

20
KM

12
KM

6
KM

2
KM



EVENT PROGRAM

6 NOVEMBER 2022

PRESENTED BY



PROUDLY SUPPORTED BY:



1. WELCOME

Thank you for participating in the 2022 Bare Creek Trail Run. It is with open arms and a warm heart that we welcome you back to Acron Oval and the picturesque trails of the Garigal National Park. We guarantee that whatever course you have chosen you will have an amazing adventure. Our event program outlines all the information you need for race day.

For all the latest updates and any last minute notifications please follow our [Facebook](#) and [Instagram](#) pages.

2. EVENT CENTRE

The Event Centre will be at **Acron Oval, located on Acron Road in St Ives**. All events will start and finish at the Event Centre.

3. TRANSPORT AND PARKING

The best way to get to the Event is by car or bicycle. Parking is available in the residential streets surrounding Acron Oval. **Please do not park illegally or across driveways**. Due to the popularity of the event, parking can be at a premium and it is recommended that you leave yourself enough time to walk from your car to the Oval and get registered before your race.

There are limited public transport options to the Event Centre. The closest bus stop operating a service on event day is at Mona Vale Road and Douglas Street and is serviced by the number 196 bus from Macquarie Park or Gordon Stations.

4. EVENT SCHEDULE

06:00	Registration opens (20km and 12km)
06:30	Event Centre stalls open
06:45	20km race briefing
07:00	20km race begins
07:15	Registration opens (6km and 2km)
07:15	12km race briefing
07:30	12km race begins
07:45	6km race briefing
08:00	6km race begins
08:50	2km race briefing
09:00	2km race begins
10:00	Presentation of the 6km, 12km and 20km events
11:30	Event Centre closes

5. RACE DAY REGISTRATION

20km and 12km: Registration open from 06:00 – 7:15.

6km and 2km: Registration open from 07:15 – 9:00.

- Please note, the majority of registered participants will have received their race number (with timing chip) in the post.
- If you received your race number in the post, you are ready to race. You do not have to attend registration on race morning - you can proceed directly to the start line.
 - ✓ **MAKE SURE TO BRING YOUR RACE NUMBER TO THE EVENT – DO NOT LEAVE IT ON THE KITCHEN TABLE AS WE WILL NOT BE ABLE TO ISSUE NEW NUMBERS TO THOSE THAT HAVE BEEN POSTED OUT.**
- If you did not receive a race number in the post, you can collect your number and timing chip at registration on the morning of the event.
- The registration desk will be located on Acron Oval – follow the registration signs.
- When you report to registration, please provide the registration official with your name. The official will check your name against the competitor list and issue you with your race number (with attached timing tag) and safety pins.

6. ENTRY TRANSFERS

- **All entry transfers (taking over an entry from another person) should be made at registration on event day.**
- Replacement competitors are required to bring the registration details and written evidence from the original competitor stating that they agree to the transfer taking place.
- Event day transfers will incur a \$20 admin fee (credit/debit card payment preferred) and competitors should allow extra time to complete registration.
- Exchange of funds for race entry fees will be a private transaction between the two runners.

7. CATEGORY CHANGES

- **Category (course distance) changes should be made at registration on event day.**
- Competitors changing their entry to a more expensive category will be required to pay the difference in entry fee together with a \$20 administration fee (credit/debit card payment preferred).
- Competitors changing their entry to a less expensive category will be required to pay a \$20 administration fee. No refunds will be made for category changes where the entry fee is lower than what has already been paid.



8. START LINE PROCEDURE

- Each race category (distance) will start in one group.
- For categories with large numbers, we may break this into a couple of waves to spread out the field – don't worry, your race time is taken from when you cross the start line.
- Family units running the same distance who wish to run together can form a group to leave at the same time.
- The start line is self-seeded, you can fall into the start procedure at any time during your category start window.
- Please follow the instructions of the start line marshals who will guide you through.
- Start times as follows:
 - **20km:** **7:00**
 - **12km:** **7:30**
 - **6km:** **8:00**
 - **2km:** **9:00**

9. TIMING

A timing chip will be attached to the back of your race number and this will record your start and finish time as you run across the timing mat, enabling your race time to be calculated. For the chip to work, you must wear the race number on the front of your body, attached with safety pins or a race belt. You should take care to not bend or fold your timing chip. The timing chip is disposable and does not need to be returned.

If you withdraw from the race at any time, please see the event staff and advise them of your withdrawal.

10. COURSE MARKING

The course will be marked using arrows, signs, and coloured tape. Please be aware that some junctions serve different race distances and care should be taken to ensure you are following the correct course. Marshalls will be stationed at all major junctions to assist you.

The [event website](#) contains detailed maps and course profiles of each course.

11. WATER STATIONS

3 water stations will be available on the course and accessible to 6km, 12km and 20km runners. They will be located at the following distances:

20km: 7.9km, 13.8km and 17.7km

12km: 7.9km and 10.4km

6km: 3km

2km: No water station

- Snakes (lollies) and water will be provided at all water stations.
- Participants are asked to use the hand sanitizer provided before refilling their water containers.

- Please bring your own water container – **no cups will be available at water stations.**
- **Water will also be available at the event centre before and after your run.**

12. TOILETS

There will be toilets available at the Event Centre but not at any location along the course. If you are caught short whilst on the course please apply the best practice principles contained in the [Bushwalking NSW health guidelines](#).

13. MERCHANDISE

Pre-Ordered Merchandise

- If you placed an order for merchandise through the entry portal, your order will be available for pickup at registration.
- If you wish to 'wear' the item that you ordered out on trail, we would be happy to hold on to your old clothing/bag at registration while you enjoy your new fabulous outfit out on trail!

Merchandise Sale!

If you haven't ordered your merchandise yet – bring your credit card to the event! We will be selling out a range of high quality merchandise at bargain pricing. This includes:

- Men's and women's shirts and singlets
- Aussie Grit women's running tank tops and shirts
- Women's running shorts
- Fractel caps and running visors

See the merchandise store at registration. Credit/debit card payment preferred.



14. INSURANCE AND DISCLAIMER

ChallengeWorks (Event Organiser) is covered by their own public liability insurance. This does not include personal accident insurance. You may wish to take out your own personal accident and ambulance insurance cover for the event. Your private health insurance policy may include this, but you will need to check with your insurer.



15. FOOD/DRINKS AND GIVEAWAYS

COFFEE AND FOOD TRUCKS

- The charming crews from [Ynot Crepes](#) and [Dope Fusion](#) will be serving up their wares to hungry runners at the event centre.
- A coffee van will also be serving the much-needed morning kick from when registration opens, through till prize giving.

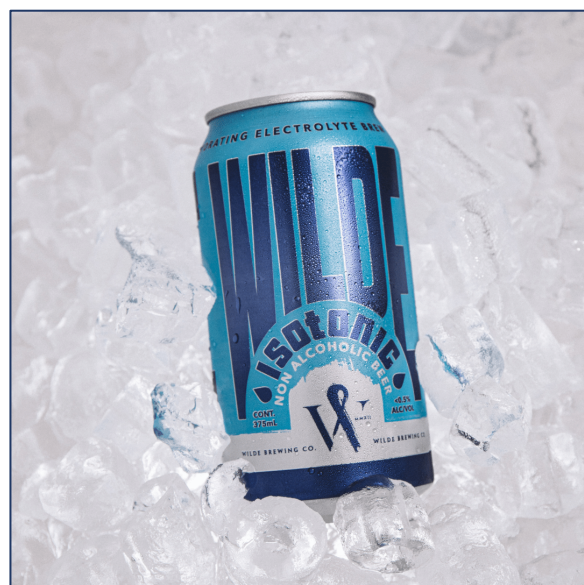


FREE ISOTONIC NON-ALCOHOLIC BEER (OVER 18 ONLY)

Wilde Isotonic Non-Alcoholic Beer rewards and refuels the everyday athlete. Designed to reward and replenish. It helps restore lost electrolytes and facilitate the transformation of energy through carbs and group B vitamins.

See the crew from Wilde Brewing Company at the finish line for a refreshing cold beer! (over 18 only)

WILDE Isotonic





ALL YOU NEED, ALL DAY. REALLY.



**WE'VE GOT YOU COVERED
at
Bare Creek Trail Run**

**GRAB YOUR TAILWIND NOW!
JUMP ONLINE**

www.tailwindnutrition.com.au

AND USE CODE BARECREEK15%

FOR 15% OFF YOUR NEXT PURCHASE*

Valid 2 Nov to 30 Nov 2022

*applies to all non discounted nutrition products

NUTRITION YOU CAN COUNT ON.

16. RACE RULES

For reasons of fairness, safety and responsibility you are expected to abide by the following rules. Failure to comply may lead to penalties or disqualification.

- Follow the course as signposted and as directed by the marshals.
- No outside assistance is allowed during the event.
- Co-operate with event officials at all times.
- Age categories will be based on an individual's age as at race date.
- Make sure you are wearing your timing chip and race number.
- Participants must follow the course as marked.
- Winners will be determined by the fastest time.
- In the event of a tie, the tied competitors will be placed in ascending order of their race numbers.
- The Event Director's decision is final.
- Show respect for the environment, landowners, local communities and other recreational users.
- Always take your litter with you and please dispose of any litter in the bins provided.
- Runners are expected to assist competitors who have injured themselves. If you come across an injured runner, provide assistance and ask a fellow runner to inform race officials of the injury and the injured runner's number at the next available opportunity

on the course. Times will be adjusted to compensate for any time lost helping fellow runners.

- Every participant must agree to the [Terms and Conditions](#) associated with entry. If a participant is under 18 years of age a parent or guardian needs to agree on behalf of the participant.
- The organisers reserve the right to reject or cancel any entry at any time.
- No dogs are permitted on the track.
- No prams are permitted on the course.
- The organisers reserve the right to alter without notice any of the Race Rules which govern the event.

17. RESULTS AND PRIZES

Every finisher will be presented with a finisher's medal at the completion of their run.

Preliminary category results will be available at the finish line and full results will be linked on the event website within 24 hours.

Prizes will be given to 1st place in each category below. **A brief prize giving presentation will be held at 10:00am** (There are no places or prizes in the 2KM Dash).

Prize Categories:

- 6km Event (male & female)
 - Junior, 5 to 16
 - Adult, 17 - 39
 - Adult, 40 - 49
 - Adult, 50 +
- 12km Event (male & female)
 - Junior, 7 to 16
 - Adult, 17 - 39
 - Adult, 40 - 49
 - Adult, 50 +
- 20km Event (male & female)
 - Junior, 7 to 16
 - Adult, 17 - 39
 - Adult, 40 - 49
 - Adult, 50 +



18. VOLUNTEERS

The Bare Creek Trail Run is a wonderful event that enables many local community and sporting groups to participate and raise money. Volunteering is a way to connect, make some friends and have some fun. We need volunteers to help at the Event Centre.

If you would like to be to be part of this great event, please register your interest at the [Volunteer Registration Portal](#)

19. PHOTOS

The Professionals from outerimage.com.au will be attending the event and taking fabulous action shots of participants. These photos will be available within 24 hours of the event.

20. OUR THANKS

We would like to thank the ongoing support from the Ku-ring-gai Council, not only in providing the wonderful facilities at Acron Oval but their assistance in making the annual Bare Creek Trail Run a success.

21. CONTACT DETAILS

James "The Woodsman" Walker
Challengeworks Pty Ltd
0417 539 495
info@barecreektrailrun.com.au

