EVENT GUIDE



Sunday 28 September

RACE DAY

EVENT SPONSORS















WELCOME



In collaboration with our event partners, we are delighted to welcome you to the 9th edition of the Beach to Brother Trail Running Festival in the beautiful Port Macquarie-Hastings region.

An iconic location enables us to host an iconic event. Make sure you take a moment to observe and experience the beauty of these coastline tracks, trails, beaches and ocean views during the event. But don't forget about all of the other exciting things to do, there are so many wonderful opportunities to experience while in the Port Macquarie-Hastings region.

EVENT VALUES

While participating in the event, please be mindful that the course remains open to the general public. The community have been supportive of the event for eight years, and we want this to continue.

We ask that when participating 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 kindness, 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.

EVENT SCHEDULE

READ ALL INFORMATION

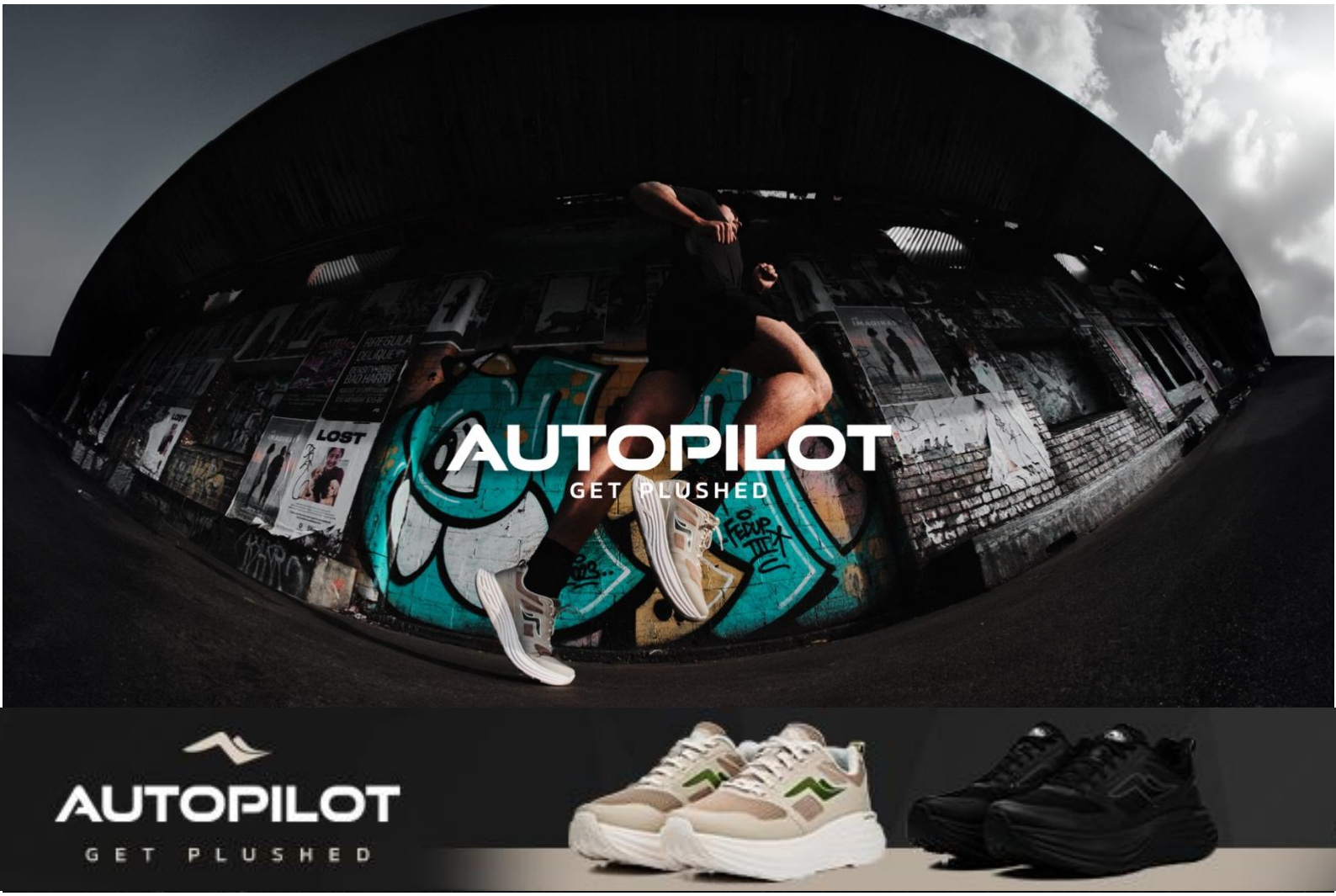
SATURDAY 27th SEPTEMBER

12:00PM TO 4:00PM	**COMPULSORY EVENT REGISTRATION** BIB COLLECTION BUS TICKET COLLECTION MERCHANDISE COLLECTION	CWA Hall, Town Green, Port Macquarie. Bib Collection Google Maps Link

NO BIB – NO RACE

SUNDAY 28th SEPTEMBER

5:45AM	**TARKINE 42KM INDIVIDUAL** RACE BREIFING AND START	Town Beach Marathon Start Google Maps Link
5:45AM	**ENRICHED HEALTH CARE 42KM TEAM RELAY** RACE BREIFING AND START	Town Beach Marathon Start Google Maps Link
7:15AM	**HAMMER NUTRITION 21KM** RACE BREIFING AND START	Lake Cathie Beach (South of Bridge) 21km Start Google Maps Link
8:15AM	**MEN AND WOMEN AT WORK 10KM** RACE BREIFING AND START	North Haven Beach (Near SLSC) 10km Start Google Maps Link
9:15AM	**BUSWAYS 5KM** RACE BREIFING AND START	Tunis Street Reserve 5km Start Google Maps Link



Tarkine, Australia's running shoe company, is breaking running barriers with their quality shoes. The Autopilot has one of the plushest midsole foams on the market, and is the ultimate in comfort and support for runners who love a plush bed of bouncy foam under foot.

We recommend you check them out now, and use the below discount voucher to save 20% on all Tarkine products! Check it out at tarkine.com

GIFT VOUCHER

TARKINE

3/6 SAINSBURY RD, PALMYRA,
WA, 6163 AUSTRALIA

WWW.TARKINE.COM

CODE: BEACH2BR020

TARKINE

20% OFF GIFT VOUCHER

Congratulations. This voucher is for a discount from anything at tarkine.com. This voucher cannot be combined with any other voucher or discount and is only redeemable at tarkine.com. All postage costs (Inc. exchanges) are paid by the customer.

VALID UNTIL DEC 31 2026

WWW.TARKINE.COM

COMPULSORY BIB COLLECTION

- **Compulsory for all persons on Saturday 21st September** to collect their race bibs and register their attendance.
- **E-ticket – this was issued via text message after online registration.** It is required to collect race bibs.
- Registration open between **12 noon to 4pm only**. Located at **CWA Hall, Town Green,** Port Macquarie. Bib Collection Google Maps Link
- **Another person can collect your race bib on your behalf**. They must have your event e-ticket. No E-ticket – No bib collection.
- **Bus wrist bands will be issued when you collect your race bib** (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.
- **Uncollected bibs will be placed at your race start for 30 mins prior to each race.** They will be placed in a clear container, close to each race beside a Purple Bag Drop Flag. Each person is responsible for collecting their own bib from this tub
- **Event management accept no responsibility for race bibs that are not collected on Saturday 21st.**

MERCHANDISE





- Merchandise is available to purchase during compulsory bib collection.
- Event t-shirts will be available for $20, on a limited basis.
- Boco event caps and visors will be available for $25, on a limited basis.
- Steigen socks will be available for $15 each pair, or $40 for 3 pairs.
- Flexi water bottles will be available for $5.00 each.
    - It is compulsory to carry a minimum of 500ml of fluid on the course. One of these bottles enables you to comply.

Note: If possible, please bring cash to purchase your merchandise and apparel.
A 4% surcharge is added to all card purchases.

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!





COMPULSORY ITEMS

For competitor safety, the following items are compulsory when on course:

All participants must carry:



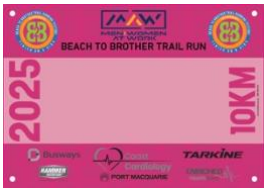
500ml WATER BOTTLE or HYDRATION PACK

(minimum requirement).



MOBILE PHONE

YOU MUST SAVE THE B2B MEDICAL TEAM NUMBER - 0413 824 409



RACE BIB

Worn on front of person. Your timing chip is attached to the rear of the bib. If you bib is not visible on the front of your body, you may not receive an official finish time. Photographs at the finish line will be used to enforce this.

Watch this video: **How to wear a race bib**

BAG DROP

A bag drop service is available close to each start line.

- **1 x zipped cooler bag per person** (Woolworth or Coles type only). No other types of bags will be collected.
- **Bag must be labelled with full name** prior to drop off.
- Bag to be **dropped at the PURPLE BAG DROP FLAG** close to your race start area.
- It is each person's responsibility to drop their bag at this purple flag. **Bags will not be collected from any other area**.
- Bags will be available for **collection at the race finish area by approximately 10:30am**.
- **Each person accepts they leave their belongings at their own risk**.
- **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 bag.






AID STATIONS

- Aid stations will **provide fluids only** (NO FOOD IS PROVIDED ON THE COURSE).
- Fluids will be provided **in self-fill containers**. It is your responsibility to fill your bottle.
- **Water and Hammer Nutrition electrolytes** will be provided and clearly labelled.
- **Fresh fruit and bottled water available at the finish line**.

It is each person's responsibility to fill their own water bottles/hydration packs and ensure they have enough fluids and nutrition to finish their event distance safely. Poor management of hydration and nutrition is the biggest cause of participant failure on race day.

- Soft drinks and chocolate will be available for purchase at the finish line.
- **$5 for a drink and a choc bar** so stash a $5 note in your shorts pocket! Cards accepted.

Aid Station Cut-off times

There are strict cut-off times for each aid station to ensure you reach the finish line safely. Make sure you review and understand the cut-off times for your event, provided in the below table.

If you do not make an aid station cut off time you will be withdrawn from the event.

- Aid station cut off times are implemented to ensure all participants complete the course safely and within the designated finish line cut off times.
- Run sweeps will run at the back of the pack and according to aid station cut off times. They will inform you if you need to speed up.
- **Run Sweeps and medical staff have the authority to withdraw any person from the event**. If you are withdrawn by the run sweep you will be evaluated by the medical team, you will need to arrange for a friend or family member to collect you from the point of withdrawal.
- **Ensure you fully understand the cut off times listed below.**

AID STATION LOCATION	TOILETS	CUT-OFF TIME	42.2km	21.1km	10km	5km
			Approximate Aid Station distance from each start line			
Lighthouse Beach Surf Club	YES	**7.15am**	7.75km			
Lake Cathie Beach South	YES	**8.55am**	20km			
Bonny Hills Surf Club	YES	**9.40am**	25.5km	4.9km		
Camden Haven Surf Club	YES	**10.50am**	32.5km	11.9km		
Tunis Street Reserve	NO	**11.35am**	37.1km	16.5km	4.6km	
Hanley St – Entrance to North Brother Mountain	NO	**11.50pm**	38.6km	18.0km	6.1km	1.5km
Base of stair climb	NO	**12.10pm**	40.1	19.9	8.0km	3.4
North Brother Mountain	YES	**1.00pm**	42.2km	21.1km	10.2km	5.6km

COURSE GUIDANCE

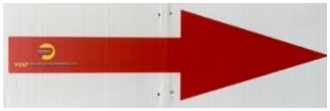
Volunteers

- 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 FILL ME IN

Course Marking

Please watch out for and observe all course signage. They are there for your safety.

- **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 near the direction arrows.
- **Danger signs** are located at key sections of the course where there are hazardous drop offs and slippery surfaces. All participants must use caution in these areas, run in single file, and not overtake other runners.
- **Road traffic safety signs** are placed on the course in key areas to raise your awareness of safety







Road traffic during event

Men and Women at Work provide essential road safety management during the event.

- This course uses shared pathways, beaches, trails, and crosses public roads and carparks.
- **Roads are not closed.** Traffic management signs are in place to notify drivers but not slow them down.
- **Each person must stop at all road and carpark crossings** and **give way to vehicles**.

MEN AND WOMEN AT WORK

(02) 6581 4600 www.mawaw.com.au info@mawaw.com.au

TEAM RELAY INFORMATION

- The team must have between 2-4 participants.
- There are three swap-over points:

Swap over point 1:	Swap over point 2:	Swap over point 3:
AID STATION 1 Lighthouse Beach SLSC, Port Macquarie	AID STATION 3 Lake Cathie Reserve, Aqua Crescent Lake Cathie	AID STATION 5 Camden Haven SLSC, The Parade North Haven

- The team relay advice form must be completed prior to race day. If you cannot click on the hyperlink, use the QR code to the right and complete the form.
- This information is needed so we know exactly who is running on each section of the course.
- **Each runner will receive a finishers medal.**

The 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

www.enrichedhealthcare.com.au

02 6583 6900

TRANSPORT OFF THE MOUNTAIN

It is each person's responsibility to plan and manage getting home from the event finish line.

There is no parking at the finish line for family and friends.

- **Finish to Base of Mountain Bus Program**

  Beach to Brother has engaged Busways to provide a courtesy return shuttle bus service on Captain Cook Bicentennial Drive.

  - This service is for any spectator or participant to use.
  - No tickets are required.
  - The bus will depart from the Busways Depot at 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.
  - The shuttle bus service will operate continually from 8.30am to 1.30pm.
  - Note: this mini-bus service will NOT take people back to their start lines.

- **Return to Start Bus Program**

  Busways are sponsoring a return to start charter bus service, running from the base of the mountain to each start line.

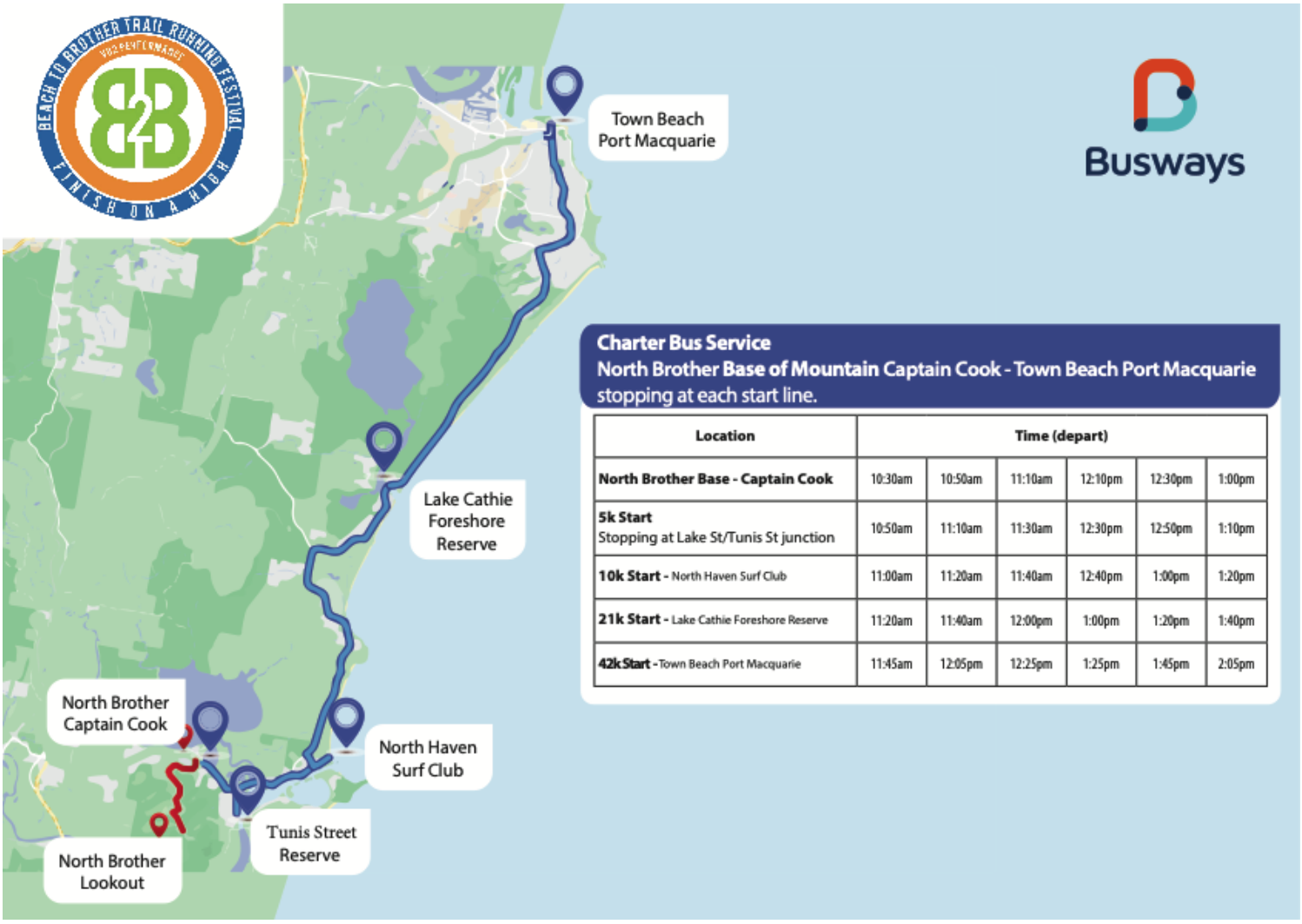
  - A ticket/wrist band is required to use the Busways return to start line service.
  - Tickets must have been booked during online registration. Tickets may be available at bib-collection.
  - Buses will run from the base of the mountain to each start line.
  - A timetable is provided for this service on the following page.
  - Note: all persons must use the shuttle bus to get to the base of the mountain to be able to use the return to start buses.



Busways have been valued sponsors of the Beach to Brother event since 2017, supporting us in our many and varied fundraising efforts along the way.

Busways 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.

BUS TIMETABLE



Charter Bus Service
North Brother Base of Mountain Captain Cook - Town Beach Port Macquarie
stopping at each start line.

Location	Time (depart)					
North Brother Base - Captain Cook	10:30am	10:50am	11:10am	12:10pm	12:30pm	1:00pm
5k Start Stopping at Lake St/Tunis St junction	10:50am	11:10am	11:30am	12:30pm	12:50pm	1:10pm
10k Start - North Haven Surf Club	11:00am	11:20am	11:40am	12:40pm	1:00pm	1:20pm
21k Start - Lake Cathie Foreshore Reserve	11:20am	11:40am	12:00pm	1:00pm	1:20pm	1:40pm
42k Start - Town Beach Port Macquarie	11:45am	12:05pm	12:25pm	1:25pm	1:45pm	2:05pm

The above timetable is for the **Return to Start Charter Bus** service, from the base of mountain to all start locations (booking required).

PARKING

A **ROAD CLOSURE of** Captain Cook Bicentennial Drive, the road leading up to the finish line, will be enforced other than for 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.
This is an NSW Police and Port Macquarie Hastings Council approved road closure, which is enforceable.

FINISH LINE

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

- Finishers Medal
- Fruit
- Fluids
- Access to professional medical services
- Prizes for 1ST, 2ND and 3RD place female and male participants in the 42k, 21k, 10k AND 5k. Prize for 1st Team Relay.
- Super friendly volunteers!
- Lots of people complaining about the climb!
- Plenty of grass area to stretch out and enjoy your leg cramps!
- The best finish line view ever!
- A courtesy shuttle bus transporting you to the base of the mountain.

You will be able to purchase:

- A soft drink and a bar of chocolate for $5
- Event merchandise for sale, subject to availability



FAQs

I can't find my registration confirmation, what do I do?

All registration confirmations were sent via text message to the number you provided during online registration. You were sent an e-ticket. Please check your messages. No emails were sent.

I can't collect my bib on Saturday 27th September, what do I do?

You can arrange for a friend to collect your bib on your behalf. They will need your e-ticket. You can also collect your race bib on the morning of the event. There will be a very limited time to do this and it is your responsibility. Further information is in the event guide.

I can no longer race – what do I need to do?

You need to send an email to admin@beachtobrother.com.au confirming you cannot participate. Transfers to 2026 are no longer available.

Can I transfer my entry to a friend?

Yes. A $25 administration fee applies. This can be managed at bib-collection, or via email to admin@beachtobrother.com.au. We will need all of the new participants personal, medical, and emergency contact details provided. The payment must be made prior to any transfer being approved.

I placed top 3 in my race, what do I receive?

Prizes are awarded to the top 3 male and female finishers in each event. There are no age group prizes. Prizes are awarded to all top 3 males and females between approximately 11:00am and 11:30am. 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.

Can my family and friends use the bus?

Yes. The Captain Cook Bicentennial Drive shuttle bus does not require a ticket. This takes people from the base of the mountain to the top, and back down. If they need to use a bus to get them back to your race start location, they need to pay an admin fee for a return to start bus ticket. This can be paid for at the bib collection if you have not completed this process during online registration.

Where do I find my race result?

Official race results be posted on the Beach to Brother Web Page within 48hrs of the race ending.

Are there event photos?

Sportive Media have been engaged to provide event photography services. These will be available free of charge following the event. A link to all photos will be provided on the Beach to Brother Web Page following the event. This will also be shared via email and social media.

What if I need first aid on the course?

The Charles Sturt University Student Paramedic Association (CSUSPA) provide 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 authority, and a duty of care 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. You must save the medical team phone number in case you need assistance on the course. B2B MEDICAL TEAM NUMBER - 0413 824 409

What if I am withdrawn from the event for not making an Aid Station cut off time?

If you are withdrawn from the event, the medical team need to perform an assessment. Once this is complete, your emergency contact will be notified you had to be withdrawn. It will be your responsibility to ensure you can be collected from the course.

What happens if the weather is bad on race day?

Weather will be closely monitored leading up to the event. There may be reasons we have to change the course or cancel the event at late notice, this would mostly be related to hazardous conditions.

In the event of a cancellation or event change, notification will be provided to all participants immediately via the **Beach to Brother Facebook page**. It is important that participants keep check of this medium. The pre-race brief will also explain any changes.

Social media will be the primary communication source for this event, due to the large number of event participants, and the likely need to get messaging out rapidly.

If there is any reason why the race has to be cancelled, which is out of the control of the Event, registered participants agree that all entry fees are non-refundable. This condition is applied to the waiver all persons agreed to during online registration.





Make sure you discover what else Port Macquarie has to offer.

Click for more information.



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 provided on the Beach to Brother website and Social Media channels.

END