EVENT GUIDE 2023























WELCOME to the Beach to Brother Trail Festival.

In collaboration with our event partners, we are delighted to welcome you to the 7th edition of the Beach to Brother Trail Running Festival in the Port Macquarie-Hastings region, and congratulate you for securing an entry into this highly sought-after regional event.

When you're in the region, make the most of your time and explore the wonderful opportunities available. There is so much to see and do here that you'll be struggling to fit it all in. But that just gives you another excuse to sign up for the 2024 event anyway, so don't stress!

While participating in the event, please be mindful the course is still open to the general public. Please give way to people and be courteous at all times. We want you to enjoy being here, and we want the locals to enjoy having you too!

As an event we have been so lucky to have people participating that are highly supportive of our values. We value the environment, we value people, and we value kindness.

We know you will, but we always ask that when you participate in our event you:

- 1. value the environment, and do not destroy what you've come to enjoy.
- 2. value the people, and ensure you are respectful of every person and look out for each other.
- 3. value happiness, and make every interaction a happy one that generates a smile.

Do this, and take and share as many happy snapshots as possible tagging #beachtobrother along with your family and friends to spread the happiness even further.

This event guide will answer all your questions related to the event. Please ensure you read it in full, and if you cannot find an answer to your question, refer to the Beach to Brother website for more in-depth information.



SCHEDULE OF EVENTS

SATURDAY 21st October 2023

12:00PM TO 4PM

COMPULSORY

BIB

COLLECTION

Town Beach Reserve

Bib Collection Google Maps Link

SUNDAY 22nd October 2023



TARKÎNE 42KM INDIVIDUAL MARATHON



TEAM RELAY MARATHON

5:45AM TO 5:50AM 6:00AM RACE BRIEFING RACE MASS START Town Beach

Marathon Start Google Maps Link



HALF MARATHON

7:15AM TO 7:20AM 7:30AM RACE BRIEFING RACE MASS START Lake Cathie Beach

21km Start Google Maps Link



TEN KILOMETRE

8:15 TO 8:20AM 8:30AM RACE BRIEFING RACE MASS START North Haven Beach (Near SLSC)

10km Start Google Maps Link



FIVE KILOMETRE

9:15AM TO 9:20AM

RACE BRIEFING

Laurie Reserve, Laurieton











Race Bib Collection - Compulsory

- It is compulsory for all persons to collect their race bibs and register their attendance on Saturday 21st October.
- Photo ID is required to collect race bibs.
- Registration will be held at Town Beach Reserve, Port Macquarie. Bib Collection Google Maps Link
- Bib collection is open between 12 noon to 4pm only.
- Race bibs can be collected by another person. If you would like someone else to collect your race bib, please print out your registration confirmation email and give it to the person who will collect your race bib on your behalf. They will require this, and a printed photocopy of your Photo ID, in order to collect your bib.
- Bus wrist bands will be included in your race bib pack (if you ordered one during registration). This
 wrist band will enable you to use the return to start line bus service sponsored by Busways, our
 transport partner.

Merchandise

- Event merchandise (singlets and t-shirts) is available to purchase during compulsory bib collection.
- Event merchandise is in limited supply. It will be sold on a first come first serve basis.
- Event t-shirts and singlets will be available for \$20.
- Steigen socks will be available for \$15 each pair, or \$40 for 3 pairs.
- Other Beach to Brother merchandise will be available at bib collection.
- Note: If possible, please bring cash to purchase your merchandise and apparel. Due to our bib
 collection being outdoors we do sometimes experience connectivity issues with our card service. A
 4% surcharge is also added to all card purchases.

Heart of Courage Fundraising

Along with Landcare Port Macquarie, the Beach to Brother event is partnering with the Heart of Courage Project in 2023 to raise vital funds for regional cancer.

As part of their fundraising initiative, Heart of Courage invites people to help rejuvenate our natural spaces. **They want to provide 1,000 native trees for Landcare to plant** to revitalise our natural environment. This will enable our koalas, reptiles, birds, wildlife and people to enjoy the environment and thrive.

Your donation will also help improve regional cancer outcomes and First Nations Cancer Outcome imbalances.

For every \$20 you donate, Heart of Courage will purchase a tree for Landcare to plant.

<u>CLICK HERE</u> to support this wonderful cause online or snapshot the QR code on the right.





Compulsory Items (all runners while running).

- To ensure the safety of all participants, it is a requirement that participants carry on their person at all times:
 - A minimum of a 500ml water bottle or hydration pack.
 - Mobile telephone SAVE THIS NUMBER 0403 889 975 (BEACH TO BROTHER MEDICAL)
 - Race bib the event is timed using the best technology available. MYLAPS timing chips are attached to each race bib. It is each person's responsibility to wear the race bib correctly, and have it visible at all times. If you race bib is not visible, or not worn correctly, you may not receive an official finish time. Photographs at the finish line will be used to enforce this. Please view: How to wear a race bib

Bag Drop

- A bag drop service is available at each start line.
- 1 x Woolworth or Coles type zipped cooler bag per person. No other types of bags will be collected.
- Bag must be labelled with full name.
- Bag to be dropped at the PURPLE BAG DROP FLAG close to your race start area.
- It is each persons responsibility to drop their bag at this purple flag. Bags will not be collected from any other area.
- Each person accepts they leave their belongings at their own risk if using the bag drop service. The
 event accepts no responsibility for any lost or stolen items/bags and encourages people not to
 leave expensive or personal items in the drop bags.

Run local when you're in Port Macquarie

• Port Macquarie has great opportunities for runners to buddy up with other like-minded people. Whether you're just starting out, or are a pro on the circuit, the two below clubs are very inclusive. Get in touch with them to make your running better!



- 6 ANSW Level 2 coaches
- 330 members
- 100 Juniors with a dedicated Juniors session
- 3 coached sessions weekly included in membership
- Caters for all ages, all abilities and all paces



SCAN FOR MORE INFO OR TO REGISTER

#paceyourself



Volunteers

- Volunteers are on the course to help ensure you remain safe. Please listen to their direction at all times, and make them smile as you go past. They are giving up their time to ensure your time is safe and enjoyable!
- If you know someone who would like to volunteer, please ask them to <u>FILL ME IN</u>.

Course Marking

- Please watch out for and observe all course signage.
- White corflute boards with red direction arrows at located at key turning points.
- Pink surveyors' tape is located at points which may need additional course guidance.
- Yellow hazard signs are located at key headland sections where there are severe fall hazards.
- Road traffic safety signs are placed on the course in key areas to raise your awareness of safety.

Road traffic during event

- The course uses shared pathways, beaches, trails, and crosses public roads and carparks.
- Please be courteous to other users.
- Roads are not closed. Traffic management signs are in place to notify drivers.
- Each person must stop at all road and carpark crossings and give way to vehicles.

It is each individual's responsibility to stop and ensure it is safe before crossing roads or carparks.



MEN AND WOMEN AT WORK

Men And Women At Work is a locally owned business and quality provider of Traffic Management, Labour Hire and Temporary Staffing solutions across the Mid North Coast.



TRAFFIC MANAGEMENT



LABOUR HIRE



TEMPORARY STAFFING

SAFE. HAPPY. VALUED. RESPECTED. RECOGNISED.







Aid Stations & Cut-off Times.

- Aid stations will provide fluids only (NO FOOD IS PROVIDED ON THE COURSE).
- Fluids will be provided in self-fill containers, with water and Hammer Nutrition electrolytes available.
- The finish line aid station will also offer fresh fruit.

Important notice: It is each person's responsibility to fill their own water bottles/hydration packs and ensure they have enough fluids to finish their event distance safely.

Cut off times.

- 1:00pm Marathon and Team Relay.
- 12:30pm 21km, 10km, 5km.
- Aid station cut off times are implemented to ensure all participants complete the course safely and within the designated finish line cut off times.
- A tail runner will run at the back of the pack to guide people if they are not looking like they are going to make the aid station cut off times.
- The tail runner has the authority to withdraw any person from the event if they do not make the aid station cut off times. If you are withdrawn by the tail runner, you will be evaluated by the medical team.
- Ensure you fully understand the cut off times listed below.

AID STATION LOCATION	TOILETS	CUT-OFF TIME	42.2km AID ST	21.1km ATION DISTANCE	10km FROM EACH STAR	5km T LINE
Lighthouse Beach Surf Club	YES	7.20am	8.5km			
Lake Cathie Beach South	YES	9.10am	21km			
Bonny Hills Surf Club	YES	10.00am	27.5km	6.5km		
Camden Haven Surf Club	YES	10.45am	32km	11km		
Laurie Street Reserve	NO	11.25am	37km	16km	5km	
Entrance/Base of North Brother Mountain	NO	12.00pm	40km	18.9km	7.8km	2.8km
North Brother Mountain	YES	1.00pm	42.2km	21.1km	10km	5km



ENDURANCE FUELS

Team Relay Information.

- The team must have between 2-4 participants.
- 1 x race bib will be allocated to each team. This must be swapped to the next runner at the swap over points.
- Swap over points:

Swap over point 1: Port Macquarie.
 Swap over point 2: Cathie Beach.
 Swap over point 3: Haven SLSC, North

Haven.

- The <u>team relay advice form</u> must be completed prior to race day. If you cannot click on the hyperlink, use the QR code to complete the form.
- Each runner will receive a finishers medal.



The 42km team relay has been sponsored by Enriched Health Care since the inaugural event in 2016.



Enriched Workplace - Corporate Health
NeuroWell - Complex Case Management
Gait and Motion Clinic - Clinical Rehabilitation



Race Results

- The official MYLAPS timed results will be available within 48hrs of the race ending.
- Click here to answer HOW FAST DID I GO?

Medical Team

- The Charles Sturt University Student Paramedic Association will be providing trained first aid staff during the event. They will be situated at key points along the course to provide the fastest response times if needed.
- They will be located at the finish line, and a roving team will be on course.
- The medical team have the power to withdraw any person from the event if they deem them unfit or unwell enough to continue, or feel they cannot make the cut-off times.

Prizes and finisher medals

- All finishers receive the 2023 finisher medal.
- 1st, 2nd and 3rd place male participants in the 42km, 21km, 10km and 5km receive a prize.
- 1st, 2nd and 3rd place female participants in the 42km, 21km, 10km and 5km receive a prize.
- 1st Place team relay receive a prize.
- All prizes will be awarded throughout the day, at the finish area.
- Prize winners have to be in attendance to receive their prize. No prizes will be given to any other person on behalf of a prize winner.

Race Photos

- Sportive Media are providing event photography.
- Photographs will be available free of charge following the event.
- A link to all photos will be provided following the event.

Vehicles at the finish line.

- Event vehicles only are permitted at the finish line.
- Captain Cook Bicentennial Drive will be closed to all traffic during the event.
- Participants and spectators can park at the base of the mountain and use the courtesy shuttle bus provided by the event to get to the top and back to the base of the mountain (Further information explained with Bus Service)

Event Cancellation

- There could be reasons we have to change the course or cancel the event, this would mostly be related to hazardous conditions. Cancellation would be in consultation with local government, land owners, and the emergency services.
- In the event of a cancellation or event change, notification will be provided to all participants immediately via **Beach to Brother Facebook page**. It is important that participants keep check of this medium.
- Social media will be the primary communication source for this event, due to the large amount of competitors entered into the event, and the likely need to get messaging out rapidly.
- If there is any reason why the race is cancelled, which is out of the control of the Event, registered participants agree that all entry fees are non-refundable.

IMPORTANT

Getting back to your start location.

- It is each person's responsibility to manage getting home from the finish line.
- Beach to Brother have engaged Busways to provide a courtesy shuttle mini-bus service from the base of the mountain to the top of the mountain, and return.
 - This service is for any spectator or participant to use.
 - No tickets are required.
 - The mini-bus will depart from the base of Captain Cook Bicentennial Drive (Base of Mountain) and take people to the finish line.
 - The mini-bus will perform the same trip in reverse.
 - This is a courtesy mini-bus service to ensure no other vehicles use the road up the mountain.
 - A timetable is provided for this service on the next page.
 - Note this mini-bus service will NOT take people back to their start lines.
- Busways will be providing a return to start charter bus service on the day of the event.
 - o Buses will run from the finish line to each start line.
 - A ticket/wrist band will be required to use the Busways return to start line service.
 - Tickets were available to be booked during registration.
 - Strictly limited spaces apply.
 - o Tickets may be available at bib-collection.
 - o A timetable is provided for this service on the following page.

IMPORTANT NOTICE RETURN TO START CHARTER BUS USERS:

Due to the condition of the road leading up to the top of the mountain, it has been determined that only minibuses can use this road. Due to this, the Return to Start Buses will leave from the base of the mountain, the same as in 2022.

Therefore, you will have to get to the base of the mountain using the courtesy shuttle min-bus service. Please ensure you allow time for this when you are factoring what time the bus is that you need to get on.

We apologise for any inconvenience this may cause.

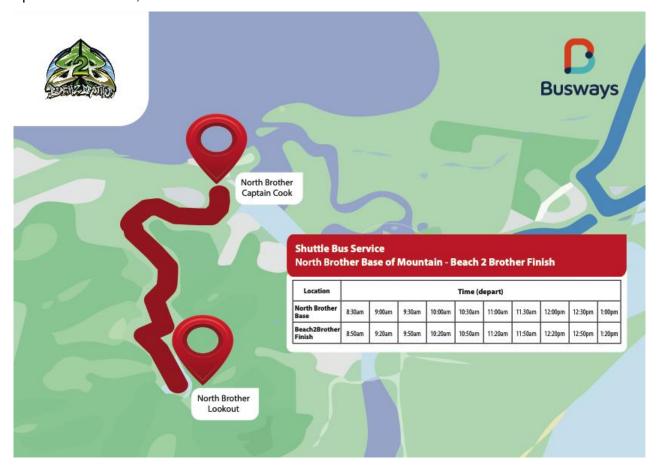
PARKING

<u>Captain Cook Bicentennial Drive</u>, the road leading up to the finish line, will be closed to vehicles other than event vehicles, emergency services, and buses between 5am and 2pm on event day.

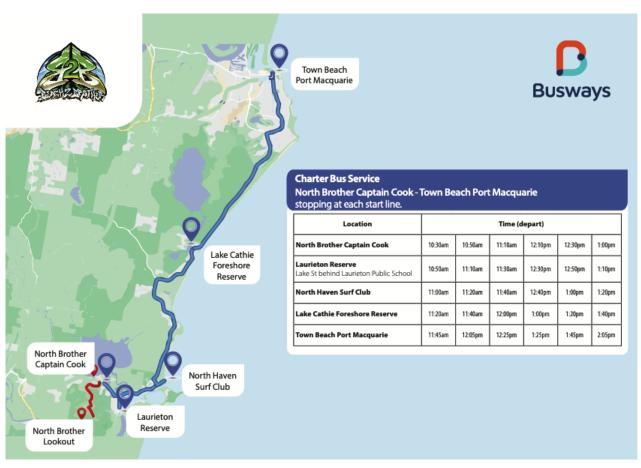
Parking can be found in many of the roads at the base of the mountain, or in the Laurieton Woolworths carpark which is located approximately 600m from the base of the mountain.

Busways Timetable:

Below timetable is for the <u>Courtesy Shuttle Mini-Bus service</u> from the base of the mountain to the top of the mountain, and return.



Below timetable is for the <u>Return to Start Charter Bus</u> service, from base of mountain to all start locations (booking required).



THE FINISH LINE

Once you've crossed the iconic B2B finish line you will receive:

- Finishers Medal
- Fruit
- Fluids
- Fisiocrem to give your legs a soothing rub down.
- Access to medical services
- Access to the courtesy shuttle min-bus and the return to start charter bus services.

Soft drinks and chocolates will be on sale at the finish line. This will be a cash only service so make sure you stash a \$10 note in your shorts!

Event merchandise (subject to availability) will also be available for purchase at the finish area.



Busways have been valued sponsors of the Beach to Brother event since 2016, supporting us in our many and varied fundraising efforts along the way.

Busways kindly sponsor the return to start charter bus service, ensuring participants leg's get a well-deserved rest as they return to their respective start lines.

This Busways' sponsorship is part of their ongoing commitment to foster better transport journeys, better use of transport, and brighter community spirit in the regions and towns they serve.





Disclaimer.

It is each person's own responsibility to read and act upon all of the information provided in this guide, and all associated information located on the <u>event website</u>.



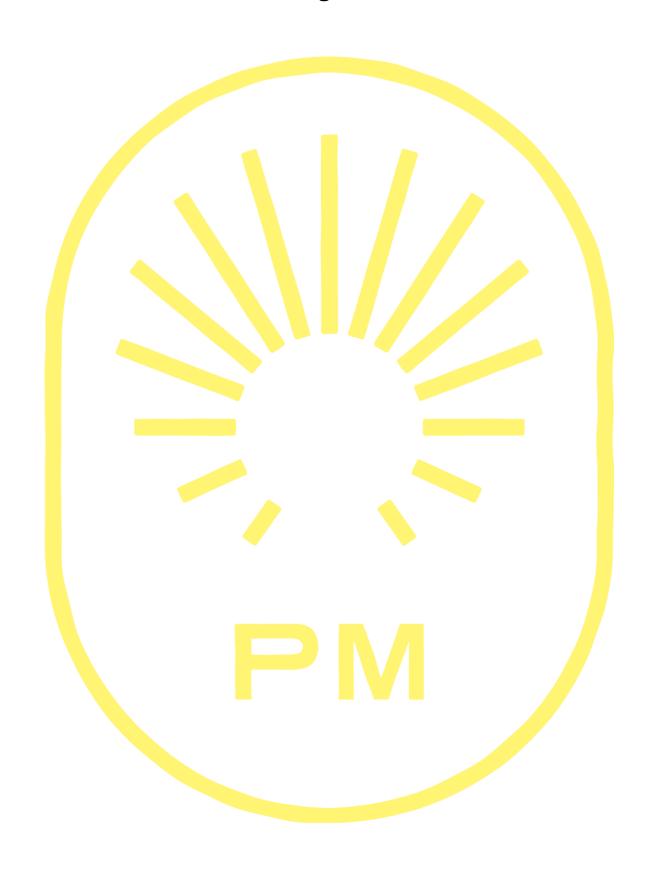
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HEART OF COURAGE PROJECT

www.heartofcourage.com.au



Featuring

MID NORTH COAST REGION NSW

Birpai Country, Port Macquarie



Something directly from the Heart of Courage team....

We would like to introduce you to the Heart of Courage Project and extend a warm and exciting invitation for you to participate. Your participation will make a difference for generations. What a legacy you can help to create.

We know you love running on Country. You are already supporting this epic Regional Event and you will soon be enjoying everything there is to enjoy about running across beautiful Birpai Country. You know the importance connecting to your community and your environment has for your health and well-being. We know it too - we will be your tail runners/sweepers for the Beach to Brother event day.

This year, we would like to invite you to help rejuvenate our natural spaces. Heart of Courage is partnering with Landcare Port Macquarie and Beach2Brother. **We want to provide 1,000 native trees for Landcare to plant** and revitalise our natural environment for our koalas, our reptiles, our birds, our wildlife and people to enjoy and thrive.

Your donation will also help improve regional cancer outcomes and First Nations Cancer Outcome imbalances.

Sadako and the 1,000 Paper Cranes is our inspiration. Sadako was diagnosed with leukaemia and she made it her goal to make 1,000 Origami Cranes to follow the legend that her wish would be granted. A Crane has become a symbol of hope and healing during challenging times. A tree is the symbol of strength and growth, interconnected to everything around us -family/ancestry and a place for relaxation and peace. By planting our 1000 trees, we can create a Heart of Courage space for all to enjoy, for generations to come, and to be a symbol of hope, healing and community.

Bec and Mel, co-founders of the Heart of Courage project, want Regional Australia to have equal access to cancer services, research, treatment, prevention programs, care and recovery programs. We want all Australians to have equal cancer outcomes, no matter their heritage. We want people to have the choice to stay in their community, in their home, surrounded by the people important to them while undergoing treatment.

For every \$20 you donate, Heart of Courage will purchase a tree for Landcare to plant. Your donation will help us fundraise \$100,000 to improve Hastings region Cancer Outcomes. We are supported by Tour De Cure and will be partnering with Hastings Cancer Trust to deliver our cancer outcome objectives.

Donations can be made HERE.

This project is exciting, we have an opportunity to make a really powerful statement and make a difference to people, to our wildlife, and the land we live on. We invite you to share our initiative with your friends and family, and ask them to donate too. Maybe ask them to go for a walk on Country on the same day to symbolise their support.

We will keep you updated on the purchase of the trees and where they will be planted. Maybe you can even come along to the Planting Day and see the results of your support. :) Heart of Courage is fundraising until June 2024.

Connection to Country, Connection to Conservation, Connection to Cause

Website: heartofcourage.com.au
Email: heartofcourage.au@gmail.com

Instagram and Facebook: heartofcourage.au (We would love you to follow us)

Mel and Bec.



Heart of Courage Project

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