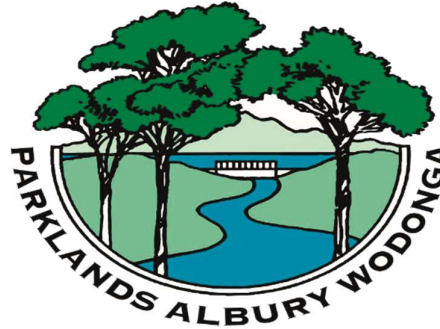


# RIVERINA ENDURANCE TRAIL RUNNING SERIES



## Race Briefing- Race 2 McFarlane's Hill

[www.riverinatrails.org](http://www.riverinatrails.org)

The local parklands around Albury-Wodonga provide an extraordinary range of natural and developed recreational open-space. These parklands provide an abundance of walking and management tracks that lend themselves perfectly to supporting the growing sport of trail-running. Trail-running is about leaving behind the noise, pollution and bitumen that characterises road running for the refreshing environs of nature and a healthy dose of self-reliance.

Whilst you are running on formed tracks, you should be aware that the likelihood of injury is substantial if you fail to prepare adequately or ignore race rules covered below. Every effort will be taken to prevent injuries but should you require assistance, medics will come to assist you.

## Entry

Enter online at [riverinatrails.org](http://riverinatrails.org). Entries close Friday 22 June at 12 noon

Entering online helps participants and volunteers have a smooth race morning - Ensuring we provide every runner with the best experience we possibly can.

Entries on race weekend will be accepted but an additional \$5 fee will be incurred. If you pre enter, your race number will be SMSd to you on Friday.

## Schedule of Events

Saturday 23 June:

- Late check in will be available at The Athlete's Foot Albury from 10am-1pm, City Walk Arcade, 519 Dean St, Albury

Sunday 24 June:

- 9am - 9:45am Runner Check in

- 9:55am: Runner Briefing
- 10am Race starts
- 11am BBQ starts
- 12noon Presentation
- 1:30pm course closes

### **Course completion**

We expect that competitors will complete the long course within 3.5 hours. A combination of jogging and hiking ensures this won't be a problem. Previous events have seen our final competitor complete the course in about 2.45 using a mix of jogging and hiking. The short course we expect runners to complete in 20-45 minutes.

### **Start/finish location.**

The race venue is the carpark on Felltimber Creek Road, Wodonga, 800m west of the McGaffins Road intersection. Here's a google link: <https://goo.gl/maps/McdFDYwZqvu>

### **BBQ**

A BBQ will fire up on site from 11am. A sausage sandwich will cost \$3, or you can buy a sausage sandwich and can of drink for \$5.

### **Getting There**

Follow Felltimber Creek Road through West Wodonga.

### **Volunteers**

These events depend on volunteers before, during and after the run- please consider lending some of your time. Email [events@parklands-alburywodonga.org.au](mailto:events@parklands-alburywodonga.org.au) or SMS Sean on 0409 0477714 if you can donate some time. We'd rather not pressure the same few people every time!

### **Toilets**

There will be portaloos at the event hub.

### **Supporters.**

Supporters, family and friends of runners are welcome to attend the race. They will see long course runners pass through the hub once, halfway through the race. The course can also be accessed from Ingrams Road. Please do not interfere with or give aid to runners outside the formal aid stations.

### **Photography.**

Official photos will be taken by Greybox Images and available post event via the Geosnapshot website. We will post the photo link on the website and social media when available.

### **Course**

The short course is the first 5km of the long course. See the below maps. The long course is two laps of a 9.5km loop.

### **Water**

Participants are encouraged to be self-sufficient. There will water available on the course at approximately 6km on the long course, and at the start and finish of both events.

### **Rubbish**

No participants are to leave any rubbish on the course. If a participant is seen to leave rubbish on the course it may result in a disqualification.

### **Livestock**

Private livestock graze within the McFarlane's Hill Reserve. Participants are to avoid interaction with livestock where possible.

### **Pets**

Runners are not permitted to run with personal pets. Pets are welcome at the Start/Finish area and there is ample space for them to run around; however, pets that are not familiar with socialising with other pets are to be kept on a lead at all times.

### **Mandatory gear**

We recommend carrying sports nutrition as the duration of the race will demand it. It would be ideal to carry your own hydration pack or water bottle. Temperatures are expected to be between 4 – 18 degrees Celsius so you should definitely consider how you intend to stay warm at the start of the race, during the race, and at the end of the race. Rain is possible and there will be a cold wind blowing across the summit, so protection against the elements will be a must once you finish the race and your body starts to rapidly cool. Waterproof jackets and wool or polar fleeces should be on your pack list to wear after the race.

### **Timing, race results and photos**

The timing, race results and photos will be made available to all participants via the Riverina Trails websites & Facebook pages

### **Parklands Albury Wodonga**

Riverina Trails is a Parklands Albury Wodonga Community Project. Proceeds go towards providing us with accessible recreational environments and more local trail events. Parklands Albury Wodonga is a not-for-profit community managed organisation. Parklands works across 4,000 hectares of bush parks

Visit our [main page](#) and learn more.

We kindly ask for [donations to Parklands Albury Wodonga](#) . Donations are at the discretion of the individual and no amount is too little or big! Learn more about parklands and the direction of donations at [riverinatrails.org](http://riverinatrails.org)

## Actions on Lost

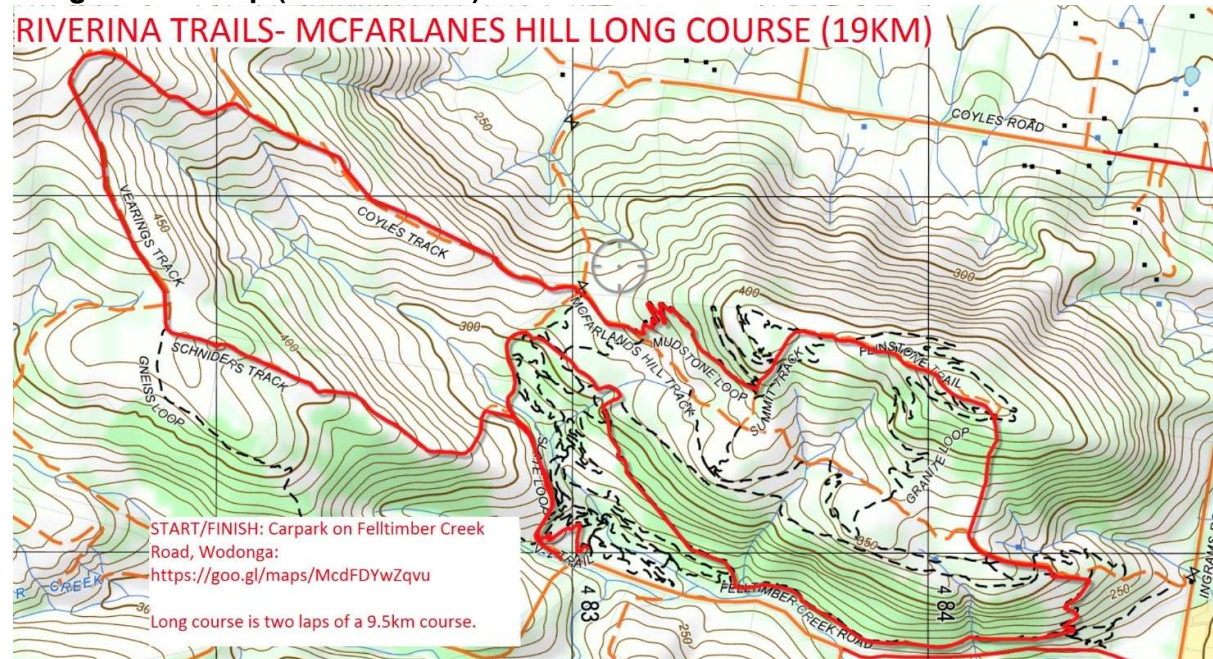
Remain in place; the nature of the course means that you will not be too far from other competitors, Marshals or a formed road. Consult your map, orientate yourself and the map to north, look for known reference points on the map and near you, and determine if you are still lost. If you are still lost, call the Race Director 0409047714 to receive instructions for assistance.

All competitors will be tracked on arrival at the finish line and a tail runner will follow the course to ensure no one remains out on the course at the end. After the cut-off time, if you have not been checked in at the finish line, the Race Coordinator and Marshals will conduct a search along the course to locate you.

**Race rules.** The following rules apply to all runners participating in all races with Riverina Trails:

- Stick to the track and marked course;
- Do not block the path of another runner;
- If another runner comes across an injured participant they are to render first aid and contact the Race Coordinator or the nearest Marshal to organise medical evacuation if required;
- Competitors must wear their issued race bib on their front throughout the conduct of the race;
- MP3 players are not to be used to ensure all participants are aware of their surroundings and fellow participant's requirements as necessary; and
- On completing the race, runners are to make sure that the staff have recorded their race numbers.

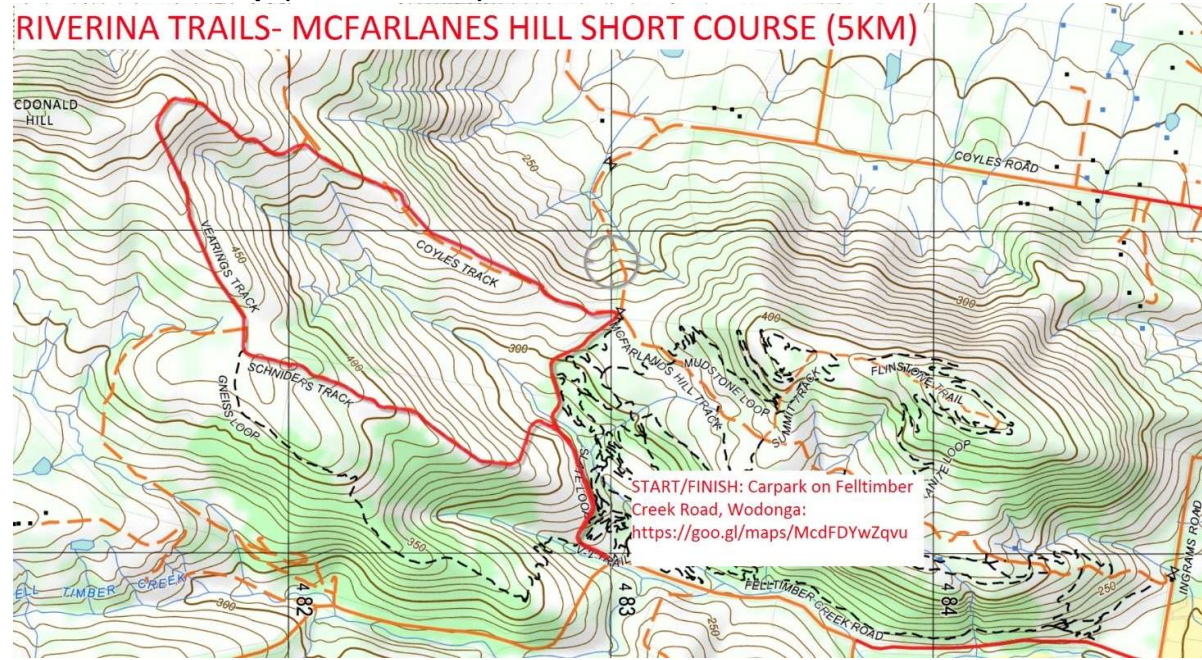
## Long Course Map (solid red line)





### Short Course Map (solid red line)

### RIVERINA TRAILS- MCFARLANES HILL SHORT COURSE (5KM)



### Special Offer from The Athletes Foot Albury!



To our Riverina Trail Series friends.

The Athlete's Foot Albury is on sale for the next 2 weeks!

We have some great products on sale - Hoka, Saucony, Brooks, Asics and much more in store!!

If you are running Race 2 @ McFarlanes Hill we have a special offer for you!

To celebrate our new concept store opening -  
Bring in your race bib and get an extra \$10 off our clearance product and our new season product\*.

*\*One bib per shoe purchase only, only available on footwear sales, Non transferable*

**Sponsors- thank you!**



<http://www.drummondrealestate.com.au>



<http://www.fullcycle.com.au/>



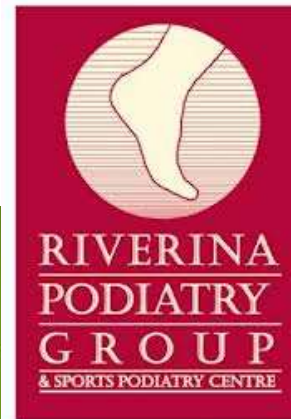
<http://www.theathletesfoot.com.au/store-location/albury-nsw>



<http://www.personalbestphysio.com.au/>



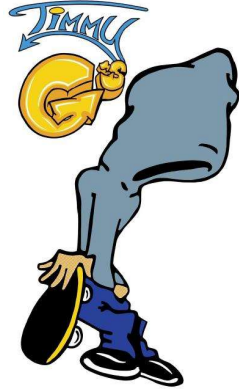
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