



# **RUNNER INFORMATION**

# **2024**



GARMIN





## EVENT INFORMATION

Event Name : Trailsplus – Run the Lighthouse

Where : Tidal River Wilsons Prom National Park

When : Feb 24<sup>th</sup> 2024

Time : from 8am to 12midnight

Distances : 6km – 21.1km – 42.2km – 55km – 75km

**WE DO NOT POST OUT OUR RACE BIBS – COLLECT AT START**

Please take the time to read these notes, as they are important to ensure you have a safe and enjoyable experience.

THIS DOCUMENT IS BELIEVED TO BE ACCURATE , IF YOU NOTE ERRORS OR HAVE ANY CONCERNS PLEASE LET US KNOW

Welcome to the 3rd Run the Lighthouse - at Wilsons Prom.

This years event offers 75km – 55km, 42.2km, 21.1km & 6km distances. As always you can expect the courses to be a little longer in the Trailsplus tradition.

I hope you are all injury free healthy and looking forward to the weekend and challenge ahead. Thank you to all runners who are supporting this event. As always events that trailsplus conduct support young people living with cancer this is done by contributions by Trailsplus and voluntary donations runners can make at time of registration.

2024 see's us with a small field limit size, At the time of writing this document we have 60 runners spread over the 5 distances, with most in the middle distances 55k, 42.2k, 21k.

This year the limit of sites to camp and stay have reduced those who would like to be a part of the event. If you are looking for space we may have some in out allocated site, leet us know if we can assist.

For those of us attending this will be a fun and supportive event in an awesome location conducted in a very low key way. However,

**MOST IMPORTANT**

Unlike almost all of our other events this one will have almost no course markings, the only exception being in the camp ground. While the general flow of the course is on the main tracks that create a fig 8 shape on the southern peninsula of the Prom. There are small tracks that may appear from time to time, plus some of the camp grounds often have two or three paths to exit and continue, so it's important you have a clear understanding of the course and the general direction it flows, so you enjoy your adventure.

Wilsons Prom is a beautiful part of Victoria's Coastline, it contains small mountain ranges that rise from the ocean to heights of 550M.

Don't forget this is Victoria, weather is subject to change very quickly, come prepared!

**PLEASE SPEND SOME TIME GETTING FAMILIAR WITH THE FOLLOWING INFORMATION**

**WHAT YOU MUST DO IS PRINT YOUR MAP AND YOUR INSTRUCTIONS**

**HIGHER QUALITY IMAGES WILL BE AVAILABLE ON WEBSITE Closer to the EVENT**

[www.trailsplus.com.au/lighthouse](http://www.trailsplus.com.au/lighthouse) go to maps tab

**TRACKING WILL BE USED FOR ALL RUNNERS 21.1KM ABOVE**

## **Tracking your progress ( LIVE TRACKING ) at trailsplus HQ only**

For safety and for watching your progress it is mandatory to have the TRACTALIS tracking app on your phone, please ensure you have accessed the tracker App instructions that have been sent directly to you. If you haven't received the tracker instructions please contact us ASAP.

The tracking App we use MUST have the correct settings and the biggest issue is people's phones when put away in pocket or backpack it goes to sleep and the App stops working, To ensure the tracking App is working ok, it is best to load it ASAP, activate it and leave it on. Don't worry its not a big battery user. The biggest problem we have is people turn up just before the event, turn on the App and it isn't functioning correctly, and a lot of time is wasted, and stress caused trying to get it working before the race starts. Please help us make it a smooth process, being an unmarked course having the trackers means we can keep you safe and on track or find you if needed. It's for your safety.

**IMPORTANT NOTE ABOUT TRACKER ID YOU WILL USE – YOUR IS WILL BE (LHRyourname)**

Example for me my ID would be **LHRbrettsaxon**, do not use spaces all one word.

iPhone users tend to have very few issues, ANDROIDS can be more temperamental.

In the App store or google Play store search for



## Mobile Phone GPS Tracker

Track your smartphone on...

Open

1 RATING

4

★★★★☆

AGE

4+

Years Old

CATEGORY



Navigation

DEVELOP



UAB MR D

### What's New

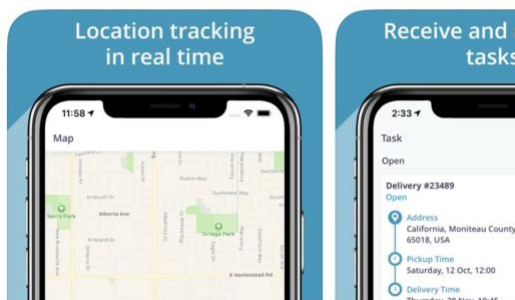
[Version History](#)

Version 2.5.0

3w ago

Bug fixes and performance improvements

### Preview



Today Games Apps Arcade Search

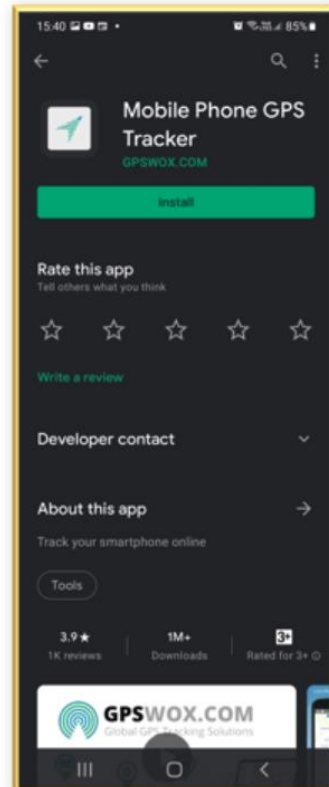
## Mobile Phone GPS Tracker

Android



Download the Tracker App

From the Google Play Store, search for "Mobile Phone GPS Tracker". Select the Tracker App and click "Install".



The separate tracker instructions refer to the ID to use as your BIB number, however as mentioned your tracker ID will be

**LHRyourfullname,**

Example

**LHRbrettsaxon**

Please also note that if you get incorrect credentials, it means I may not have set up your ID in the system as yet, so shoot me a message. Please don't start preparing your tracker until at least Sunday 18<sup>th</sup> Feb as this is the proposed date for the tracker IDs being set up in the system.

## WHAT IF YOU GO OFF COURSE

Please prepare yourself to have an enjoyable and safe journey on the correct course, STUDY THE MAP it's highly recommended. By knowing the course, you limit the risk of going wrong, however if this occurs.

### HERE ARE OUR TIPS AND RULES

- REFER TO MAP IN PLASTIC BAG
- CARRY MAP AS REQUIRED IN MANDATORY GEAR LIST
- LISTEN AND FOLLOW INSTRUCTIONS WHEN GIVEN
- DON'T JUST FOLLOW THE PERSON IN FRONT\*
- \*THE PERSON IN FRONT MIGHT BE IN A DIFFERENT RACE
- IF IN DOUBT ASK OR REFER TO YOUR MAP YOU PRINTED!
- THERE ARE NO TRAILSPLUS MARKINGS AT THIS EVENT
- WHEN ON A MAIN TRAIL STAY ON IT UNLESS THE MAP AND NOTES ADVISE OTHERWISE. THE PROM HAS WELL DEFINED TRAILS.
- REFER TO PRINTED INSTRUCTIONS IF NEEDED

### ○ IF YOU GO OFF COURSE KNOWINGLY OR NOT

- FIRSTLY, GO BACK TO CORRECT COURSE AND CONTINUE
- IF YOU CAN'T, YOU WILL BE DISQUALIFIED
- IF YOU ARE FAST AND EXPECT TO PODIUM \*\*
- \*\*"KNOW THE COURSE"
- WE WILL NOT ACCEPT MAKE UP DISTANCES OFF COURSE
- MOST IMPORTANTLY – TAKE TIME TO STUDY MAPS, IT REALLY HELPS

**BRING WARM CLOTHES**

**FOR BEFORE AND AFTER**

**YOUR RACE**

**WHERE REQUIRED ENSURE YOU HAVE FULL MANDATORY GEAR**

**NO EXCEPTIONS**

**LOOKING AFTER THE ENVIRONMENT**

We are proud and have had great success and positive feedback by eliminating paper cups and making silicone cups available to buy along with several other environmentally friendly initiatives, please bring yours if you already have one, or bring your own reusable drink bottle.

**#goinggreener**

**BUY a reusable, collapsible silicone cup \$5 at registration however we are almost out and waiting new stock, safer to come prepared**

**NO PAPER CUPS BEING PROVIDED**



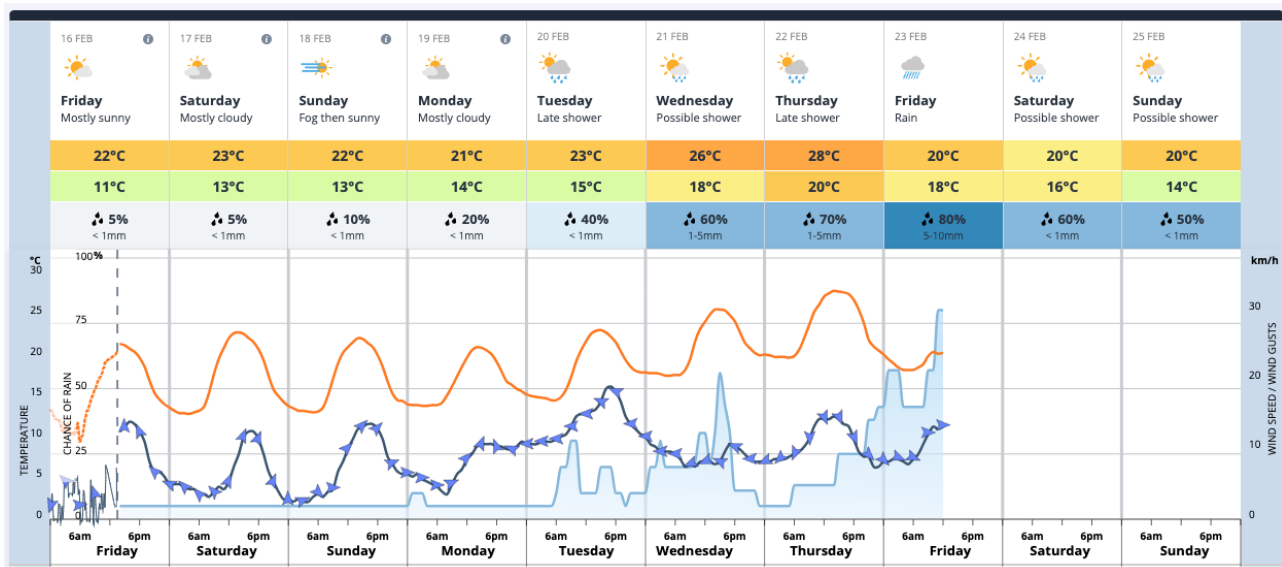
**IMPORTANT INFORMATION**

**MANDATORY GEAR 2024**

# Wilsons Prom can produce every imaginable weather condition

Therefore it is very important that the following mandatory gear as specified for each distance is available on race day or carried as advised, no exceptions on race directors final decision.

- A side note on mandatory gear, as race organisers we often get questioned, why do I need to carry all of that gear. The simple answer is for your safety, we care, so should you. We are runners too, and we understand that in hindsight we carry a lot of gear that wasn't needed during the event, but we think that is a great outcome, because if you needed it then there was possibly a worse outcome for you the runner during the event, so please except and understand, mandatory gear is mandatory, stay safe
- We generally have two levels of mandatory gear, in the form of light and heavy kit.
- Basically this means that the required full kit ( or heavy kit ) maybe reduced by a few items on race day, for example if deemed safe, you may not be required to carry overpants and thermal under garments.
- In addition to mandatory we have recommended lists sometimes, our mandatory list generally represents the minimum requirement, you can always add more items.
- HERE IS THE CURRENT 10 DAY FORECAST BUT LIKELY TO CHANGE BEFORE THE WEEKEND



## THE MANDATORY GEAR LIST

|    | 75km   | 55km & 42.2km                              | 21km                                       | 6km             |
|----|--|--|--|-----------------|
|    | THE MANDATORY LIGHT KIT THAT MUST BE CARRIED WITHOUT FAIL                    |  |  |                 |
| 1  | Smart Phone  | Smart Phone                                | Smart Phone                                | Recommend Phone |
| 2  | Portable battery + lead  | Portable battery + lead                    | n/a  |                 |
| 3  | 1.5l water capacity  | 1.5l water capacity                        | 500ml water capacity                       |                 |
| 4  | Sealed Seam Weather proof jacket with hood                                   | Sealed Seam Weather proof jacket with hood | Sealed Seam Weather proof jacket with hood |                 |
| 5  | Space Blanket  | Space Blanket                              | Space Blanket                              |                 |
| 6  | Snake Bandage  | Snake Bandage                              | Snake Bandage                              |                 |
| 7  | Map for your distance  | Map for your distance                      | Map for your distance                      |                 |
| 8  | Zip lock Bag for MAP   | Zip lock Bag for MAP                       | Zip lock Bag for MAP                       |                 |
| 9  | 1000Kj Food  | 1000Kj Food                                | 500Kj Food                                 |                 |
| 10 | Main Head Torch  | Main Head Torch                            | n/a  |                 |
| 11 | Spare Head Torch   | Spare Head Torch                           | n/a  |                 |
| 12 | Whistle  | Whistle                                    | Whistle                                    |                 |
| 13 | Extra Food Emergency   | Extra Food Emergency                       | n/a  |                 |
| 14 |  |  |  |                 |
| 15 |  |  |  |                 |
|    | THE MANDATORY HEAVY KIT THAT MUST BE AVAILABLE ONSITE FOR CHECKING IF NEEDED |  |  |                 |
| 16 | Waterproof Pants   | Waterproof Pants                           | Waterproof Pants                           |                 |
| 17 | Thermal Top  | Thermal Top                                | Thermal Top                                |                 |
| 18 | Beanie + Gloves  | Beanie + Gloves                            | Beanie + Gloves                            |                 |
| 19 |  |  |  |                 |
| 20 |  |  |  |                 |



## EVENT SCHEDULE

Check in takes place on Saturday Morning for the 42km, 55km and 75km runners, unless you are already in the campground Friday afternoon, then you can check in with us at sites 1 - 7, directly opposite the general store. (NEW start location due to campsites being fully booked out). 21km and 6km runners can check in Saturday Morning, be sure to allow plenty of time to get your gear checked 21km runners. You should arrive 60 minutes before start time to get your gear checked off and your tracker App confirmed as working. 6km can arrive up to 30 minutes before the start.

## Event Schedule

We have set race starts a bit later than normal to allow more time to arrive for those travelling due to lack of campsite accommodation.

### FRIDAY FEB 23rd

There are NO on day registrations.

15:00 - 20:00 Pre Race Gear Check in and Bib Collection at event hub, site 1-7 if you are staying in the park, no need for special trip to check in if staying out of park.

### SATURDAY FEB 24<sup>th</sup>

**Gear check should be at least 60minutes before race start**

7:45 - 75km Roll Call-Race brief update

**08:00 - 75km Start Race**

8:45 - 55km Roll Call-Race brief update

**09:00 - 55km Start Race**

8:45 – 42.2km Roll Call-Race brief update

**09:00 – 42.2km Start Race**

09:45 - 21km Roll Call-Race brief update

**10:00 - 21km Start Race**

10:45 - 6km Roll Call-Race brief update

**11:00 - 6km Start Race**

Roll call is compulsory, if not checked off at roll call you cannot start the event and are deemed a DNS and will not be considered a person of interest on course for safety and evacuation purposes.

Roll call forms part of our pre-race briefing, while the briefing will be abbreviated it will be highlighting some specific and significant aspects of the race safety requirements, course notes and conduct of participants. Race brief attendance is compulsory as part of Roll Call.

Bibs and pre-ordered items will be collected at Friday or Saturday Check in.

Uncollected items will be posted and a postage fee will be charged.

## INSURANCE

The event insurance policy does not extend to personal injury; it is highly recommended that you have personal insurance cover or at least ambulance cover in time for the event. If injured at Wilsons Prom you will likely need an air ambulance and they can cost \$10s of thousands of dollars if you are not covered, its cheap as to get yearly cover.

HERE IS A LINK TO AMBULANCE VICTORIA – [BECOME A MEMBER](#)

**THERE MAY BE SOME VARIATION AND LAST MINUTE CHANGES  
TO THE INFORMATION PROVIDED HERE SO PLEASE BE PREPARED FOR LATE UPDATES**

**CUT OFF TIMES – we will always consider each person on their merit to assist in finishing while taking into account their safety. These are guides only with flexibility based on weather conditions and how you are progressing, our goal is to always see you finish when it is safe for you to do so. We must always consider our volunteers also.**

Race cut off times, please note that 6km / 21km events do not have cut off time.

**75km**, it is expected the slowest runners can complete this course in under 16hrs, Saturday Midnight. However, we may remove you from course at accessible locations if deemed necessary for your health and safety.

**55km**, it is expected the slowest runner can be back at the Telegraph Junction before 4pm. This is the official cut off time at the 44km mark, allowing you 10hrs, this should see you finished by 9pm at the latest which is our official cut off time, that's less than 4km /hr to do the course.

**42.2km**, it is expected the slowest runner can be back at the Telegraph Junction before 4pm. This is the official cut off time at the 33km mark, allowing you 10hrs, this should see you finished by 8pm at the latest which is our official cut off time, that's less than 4km /hr to do the course.

## CHECK Point AID STATIONS

**Please note that this event is predominantly self supported.**

We will have the following this year.

We have nominated two Check Point locations for this event based on volunteer availability.

Check Point/Aid 1 – Telegraph Track Junction

Check point 1 – may not be setup for 75km runners on first passing at 14km.

Check point 1 is scheduled to close by 4pm, this should see all runners past by this time and heading toward tidal river via Oberon Bay.

Check Point 2 - based on volunteer availability, located at Telegraph saddle carpark

This will provide 75km and 42.2km runners access before and after the climb, pending volunteer availability.

Approximate distances are noted in chart below.

| Lighthouse Run - 2024   | Telegraph Junction | Telegraph Saddle C/P | Mt Oberon Summit | Telegraph Saddle C/P | Telegraph Junction | Waterloo Bay | Lighthouse | Roaring Meg | South Point | Roaring Meg | Telegraph Junction | Tidal River |
|---|--------------------|----------------------|------------------|----------------------|--------------------|--------------|------------|-------------|-------------|-------------|--------------------|-------------|
| 21km  | 12km               | -                    | -                | -                    | -                  | -            | -          | -           | -           | -           | -                  | 21.1km      |
| 42.2km  | 12km               | 18km                 | 21km             | 24km                 | 30km               | -            | -          | -           | -           | -           | -                  | 42.2km      |
| 55km  | 12km               | -                    | -                | -                    | -                  | 17km         | 26km       | 31km        | 34km        | 37km        | 43km               | 55km        |
| 75km  | 14km               | 20km                 | 23km             | 26km                 | 32km               | 37km         | 46km       | 51km        | 54km        | 57km        | 63km               | 75km        |
| yes we know the distances are not exact, these are a guide to various landmark points only and generally re within 1km of actual distance |                    |                      |                  |                      |                    |              |            |             |             |             |                    |             |

### Check Point Aid Stations Open Times

Check Point 2 might be the first aid station visited by 42km, and 75km runners @18-20km. This check point may be operating between 9:30am and 11:30am.

Check Point 1 is the turnaround point for the 21.1km and a major junction reference point for 42.2km, 55km and 75km. This check point is expected to operate from approximately 10:00am to 4:00pm, however runners should not be relying on this check point for the first passing.

## TOILETS

There are toilet blocks at various times on course including at the light house and at the start finish campground and on course locations, a toilet is available approx. 8km in just as you exit Oberon beach, it is located off the trail to the right, you will also pass this same toilet block with 8km to go. There is also a toilet at the telegraph saddle carpark for the 42km and 75km runners. Please ensure you use correct bush toilet techniques all other times.

## DROP BAGS

75km/55km/42.2km Runners will be able to leave personal drop bags to be taken to check point #1. These must be presented prior to our CP#1 Crew leaving. Please note this drop bag will arrive when the crew arrive and as per above maybe on your second passing (50m diversion to access maybe required pending final setup location) as the telegraph junction is not an exact cross roads point, it is slightly offset.

All dropbags need to be in early to ensure they get to aid stations, safest option is to have them to us Friday night if you are in camp ground or no later than 7:45am Saturday before race start.

DROP BAGS must be no bigger than a typical shopping bag. Your Drop bag must be named and clearly identifiable. Any drop bags or equipment not collected on race or within 14 days will be sent to charity op shop or equivalent, unless items fit me then I will keep them 😊.

**IMPORTANT** – drop bags will arrive back to the start finish area when the aid stations are packed up, this may be after you want to leave. Therefore you need to arrange collection from Trailsplus within 14 days.

## YOUR MEDALS

Medals will be awarded to finishers based on availability, design may vary depending distance of your event. We often have factory metal style medals and occasionally timber medals hand crafted

## Podium Presentation

Each distance 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Female will receive a trophy acknowledging their achievement, depending availability sometimes we have prizes from our sponsors to go with your trophy



# COURSE NOTES AND MAPS

## Camp Site – Start Finish - Navigating around the camp ground

Wilsons Promontory National Park  
Tidal River

### Lighthouse Trail Run 2024



## Where to find us in Tidal River Camp Ground

The event site hub will be set up in booked unpowered camping sites On first Ave directly opposite the general store. There is a general day carpark very close by, just before you get to first Ave on the right hand side.

## IMPORTANT REMINDER AS WE TALK ABOUT THE COURSES

The Run the lighthouse courses are “**UNMARKED**” that means you need to have a map with you, it means you should have already had a good look at the map to get a sense of where you are going. This is a truly down to nature type event. So long as you have taken a little bit of time to look over and read the information you will be perfectly fine. If after reading and you feel concerned, always shout out and ask any questions, if you are still concerned, come and sit around the camp with us and enjoy a relaxing couple of days. There will be a few course arrows in and around the camp ground **ONLY**, there will be none out on the trails once you hit the beaches and single tracks out of tidal river.

## 6 KM COURSE MAP



## Your 6km course description

Starting from campsites 1-7 opposite the general store you will make your way through the campground via Loo Errn track to tidal river bridge approx. 1km. You cross over the bridge then turn left on to tidal overlook circuit. Continue until approx. 2km mark and take right hand track staying on tidal overlook circuit, do not head toward squeaky beach. Continue up and over tidal overlook peak, approx. 3.5km and down to Lily Pilly gully track at approx. 4.2km. At the junction of Lily Pilly track turn right and head back to the bridge you crossed earlier. Turn left back over the bridge then turn left off the bridge on to Loo Errn track approx. 5km then retrace your steps to the start via Loo Errn track.

This is a simple 1km course to the bridge, then a 4km clockwise loop up and over tidal overlook, before returning to the start via Loo Errn track.

Take care on road sections near the start finish.



## 21.1 KM COURSE MAP





## Your 21.1km course description

The 21km course will start at the general store and head out along the walking track to Norman beach south where you will pick up the coastal trail. At approx. 1.5km stay on the Oberon bay single track, do not go onto Norman Beach. Stay on main trail. You will pass the Norman Point lookout @3km, continuing on the only single trail until you reach little Oberon bay @4km. Continue across the beach often in soft sand and navigating some large rocks until you pick up the trail on the other side just before the end of the beach up to your left. Continue on the single trail until Growlers creek water crossing @6km that leads you onto Oberon Beach. Continue on Oberon beach until @7.5km, then exit on to Oberon beach walking track for 3km until you reach the Telegraph track junction @10.5km. This is your turn around point. Check in at the aid station (it maybe just around the corner 50M to your **RIGHT** and not precisely on the junction) grab some refreshments and retrace your steps back to the start finish. Except when you get back to near tidal river you will exit the single track onto the Norman Bay Beach ( do not retrace the first 1.5km through the camp ground). Continue along Norman Bay beach to the very end and then turn right up tidal river inlet until the track exit near the foot bridge. Continue past the foot bridge ( do not cross it) continue onto Loo Errn track and follow it for 1km around to the finish line.

Take care on road sections for the last 100M as you are near the main public carpark. Respect the general public using the trails.

## 42.2 KM COURSE MAP



## Your 42.2km course description

Starting on 1<sup>st</sup> Ave you make your way via the loop road for 50M then turn right and left onto Loo-Errn track. Stay on Loo-Errn track until you pass the tidal river bridge. ( Do not cross the bridge) continue straight and join the tidal river beach area, continue along tidal river on the sand until you get to Norman Bay Beach, follow the beach around to the left all the way to the end where you will exit usually via soft sandy section. **(3km)** At the trail head junction turn right on to the single track toward Oberon beach. Follow the single track all the way around to Little Oberon and continue onto Growlers Creek and Oberon Beach. Continue along Oberon beach and as you approach **(9km)** distance you will exit on the trail to telegraph junction. (There is a campground toilet block just as you leave the beach on your right side slightly off track), if you miss the beach exit you will add unnecessary Kms as you will need to come back it's the only track exit from Oberon beach. Head up the track for 3km to the junction, an AID station should be set up here but maybe just around the corner.

At the junction **(12km)** turn left and head up telegraph track to telegraph saddle and Mt Oberon, this is a 4WD track, generally no vehicles permitted. This is approx. 6km section, when you arrive at telegraph saddle carpark **(18km)** you head up to the left through the gate and up Mt Oberon this is a 3km climb with amazing views at the top **(21km)** (please take lots of photos).

This is an out and back course so you reverse what you just did back to the start. Head back down off Mt Oberon to Telegraph saddle carpark **(25km)** take the telegraph track back to the Aid Station **(31km)** turn right head for Oberon beach **(34km)**, turn right onto Oberon beach retrace your steps back to Tidal River via Norman Bay beach, **(40km)** make sure you exit off single track onto the beach, don't go straight into the back of camp ground. Continue all the way along Norman Bay beach to tidal river inlet, follow inlet around to the right and exit the beach near the tidal river bridge, Don't cross the bridge, continue on Loo-Errn Track for the last 1km to the finish, take care last 100M as you are on roads. No short cuts!!



## 55 KM COURSE MAP





## Your 55km course description

Starting on 1<sup>st</sup> Ave you make your way via the loop road for 50M then turn right and left onto Loo-Errn track. Stay on Loo-Errn track until you pass the tidal river bridge. ( Do not cross the bridge) continue straight and join the tidal river beach area, continue along tidal river on the sand until you get to Norman Bay Beach, follow the beach around to the left all the way to the end where you will exit usually via soft sandy section. **(3km)** At the trail head junction turn right on to the single track toward Oberon beach. Follow the single track all the way around to Little Oberon and continue onto Growlers Creek and Oberon Beach. Continue along Oberon beach and as you approach **(9km)** distance you will exit on the trail to telegraph junction. (There is a campground toilet block just as you leave the beach on your right side slightly off track), if you miss the beach exit you will add unnecessary Kms as you will need to come back it's the only track exit from Oberon beach. Head up the track for 3km to the junction, an AID station should be set up here but maybe just around the corner.

At the junction **(12km)** turn right and then immediately turn left ( maybe 50M along) and head to waterloo bay, this is a 5km flat section, when you arrive at the beach **(17km)** head onto the beach and turn right continue along the beach for 1km look out for the exit, there can be more than one spot to reconnect with the trail, just remember the trail heads up to the left off the beach, **(18km)** this next section is amazing, challenging as you head toward the lighthouse, it's about 7km long, you will arrive at a junction **(25km)** you need to veer left and head to the light house, it's a 1km climb, but rewarding and there is a tap on the fence to get more water ( normally available). After taking in the views at the lighthouse, head back down the path for 1km to the junction you were previously at,

**(27km)** this time continue toward Roaring Meg, do not head back toward to Waterloo Bay. The trail from the lighthouse to roaring meg briefly connects with a dirt road at approx. **(30km)** the single track joins a road, you turn right here and head away from the coast, you are only on the road for approx. 500M then you turn left onto a single track toward roaring meg. **(31km)** At roaring meg track junction you head down to South Point about a 3km trek to the southern most point of mainland Australia ( grab some photos ) then head back to roaring meg junction **(37km)** be sure to exit roaring meg via the single track and not the road system, the single track lasts approx. 3km then you join telegraph track road, **(40km)** continue heading down the road left toward telegraph junction past halfway hut **(42km)**. You will arrive at the Aid Station at telegraph junction **(43km)** then turn left and head down the track for 3km toward Oberon Bay. You have just completed the southern loop and are heading to the finish.

Turn right on the beach, make your way along Oberon beach, over Growlers creek **(48km)** and onto little Oberon before reconnecting with the single trail back around to Norman Bay beach. Make sure you exit left onto Norman Bay beach **(52km)** don't go straight into the back of camp ground. Continue all the way along Norman Bay beach to tidal river inlet, **(54km)** follow inlet around to the right and exit the beach near the tidal river bridge, Don't cross the bridge, continue on Loo-Errn Track for the last 1km to the finish, take care last 100M as you are on roads. No short cuts you will be sent back if coming in the wrong way.

## 75 KM COURSE MAP



## Your 75km course description

Starting on 1<sup>st</sup> Ave you make your way via the loop road for 50M then turn right and left onto Loo-Errn track. Stay on Loo-Errn track to the tidal river bridge. ( we do a small out and back on lily pilly track) cross the bridge turn right head toward lilly pilly gully at the track junction Tidal Overlook Track turn back to the bridge cross the bridge and turn right continue straight and join the tidal river beach area, continue along tidal river on the sand until you get to Norman Bay Beach, follow the beach around to the left all the way to the end where you will exit usually via soft sandy section. **(4.5km)** At the trail head junction turn right on to the single track toward Oberon beach. Follow the single track all the way around to Little Oberon and continue onto Growlers Creek **(9km)** and Oberon Beach. Continue along Oberon beach and as you pass the **(10km)** distance you will exit on the trail to telegraph junction. (There is a campground toilet block just as you leave the beach on your right side slightly off track), if you miss the beach exit you will add unnecessary Kms as you will need to come back it's the only track exit from Oberon beach. Head up the track for 3km to the junction, an AID station should be set up here but maybe just around the corner.

At the junction **(13.5km)** turn left and head up telegraph track to telegraph saddle and Mt Oberon, this is a 4WD track, generally no vehicles permitted. This is approx. 6km section, when you arrive at telegraph saddle carpark **(19.5km)** you head up to the left through the gate and up Mt Oberon this is a 3km climb with amazing views at the top **(22.5km)** (please take lots of photos).

Head back down Mt Oberon to Telegraph saddle carpark **(26.5km)** take the telegraph track back to the Aid Station **(32km)**. You will now head toward Waterloo Bay, turn left off telegraph track and head to Waterloo bay, this is a 5km flat section, when you arrive at the beach **(37km)** head onto the beach and turn right continue along the beach for 1km look out for the exit, there can be more than one spot to reconnect with the trail, just remember the trail heads up to the left off the beach, **(38km)** this next section is amazing, challenging as you head toward the lighthouse, it's about 7km long, you will arrive at a junction **(45km)** you need to veer left and head to the light house,



it's a 1km climb, but rewarding and there is a tap on the fence to get more water ( normally available). After taking in the views at the lighthouse, head back down the path for 1km to the junction you were previously at, **(47km)** this time continue toward Roaring Meg, do not head back toward to Waterloo Bay. The trail from the lighthouse to roaring meg briefly connects with a dirt road at approx. **(49km)** the single track joins a road, you turn right here and head away from the coast, you are only on the road for approx. 500M then you turn left onto a single track toward roaring meg. **(51km)** At roaring meg track junction you head down to South Point (54km) about a 3km trek to the southern most point of mainland Australia ( grab some photos ) then head back to roaring meg junction **(57km)** be sure to exit roaring meg via the single track and not the road system, the single track lasts approx. 3km then you join telegraph track road, **(60km)** continue heading down the road left toward telegraph junction past halfway hut **(62km)**. You will arrive at the Aid Station at telegraph junction **(63km)** then turn left and head down the track for 3km toward Oberon Bay. **(66km)** You have just completed the southern loop and are heading to the finish.

Turn right on the beach, make your way along Oberon beach, over Growlers creek **(68km)** and onto little Oberon before reconnecting with the single trail back around to Norman Bay beach. Make sure you exit left onto Norman Bay beach **(72km)** don't go straight into the back of camp ground. Continue all the way along Norman Bay beach to tidal river inlet, **(74km)** follow inlet around to the right and exit the beach near the tidal river bridge, Don't cross the bridge, continue on Loo-Errn Track for the last 1km to the finish, take care last 100M as you are on roads. No short cuts you will be sent back if coming in the wrong way.

## **CONTINUED ACCESS AND THE FUTURE OF THIS EVENT**

The future ability to hold this event depends totally on how we as a group conduct ourselves. Parks Victoria do not guarantee we can continue to hold this event, but if we are to have a chance of future trail events in this location it is important, we abide by a series of guidelines. It only takes one member of the public to get upset and lodge a complaint and the event may not be allowed to continue. Any rubbish found on course can also reflect poorly on the event, these are just a couple of items to be aware of. Courtesy and Common sense goes a long way and it is certainly what we know will be shown by trail runners.

## **ALWAYS BE RESPECTFUL TO OTHER PARKS USERS AND GIVE THEM RIGHT OF WAY**

Do not startle people by charging up behind them, let them know you are coming and would like to pass, slow down when passing and when approaching from the opposite direction. Always say hello and wish them a great day, it goes a long way.

**Environment** **LEAVE NO TRACE** **Do Not** Leave any sign of rubbish behind, it is very important that we don't drop rubbish or let rubbish get away from us at the aid stations. In particular, your Gel packets and tear off tabs, please don't drop them on the trail carry them with you to an aid station and drop in the bin provided. It is likely to be windy, please try to keep aid station areas free from rubbish by using the bins.

**All events** will have prerace briefings to go over any questions you may have and to provide me an opportunity to quickly cover what is required from us all on the day.

## **YOU MUST ATTEND THE BRIEFING OR WILL NOT BE PERMITTED TO START THE RACE**

**SAFETY** It is requirement of entry to the event that you assist any runner in need of help, if you come across an injured or distressed runner, please offer assistance or get assistance for them. Runner's health and Safety is our number one priority. We will consider the time (in regard to cut-offs) you spend with a runner in need if you are then able to continue on with the event and finish.

**PERSONAL BELONGINGS** An area will be provided for personal belongings however the race director takes no responsibility for the safe keeping, if you intend to have valuables, please consider locking them in your car out of view.

**Check Points / Aid Stations** When there are aid stations. The Aid Stations will be stocked with a small amount of, lollies, Chocolate, Fruit Cake, Chips, plenty of water and when available sports drinks. Sometime Aid stations will also record your number and if possible, and the time you came through so please ensure your number is always clear. If you believe you are the last runner or close to last let the aid station know.

## **MEDICAL / FIRST AID**

We will have Emergency Medical Response Group on site to assist if needed. We hope they have a boring day and don't need to help anyone, but if you need help please ask, even if you had a fall and just need to be cleaned up. Getting medical help on course is time consuming, so please relax and don't panic and if we are called to get to you, we will make our way as soon as we can, remember phone reception is patchy at the Prom.

## **PHOTOGRAPHY**

We often have our volunteer photographers here on the day to capture some great shots, give them a smile and a wave if you see one. Our aid stations are likely to have someone with a camera also, try to look fresh 😊 When time permits these photos are loaded for your access via our gallery.

## **PLACE GETTERS**

We have our custom trophy mug for the events and when available sometimes we have small winner's prizes from sponsors.

## **REGISTERED RUNNERS CHECKIN**

All participants must check-in on the morning and collect your race number, race numbers to be visible at all times as this allows the aid station people to record that you have been through and are accounted for, if we don't have you marked off we will assume you are lost and go looking for you, so please ensure you let them know your number and have been acknowledged. In a 2016 event we had a runner unaccounted for and spent a long time trying to track them down, they had gone home thankfully but we were close to implementing search and rescues, so make sure if you pull out of the race and don't come through the finish line you let us know.

## **PARKS VICTORIA**

We are extremely grateful for the wonderful work Parks Victoria does in keeping our parks in great condition for us to enjoy. We appreciate the opportunity to stage a trail running event out of Tidal River at Wilsons prom.

## **RACE NUMBERS / TIMING**

We are planning to use our electronic timing system and your race bib will have timing chips inserted in a pouch on the back, on completion of your event we will ask you to flip your bib so we can remove the timing chip from the pouch.

## **CAMP SITES**

We know the campground is booked out and some people are having trouble with accommodation, we have some space available for camping if you need our help let us know. There are fees for extra people on our camp sites the same as any normal camp site fee as ParksVic will be charging us for the sites we use.