

THE P  
BELLARINE RAIL TRAIL

# GREAT RAIL RUN



**Kids+**  
the  
KIDS PLUS FOUNDATION

**Welcome to the Great Rail Runs for 2014.**

**This document outlines many of the things that you will need to know to make your day on Sunday a success. If you have any further questions, please do not hesitate to contact Justin at [justin@pbevents.com.au](mailto:justin@pbevents.com.au).**

**We hope you enjoy the day.**

We will be posting all the latest news over the coming days on the PB Events facebook pages. Any last minute messages or reminders will be posted here.

<https://www.facebook.com/tryapbevent>



## Pre-Race Number pick ups

Please note that these number pick ups are for the Great Rail Runs only. Kids Fun Run numbers are distributed on Sunday at the venue.

Friday March 21                      5:30pm – 7:00pm

### Kids Plus

163 Myers Street, Geelong

***Please note that the bibs arrive at these locations at the above time. You cannot collect them at any other time.***



Sunday March 23                      6:45am – 7:45am

Queenscliff Railway Station

Symonds Street, Queenscliff



## Singlet Collection

Singlet's are available to the first 300 registrations. These singlet's will be available at both number pick up's. Our best efforts will be made to have correct sizes, however, there are a set number of singlet's in each size.

## Race Day Schedule

7:00am	Site Opens
7:00am	Registration Open
7:15am	Bag Storage opens
7:45am	Bag Storage Closes
<b>7:45am</b>	<b>Pre-Race Briefing at Queenscliff station (near registration hall)</b>
7:50am	RELAY RUNNERS BUS DEPARTS
8:00am	RACE START Wave 1 – Blue Bibs
8:02am	RACE START Wave 2 – Orange Bibs & Green Bibs & RELAYS – Black Bibs
8:03am	TRAIN DEPARTS ( <u>all 10km runners must be on this train</u> )
8:20am (approx.)	RACE START 10km (Suma park Station) – <u>(no vehicle access)</u>
10:00am (approx.)	Presentation at Drysdale Station

## RACE START WAVES

To ensure a safe start to the Great Rail Run, there will be 2 wave starts, leaving on 2 minute interval. (This is due to a gate that may cause a bottle next approximately 500m from the event start line).

Waves of 100 are based on entrants estimated race pace for the run. Faster runners will start in the first wave to ensure, the first person across the line is our event winner.

The Final wave will include our relay runners.

RED BIBS	10km Suma Park Run
BLUE BIBS	Wave 1 – Start Time 8:00am
ORANGE BIBS	Wave 2 – Start Time 8:02am
GREEN BIBS	Wave 2 – Start Time 8:02am
BLACK BIBS	Wave 2 – Start Time 8:02am (Relay runners will start with Green & Orange bib runners)

## RELAY RUNNER INSTRUCTIONS

When a member of your relay team collects your bib envelope, it will contain all three runners bibs. Numbering will be (for example) 301-1,301-2, 301-3.

**Each participant in your relay team will put a separate bib on the front of their top.**

**Runner 1** – starts at the start line, once relay section 1 is complete, a bus will transport you to the finish line. Ensure that the relay changeover marshal (with an ipad) records you completion time.

**Runner 2** – You must board the relay runner shuttle bus before its 7:50 departure. This bus will take you to your starting position. Once you have completed your relay section, the shuttle bus will take you to the finish line. This shuttle bus will leave and return approximately every 30 minutes until the last runner is finished. Ensure that the relay changeover marshal (with an ipad) records you completion time.

**Runner 3** – You must also board the relay runner shuttle bus before its 7:50am departure. This bus will take you to your relay starting point. From here you will run to the finish line.



## RELAY RUNNER TRANSPORT

A bus is provided to take all relay runners to their relay change over point to begin your run and also collect all runners once they have finished their leg and transport them to Drysdale Rail Station.

Bus Transport times are below.

**7:50am SHARP** – Relay Bus departs Queenscliff Station (all relay 2 & 3 runners must be on this bus.)

### All times below are estimates

8:05am – Relay Runner 2 Drop off (corner of Murray and Fellows Rd, Queenscliff)

8:20am – Relay Runner 3 Drop off (Swan Bay Road)

8:45am – Bus departs Relay changeover 1 with all first relay runners and transports them to Drysdale

9:05am – Relay Runner 1 drop off at Drysdale

9:45am – First Shuttle of relay runner 2 from changeover 2 to Drysdale

10:00am – First shuttle of relay runner 2 arrives at Drysdale

The bus will continuously shuttle runners back to the finish until all relay runners have been returned

## 10km SUMA PARK RUN INSTRUCTIONS

**All 10km Suma park Runners must be on the Steam Train at 8:00am. This train will leave with the final wave of runners at 8:06am SHARP**

This train will take you to Suma park Station (make sure you cheer on the 17km and relay runners as you pass). This trip is 7km and will take approximately 25 minutes.

At Suma Park Station, all runners will exit the train and the 10km Suma Park Run will start as soon as all passengers are safely off the train. The Event Start will be on the platform at Suma Park Station.



***Please Note: There will be no time or space to perform a warm up at Suma Park Station. Please complete your warm up at Queenscliff prior to the train leaving.***

***Also, there is no vehicle access at Suma Park Station. The closest any vehicle will be able to get to the start line is approximately 1km. So make sure you are on the train!***

## FREE TRAIN RIDE BACK TO QUEENSLIFF

As part of your entry fee, you are able to return to Queenscliff Station by steam train for FREE. All you need to do is present your race bib when boarding the train to receive this FREE service.

Family members are able to catch these return services for a discounted rate but must book through the following link. <http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=40777&bof=1>

Limited tickets are available to travel on the 8:00am service from Queenscliff to Drysdale (the Race Train)

**Train Departure times from Drysdale are:**

**9:45am** – (this train will be leaving before the official presentation ceremony)

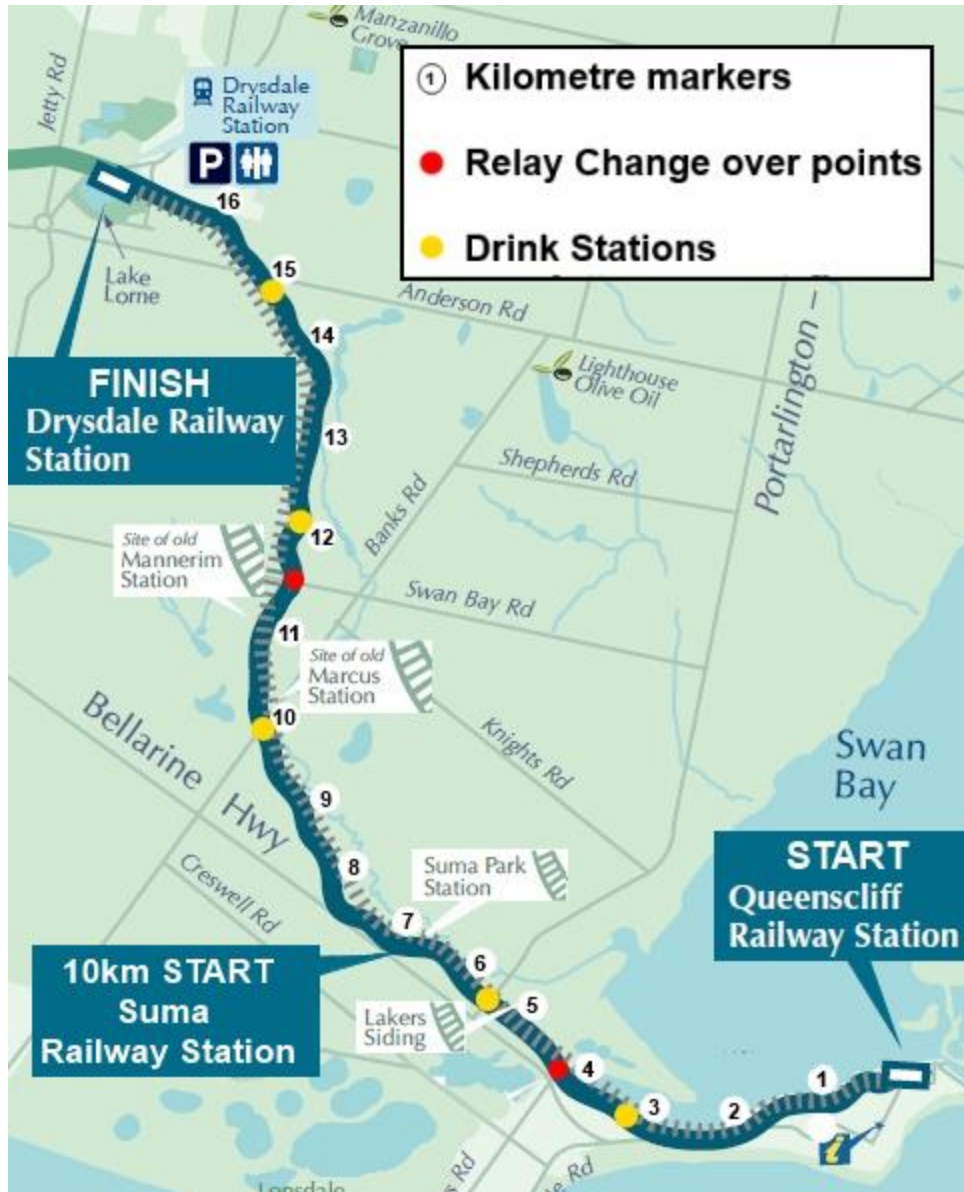
**12:00 noon**

**3:45pm**



# The Course

The Great Rail Run takes place along the spectacular Bellarine Rail Trail. The Bellarine Rail Trail is flat from Queenscliff to Point Lonsdale and then has a gentle incline to Drysdale. The course is off-road, on a good surface for running, safe, and with spectacular views of the area. All road crossing will be patrolled by professional traffic management services.



All runners should be aware that the Rail Trail is a public trail which will NOT be closed for this event, so there is a high likelihood of other runners and bike riders using the trail on the day in either direction.

## Kilometre Markers

There will be markers on course at every kilometre mark of the course. The large numbers will be for the 17km Great Rail Run. The small Red numbers in the top right corner will indicate the 10km Suma Park Run kilometre markers.

## Drink Stations

Water is at 5 water stations on course. See course map for details.

## On Course First Aid

We will have a St Johns staffed emergency vehicle out on the course to ensure you are safe or need treatment (as well as first aid at the finish line).

There will also be 3 additional mobile marshalling bikes out on course at all times.

There will be additional first aid at the finish line in Drysdale. Hopefully none of them will be needed!!

## Course Marshals

We have marshals out on course at each change of direction and road crossing (plus drink station staff). If you need assistance please approach them. They will be in flouro orange vests.

## Race Bibs

At race bib pick up you will receive an envelope that will contain your race bib and some pins to attach it to the front of you top on race day. On the back of the bib is the electronic timing device. It is covered in a thin layer of foam for protection. Please do not remove this from your bibs.

There is also a tear off strip at the bottom of the bib. This is used to attach to bags being stored in the baggage storage area.

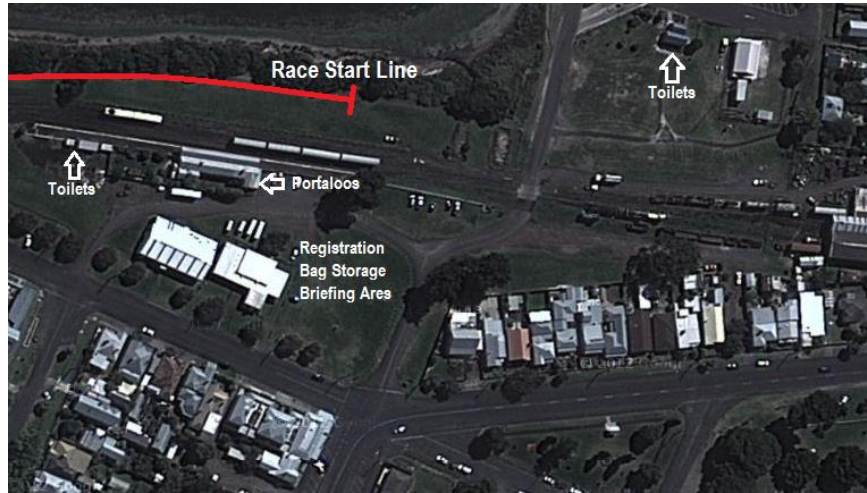


Race bibs are in different colours to assist with the start of the event. Bib colours are based on your anticipated run pace.

If we run out of these bibs on the day, some participants who register on the day may be given a plain white bib. These bibs will include the timing chip and work in exactly the same way as all the other bibs.

## TOILETS

Below is a diagram of the toilet positions for the start of the run at Queenscliff. There are two sets of public toilets available and also several portaloos available.



## Event Site Services

**Baggage storage facility** – We have a secure bag (and car key) storage area. Bags can be left at the bag storage area at Queenscliff and collected at the bag collection area at Drysdale. This area is fenced and has a volunteer there at all times. Although it is secure, please do not leave valuables in the baggage storage area.

**Post race massages** – There will be massages available at the finish line in Drysdale.

**First Aid** – St Johns first aid staff will be located in a marquee near the finish line. We will also have a St Johns mobile First Aid vehicle out on the course. There will also be 3 x mobile Bicycle units out on course. If at any time you are in need of assistance, please alert a course marshal asap.

**Random Prizes** – The lucky winners of our on the day random prizes will be given a ticket at the finish line and can collect their prize from the PB Events HQ marquee.

### Finish Line Festivities

The finish line of the Great Rail Runs, marks the start line of the Annual Kids Runs. Please allow a little time to take in all the fun and excitement at Drysdale Station. Along with plenty of kid's entertainment there will be: **a coffee Van, BBQ facilities, Fruit Salad and more**



## FUNDRAISING

# Kids+

the  
**KIDS PLUS FOUNDATION**

The purpose of the Great Rail Runs and the Annual Kids Fun Runs is to raise funds for the Kids Plus Foundation.

Kids Plus Foundation is a small charity providing over 3,000 hours of intensive therapy per year, for babies and children with cerebral palsy and other brain injuries across Geelong and the Barwon Region of Victoria.

Kids Plus helps children achieve the daily functional activities the rest of us take for granted: mobility, eating

and drinking, communication, self care and play.

The Foundation receives no direct government funding and depends on the generosity and commitment of individuals, community and businesses to provide this essential service.

Cerebral Palsy is the most common physical disability in Australia.

