# TABLE OF CONTENTS

Welcome to Bendigo ........................................................................................................... 4  
Welcome from Team In2Adventure ............................................................................... 4  
Welcome from the City of Greater Bendigo Council ...................................................... 5  
Introduction .................................................................................................................. 7  
Acknowledgement of Country ....................................................................................... 7  
The Local Community .................................................................................................. 7  
Parks Victoria ................................................................................................................ 7  
Local Information .......................................................................................................... 8  
Bendigo Region .............................................................................................................. 8  
Venue ................................................................................................................................ 9  
Weather .......................................................................................................................... 9  
Communications .......................................................................................................... 9  
Venue Catering .............................................................................................................. 9  
Travel Information ........................................................................................................ 10  
Driving ............................................................................................................................ 10  
Parking ............................................................................................................................ 10  
Accommodation .............................................................................................................. 10  
Local Accomodation ....................................................................................................... 10  
Centrally Placed ............................................................................................................. 10  
Family Fun ...................................................................................................................... 11  
Heritage Buildings with Contemporary Offerings ...................................................... 11  
Accommodation Bookings Made Easy ........................................................................... 11  
Things to do in Bendigo ................................................................................................. 12  
2017 Official Visitor Guide ............................................................................................ 12  
2017 Bendigo Dining & Shopping Guide ......................................................................... 12  
General Event Info ....................................................................................................... 13  
Event Timetable .............................................................................................................. 13  
Pets .................................................................................................................................... 14  
Drinking Water ............................................................................................................... 14  

2017 Bendigo Trail Run Festival - Athletes Guide  
Page | 1
Respect The Environment............................................................................. 14
Native Wildlife .......................................................................................... 14
No Smoking Area ..................................................................................... 14
Athlete & Spectator Services .................................................................... 15
Recycling & Waste ................................................................................... 15
Volunteers ............................................................................................... 15
Become a True Bluey Volunteer .............................................................. 15
Safety & Medical.......................................................................................... 16
First Aid .................................................................................................... 16
Safety on the Course ................................................................................. 16
The Course ............................................................................................... 16
Download GPS Files................................................................................ 16
Safety ......................................................................................................... 17
Download Glympse .................................................................................. 17
Event Emergency Contact Numbers ..................................................... 17
3 Safety Rules .......................................................................................... 17
Emergency Assembly Point ................................................................. 17
Competition Info ....................................................................................... 18
Competition Rules .................................................................................... 18
Athlete Registration .................................................................................. 18
At Registration ........................................................................................ 18
Late Online Entries .................................................................................. 18
How Do I Enter Via Late Online Entry? .............................................. 19
Late Online Entry Closure Times ......................................................... 19
Athlete Race Packs ................................................................................... 19
Race Number Ties & Pins ........................................................................ 19
Race Numbers & Timing Chips ............................................................... 19
Timing Chips ........................................................................................... 19
Run Numbers .......................................................................................... 19
Athlete Briefings ....................................................................................... 20
Compulsory Briefing ................................................................................. 20
Outside Assistance............................................................................................................... 20
Litter Zones .......................................................................................................................... 20
Course Information ........................................................................................................... 21
Course maps ......................................................................................................................... 21
Half Marathon Trail Run ................................................................................................... 21
11km Trail Run ..................................................................................................................... 21
5km Trail Run ........................................................................................................................ 22
Course Signage .................................................................................................................... 22
Bendigo Trail Run Festival Signage | Follow these signs .................................................. 23
Off trail Sections ............................................................................................................... 23
TreX Triathlon Signage ...................................................................................................... 23
Athletes Call – Race Start .................................................................................................. 23
Trail Run Course ............................................................................................................... 24
Aid Stations ......................................................................................................................... 24
Finish Area ............................................................................................................................ 24
First Aid ................................................................................................................................. 24
Equipment ............................................................................................................................... 25
Required Equipment .......................................................................................................... 25
Other Info ............................................................................................................................... 27
Presentations ......................................................................................................................... 27
Fun One Prize Draw ........................................................................................................... 27
Feedback ................................................................................................................................. 27
Environmental Policy ......................................................................................................... 27
Tune In Live .......................................................................................................................... 28
Results ................................................................................................................................. 28
Most Importantly .................................................................................................................. 28
Contacts ................................................................................................................................. 29
Key Contacts ........................................................................................................................ 29
WELCOME TO BENDIGO

WELCOME FROM TEAM
IN2ADVENTURE

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

We are so excited to launch this new In2Adventure event in Bendigo as part of our ten year anniversary.

After ten years of developing the sport of cross triathlon and off road events in Australia and hosting the ITU World Championships in 2016 it is so amazing to head into the future with the launch of this trail run festival in what is arguably one of the most beautiful adventure destinations in Australia.

We look forward to hopefully helping you to take away some amazing memories and experiences of your time in Bendigo that will stay with you for a lifetime.

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 dreams or goals at this event we encourage you to aim high, strive with all your heart, but most of all have the most awesome time doing it.

Now let’s get this party started!

Best Wishes

Robyn & Simon & the In2Adventure Team
WELCOME FROM THE CITY OF GREATER BENDIGO COUNCIL

On behalf of the City of Greater Bendigo I welcome all participants of the 2017 TreX Cross Triathlon and Trail Run Festival to Greater Bendigo.

Bendigo is a leading regional city of more 110,000 people and is a destination for sporting, cultural and business events. We are proud of the range of high quality sporting and recreational facilities that we have on offer.

The City of Greater Bendigo is pleased to host this event at Crusoe and No 7 Park. It’s a beautiful part of Greater Bendigo that I think you will truly enjoy.

Bendigo has much to offer visitors and I encourage you to make the most of your stay here, and enjoy some of our great attractions, facilities and our wonderful restaurants, cafes and shops. Our Visitor Centre located in the historic former Bendigo Post Office building is a great resource if you are unsure where to start.

I wish everyone a very enjoyable stay in our beautiful city and all the best for a successful event.

Cr Margaret O’Rourke
Mayor

In2adventure would like to thank the City of Greater Bendigo Council for their continued support of the Victorian stage of the National TreX Cross Triathlon Series.
INTRODUCTION

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

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.


ACKNOWLEDGEMENT OF COUNTRY

We acknowledge that we are meeting on the Country of the Dja Dja Wurrung People. We acknowledge that their forbears are the Traditional Owners of the land we are meeting on and have been for many thousands of years. The Dja Dja Wurrung People have performed age old ceremonies of celebration, initiation and renewal. We acknowledge their living culture and their unique role in the life of this region.

THE LOCAL COMMUNITY

We would like to take the opportunity to say a special thank you to the local community in Bendigo for supporting the hosting of this event and especially to the Lions Club, and Bendigo Triathlon Club for assisting with volunteers who have made the hosting of this event possible.

PARKS VICTORIA

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

To find out more about Parks Victoria VISIT PARKS VIC HERE
Apart from discovering the awesome natural beauty of Bendigo during the TreX XTri Series and Multisport Festival, Bendigo is a city of insta-worthy shops, locally-made drops, pottery, pictures and fun times for the family. Are we ticking off your list here?

In other words, in Bendigo you can partake in your fair share of holiday dining, sampling local wines, craft beer and market goodies.

You can shop for amazing things you never knew you needed until you spied them. Find boutiques curated by quirky locals and collections of Bendigo-made art, craft and fashion. It’s well worth a good old rummage.

You can marvel at our arts and culture in the galleries and museums, then cultivate a healthy love of our natural attractions.

Walk and cycle the city and beyond, book a guided tour of the best bits or take your time experiencing our authentic attractions – if you’ve got kids, you’re going to want to do them all.

Mix and match from these ideas, then hatch your plan for a visit worth writing home about. Or at the very least posting, tweeting, etc etc.

To plan your stay go to bendigotourism.com
VENUE

The Bendigo Trail Run Festival is hosted at Crusoe Reservoir.

Address
Crusoe Road,
Kangaroo Flat,
VIC, 3555
- View Location in Google Maps

WEATHER

Bendigo’s location on the northern fringe of the Great Dividing Range means it enjoys a warm Mediterranean climate. The region avoids extremes in weather such as snow and strong winds and averages 240 rain free days per year.

With the average January temperature of 29 degrees and 12 degrees in July – the variation between the seasons is very pleasant. Bendigo is still one of the few places in Australia that you can enjoy all four seasons.

Weather forecast for the next 7 days for VIC: Bendigo.

COMMUNICATIONS

4G Phone coverage is good throughout the venue and variable across the majority of the course with SMS coverage available almost everywhere.

VENUE CATERING

A big thank you to the local Lions Club from Eaglehawk who will be onsite during the weekend keeping us well fed.

Payment for meals and drinks is cash only, so please bring some along with you on the day.
TRAVEL INFORMATION

Bendigo is an easy drive from Melbourne on the M79/A79 Calder Highway.

DRIVING

Race HQ is based at the Crusoe Reservoir, Crusoe Road, Kangaroo Flat, VIC, 3555.

- **Driving from Melbourne**: approx 1hrs 45mins drive
- **Driving from Bendigo**: approx 14mins drive
- **Driving from Avalon Airport**: approx 2hrs 8mins drive
- **Driving from Tullamarine Airport**: approx 1 hr 26mins drive.

PARKING

Car parking is located opposite the Race HQ area on Crusoe Road, please follow the signs for parking as you arrive. Please do not park on Crusoe Road.

Please follow signage on arrival and be respectful of local residents access to their homes.

ACCOMMODATION

LOCAL ACCOMMODATION

After a challenging day taking on the TreX Cross Triathlon Series, what better way to compliment your visit to the city and beyond than to stay a night or more in one of the many accommodation options on offer.

CENTRALLY PLACED

Gently stroll back to your accommodation and savour the fresh country air. Many Bendigo hotels, motels, Bed and Breakfasts, self-contained apartments and hostels are centrally located for great convenience. For those wishing to escape to a rural setting there are farm stays, rural retreats and Bed and Breakfasts outside of the city.
FAMILY FUN
Affordable and welcoming caravan parks and motels are bursting with convenience and things to do. Many have highlights for kids like swimming pools, jumping pillows, playgrounds and kindy playrooms.

HERITAGE BUILDINGS WITH CONTEMPORARY OFFERINGS
Many of Bendigo’s gracious heritage buildings have been transformed into superb, contemporary accommodation properties. The iconic Hotel Shamrock has presided over the city for more than a century and now offers a glimpse at the grandeur of its golden past. Famous performers Lola Montez and Dame Nellie Melba have visited and in 1983 crowds saw Lady Diana Spencer wave from the balcony.

ACCOMMODATION BOOKINGS MADE EASY
Bendigo Tourism offer a free booking service. Search for accommodation online or call the friendly Accommodation Booking Specialists on 1800 813 153 to book.

Please note each accommodation provider has selected the most appropriate category for their business, however some services offered may overlap into other accommodation types.
THINGS TO DO IN BENDIGO

Download the official guides to assist you in planning your stay in Bendigo. Help save the trees and use an e-copy if you can.

If you require a paper copy to be posted, please contact bendigo tourism and let them know which guides you would like. If you are looking for something in particular, contact one of the friendly staff members on 1800 813 153 or email tourism@bendigo.vic.gov.au, they will be more than happy to answer any questions you have.

A range of maps is also available to download as PDFs.

2017 OFFICIAL VISITOR GUIDE

The 2017 guide features all new experience and motivational sections focusing on heritage and history, arts and culture, food and local produce, active lifestyle and itineraries.

Please click here to view.

2017 BENDIGO DINING & SHOPPING GUIDE

This handy guide is all about finding the perfect dining and shopping experiences whilst discovering the best of Bendigo and the surrounding region. Explore the city by precinct and discover all the must do experiences.

Please click here to view.
# GENERAL EVENT INFO

## EVENT TIMETABLE

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30am</td>
<td>Registration 1 Open</td>
<td>All Events</td>
</tr>
<tr>
<td>7:00am</td>
<td>Late Online Entries Closed</td>
<td>Half Marathon</td>
</tr>
<tr>
<td>7:30am</td>
<td>Registration 1 Closed</td>
<td>Half Marathon</td>
</tr>
</tbody>
</table>
| 7:45am | Course Brief | Half Marathon  
*Compulsory for all half marathon competitors* | Race HQ         |
| 8:00am | START | Half Marathon                                                  | Race HQ         |
| 8:45am | Registration 2 Closed | 11k  
Late Online Entries Closed | 11k & 5k        | Race HQ         |
| 9:00am | Course Brief | 11k  
*Compulsory for all 11k competitors*                          | Race HQ         |
| 9:15am | START | 11k                                                            | Race HQ         |
| 9:45am | Registration 3 Closed | 5k                                                          | Race HQ         |
| 10:00am | Course Brief | 5k  
*Compulsory for all 5k competitors*                          | Race HQ         |
| 10:15am | START | 5k                                                            | Race HQ         |
| *11:00am* | START | Free Kids Mud Rats Run                                        | Race HQ         |
| *11:30pm* | PRESENTATIONS | Dirt Master Titles  
PRESENTATIONS | Half Marathon, 11k, 5k                                      | Race HQ         |
| 12:30pm | Event Close                                               | Venue           |

*Approximate times please listen for announcements.
PETS

At In2Adventure we love our fur kids too, however pets are not permitted within Crusoe Reservoir and No 7 Park Reserve.

Please do not bring them to the event site as Council Rangers will ask you to remove them.

DRINKING WATER

Drinking water is available from taps adjacent to Race HQ.

If you don’t like using these facilities then please ensure that you bring your own drinking water for before, during and after the race. Water will be on sale at the BBQ.

RESPECT THE ENVIRONMENT

We are very privileged to have the opportunity to enjoy the sport we love in Crusoe Reservoir Reserve and Bendigo 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 even 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.
ATHLETE & SPECTATOR SERVICES

The athletes and spectator information booth is located at Race HQ and is a source of event information for athletes and spectators. Volunteers will be available to assist athletes with questions.

A laptop and large screen will display live results.

Noticeboards will display the following information.

1. Course maps and venue maps
2. Start times
3. Event schedule

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 Bendigo Council website

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

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!

Email us at info@in2adventure.com.au
SAFETY & MEDICAL

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

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 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.

THE COURSE

DOWNLOAD GPS FILES

The course GPS files are available on the website, we suggest downloading the relevant one and loading this onto your phone for the event.

This can easily be achieved using either ‘MapMyRun’ or ‘Strava’ both of these are available for iPhone and Android phones, this will assist you if for any reason you miss any course signage during the race.


SAFETY

DOWNLOAD GLYPSE
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 required in an emergency, this is a free download that is available here: https://www.glympse.com/get-glympse

EVENT EMERGENCY CONTACT NUMBERS
The event Safety Phone numbers are listed below. Please program these into your phone before the start of the event.
1. 0414 320 585
2. 0418 870 007
3. 0414 282 084

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.

Your Safety is Our Concern and Your Responsibility
COMPETITION INFO

COMPETITION RULES

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

- View Bendigo Trail Run Rules

ATHLETE REGISTRATION

It is compulsory for all competitors to 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. Late online entries close half an hour before the close of registration.

Late online entries incur an additional $30 administration fee and must be completed online using your 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

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** MUST NOT be defaced, cut or altered in any way. Penalties will apply.

TIMING CHIPS

The race timing chip is to be worn on the left ankle with the grey chip on the outside of the leg and the In2Adventure logo facing forward.

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 ruling a **$50 replacement fee** (payable at the finish line) will apply.

RUN NUMBERS

Run number are to be displayed on the front of the torso during the entire run leg. The number is to be facing the front and easily visible AT ALL TIMES as marshals will be recording numbers and monitoring athletes throughout the course.
It is critical that you have 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

HALF MARATHON TRAIL RUN

11KM TRAIL RUN
COURSE SIGNAGE

The course will be marked primarily with white A4 signs with red arrows indicating the route for the ‘Trail Run Festival’ and orange tape. At key junctions where courses take alternate routes A3 signs will indicate the route for either the ‘Half’, ‘11k’ or ‘5k’.

IMPORTANT! It is important to note that there is signage marking the TreX Bike, Run and Junior Triathlon Course. Athletes follow the ‘Trail Run Festival’ course signs at all times. The only exception to this is in the ‘off trail’ sections on the Half Marathon and 5k course. In these areas the course is marked with Orange Run Signs and orange tape.

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. It is recommended that athletes download the GPX files and Glympse App onto their phones prior to the event which can be used to assist in the unlikely event that you take an incorrect route. Please see page 16 & 17 for details.
BENDIGO TRAIL RUN FESTIVAL SIGNAGE | FOLLOW THESE SIGNS

OFF TRAIL SECTIONS
Off Trail sections on the half marathon and 5k course are marked with Orange Run signs and orange tape.

TREX TRIATHLON SIGNAGE
Do Not follow these signs.

ATHLETES CALL – RACE START
The event will start at Race HQ at Crusoe Reservoir.
Once the Event Safety Brief has finished athletes will be escorted to the start line.
Please check the race start times and ensure you are ready for your race.
TRAIL RUN COURSE

Based in the heart of Victoria’s Gold Rush Country at Crusoe Reservoir in Bendigo the courses challenge runners with a diverse array of terrain and scenery, from the natural beauty of Crusoe Reservoir and No 7 Park, to the challenge of Big Hill within Bendigo Regional Park.

Courses include a combination of trails, single track and off trail running. The half marathon includes some epic climbs along the ridgeline leading to Big Hill and down again.

The 5k course also includes a fun water section and gully run.

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

AID STATIONS

HALF MARATHON | 4 Aid Stations | 2.5km, 8.3km, 13km and 16.2km
11.5km COURSE | 2 Aid Stations | 4.5km and 6.4km
5km COURSE | 1 Aid Station | 3.5km

Aid Stations will have eskies where runners can refill their hydration packs and bottles with water.

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.

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

All our Half Marathon finishers will also be presented with a special commemorative finishers medallion at the finish line.

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.

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.

ALL 11K AND HALF MARATHON TRAIL RUN PARTICIPANTS

- Enclosed Trail Running Shoes suitable for the trail conditions. These must be worn at all times throughout the trail 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 (Telstra Next G recommended) with GPX files and Glympse App loaded onto the phone before the event.

- A hydration pack or water container capable of carrying a minimum of up to 1 litre of water. More is recommended.

- Whistle.

- Space Blanket

- 1 x crepe bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched).

- ★ Waterproof jacket (breathable fabric strongly recommended).

- ★ Long sleeve thermal top.

★ Participants must bring these items with them to the event. Participants will be advised at race registration if these items are compulsory to be carried on the day.
ALL 5K TRAIL RUN PARTICIPANTS

- Enclosed Trail Running Shoes suitable for the trail conditions. These must be worn at all times throughout the trail 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 online or at Race HQ on the day) OR attached with pins available at Race HQ.

- Mobile phone (Telstra Next G recommended).

- A hydration pack or water container capable of carrying a minimum of up to 1 litre of water. More is recommended.

- Whistle.

RECOMMENDED EQUIPMENT: THE STUFF IT’S GOOD TO HAVE!

- Waterproof bag or snaplock bag for mobile phone

- Hat

- Sunglasses / Eye Protection

- 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!

WATER & NUTRITION

PLEASE NOTE: THIS IS A SELF SUFFICIENT EVENT

Participants must carry their own water and nutrition sufficient for the duration of the event. Eskies with water will be available at Aid Stations for runners to refill hydration packs and bottles.
OTHER INFO

PRESENTATIONS

Presentation Ceremony will take place at Race HQ at approximately 11:30am. 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: #BendigoTrail
- 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 in2adventure.com.au
- Follow live results on the website in2adventure.com.au – choose the ‘Results’ dropdown link.

Event Hashtags: #BendigoTrail   #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 In2Adventure 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

Email: info@in2adventure.com.au

Simon Lazenby: Race Director
T: +61 414 320 585

Robyn Lazenby: Event Director
T: +61 414 282 084

Media: media@in2adventure.com.au

WEB: