favourites from around 7pm at The Aireys Inlet Pub, which will serve up food and awesome beer all day and runners can redeem a **FREE BEER** (remeber to bring and show your race bib)!

AFTERPARTY

featuring live 80s coverband **BLISS**...from 7pm

BOOKINGS ESSENTIAL FOR DINNER

 **BROOKS**

**EQUIPPED
TO ASCEND**



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CATAMOUNT 2

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BUS LOGISTICS

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

NOTE the logistics of the buses have been 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!

NOTE the BUS DEPARTURE TIMES for the services taking runners from Fairhaven and/or Torquay to Point Addis for the start of the half marathon **HAVE BEEN CHANGED**. Departure for those services are now at 9.45am (more sleep in!) so there's a touch less waiting around at Pt Addis.

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)

9.45am Bus leaves Torquay start line, from out front of The 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)

9.45am Bus leaves Fairhaven Surf Lifesaving Club
10am Bus arrives 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. Curbside parking restrictions (and fines) apply.

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 from Fairhaven to Torquay / Geelong at 1.54pm and 4.28pm. Check timetable [HERE](#).



MAPPING



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 (apart from that bit where the high tide is a bit bitey - you have to deal with that). If you end up with cars speeding by you on the Great Ocean Road, you have gone too far right. Stay inbetween the two and you'll get there...

Tour de Trails is pumped to again welcome **Capra** to the fold to sort out our mapping with App functionality, including being able to track your progress on courses, even when out of mobile range!

Capra is an App-based software that helps race directors easily share the information participants and support crews need to know. Participants use the mobile app that is available on both app stores and you can also see the mapping on the event website

Not only does it show the event route and aid stations, it also shows a few good coffee stop suggestions (support crews), where the Aireys Pub is (very, very important), where supermarkets and petrol stations are - pretty handy!.

DOWNLOAD THE APP AND SCAN THE Q-CODE TO ACCESS THE SURF COAST COLLECTION. Trust us, the CAPRA APP is your best friend

DOWNLOAD IT!
find out more at www.capra.app

OTHER COURSE NOTES

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 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?! Guidelines mean 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 and cup-free to minimise some waste is the way of the future so you may as well get used to it.

YES... there will be  and water at all aid stations.

YOU CAN GET 15% discount on your next  by using code **SURFCOAST15%**

www.tailwindnutrition.com.au



DOWNLOAD



ONTO YOUR

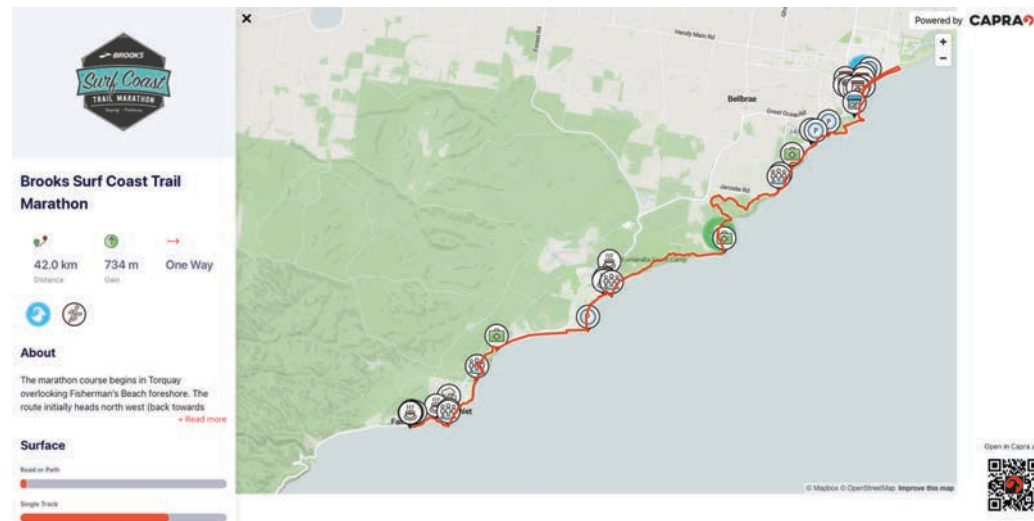


THEN

Q-CODE SCTM
FULL MARATHON



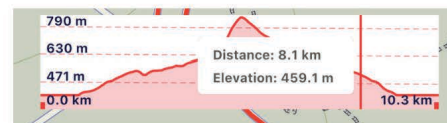
Q-CODE SCTM
HALF MARATHON



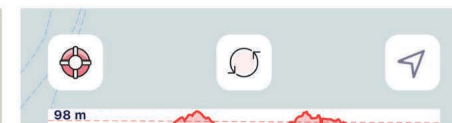
CAPRA IS USEFUL FOR....

⇒ Race route maps that are easy to update if the course changes. GPX files can be downloaded directly from Capra maps used on event websites. Maps can be printed from websites too.

⇒ Detailed elevation profiles and terrain detail for race preparation.



Swipe finger along elevation profile for specifics



Check you've got the latest course info using the refresh button

⇒ Maps that works offline in remote areas for additional safety during the event as part of mandatory gear lists.

⇒ On-course info such as aid stations, marshall points, cut off points, junctions, spectator points.

⇒ Event weekend logistics info such as bus stops, expo location, festival events.

⇒ Community partners that event managers would love visitors to support.

⇒ All these points on the map can be bookmarked to make it easy to find them on race day as needed. For example, racers can pinpoint a spectator point they're keen to see supporters at.

⇒ Individual maps and/or the event collection are easy to share with friends, family and supporters for weekend away planning.



\$40 FOOTWEAR VOUCHER

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*Not in conjunction with any other offer.




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DROP BAGS

There will be a drop bag service with drop zones at Torquay (Tour de Trails trailer), Point Addis (look for one of the Race Director's SUVs) and the finishline (down the ramp at the rear of the Surf Life Saving Club).

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).

The Finish line drop bag zone will be located down the ramp underneath the REAR of the Fairhaven Surf Lifesaving Club.

TEAM MARATHON COMPETITORS:

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

BIBS: each runner gets the same bib number differentiated with a 1 or a 2 (i.e. 901-1 and 901-2).

Both bibs need to be picked up at one of the registration sessions (Fri 1pm-7pm The Salty Dog, Torquay) and Sat 6.30am-8am, The Salty Dog Cafe, Torquay). We suggest for the sake of organisation, that you both get your bibs on Friday. Team members MAY pick up the bib on behalf of their other team runner. IT IS THE RUNNERS' RESPONSIBILITY TO HAVE THEIR CORRECT BIB NUMBER..

TEAM RUNNER #1

Team Runner #1 needs to be at the start of the full marathon course, with bib on, ready for race briefing 15 minutes prior to race start. Team Runner #2 can be present also, but it is not necessary. Team Runner #1 will finish their leg at Point Addis, just shy of 20km later: **They will need to get themselves from Point Addis to the finish line.** The changeover time will register from when Team Runner #2 crosses the timing mat located at the pedestrian trail gateway at the east side of the car park. **We request that Team Runner #2 DOES NOT CROSS THE TIMING MAT PRIOR TO RUNNER CHANGEOVER.**

TEAM RUNNER #2

Team Runner #2 must get themselves to Point Addis transition zone by 10.45am (earlier if you are a late registration pick up). You can do this one of two ways:

1. catch the event-supplied buses (*pre booking required*) from Torquay or Fairhaven (both depart at 9.45am).
2. drive and park (leaving your car for your team mate to pick up and drive to the finish - remember to arrange what to do with key handover!). THERE IS LIMITED PARKING at Point Addis and it is a decent walk to the start. We suggest the bus system, though it must be pre-booked.

BOTH RUNNERS

It is possible for both team runners to cross the line together; Team Runner #1 can meet Team Runner #2 on the beach stretch approaching the finishline.

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 The 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.



CAPRA MAP OF COURSES VIEWABLE ONLINE AT
MARATHON: <https://capra.page.link/pn1G>
HALF MARATHON: <https://capra.page.link/ZBxz>

OR Q-CODE YOUR WAY TO THEM:



42KM



21KM

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

AID & WATER STATIONS

- 2. WAVES CAR PARK (CP1)** 10.5km
- 3. POINT ADDIS (CP2) / HALF MARA START** 19.5km
- 4. ANGLESEA (CP3)** 27.5km / 8km points
- 5. URQUHARTS BEACH (CP4)** 34.5km / 15km points
- 6. FINISH FAIRHAVEN SLSC** with use of facilities



*NOTE: as a trail marathon, there are not as many aid stations as a road marathon, Runners **MUST** carry a hydration pack or bottle or collapsible cup as **THERE ARE NO CUPS AT AID STATIONS**. We urge runners to be as self sufficient as possible.

WE ENCOURAGE EVERYONE TO DOWNLOAD THE CAPRA APP AND VIEW THESE MAPS TO BECOME COMFORTABLE THAT YOU KNOW THE ROUTE! YOU CAN USE CAPRA LIVE ON COURSE, TOO!

ROAD CROSSING: There is only one main 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. Please exercise caution when crossing these points – stay alert, stay safe.

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 to the finish line eventually.

MARATHON START



LATE REGISTRATION: 6.30-8.15am // **BUS ARRIVAL** (from Fairhaven) 7am

RACE BRIEFING: at start arch: 8.15am

START TIME: 8.30am

COFFEE ON SITE: The Salty Dog Cafe serving from 6am

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

WAVES CAR PARK CP1 - 10.5KM



CHECKPOINT is located on runner's 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.

HALF MARATHON START / CP2 - 20KM

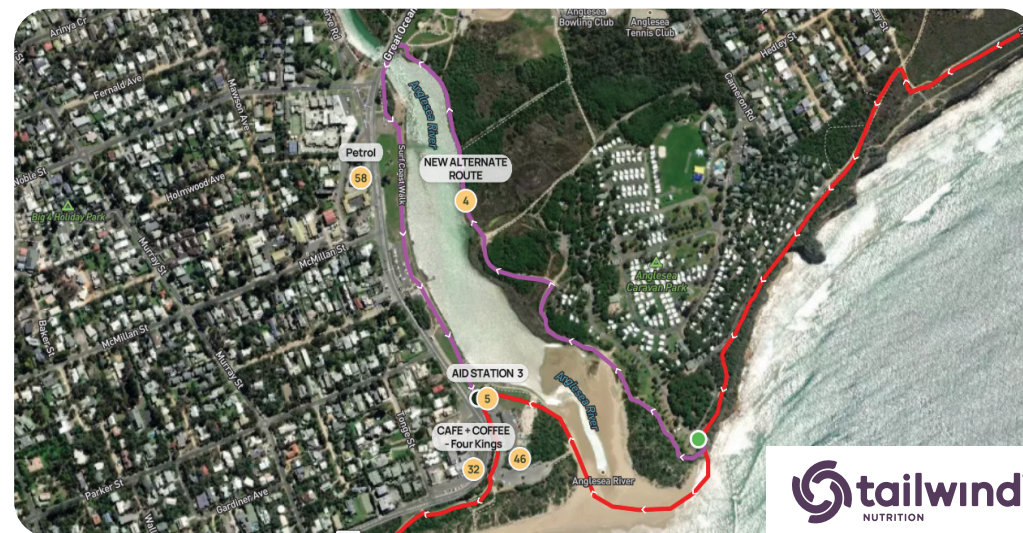


LATE REGISTRATION: 9.45-10.45am // **BUS ARRIVAL** (from Torquay & Fairhaven) 10.15am

RACE BRIEFING: at start arch **THE BEACH: 10.45am**. Allow ten minutes to walk down to beach, it is quite congested. **PLEASE GIVE WAY TO MARATHON RUNNERS COMING THROUGH ON SAME PATH.**

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.

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RUNNER OFFER Our new movement partner, Beyond, is offering participants **\$10 off an initial appointment** at any Beyond clinic, located in Blackburn, Hawthorn, Windsor, plus in Newtown (Geelong) and Ocean Grove. www.movebeyond.com.au

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

URQUHARTS BEACH CP4 - 34.5KM



CHECKPOINT is located to the left within the car park. Be mindful of cars. **HYDRATION & NUTRITION** are available. The trail then heads away from the rear of the car park. **NOTE: NO USE OF TOILETS HERE AS THEY ARE CLOSED.**

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're the calves?

There are **showers** available downstairs - please be quick and mindful that there aren't many! There will be a **recovery tent with remedial services offered** for minimal donation upstairs, provided by Pro Feet Podiatry / Torquay Sports Medicine.

Beyond

Enjoy the hospitality of the Club with hot food served, the bar open and coffee available. **PLEASE NOTE** that we are guests of Fairhaven Surf Lifesaving Club and lucky to enjoy their facility (and its view!); be respectful and treat their premises with care.

20%

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RUNNER OFFER
20% off any pair of shoes

Redeem at the The Happy Runner 1/15 Bell Street Torquay VIC

BROOKS **EQUIPPED TO ASCEND**
CATMOUNT 2

WEATHER

One week out and the weather is predicted to be (drum roll) ... okay! A low of 10 degrees Celsius and a high of 16 degrees during the day, with no rain predicted for run window! This prediction as of Monday 12th 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. We also suggest ensuring you have something warm ready to change into at the finishline.

Saturday 17 June

From	Rainfall							
	1:00 AM	4:00 AM	7:00 AM	10:00 AM	1:00 PM	4:00 PM	7:00 PM	10:00 PM
50% chance of more than (mm)	-	-	-	-	-	-	-	-
25% chance of more than (mm)	-	-	-	-	-	-	-	-
10% chance of more than (mm)	-	-	-	-	-	-	-	-
Chance of any rain	5%	5%	5%	5%	5%	5%	5%	10%

At	Temperatures							
	1:00 AM	4:00 AM	7:00 AM	10:00 AM	1:00 PM	4:00 PM	7:00 PM	10:00 PM
Air temperature (°C)	11	10	10	12	16	15	13	12
Feels like (°C)	6	5	5	7	10	10	8	7
Dew point temperature (°C)	5	4	4	5	5	6	6	6

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TIDES AND SAFETY

WE WON'T SUGAR COAT THIS - TIDES AND SWELLS ON THE SURF COAST CAN BE DANGEROUS.



They rise, they crash, they suck you out. This year is the *equivalent* of a King Tide - not technically one - but it's a **1.6m+ high tide (at 11.27am)**. That's high.

There are 2 main pinch-points to be aware of:

- **ANGLESEA:** at O'Donohue's (far end of Melba Parade), after running down stairs on to Urquharts Beach.
- **SUNNYMEADE BEACH:** the short (50m) section after popping out onto Sunnymead Beach (nearing Aireys Inlet).

PLEASE BE CAREFUL. We will have marshalls at all spots.

Do not run on the dunes at O'Donoghues - they are sensitive and out of bounds.

get amongst a Surf Coast Event



9 JULY

ANGLESEA
Trail Running Series
Race 3



28-30 JULY

ANGLESEA
The Sound Doctor:
3 live music gigs



5-6 AUGUST

COAST & HINTERLAND
Surf Coast
Arts Trail



19 AUGUST

LORNE
Surf Coast
Wonderfalls



28 AUG-02 SEP

BELLS BEACH
World Surf League
Longboard Classic



9-10 SEPTEMBER

LORNE
Amy's Great Ocean
Road Gran Fondo

Markets

Winchelsea Community Market
FIRST SUNDAY OF MONTH
9AM - 1PM

Torquay Farmers Market
EVERY SATURDAY
8.30AM - 1PM

Lorne Market
10 JUN, 4 NOV
9AM - 4PM

Anglesea Riverbank Market
5 NOV
9AM - 4PM

Aireys Inlet Market
11 JUN, 9 JUL
9AM - 1PM

SURF COAST EVENTS



SurfCoastEvents

SurfCoast_Events

surfcoastevents.com.au

COURSE CHANGES

AS PER PREVIOUS PAGE, THERE ARE SEVERAL LOCATIONS WHERE FROM APPROX 11AM - 1PM (HIGH TIDE) WHERE WAVES AND WATER CREATE AN INCREASED RISK FACTOR THAT REQUIRES SPECIAL ATTENTION. THEY ARE:

ANGLESEA #1 (image right): usually, runners exit onto the beach via a walkway at the rear of the Anglesea Caravan Park. This year, due to water inundation at the head of the estuary and depth issues, we cannot run across the head of the estuary. Therefore, runners will be directed to follow the Surf Coast Walk Trail around the rear of the Caravan Park, further up the northern side of the estuary all the way to the Great Ocean Road and the pedestrian bridge pathway across the water (southern side - do not cross the road!). Follow the footpath back down the other side of the estuary, until you meet the Anglesea Aid Station - you will be welcomed by the awesome crew from Surf Coast Trail Runners!



ANGLESEA #2: at O'Donohue's (far end of Melba Parade), after running down stairs on to Urquharts Beach. There is no work-around here. We will have a marshal stationed at this point monitoring the swell for the 11.30am high tide. They may direct you to HOLD and wait for an adequate lull in the swell before directing you to run on the beach. Please follow instructions.

SUNNYMEADE BEACH: the short (50m) section after popping out onto Sunnymead Beach (nearing Aireys Inlet). Again, there is no work around here. We will have one of our race directors stationed here from 11.30am. They will direct you how to approach the short crossing from one set of stairs to the other where you will then head up to safety of the car park and onwards along the Surf Coast Walk.

FINISH (image right): As you approach the finish, you no longer drop onto Fairhaven Beach. Instead, veer to the right up a concrete ramp (red line), which will lead you to the main event HQ).



FINISH LINE NOTES

PRESENTATIONS - APPROX 2.30PM

Overall winners, second and third place (male/female) for the marathon and half marathon will be given trophies and prizes. First placed overall team only. There are no prizes for category winners but some 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, yeah!?

FOOD & DRINK

There will be snack meals coffee and booze (over 18 only) served on a rolling basis throughout the day a inside the Club. We urge you – due to COVID – to always maintain social distancing.

There will be a live acoustic musician, Melody Moon, playing in the afternoon.



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



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www.surfcoastevents.com.au



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subdivides in writing

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PUB to PUB

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13 - 25 AUGUST 2023

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TOUR OF TRAILS
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TOUR OF TRAILS
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FRANCE

TRAIL RUN TOUR

GENEVA-CHAMONIX
27 JUNE - 4 JULY 2023

SOLD OUT

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IMPORTANT NOTES FOR ALL RUNNERS

WITHDRAWAL AFTER REGISTRATION BUT BEFORE RACE START

If any runners needs to withdrawal AFTER you have picked up your bib, you need you to notify the Race Director (number on back of your bib), preferably by texting your name and bib number and/or calling/leaving a message. If you do not, we will think you are out on course and when you do not pass over the finishline, we will send out the search party (this happened at a recent event and they were visited at I am by a police divvy van – best you tell us!).

RUNNER WITHDRAWAL DURING RACE

If any runner needs to withdrawal, please YOU MUST notify a Race Director (number on back of bib), preferably by texting your name and bib number and/or calling/leaving a message. Additionally (but not instead of!) give your name and bib number to a marshall.

FIRST AID

You and our marshals are not expected to perform any first aid beyond basic care and comfort in the event that a runner has a medical issue. Your first duty is to ensure you are not in any danger. Then ensure the runner is not in any immediate danger and is warm. Once you are confident that they are stable, for most non-life threatening medical issues (i.e. rolled ankle, torn calf), call the Race Director. If the medical incident is a life-threatening emergency (i.e. snake bite) call 000 immediately and follow instructions, ensuring you let them know the incident has taken place as part of an event where Endurance Medical Services is in attendance and you have a Race Director to report to.

COMMUNICATIONS

Runners can choose to run with or without their phones. Some positions on the course get low to no phone service, but most of the course gets some (Telstra has the best coverage with other carriers getting less so). If you are involved in a serious medical incident, need to withdraw, or any other problem occurs on course (such as you come across tampering of course markings etc.) Please report in to the Race Director or a marshal immediately. **DO NOT LEAVE THE COURSE WITHOUT NOTIFYING THE RACE DIRECTOR YOU ARE DOING SO**, if it is before crossing the finish line. Please leave your mobile phone on and have handy in the hours after the event has finished should we need to contact you.

RESULTS

View results and splits (halfway only) via the weblinks.
www.tomatotiming.racetecresults.com



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.

MERCHANDISE

SCTM 2023 TEE



LIMITED MERCH WILL BE AVAILABLE AT FRIDAY BIB PICK UP AT SALTY DOG CAFE

ALL MERCH WILL BE AVAILABLE INSIDE THE FAIRHAVEN SURF LIFESAVING CLUB FROM 12 NOON.

SCTM VARSITY BASEBALL CAP



TRAIL PUNK TEE



PAST SCTM TEES (LIMITED)



ONE LIFE MANY TRAILS TEE



ONE LIFE MANY TRAILS RUNNING SOCKS



ONE LIFE MANY TRAILS HEADSKINZ





NEW 2024 TOUR!



TRAIL RUN TOUR
BALI
COAST 2 COAST
MAY 2024

WHO'S COMING? With airfares getting a tad astronomical and people's time more limited, we thought we'd find a more 'local' but still exotic running adventure for you. Echoing our Coast to Coast in England, we have found an awesome run route from the north coast of Bali to the south. This is Bali as you have never known it. Okay, so the accommodations all have pools and cocktails - that part will be familiar.
27th MAY - 2 JUNE 2024 // \$3400 TWIN SHARE ALL INCLUSIVE ON GROUND
BOOK YOUR PLACE NOW - LIMITED TO 12 GUESTS - CONTACT MISH@TOURDETAILS.COM



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CHAFE-FREE

Running gear designed by Ultrarunners

t8run.com.au



HERE ARE A FEW REASONS YOU'LL LOVE TAILWIND NUTRITION!

ALL NATURAL
NO DYES, PRESERVATIVES OR 4-SYLLABLE TONGUE TWISTERS!

NO GUT BOMBS
THE COMPOSITION OF TAILWIND'S FUEL MATCHES WHAT THE GUT IS DESIGNED TO ABSORB

COMPLETE ENERGY
USE AS YOUR SOLE FUEL SOURCE WITH A PERFECT CALORIE, ELECTROLYTE AND HYDRATION RATIO

MILD TASTE
CLEAN AND LIGHT FLAVOUR THAT YOU WON'T TIRE OF

TAKE WHAT YOU NEED
100-CALORIE SCOOP ALLOWS YOU TO ADJUST TO SUIT YOUR NEEDS

EASY TO USE AND CLEAN
JUST POUR, SHAKE, AND GO! MIXES AND RINSES CLEAN FROM YOUR PACK OR BOTTLE

FOR DURING ↻ **FOR AFTER**

REHYDRATE
ELECTROLYTES HELP REHYDRATE AFTER EXERCISE

REBUILD MUSCLES
3X MORE COMPLETE PROTEIN THAN WHEY TO REBUILD DAMAGED MUSCLE TISSUE

REPLENISH GLYCOGEN STORES
MADE WITH THE OPTIMAL AMOUNT OF CARBOHYDRATES TO RESTORE ENERGY LEVELS

100KM SURF COAST CENTURY

THE FEEL GOOD ULTRA

16 SEPT 2023

ANGLESEA VICTORIA

- // 100KM SOLO
- // 50KM SOLO
- // 100KM RELAY TEAM

SURF COAST EVENTS
5KM 13KM 21KM
Black Diamond
AFTERGLOW
17TH NIGHT TRAIL RUN 2023
NOVEMBER 2023
WWW.AFTERGLOWTRAILRUN.COM
 FEATURING THE SKIN BODY POSITIVE STOMP

BEER PMO
WILD MOUNT TRAIL RUN
 Nutrition by **tailwind**
21km + 11km + 5km
2 DECEMBER 2023
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100KM MOUNTAIN ULTRA
+50KM+10KM
2024
16-18 FEBRUARY
ENTRIES OPEN DON'T MISS OUT!!
WWW.HUT2HUT.OSCAR100.COM.AU

COMPETITOR PHOTOGRAPHY

Photos of you doing your thang will be available for direct purchase, via the creative couple at The Eventurers, Ian and Velta. 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 mantlepiece in the 'good' photo frame!

The Eventurers 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.THEEVENTURERSTRAVELPHOTOGRAPHERS.COM.AU



FREE BEER!!!??

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

Save and take your race bib to the pub to receive your free beer!



SALT
 — BREWING CO. —



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.



MARATHON - YELLOW



HALF MARA - GREEN



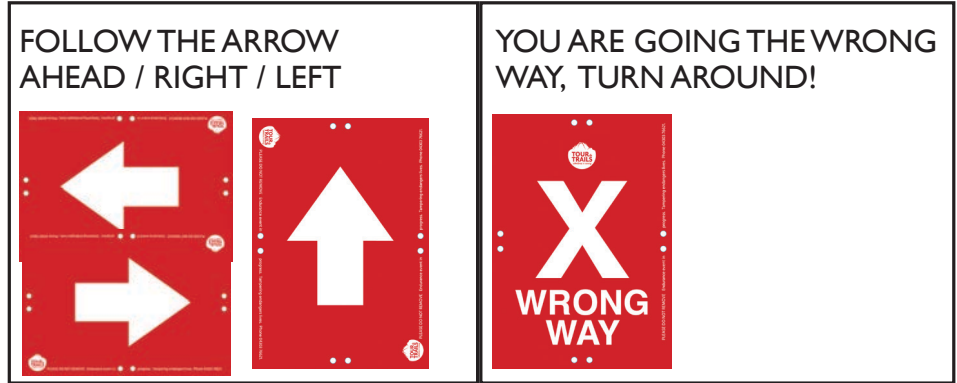
TEAMS MARA - RED



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 – it will be letting you know you are on course. The event specific signs and their meanings:



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 we are 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 any marking. It is YOUR RESPONSIBILITY to have a look at the map online and familiarise yourself with the course to help you navigate. Also, please keep your wits about you and think about what you are seeing in terms of navigation: in other years we have 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.

T8 RUNNING APPAREL



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SUPER COOL**



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WWW.WILDMOUNTRUN.COM

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ANY FIRST TREATMENT AT BEYOND

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20% OFF

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Mention Surf Coast Trail Marathon in store

1/15 Bell Street, Torquay

WWW.THEHAPPYRUNNER.COM.AU

FREE POT OF BEER

THE AIREYS PUB

Take your race bib to the bar any time over the event weekend! Book a table for a meal at the afterparty

WWW.AIREYSPUB.COM.AU.COM.AU



Beyond



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CALORIES, ELECTROLYTES, AND HYDRATION TO KEEP YOU MOVING



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*Available for all non-discounted nutrition only.



THANK YOU

FOR JOINING THE WILD SURF COAST TRAIL TRIBE

AND REMEMBER

Inside all of us is a wild thing

SURF COAST EVENTS



Beyond



active feet
if the shoe fits...

