

Pre-race admin

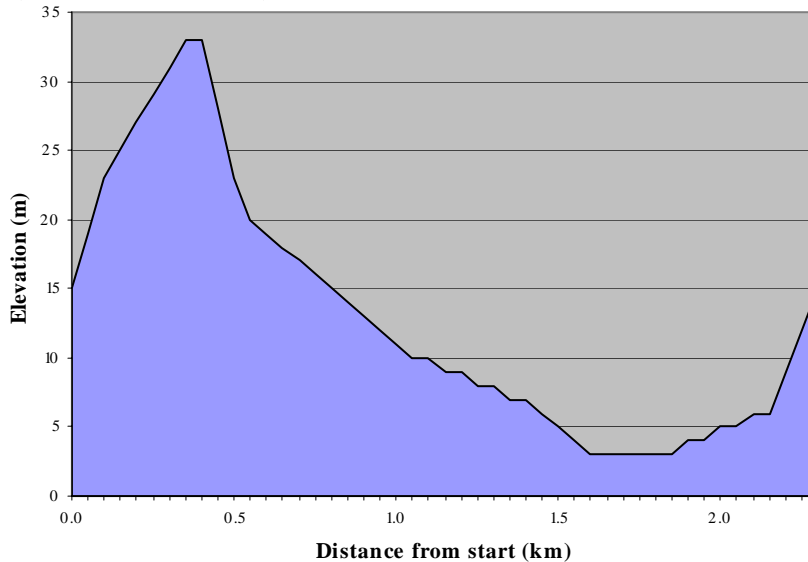
1. We will meet at 8.15am on Sunday 4 March in the car park opposite the Barwon Heads Hotel & fronting the beach on Ewing Blyth Drive (Melway 497 B4).
2. The best way to get to Barwon Heads is to take the Princes Freeway to Geelong and stay on the road until it crosses the Barwon River in Geelong. Then take the first left (Barwon Heads Rd) to Barwon Heads. If someone fails this they're out of the rest of the day as they're a navigational hazard!
3. It should take you about 75 minutes to get from the top of the West Gate to Barwon Heads.
4. Once we are all assembled - and please don't be late - we'll pick teams, load into team cars and head to the start area on Bluff Rd near The Bluff. All other cars will be left in the Ewing Blyth Drive car park for the day.
5. All runners will then go for a warm up over the relay course so that no one can then have an excuse for going the wrong way when the racing starts.
6. The race proper will start at 9.00am sharp.

Race details

1. The first 4 stages are run as a relay - i.e. one runner at a time from each team in any order that you choose. Each team member must run once and as soon as each team completes the fourth leg they will send a runner off on the fifth stage along 13th Beach Road (with the team car now following behind). In case this explanation doesn't make sense, there is no massed re-start!
2. Each team member completes one leg out of stages 5-8.
3. The morning break will be held near the BBQ in Frank Ellis Reserve in Barwon Heads at the completion of stage 8 (across Bridge Road from the car park where we meet at the start of the day). The break will last one hour, with stage 8 likely to finish at about 10.30am. There are shops and a supermarket nearby when you can get all the necessary goodies during this break.
4. The team cars will then head across the Barwon Bridge for a massed re-start on the Ocean Grove side. Each runner must complete two of stages 9-16 and cannot complete consecutive stages. The team cars follow all stages although there will be times when runners and cars must take different routes.
5. Stage 16 will end back at Fran Ellis Reserve at about 1.30pm. The BBQ will be fired up to cook whatever you bring or pick up from the supermarket & this is where the presentations will take place.

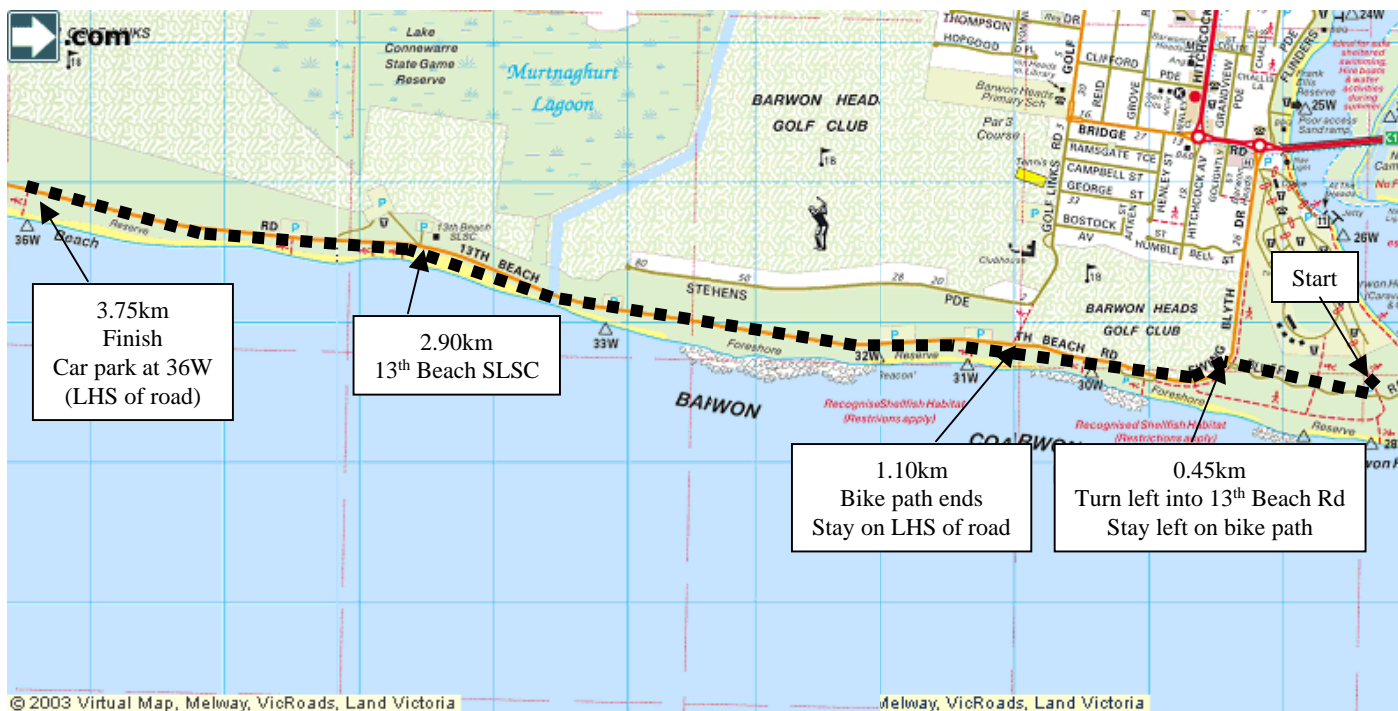
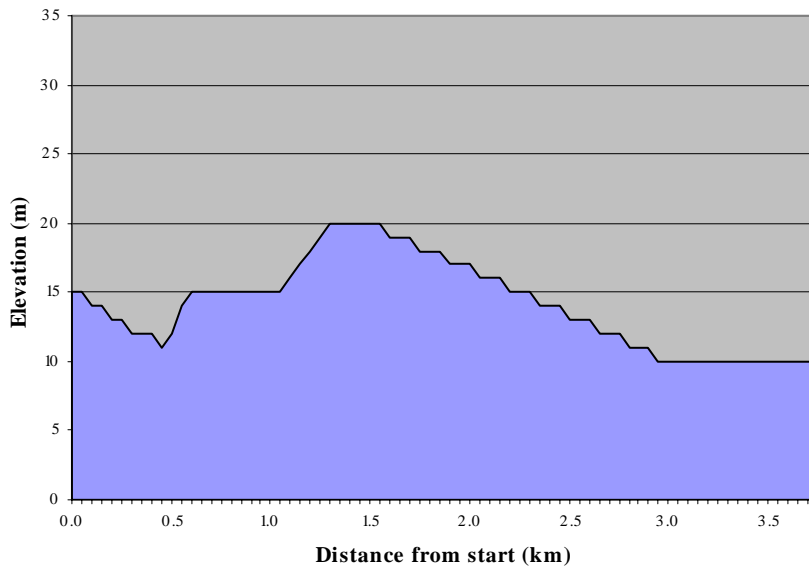
Stages 1-4 “No Bluffing” (run as a relay)

Distance: 2.30km
Surface: Bitumen plus gravel tracks.
Description: Start from car park above the caravan park. Turn left into Bluff Rd, complete lap of Bluff lookout and head back down Bluff Rd. Turn right into Ewing Blyth Dve and then right into caravan park entrance. Run through caravan park on bitumen road and handover at starting point.
Topography: Steep climb to Bluff lookout then downhill to caravan park entrance. Steep climb again over last 150 metres.
Stage record: 7:19 (David Venour, 2003)



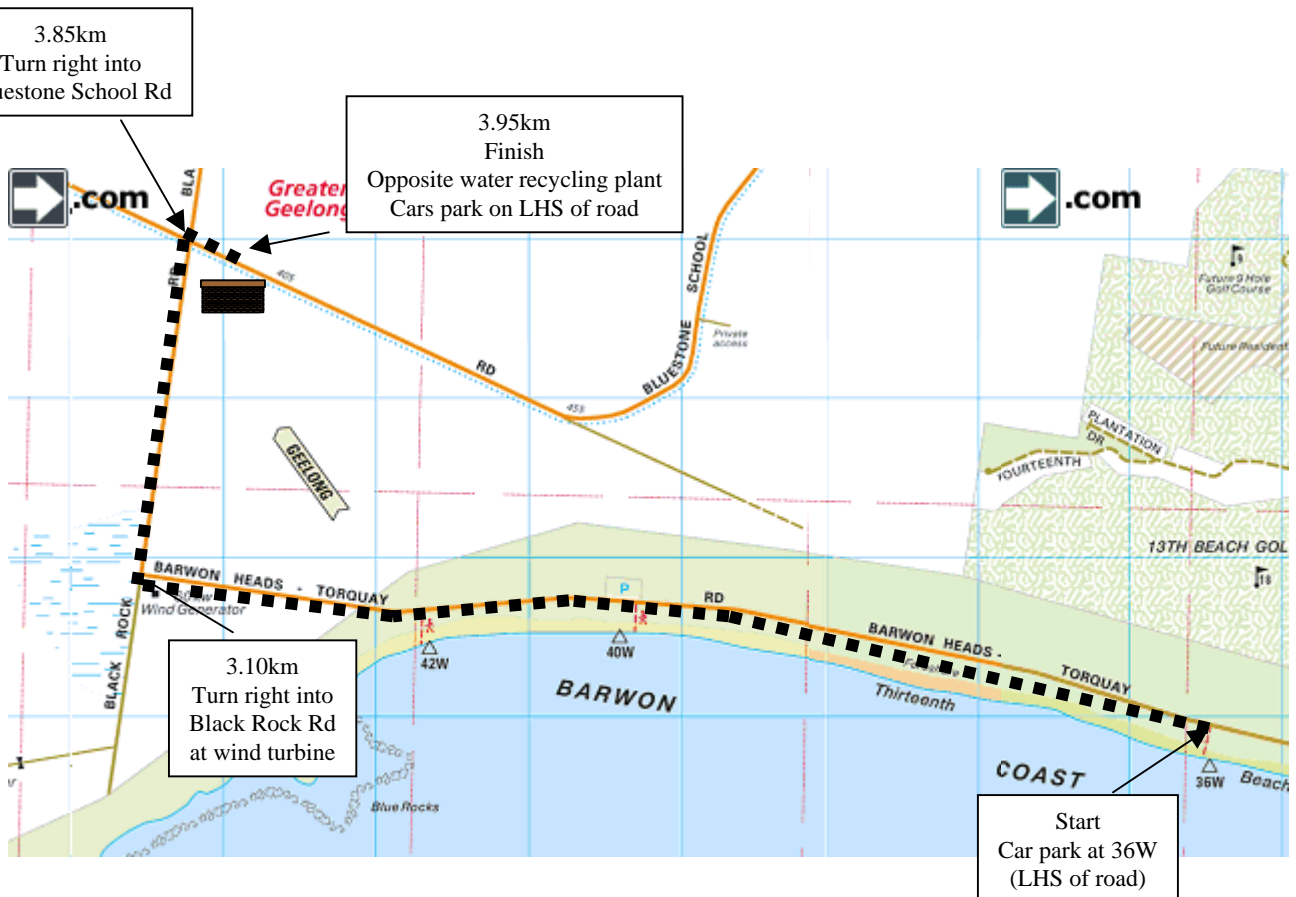
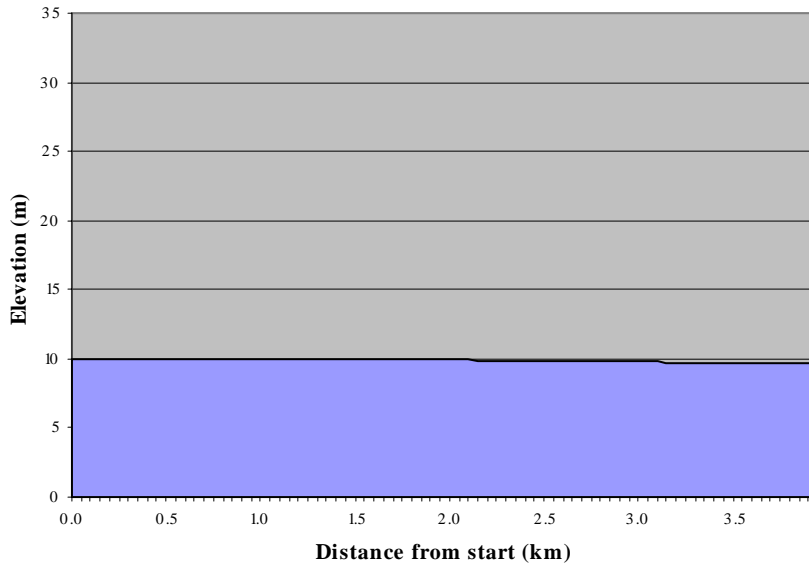
Stage 5 “Surfer Dude”

Distance:	3.75km
Surface:	Bitumen plus gravel track.
Description:	Start from car park above caravan park as soon as fourth runner completes his/her relay leg. Head down Bluff Rd and turn left into 13 th Beach Road but keep to the bike path. Bike path ends at 1.1km – continue on LHS of road past 13 th Beach Surf Club until finish at car park on LHS of road at 36W sign.
Topography:	Downhill to 13 th Beach Road, slight pinch at start of bike path and then a rolling & picturesque course between the golf courses and Bass Strait.
Stage record:	12:44 (Max Howard, 2003)



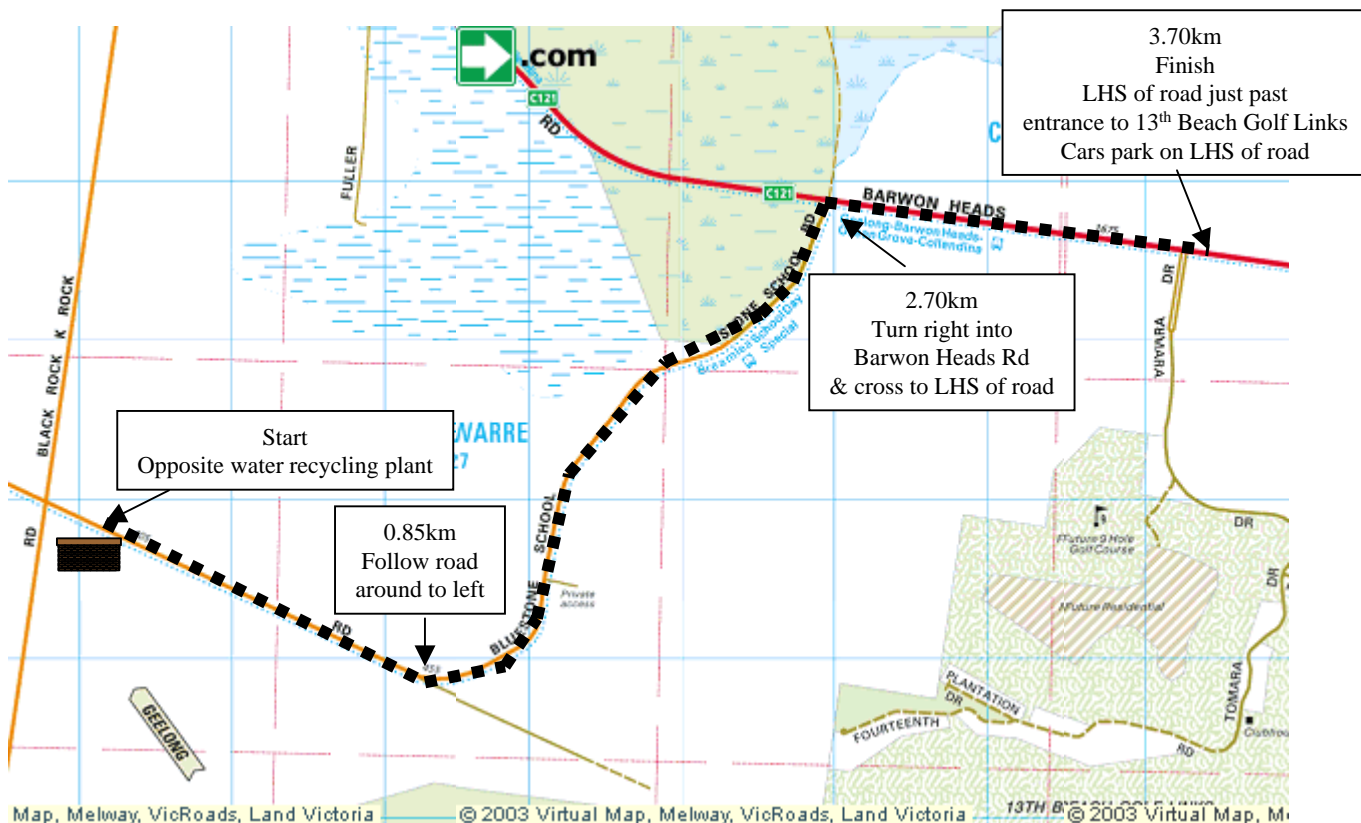
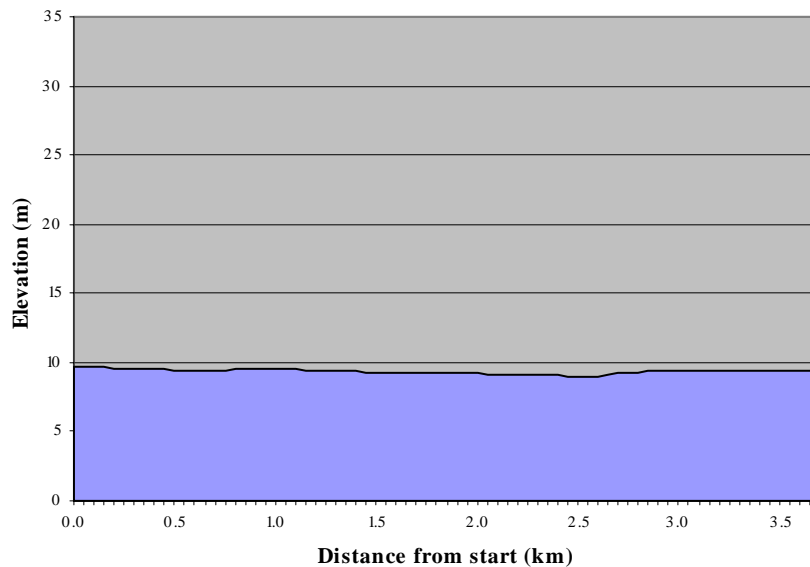
Stage 6 “60 kW”

Distance: 3.95km
Surface: Bitumen.
Description: Start from car park on LHS of road at 36W sign. Follow Barwon Heads – Torquay Rd and then turn right into Black Rock Rd at the wind turbine. Turn right into Bluestone School Rd and finish opposite the recycled water trial plant.
Topography: Flat.
Stage record: 13:14 (David Doyle, 2003)



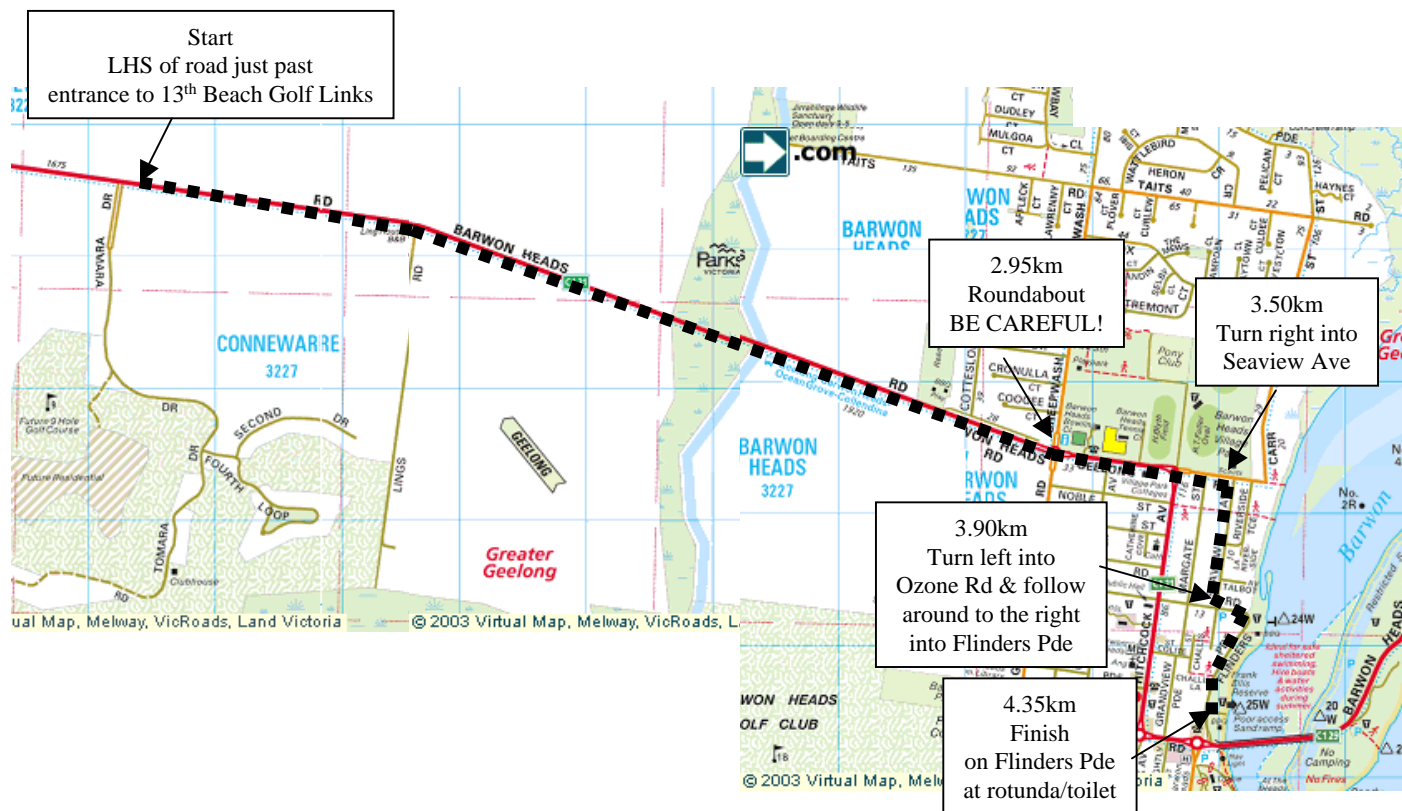
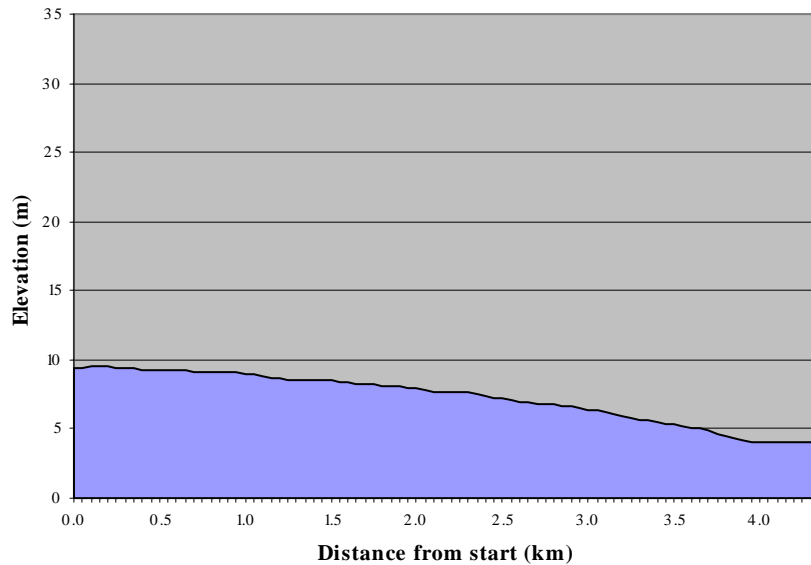
Stage 7 “Where’s the school?”

- Distance: 3.70km
 Surface: Bitumen.
 Description: Start opposite water recycling trial plant & follow Bluestone School Rd (note that it veers slightly left at 0.85km). Turn right into Barwon Heads Rd, cross the road and finish on LHS of road just past the entrance to the 13th Beach Golf Links.
 Topography: Basically flat with a slight rise when turning into Barwon Heads Rd.
 Special note: Barwon Heads Rd is busy but there is plenty of room on the road’s verge.
 Cars: Proceed straight to handover once your runner is on Barwon Heads Rd. Park on the LHS of the road at the handover.
 Stage record: 13:18 (Colin Marson, 2005)



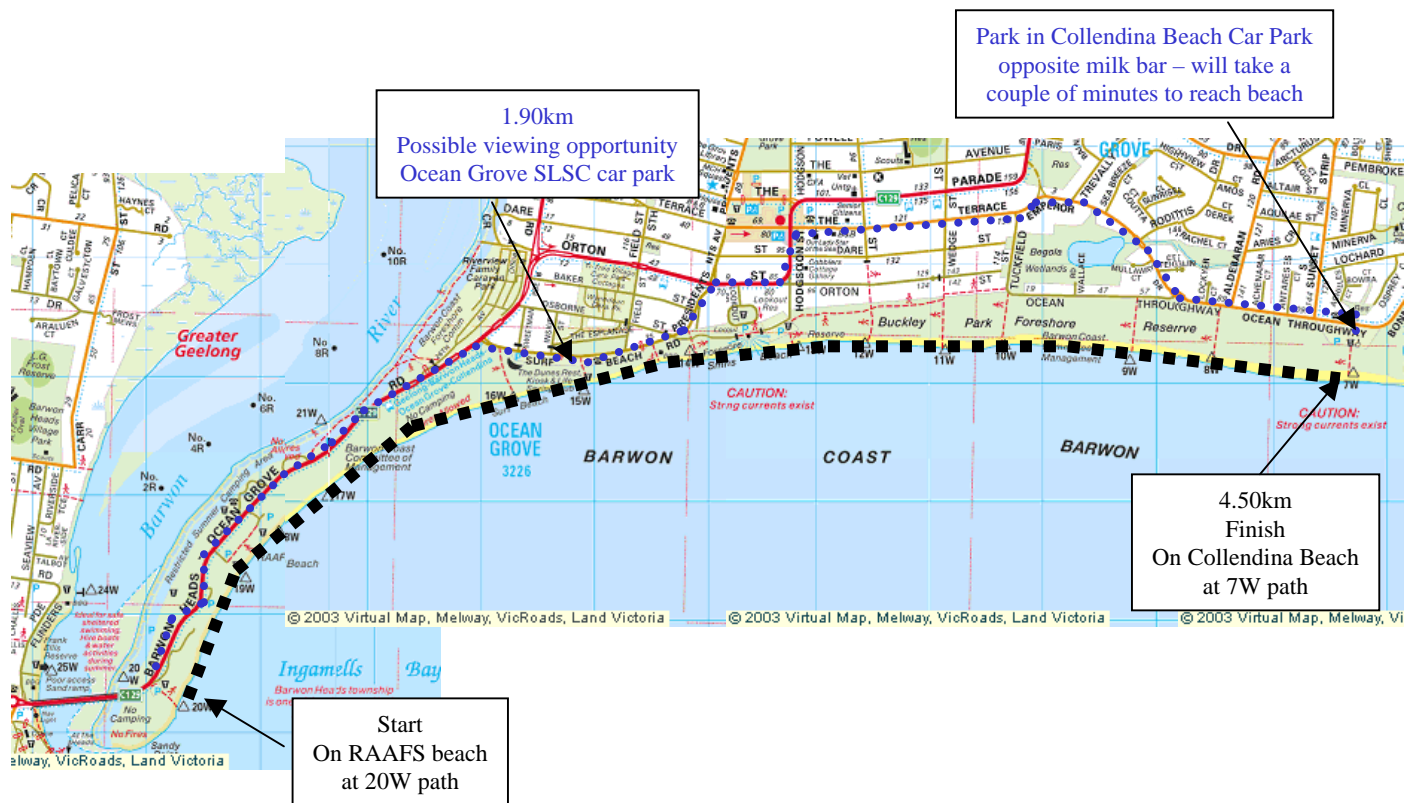
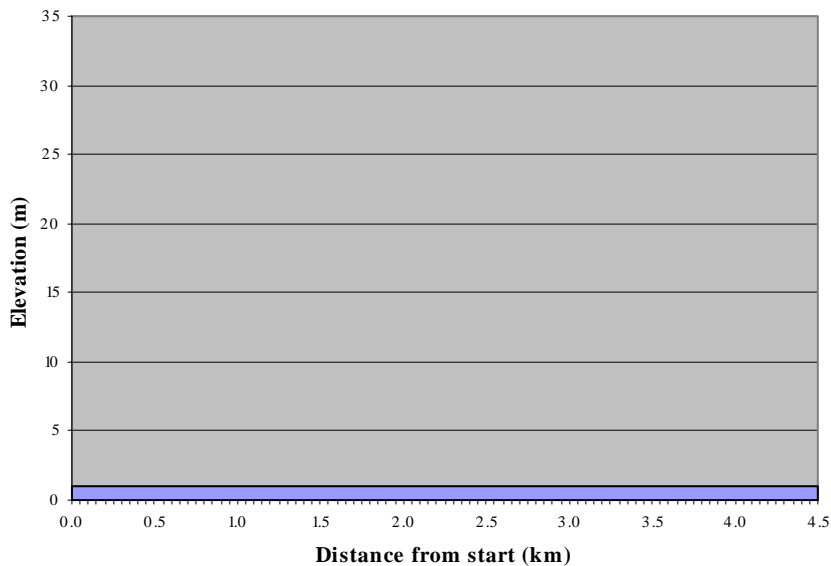
Stage 8 “Back to the Barwon”

Distance: 4.35km
 Surface: Bitumen.
 Description: Start on LHS of road just past the entrance to the 13th Beach Golf Links. Head into Barwon Heads via Barwon Heads Rd. Turn right into Seaview Ave and then left into Ozone Rd which curves to the right at the river to become Flinders Pde. The finish is on Flinders Pde at the rotunda and toilets.
 Topography: Gradual downhill (well it's only 5m over 4.35km!).
 Special note: Barwon Heads Rd is busy but there is plenty of room on the road's verge.
 Cars: Be careful if you choose to stop along Barwon Heads Rd before entering the town.
 Stage record: 14:01 (David Venour, 2003)



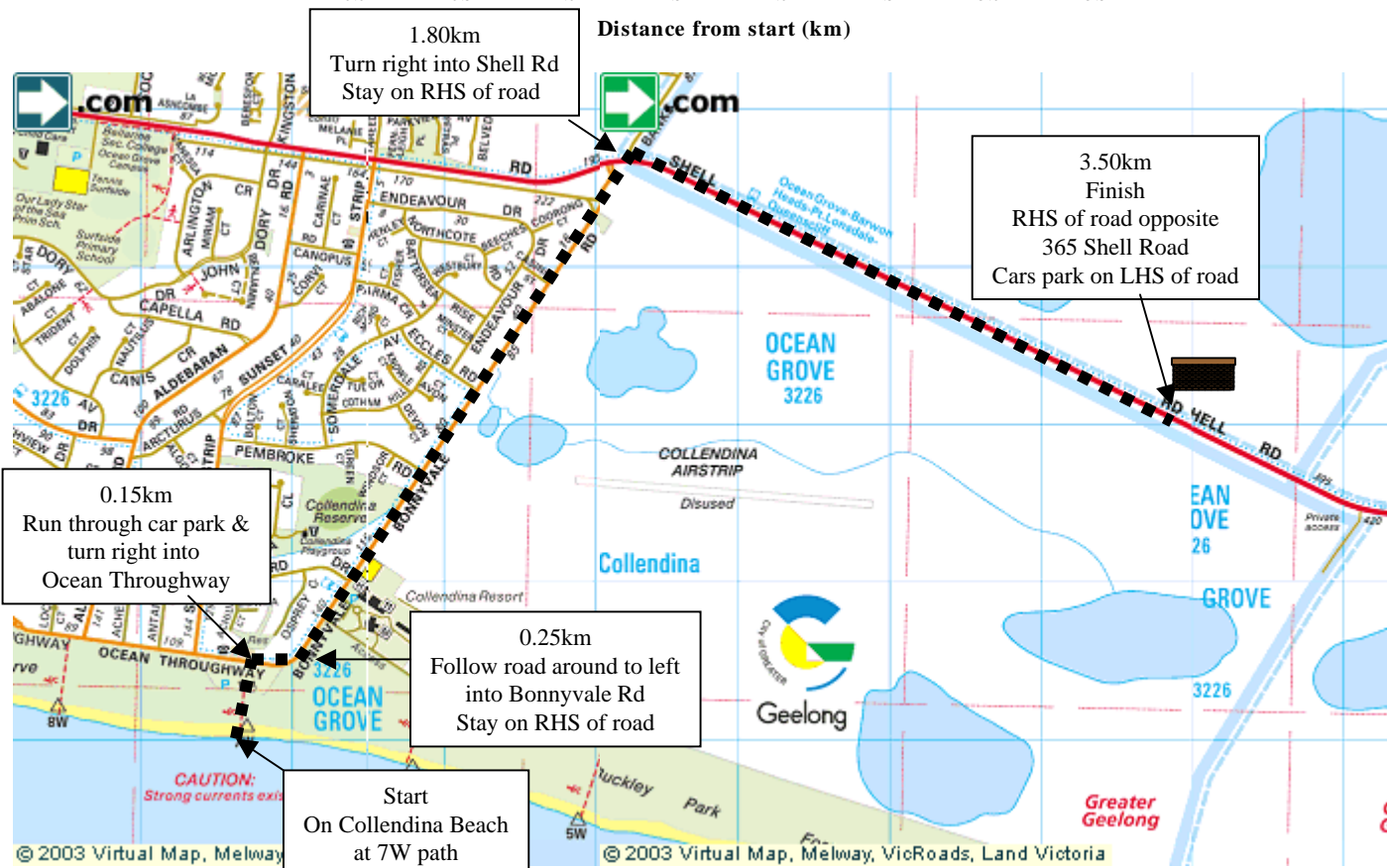
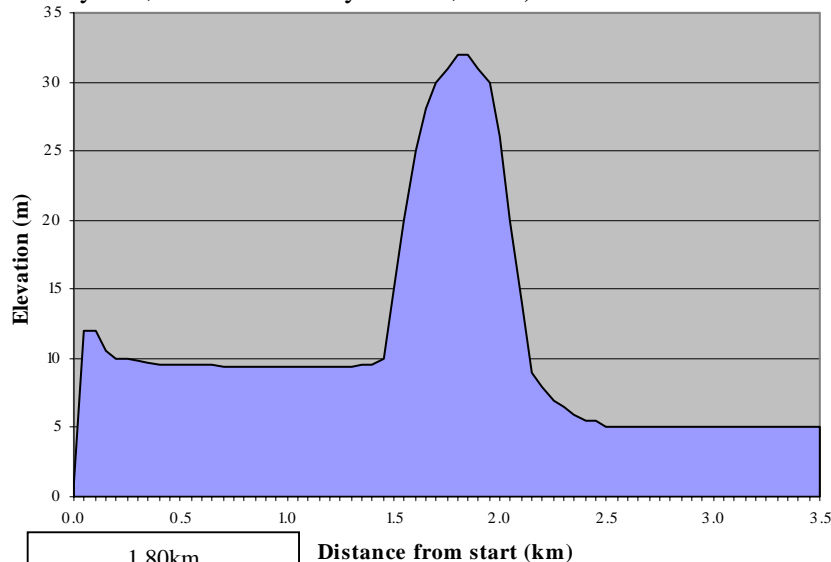
Stage 9 “RAAFS to 7W”

- Distance: 4.50km
 Surface: Sand.
 Description: Start on on RAAFS Beach at 20W path. Follow the beach to Collendina Beach where handover is made at base of 7W path.
 Topography: Flat.
 Cars: Your route is marked in blue on the map below. Do not attempt to view your runner along the way. Park your car at the Collendina Car Park (opposite the milk bar) & get your runner into position on the beach for the handover.
 Stage record: 14:41 (Paul Martinico, 2005)



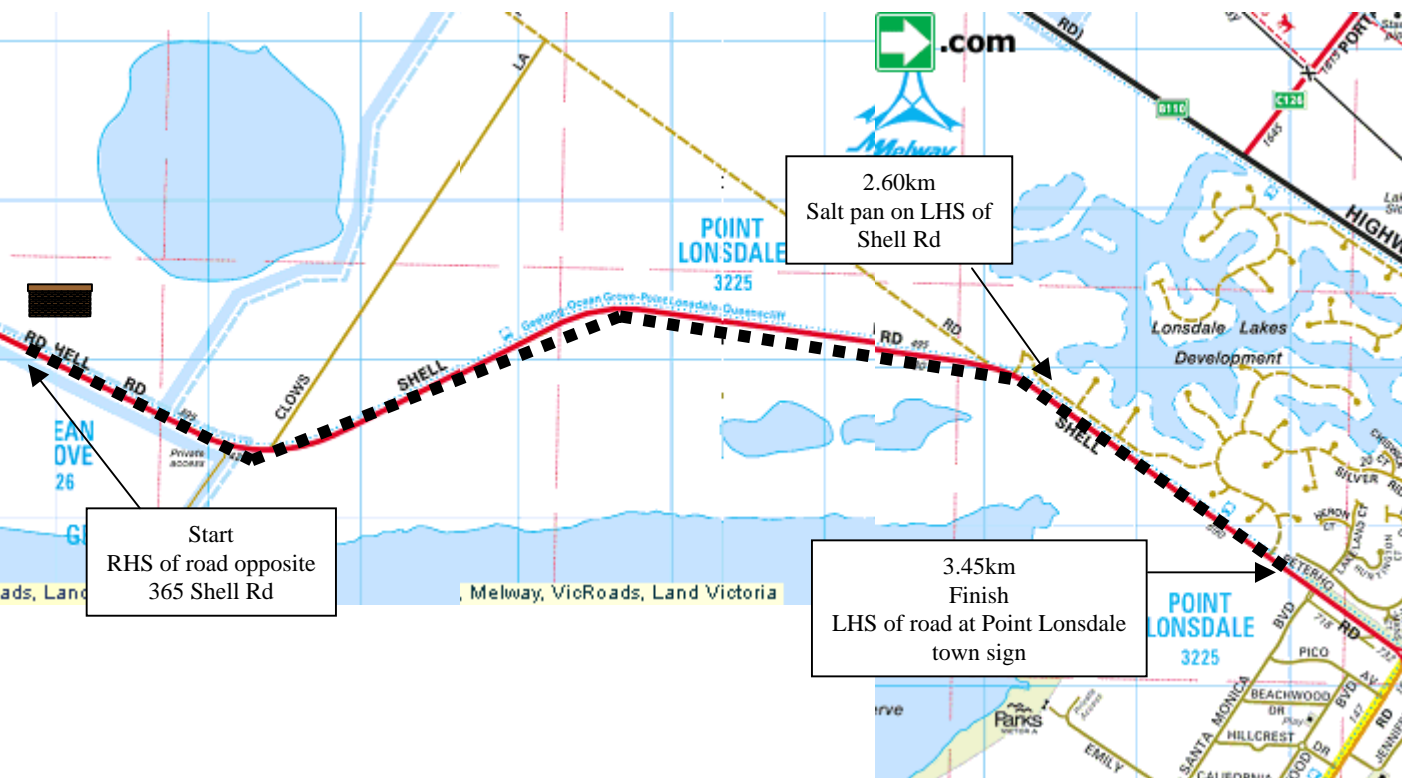
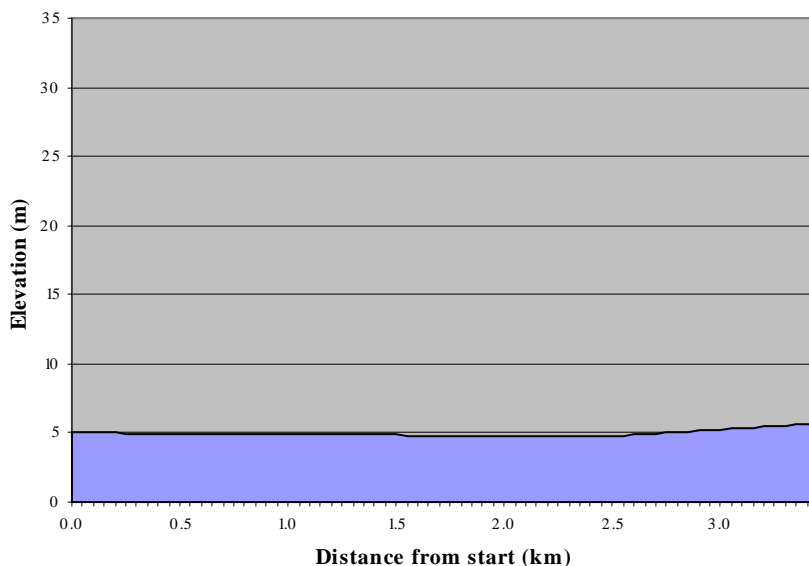
Stage 10 “Fenton’s Corner”

- Distance:** 3.50km
- Surface:** Sand track & then bitumen.
- Description:** Start from Collendina Beach at base of 7W track. Charge up track to car park and turn right onto Ocean Throughway. Follow road around to left into Bonnyvale Rd and set your sights on the hill. Turn right at the top of the hill (Fenton’s Corner) into Shell Rd and then roll down the hill. The finish is on the RHS of the road opposite 365 Shell Rd.
- Topography:** Two sharp climbs – one at the start off the beach and then another at the end of Bonnyvale Rd. Big downhill to the finish is guaranteed to chop up the quads. The hilliest leg of the day.
- Special note:** Shell Rd is busy but there is plenty of room on the road’s verge. Stay to the right.
- Cars:** Park on the LHS of the road at the handover.
- Stage record:** 12:47 (Anthony Lee, 2005 & Anthony Mithen, 2005)



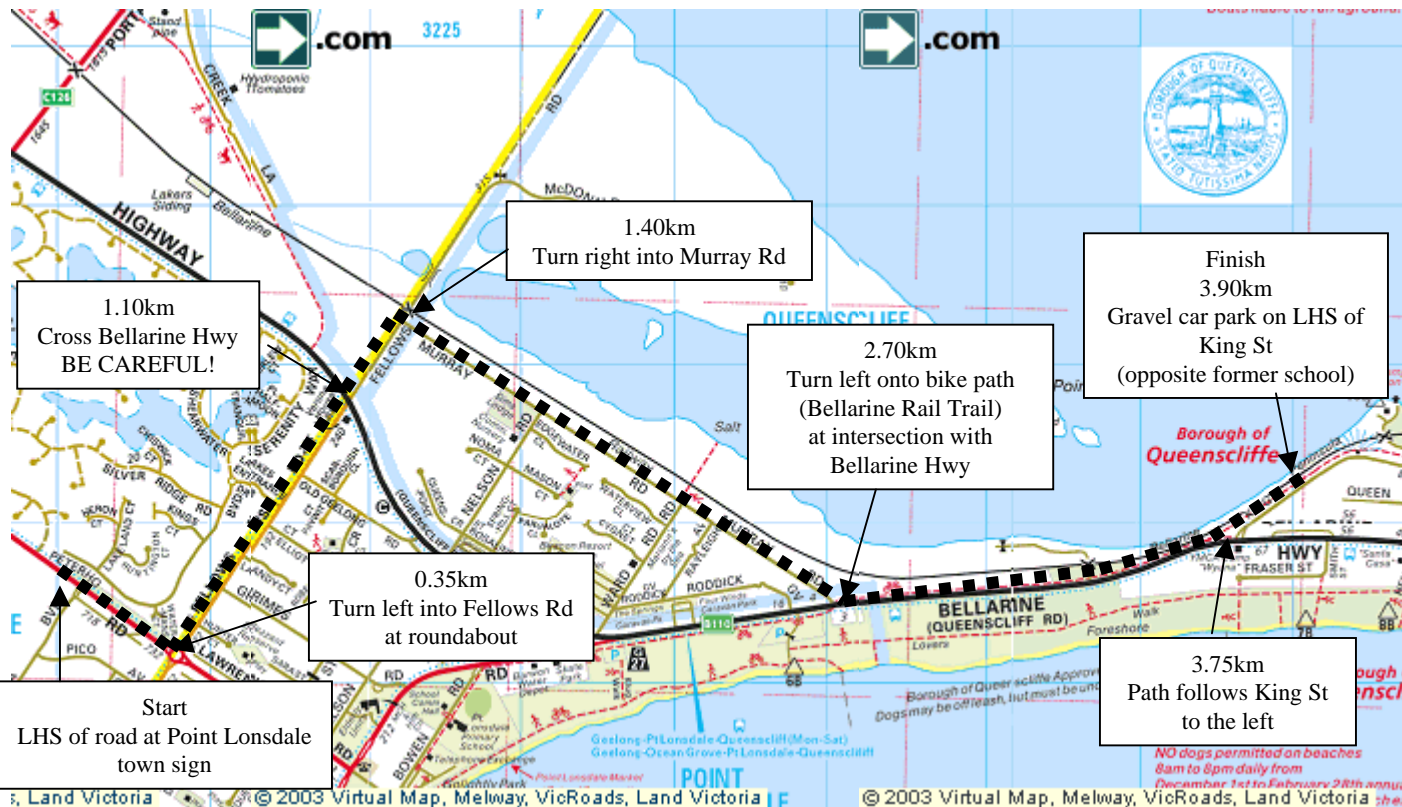
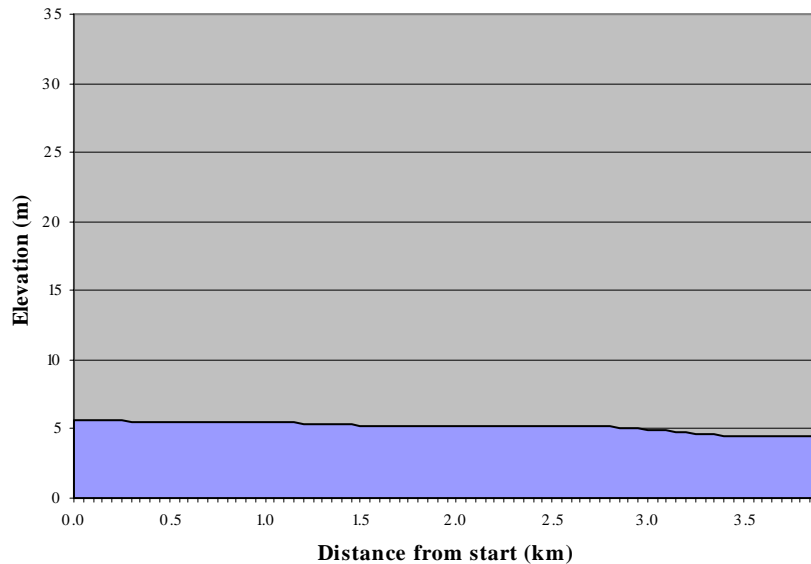
Stage 11 “Salt Pan Special”

Distance: 3.45km
Surface: Bitumen.
Description: Start from the RHS of the road opposite 365 Shell Rd. Follow Shell Rd through the bends between the salt pans and finish at the Point Lonsdale town sign.
Topography: Flat with slightly uphill finish.
Special note: Shell Rd is busy but there is plenty of room on the road’s verge. Stay to the right but cross when safe before finish.
Stage record: 12:06 (Max Howard, 2003)



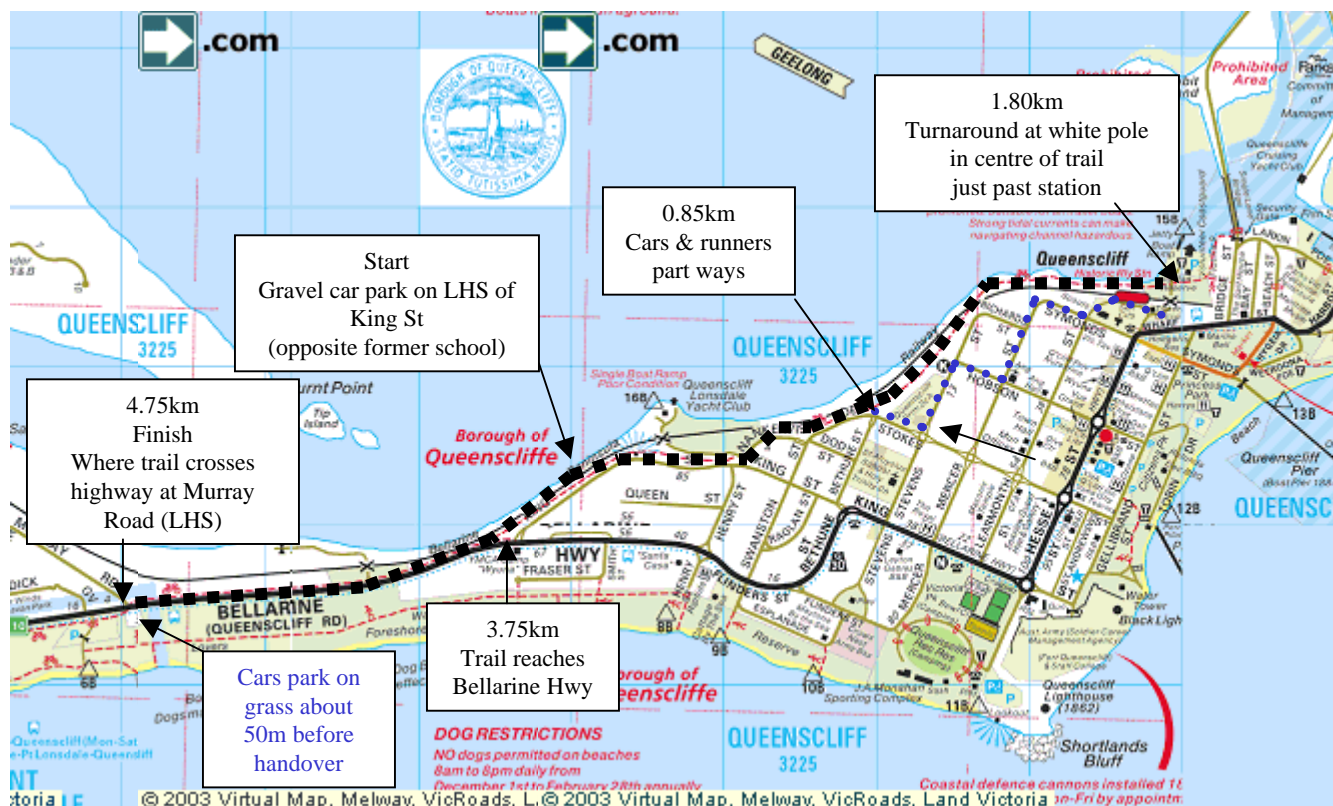
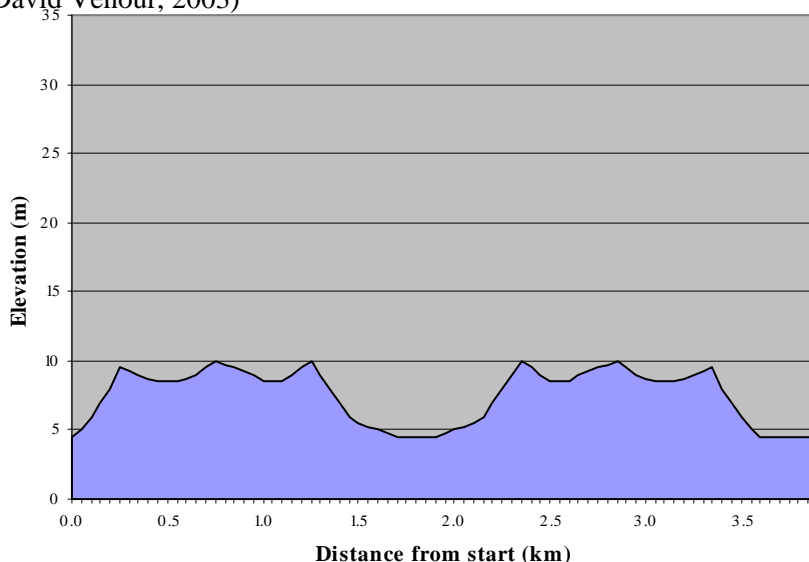
Stage 12 “Steam Powered”

Distance: 3.90km
 Surface: Bitumen & then bike path.
 Description: Start on LHS of Shell Rd at Point Lonsdale town sign. Turn left into Fellows Rd & then cross Bellarine Hwy 1.10km from the start of the leg. Turn right into Murray Rd and then left onto the Bellarine Rail Trail at the Bellarine Hwy. Follow the trail to a gravel car park on the LHS of King St opposite the former school.
 Topography: Flat.
 Special note: The Bellarine Hwy crossing is the only major road crossing for the day. BE CAREFUL!
 Cars: Go straight to handover once your runner is on the Bellarine Rail Trail.
 Stage record: 13:05 (Ian Dent, 2003)



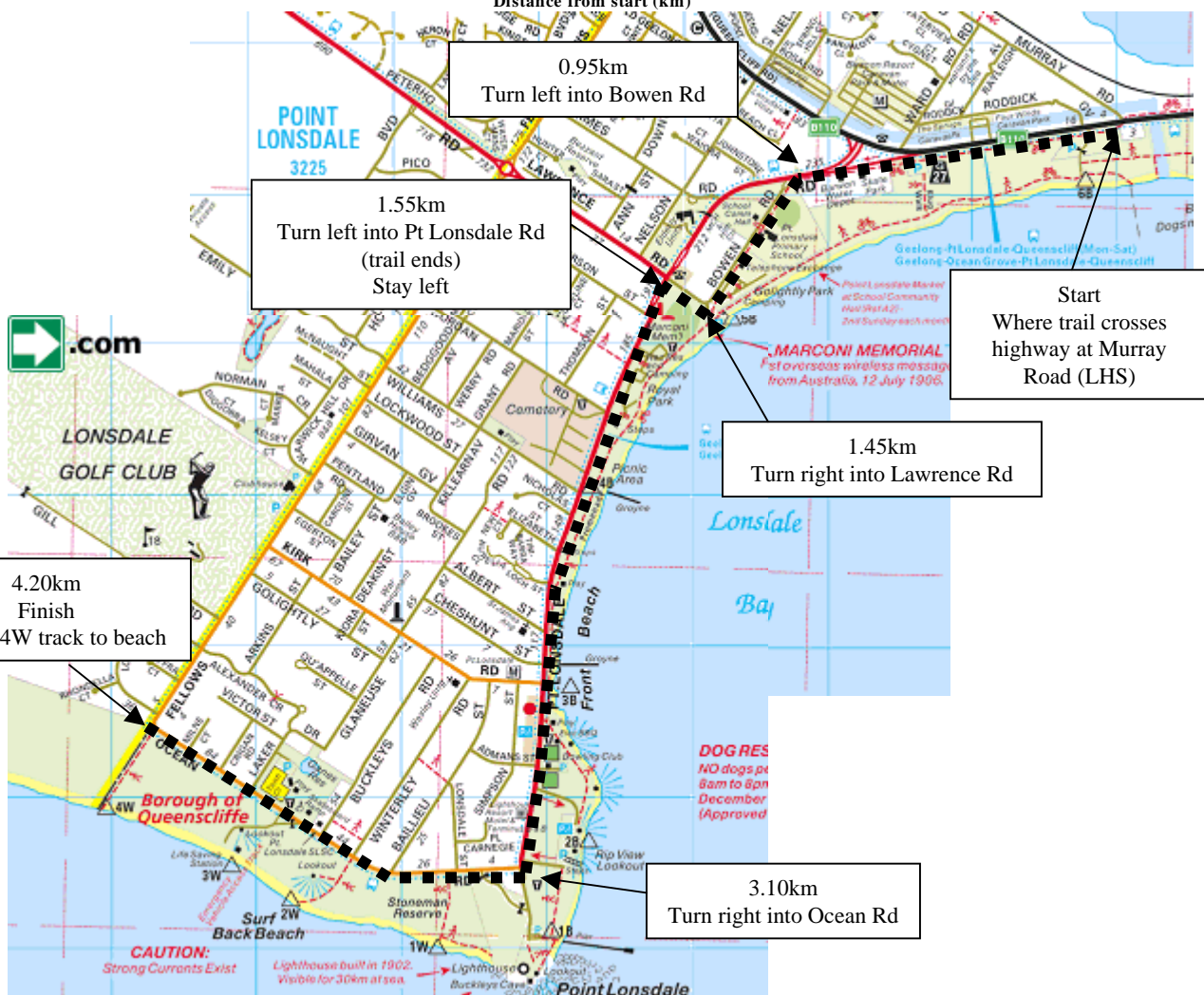
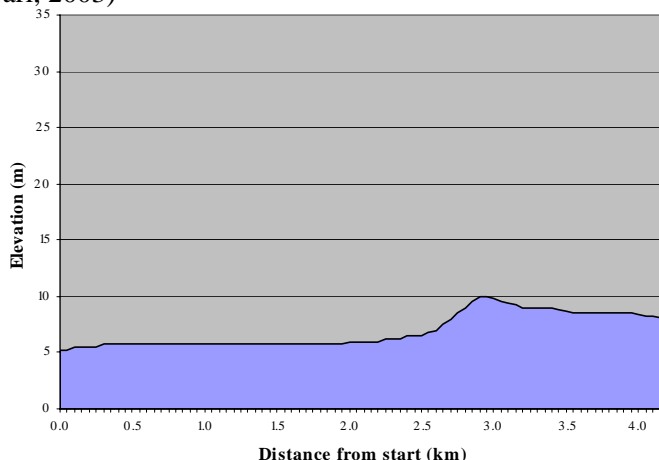
Stage 13 “Out & Back”

- Distance: 4.75km
 Surface: Bike path.
 Description: Start at gravel car park on the LHS of King St opposite the former school. Follow the Bellarine Rail Trail to the turnaround at a short pole in the middle of the trail at the road crossing past the station. Run back over the same course to finish at LHS of Bellarine Hwy where the trail crosses the road (i.e. Murray St intersection).
 Topography: Undulating.
 Special note: The Bellarine Rail Trail is clearly marked & while runners will be separated from the cars for part of this leg, there will be no problems with getting lost!
 Cars: Park on the grass about 50m before finish.
 Stage record: 15:54 (David Venour, 2003)



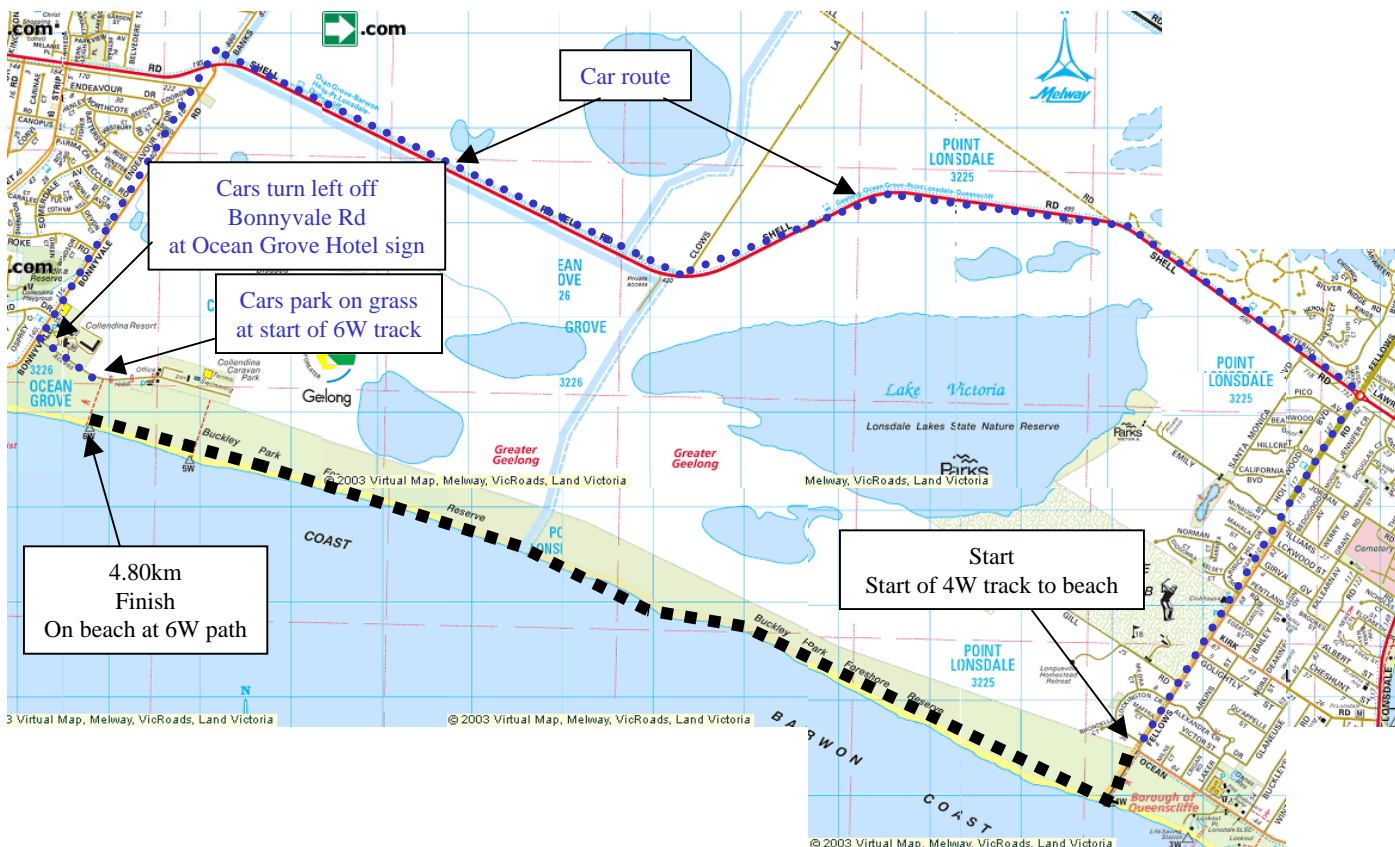
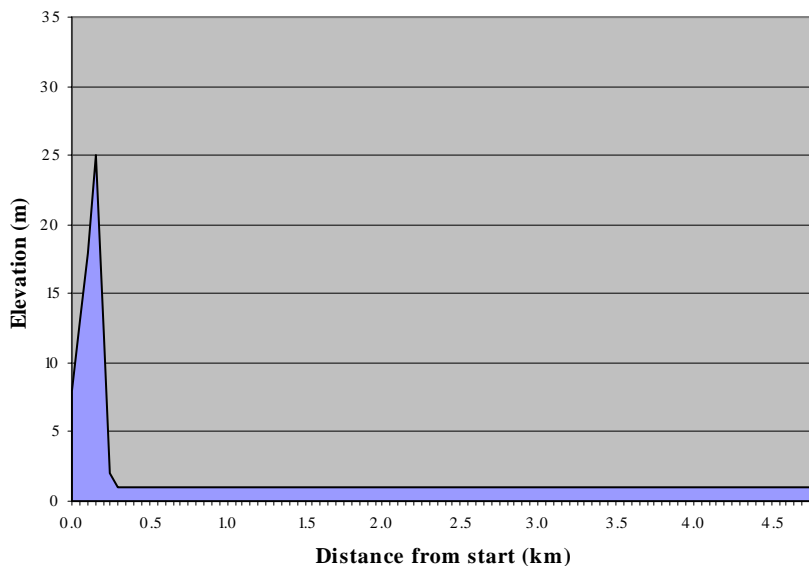
Stage 14 “Nice View – Who’s Looking?”

Distance:	4.20km
Surface:	Bike path & then bitumen.
Description:	Start at LHS of Bellarine Hwy where the Bellarine Rail Trail crosses the road. Follow trail as it turns left at Bowen Rd & then right at Lawrence Rd. Trail ends at oval – keep this to the left & turn into Pt Lonsdale Rd. Stay left and run through the town before turning right into Ocean Rd. Finish at start of 4W track to beach.
Topography:	Flat with slight climb through Pt Lonsdale township.
Cars:	Park in Fellows Rd about 50m after finish. Do not park in Ocean Rd!
Stage record:	15:53 (Lou Ferrari, 2003)



Stage 15 “Nowhere to Hide”

- Distance: 4.80km
Surface: Sand.
Description: Start at base of 4W track to beach. A steep climb and descent will then take you to Pt Lonsdale Beach where you turn right and head for Barwon Heads. The finish is on the beach just before Collendina at the 6W track.
Topography: Sharp climb & descent to get the heart going and then flat.
Cars: Follow the route marked below. Park on the grass at the start of the 6W track and meet your runner on the beach for the handover.
Stage record: 18:08 (Kate Seibold-Crosbie, 2003)



Stage 16 “The Bridge”

- Distance: 5.60km
- Surface: Sand.
- Description: The start is on the beach just before Collendina at the 6W track. Head towards Barwon Heads along the beach. When you reach the Barwon River you will turn right and see the bridge – you may cut as much of this corner as you wish but must stay on the beach. The more you cut, the softer it gets! Run under the bridge and turn right up a steep but short track to join the bridge’s pedestrian walkway. The finish is on the Barwon Heads side of the bridge.
- Topography: Flat.
- Cars: Follow the route marked below. Note the viewing opportunity at the Ocean Grove SLSC. Park back at Frank Ellis Reserve for the finish.
- Stage record: 20:09 (Mark Matthews, 2003 & David Venour, 2003)

