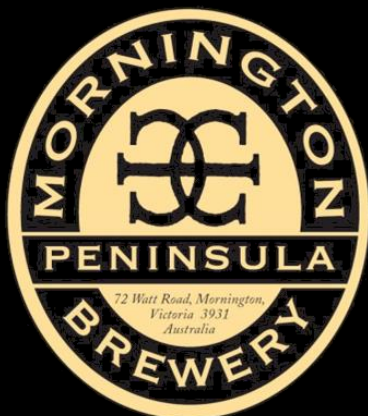


2020 ENTRANT INFORMATION GUIDE




salomon

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SUUNTO
CONQUER NEW TERRITORY

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DRIVING TO THE EVENT

MERCHANDISE

10KM COURSE PROFILE

21 KM COURSE PROFILE



MORNINGTON

THE TRUE TASTE OF THE PENINSULA



Visit the Brewery Bar at Mornington Peninsula Brewery,
72 Watt Road, Mornington. mpbrew.com.au



Trailology in conjunction with The Pig and Whistle Tavern, are proud to welcome you to SHARPY'S BEER RUN 2020. Trails, beautiful scenery, friends, energy, and movement is what trail running is all about and beer provides the ultimate reward for a perfect day in the hearts of many trail runners. The Mornington Peninsula offers world class scenery and trails and some of the finest ales to top it all off.

This Entrants Information Guide contains important details regarding the schedule, course, aid stations, car parking, etc. It is the entrants' responsibility to read this information prior to event day. Please check our website www.trailology.com.au for any further updates or changes.

We wish you a great run, and we look forward to cheering you on throughout the day.

Cheers,

Sharp & The Beer Run Team

Deb Sharp

Director | Trailology Running Events

ABN: 79938621457

E : sharpysbeerrun@gmail.com

www.trailology.com.au

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www.trailology.com.au



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

Sharpy's Beer Run 2020

Race Director

Ron Tait

Ph: 0408 808 146

Emergency Co-ordinator

Assistant Race Director

Ph: 0410 794 631

Email: sharpysbeerrun@gmail.com

Volunteer Co-ordinator

Caz Donovan

Ph: 0409 187 202

Course Co-ordinator

Jared Scull

Ph: 0437 758 006

REMINDER – Sharpy's Beer Run is strictly a NO CUP EVENT

Please make sure you bring your own cup / flask / hydration pack

NO CUPS



EVENT SCHEDULE

Race Bib Pick Up	9.00am
Bar Opens	10.00am
21km Race Briefing	10.20am
21km RACE START	10.30am
10km Race Briefing	10.50am
10km RACE START	11.00am
RACE CUT OFF	2.00pm
PINTS for PROSTATES Dash	2.15pm
EVENT PRESENTATIONS	2.30pm
LIVE MUSIC – Eat, drink & relax!	12.00pm till 5.30pm

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GUTS

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INGREDIENTS
 MaltoDextrin, Water, Dextrose, VFuel Endurance Formula (MCT Oil, Taurine, Glucuronolactone, O-KG Citrulline Malate, Magnesium Aspartate, Sodium Citrate, Potassium Aspartate), Potassium Sorbate, Sea Salt, Caffeine

FLAVOURS

Cool Citrus:	Lime Oil & Lemon Oil
Vanilla:	Pure Vanilla Flavour
Peach Cobbler:	Organic Peach Flavour & Real Cinnamon
Fudge Brownie:	Organic Cocoa Powder & Pure Vanilla Flavour
Maple Bacon:	Natural Bacon & Natural Maple Flavour
Mountain Berry:	Natural Huckleberry & Natural Chokeyberry Flavour

NUTRITION INFORMATION

Servings per package - 24
 Serving size - 1 gel (32g)
 Calories - 100
 Calories from Fat - 5

	per serving 438.4 kJ (100 cal)	per 100g 1307.5 kJ (312.5 cal)
Energy		
Protein	<0.1g	<0.1g
Fat	1g	3.2g
- Saturated Fat	1g	3.2g
- Trans Fat	0g	0g
Carbohydrates		
- Total	23g	71.85g
- Sugars	6g	18.75g
Sodium	10mg	30mg
Potassium	15mg	46.88mg
Magnesium	5mg	15.63mg
Caffeine	10mg	

average values given

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VFuel Endurance gels are not just a convenient, premium energy source. Our ingredients are specially formulated to maximise the benefits of each training session or race by reducing the onset of muscle fatigue, minimising systemic damage & substantially accelerating recovery time. Regular use of VFuel will maximise your endurance & help you to bounce back faster after just about any kind of workout.

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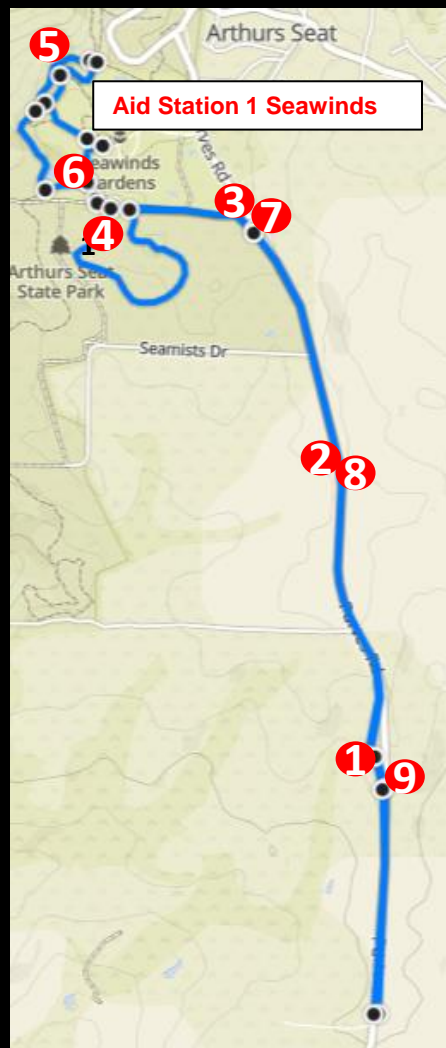
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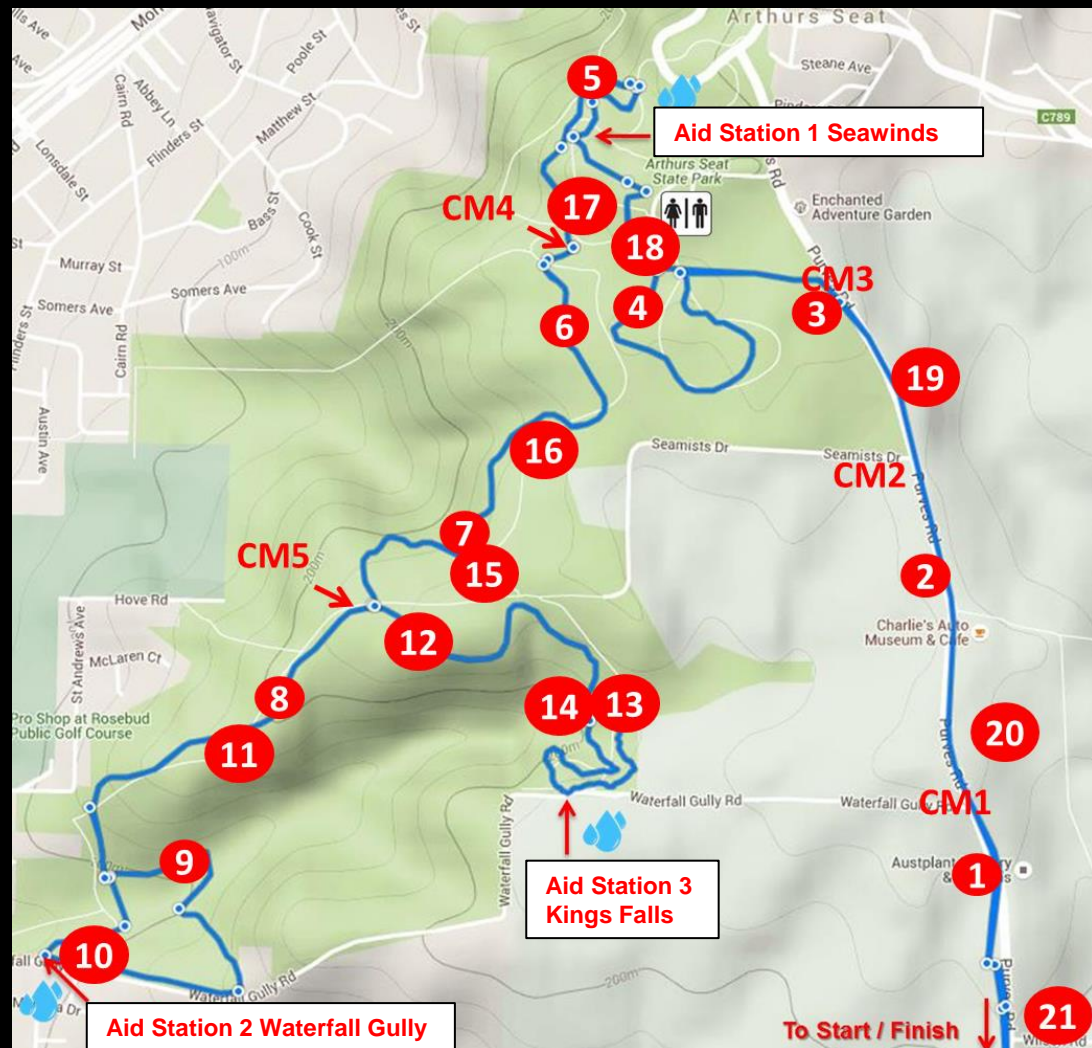
0395099199

info@footpro.com.au

121 Glenferrie Rd Malvern



10KM COURSE



21KM COURSE

Entrants in the 10km course will turn around at Aid Station 1 – Seawinds

AID STATION 1 – Seawinds (BEER, Water, VFUEL drink, Lollies, Chips, Fruit)

AID STATION 2 – Waterfall Gully Rd (Water, VFUEL drink, Lollies, Chips, Fruit, Zooper Doopers)

AID STATION 3 – Kings Falls (Water, VFUEL drink, Lollies, Chips, Fruit)

AID STATION 4 – Finish Line (Water, VFUEL drink, Lollies, Chips, Fruit, Zooper Doopers)

AID STATION 5 – Kings Falls (Water, VFUEL drink, Lollies, Chips, Fruit)



RACE BIB COLLECTION

Race Bibs must be collected from the start / finish area from 9am. 21km Runners are allocated GREEN race bibs. 10km Runners are allocated BLUE race bibs. Your race bib has an attached timing chip. Timing is provided by TOMATO TIMING, and results will be available via the website www.tomatotiming.com.au, and www.trailology.com.au

LATE ENTRIES

Limited late entries may be available at the venue on RACE DAY, however this is not guaranteed. The field is capped, and this will be strictly adhered to.

RACE RULES & PARTICIPANT EXPECTATIONS

- All competitors must wear a race bib number and must be clearly visible at all times.
- Participants must only discard any litter including bottles, cups or rubbish at designated aid stations.
- Participants found not to have completed the entire course may be disqualified.
- It is expected that all participants run a fair race taking into consideration those other participants around them.
- If a participant decides to withdraw from the race at any time, it is the responsibility of the participant to report to the nearest aid station / course marshal. It is essential that race officials know where participants are on the course at all times.
- Anyone caught deliberately littering will be disqualified and banned from future events. If you generate waste on the run, please carry it with you to the nearest aid station.

AID STATIONS

Aid Station 1 – SEAWINDS GARDENS @ 5km / 17km

Aid Station 2 – WATERFALL GULLY RD @ approx 10km

Aid Station 3 – KINGS FALLS CIRCUIT @ approx 15km

ALL AID STATIONS WILL HAVE WATER, VFUEL ELECTROLYTE DRINK, BANANAS, ORANGES & ASSORTED LOLLIES

IMPORTANT – Reminder, this event is in a STATE PARK, and NO CUPS will be provided. You are required to carry your own water receptacle.



COURSE MARKINGS

Only follow the fluoro PINK ribbons and red arrows. There should be no other markings. Any turns will be obviously marked with these PINK ribbons or red arrows. The wrong way will be indicated with hazard tape or a red cross. The course will be checked immediately prior to the event, however we can not guarantee that there is no tampering from the general public who have access to the course.

COURSE CONTINGENCY

Trailology Running Events reserves the right to alter the course, start time and/or format without notice because of circumstances outside the control of the organiser and under the direction of sponsors, councils, police or other organisations that are associated with the event.

FIRST AID

First Aid will be available at all aid stations and the start / finish area. If you require first aid assistance, please attend the nearest check point, or request another runner to notify the nearest aid station with an approximate distance to your location. A mobile retrieval crew is available to liaise with Ambulance services as required.

RACE SAFETY & ETIQUETTE

Please take care of both yourselves and the other competitors on the course. If someone needs help, please stop and help them. You will be sharing these trails with hikers and walkers. Please make sure you move off the trail to allow these other users to pass by. When passing slower runners, please indicate that you'd like to pass by saying 'passing on your left (or right)' when overtaking.

WITHDRAWING

Runners who leave the race without officially withdrawing pose a serious risk to the event safety and will trigger an immediate Search and Rescue response. The race reserves the right to pass on any costs associated with an unnecessary search effort if a runner has not bothered to withdraw before leaving the race.



WEATHER CONTINGENCY

The event will proceed in all weather conditions with the exception of severe fire danger in Arthurs Seat State Park, as directed by Parks Victoria. On direction of Parks Victoria and CFA, an alternate date (Saturday 28th March 2020) will be set and transfer of entry will be arranged. Event management will consult with Main Ridge CFA and Parks Victoria for consolidation of fire danger evacuation plans.

PARKING

Onsite parking at The Pig & Whistle will be managed for Gold Coin donations. There is no on-street parking, so please be mindful and carpool if you can. Substantial parking space is available, but please car pool if you can and remember to thank your designated driver after you have had 1 too many beers!

TOILETS

Portable toilets will be located at the event start / finish area. On course, there is a public toilet block located at Seawinds Gardens (approximately 100m off course) which will be clearly signposted. This is at the 5km mark for both distances, and return 17km mark for the long course.

FINISHERS MEDALS

All competitors receive a medal after completing their race distance.

AWARDS & PRESENTATIONS

The top 3 finishers in each event (male and female) will receive a trophy and a prize. Presentations will be held at approximately 2.30pm. Please ensure you are present to collect as we will not post out prizes after the event.

Thanks to our sponsors: Salomon, Suunto, Footpro, & HIIT Factory Mornington

RACE PHOTOS

'Photos 4 Sale' will be on course to snap some ripper pics. An email will be sent out to all entrants when photos are ready. Please make sure your bib number is worn on your front and visible to make your photos easily identifiable.

<https://photos4sale.co.nz/>





FOOD

The Pig & Whistle will be serving up a RUNNERS MENU at the start / finish area to keep you happy and hydrated.

Card facilities are available.

LOST PROPERTY

Any personal items that are lost or misplaced, and handed in to race officials will be available for collection at the Registration tent on the day or email

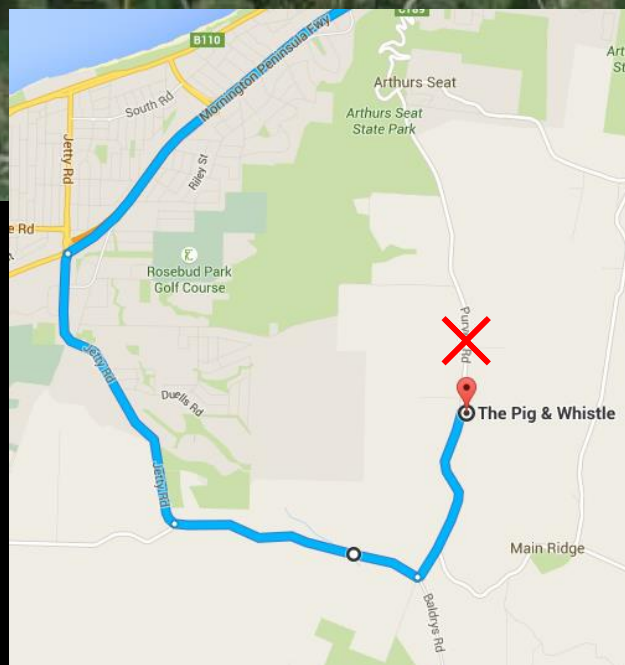
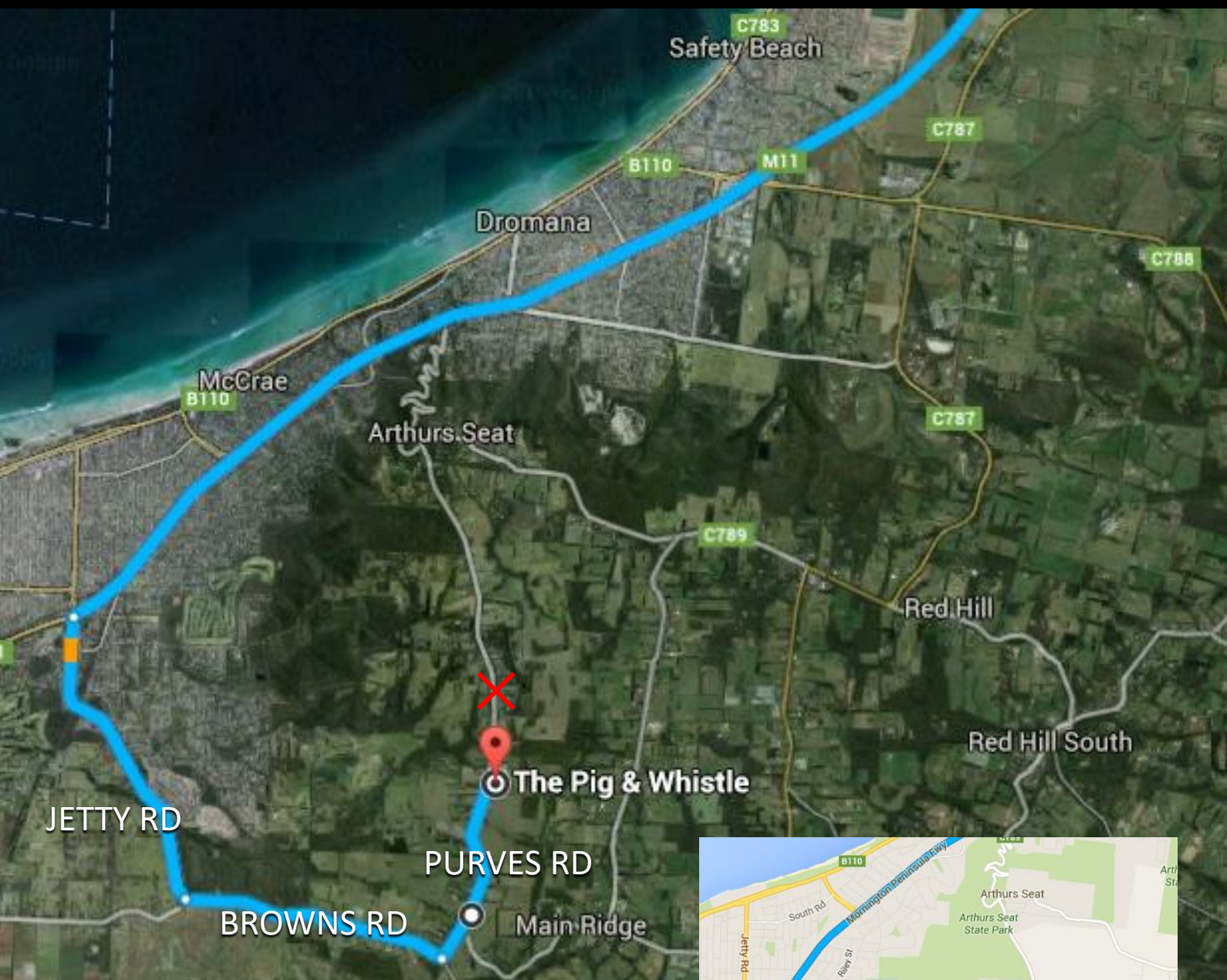
sharpysbeerrun@gmail.com. If lost property is not able to be collected, the cost to post will be at the participants' expense. Please note that the race organiser does not take responsibility for lost property.



IMPORTANT NOTICE TO ALL ENTRANTS

Please travel to the venue via the suggested route in this map, avoiding Arthurs Seat Rd. Traffic Control will be in place on PURVES Rd from 10.30am to 11.00am for the 21km event, which will cause delays.

EXIT the M11 (Mornington Peninsula Fwy) onto Jetty Rd, then onto BROWNS Rd, and enter PURVES Rd from this direction.



PARKING is available on-site at the venue, and will be co-ordinated by the RED HILL LIONS CLUB.

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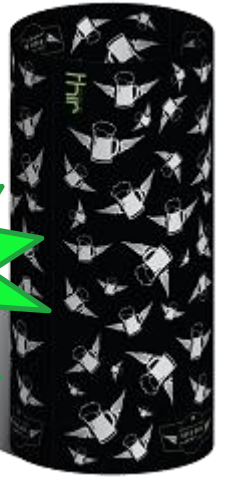
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CASH & CARD ACCEPTED

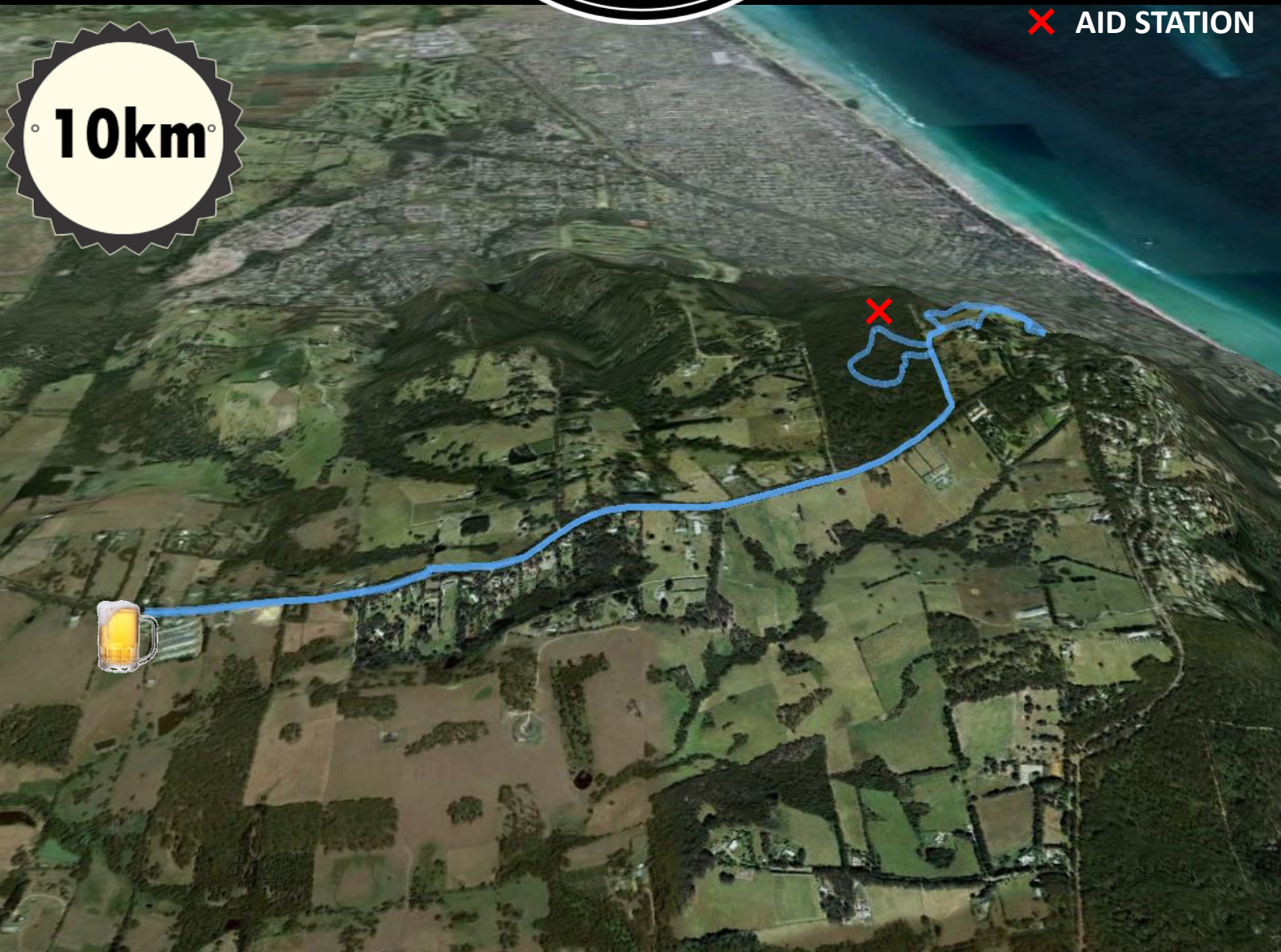


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✗ AID STATION

10km





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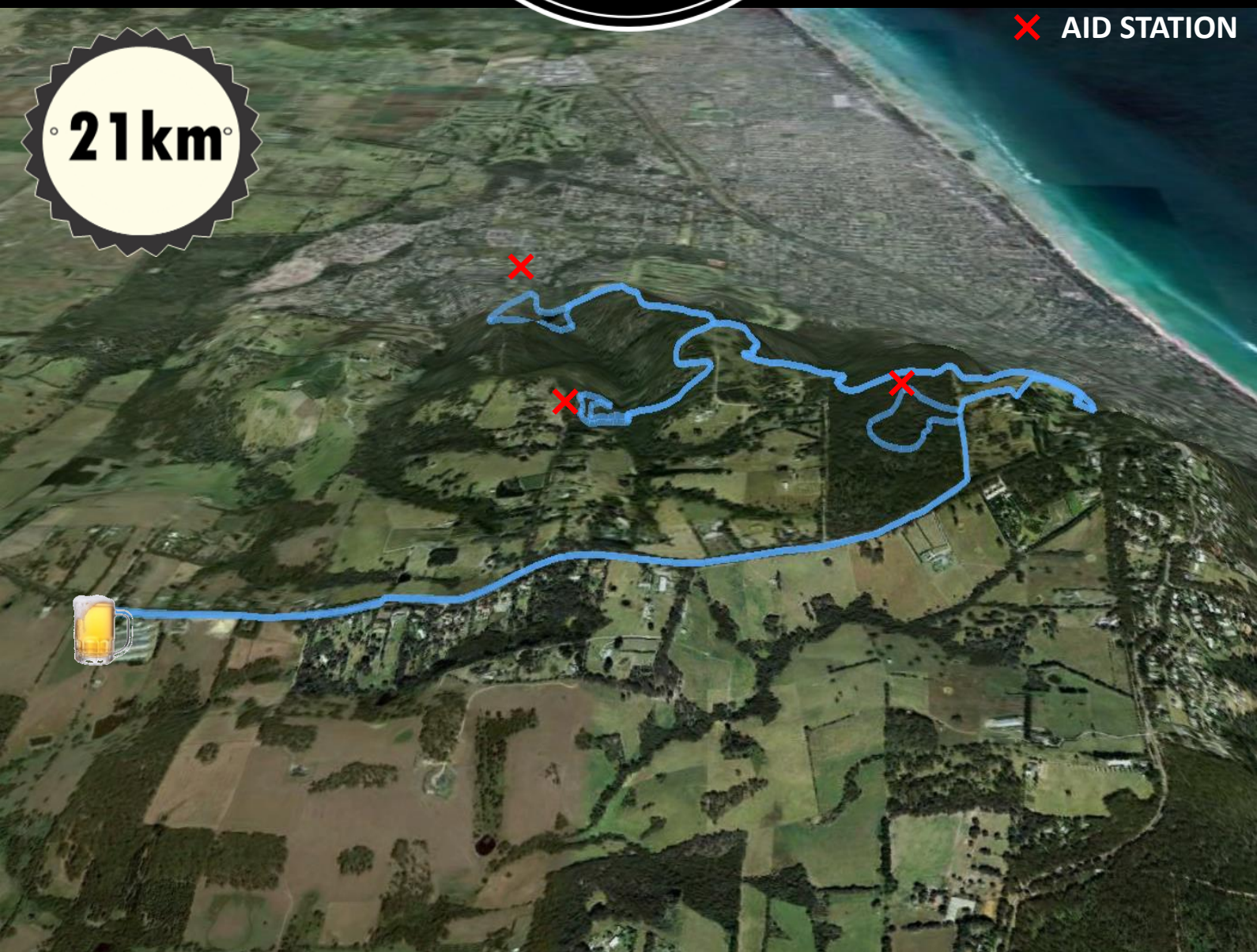
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✗ AID STATION

21km



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HARD ROAD HARD ROCK



DESIRE:
MAINTAINING
THE BURN

*BIG
RED
RUN*

IS **21KM** THE ULTIMATE
RACE DISTANCE?



TECHNIQUE: UPHILL GRIND
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