

2021 ENTRANT INFORMATION GUIDE



footpro



ENDURANCE FUELS



CONTENTS

WELCOME & THANKS

IMPORTANT CONTACTS

EVENT SCHEDULE

COURSE MAP

Entrant Information — Race Bibs, Late entries, Rules, Aid Stations

Entrant Information — Course Markings, First Aid, Safety, Withdrawing

Entrant Information — Weather, Parking, Toilets, Medals, Awards, Photos

Entrant Information — Food, Lost Property

DRIVING TO THE EVENT

MERCHANDISE

10KM COURSE PROFILE

21 KM COURSE PROFILE



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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 2021. 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,

A handwritten signature in black ink, appearing to read "Deb Sharp".

Sharpy & 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 2021

Race Director
Manna McLeod
Ph: 0409 691 822

Emergency Co-ordinator
Amanda Riley
Ph: 0438 087 739

Assistant Race Director
Ph: 0410 794 631
Email: sharpysbeerrun@gmail.com

Volunteer Co-ordinator
Ali Moxham
Ph: 0413 835 307

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





“LESS IS BEST”

hammernutrition.com.au



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 |



ENDURANCE FUELS

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The Trail Running shoe Experts

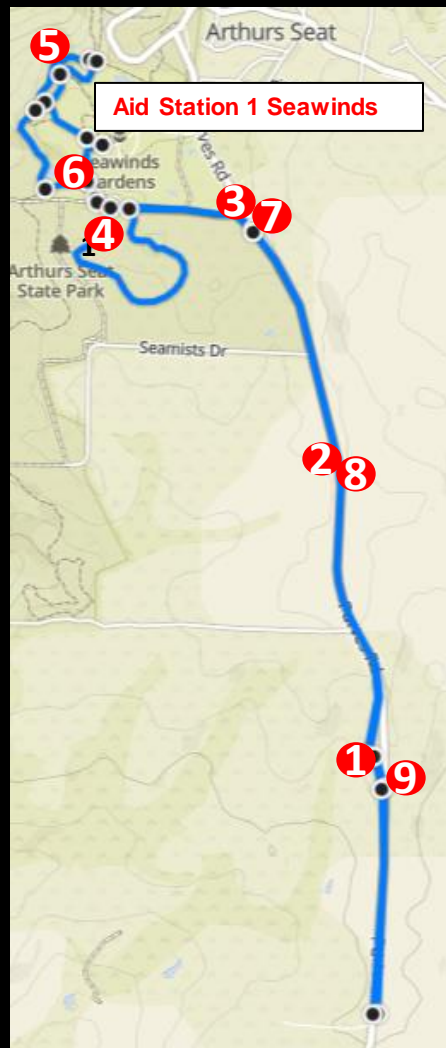
every trail
every foot
every day

footpro.com.au

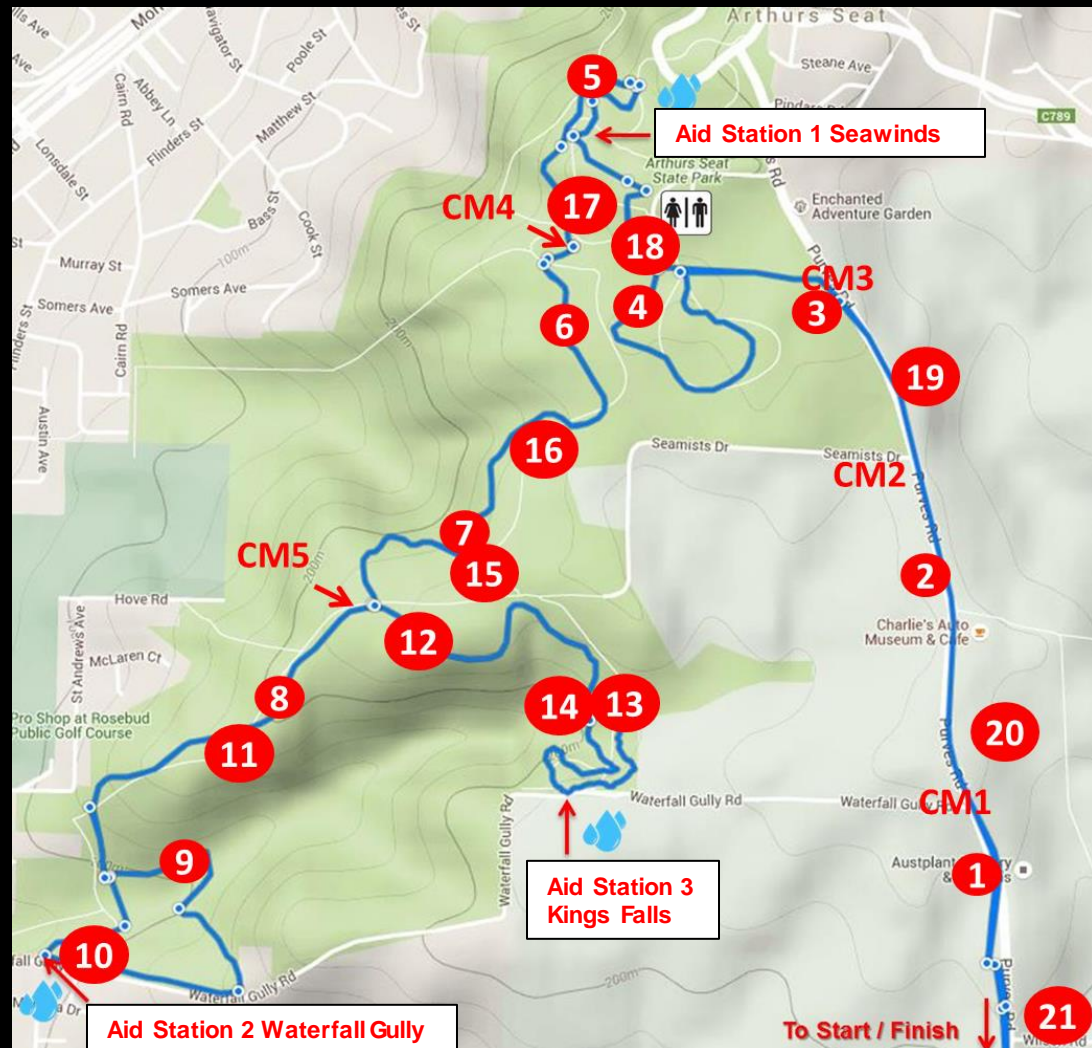
0395099199

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, Hammer gel/electrolytes, Lollies, Chips, Fruit)
- AID STATION 2 – Waterfall Gully Rd (Water, Hammer gel/electrolytes, Lollies, Chips, Fruit, Zooper Doopers)
- Kings Falls (Water, Hammer gel/electrolytes, Lollies, Chips, Fruit)
- AID STATION 3 – Kings Falls (Water, Hammer gel/electrolytes, Lollies, Chips, Fruit)
- AID STATION 4 – Finish Line (Water, Hammer gel/electrolytes, Lollies, Chips, Fruit, Zooper Doopers)



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, HAMMER 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 20th March 2021) 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: Footpro, Mornington Peninsula Brewery and Hammer Nutrition

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.





COVID SAFE PLAN

In order for SBR 2021 to go ahead, participants need to follow a few new rules to ensure the event is COVID safe.

IF YOU ARE UNWELL, DO NOT ATTEND THE EVENT

- If you have any of the symptoms that could potentially be COVID-relevant, you will not be allowed to attend or participate, including any of the following:
 - Fever, repeated coughing, conjunctivitis, difficulty breathing / shortness of breath, loss of speech or movement, runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.
- If you present with any of these symptoms you will be requested to leave the event staging area and will not be allowed to participate
- DO NOT ATTEND if you are awaiting a COVID test result, have been in contact with a suspected or confirmed COVID case in the last 14 days, have returned from overseas in the last 14 days or have been to a DHHS designated COVID hotspot in the last 14 days.
- Maintain physical distancing where possible
- Fitted face masks must be worn when physical distancing is not possible
- Fitted face masks must be worn at aid stations and inside any medical tents
- Buffs/Thirs are not considered fitted face masks and are not acceptable.
- No spitting, "bush hankys", high fives or hugging



AID STATIONS

- Fitted face masks must be worn 50-100m before each aid station and while you are at the aid station
- Please walk the last 100m to the aid station to minimise risk to volunteers
- DO NOT touch food or drink taps. Ask the aid station volunteers for whatever you need and it will be given to you
- Be mindful that this may cause a small delay- be patient.
- Hand sanitiser will be available at aid stations and event hub and must be used

MEDICAL TENTS

- Medical support is provided by Endurance Medical Services
- Fitted face masks must be worn at all times when seeking medical support
- Please wait outside until your heart rate and breathing has slowed to a more normal level before approaching medical staff for assistance

SPECTATORS

- Spectators are welcome however they are required to check in with the Victorian government tracking app. Posters will be displayed at the event hub and volunteers will also have copies of the QR code that must be scanned.
- Spectators are not to approach aid stations
- Spectators must comply with all COVID precautions outlined in this handbook and as required by the Victorian government.



CHECK-IN
NOW



Sharpy's Beer Run
365 Purves Rd MARY RIDGE
Sharpy's Beer Run



Location code 9M9 8Z3

- 
Use your phone to
scan the code
- 
Enter your location
and phone number
- 
Look for the red
checkmark on

screen

Download the handy Victoria app or visit go.vic.gov/trackit to
open things up with about 100,000.



Service Victoria is the Victorian Government's leading customer service agency.
We will only act on requests you think are important for a Victorian COVID-19 emergency.
We handle your state within 48 hours. Your details won't be shared with any other purpose
unless there is a serious public health risk.





Australian Government

BE COVIDSAFE

COVID-19: IDENTIFYING THE SYMPTOMS

| SYMPTOMS | COVID-19 | COLD | FLU | ALLERGIES* |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------|---------------------------|------------------------------------|--------------------------------------------|
| | Symptoms range from mild to severe | Gradual onset of symptoms | Abrupt onset of symptoms | May be abrupt or gradual onset of symptoms |
| Fever  | Common | Rare | Common | No |
| Cough  | Common | Common | Common | Common (asthma) |
| Sore Throat  | Sometimes | Common | Sometimes | Sometimes (itchy throat and palate) |
| Shortness of Breath  | Sometimes | No | No | Common (asthma) |
| Fatigue  | Sometimes | Sometimes | Common | Sometimes |
| Aches & Pains  | Sometimes | No | Common | No |
| Headaches  | Sometimes | Common | Common | Sometimes |
| Runny or Stuffy Nose  | Sometimes | Common | Sometimes | Common |
| Diarrhoea  | Rare | No | Sometimes, especially for children | No |
| Sneezing  | No | Common | No | Common |

Adapted from material produced by WHO, Centers for Disease Control and Prevention and the American Academy of Allergy, Asthma and Immunology. *Respiratory allergies include allergic rhinitis (hay fever), and allergic asthma. Other common symptoms of hay fever include itchy nose and itchy, watery eyes.

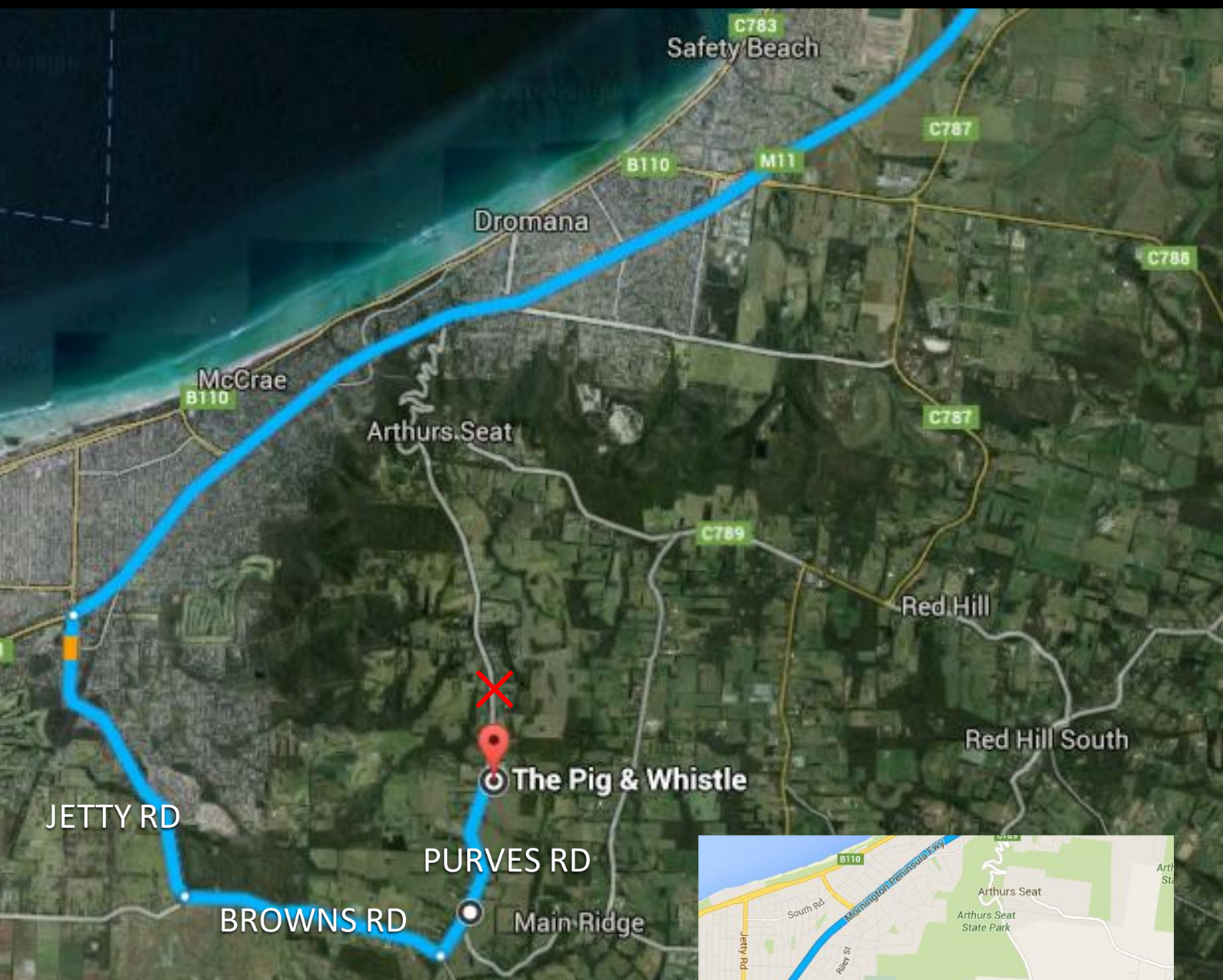
It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose) don't go to work. You need to self-isolate and to be assessed by a medical professional. You may need testing for COVID-19. You must not return to work until cleared by a medical professional. You need to ensure that the people you care for are protected and safe. People who have respiratory allergy symptoms such as allergic rhinitis (hay fever) and allergic asthma should stay home and get tested for COVID-19 at the onset of their symptoms and if they experience symptoms that are unexpected, seem different or worse than usual, or do not respond to their usual medication.

For more information about **Coronavirus(COVID-19)** visit health.gov.au

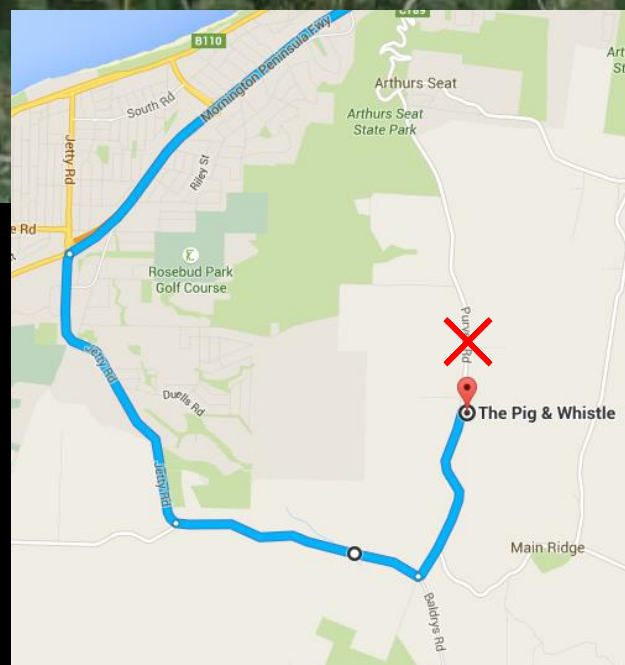
IMPORTANT NOTICE TO ALL ENTRANTS

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.

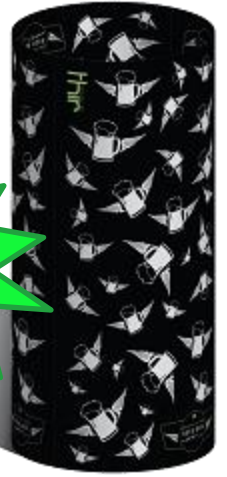




\$35



\$25



\$7

\$20



\$35



\$50

\$4



\$35

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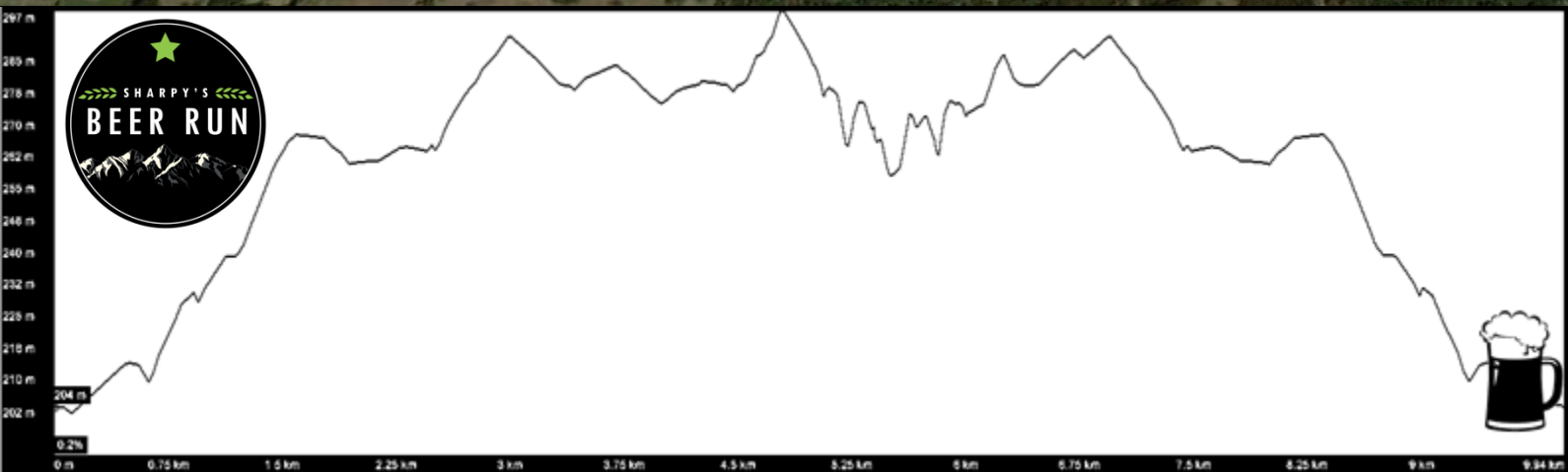
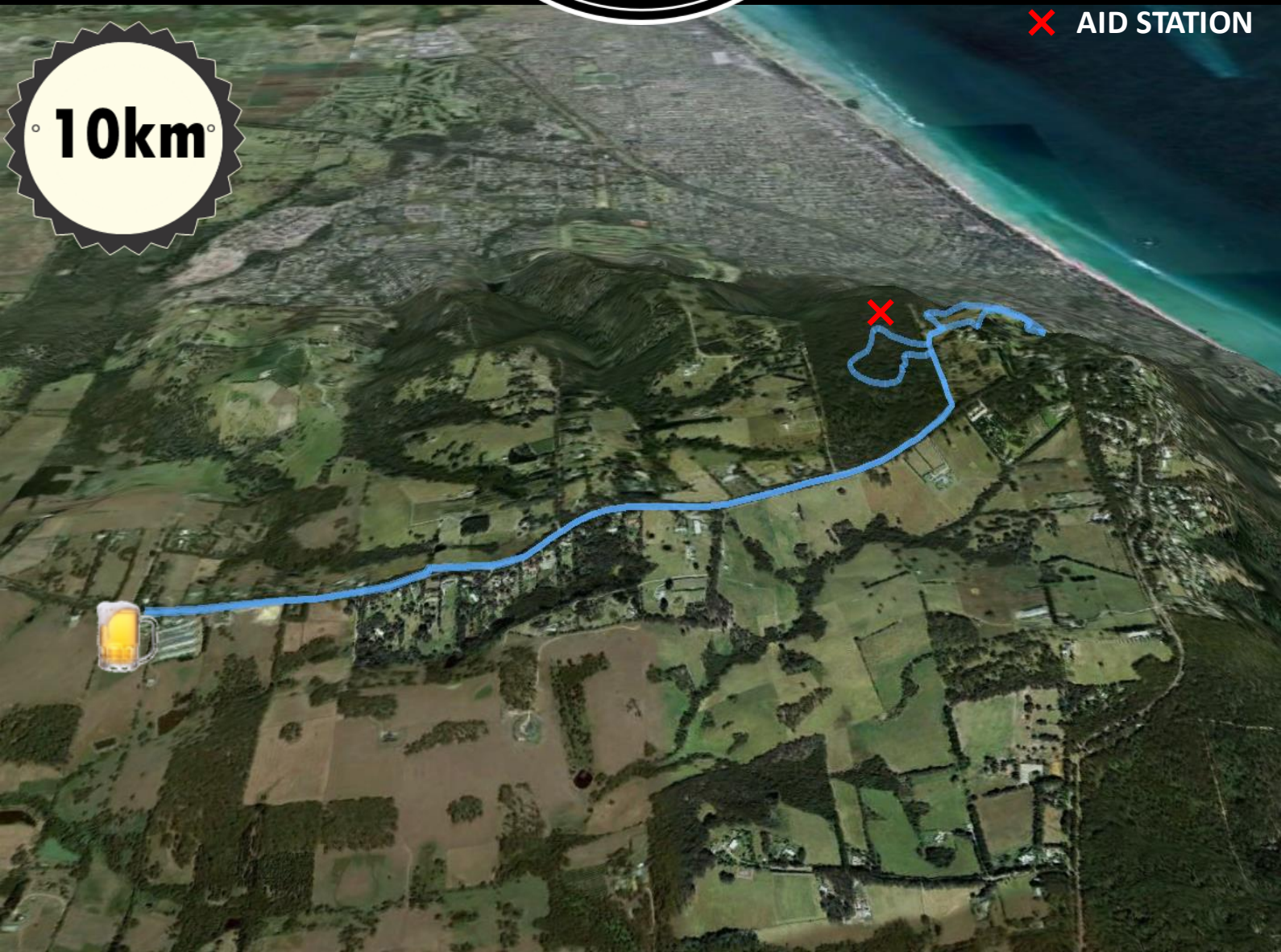


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✗ AID STATION

10km





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✗ AID STATION

21km



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DESIRE:
MAINTAINING
THE BURN

*BIG
RED
RUN*

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



TECHNIQUE: UPHILL GRIND
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NUTRITION // SHOE REVIEWS
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