

Race Briefing- the Lightning Trail 5k and 10k

[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 Saturday 2nd March at midday.

Entering online is essential as the timing system must be set up prior to race day.

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

Entries on the day will be accepted but an additional fee will be incurred.

### **Race day timetable**

The Lightning Trail run will be held on Sunday 3rd March 2019 with a timetable as follows:

***Please note changes due to forecast heat and fire risk on Sunday:***

- 8am - 8:45am Runner Check in

- 8:55am: Runner Briefing
- 9am Race starts
- 10.45am Presentation
- 12pm course closes

Presentation may come earlier in the morning depending on when participants finish.

### Course completion

We expect that competitors will complete the long course within 1.75 hours. A combination of jogging and hiking ensures this won't be a problem.

The short course we expect runners to complete in 15-35 minutes.

### Start/finish location

The start and finish is at Killara Picnic Area, Murray Valley Hwy, Killara- where the highway crosses the Kiewa River. Use this link in Google Maps: <https://goo.gl/maps/owHxMNCeESp>

Or here's an old fashioned map:



**Getting There**

Follow the Murray Valley Highway from Wodonga past Bandiana. Do not take the Kiewa Valley Highway turnoff! Keep driving past Killara and you'll see the picnic area/parking area on the left just before you cross the Kiewa River.

**Parking**

Please carpool where possible, although there is ample parking on both sides of the Kiewa River.

**Toilets**

There will be a portaloos at the event hub. Nearby toilets include Caltex, Bunnings and McDonald's all on the Murray Valley Highway at Bandiana.

**Supporters.**

Supporters, family and friends of runners are welcome to attend the race. Please do not interfere with or give aid to runners outside the formal aid stations.

**Course**

An out and back course along the lightning fast Kiewa Track. The trail follows the Kiewa River through a shaded sanctuary to a point where it intersects the mighty Murray River. At the 5km mark a stunning view where these rivers collide display a powerful wide berth of water.

It's a flat and fast trail making it a great introduction to the sport of trail running for the local parkrunner and C2C participant. Opportunities also exists for regional talent to test themselves at ferocious pace, in an attempt to claim an off road speed title.

**Water**

Participants are encouraged to be self-sufficient. There will water available on the course at 2.5km for all runners, and at 7.5km for 10km runners.

**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.

**Members of the Public**

These trails are popular with mountain bikers and walkers. Please treat them courteously and give them space.

**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 a phone and a snakebite bandage.

## **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 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.

## **How do I know where to turn?**

The 5km runners turn at the water station at 2.5km.

The 10km runners turn at the witches hat placed at the 5km point.

**Long Course Map (solid red line)**



**Short Course Map (solid red line)**



### What's next?

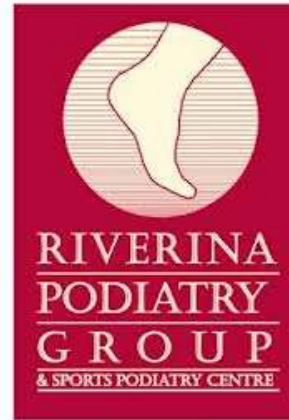
After the Lightning Trail, the Murray Running Festival comes up on March 31st, featuring an AIMS certified marathon, half marathon and shorter distances along the Murray River. Then the Riverina Endurance trail running series over winter, entries for which are open now. Information for all events is at [www.riverinatrails.org](http://www.riverinatrails.org)

Sponsors- thank you!



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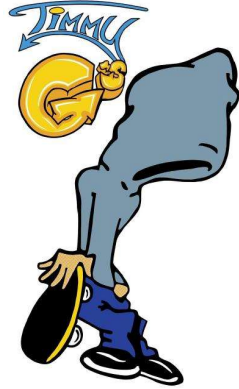
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