

2023 ENTRANT INFORMATION GUIDE



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DRIVING TO THE EVENT

MERCHANDISE

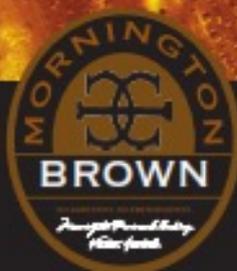
10KM COURSE PROFILE

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



O1 Adventure, in conjunction with The Pig and Whistle Tavern, are proud to welcome you to SHARPY'S BEER RUN 2022. 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,

Andy & The Beer Run Team

Andy Payne
Director | O1 Adventure

E : sharpysbeerrun@gmail.com
W: www.trailology.com.au

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www.trailology.com.au



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

Sharpy's Beer Run 2022

Race Director

Andy Payne

Ph: 0408 872 141

Email: sharpysbeerrun@gmail.com

1st Aid Co-ordinator

Ryan Parry

Ph: 0448 537 945

Assistant Race Director

Chris Ord

Ph: 0430 376 621

Email: sharpysbeerrun@gmail.com

Volunteer Co-ordinator

Nicole Vaughan

Ph: 0448 581 829

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

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

NO CUPS





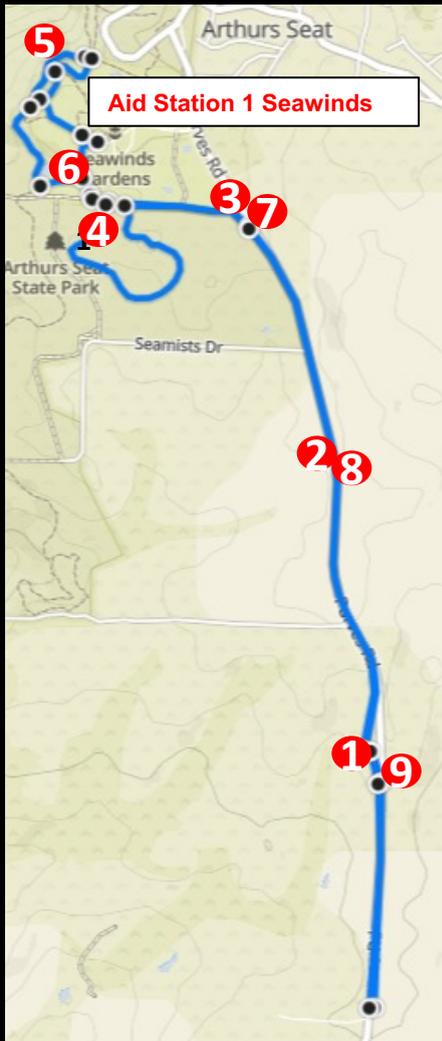
EVENT SCHEDULE

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
EVENT PRESENTATIONS	2.30pm
MUSIC – Eat, drink & relax!	12.00pm till 3.30pm





AID STATIONS



10KM COURSE



21KM COURSE

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

- AID STATION 1 – Seawinds (BEER, Water, V Fuel electrolytes, Lollies, Chips, Fruit)**
- AID STATION 2 – Waterfall Gully Rd (BEER Water, V Fuel electrolytes, Lollies, Chips, Fruit,)**
- AID STATION 3 – Kings Falls (BEER Water, V Fuel electrolytes, Lollies, Chips, Fruit)**
- AID STATION 4 – Finish Line (BEER Water, V Fuel electrolytes, Lollies, Chips, Fruit)**



RACE BIB COLLECTION

Race Bibs must be collected from the start / finish area from 9am. 21km Runners are allocated RED 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 will be available at the venue on RACE DAY, Please note the field is capped so we strongly advise entering before the day to avoid disappointment.

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. YOU MUST notify race officials that you have withdrawn so we 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 AND 17km

Aid Station 2 – WATERFALL GULLY RD @ approx 10km

Aid Station 3 – KINGS FALLS CIRCUIT @ approx 15km

ALL AID STATIONS WILL HAVE BEER, WATER, V FUEL 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 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.

We will be sharing the trails with the general public so please make sure you respect them when on course.

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 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 if you plan to have a beer!

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: Mornington Peninsula Brewery , V Fuel and T-8

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/>





GREAT SOUTHERN



100 mile 50 mile 56 km 28 km

ENDURANCE RUN

NOVEMBER 17/18/19 2023

HARRIETVILLE, VICTORIA

SIGN UP AT GSERULTRA.COM.AU



IF YOU ARE UNWELL, DO NOT ATTEND THE EVENT

- If you have any of the symptoms that could potentially be COVID-relevant, Gastro related or cold/flu related please do not attend the event, 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
- Maintain physical distancing where possible
- No spitting, "bush hankys" or general expelling of bodily fluids (yuck)



AID STATIONS

- Please move in and out of checkpoints quickly
- Most food will be individually wrapped to help stock cross-contamination
- 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.

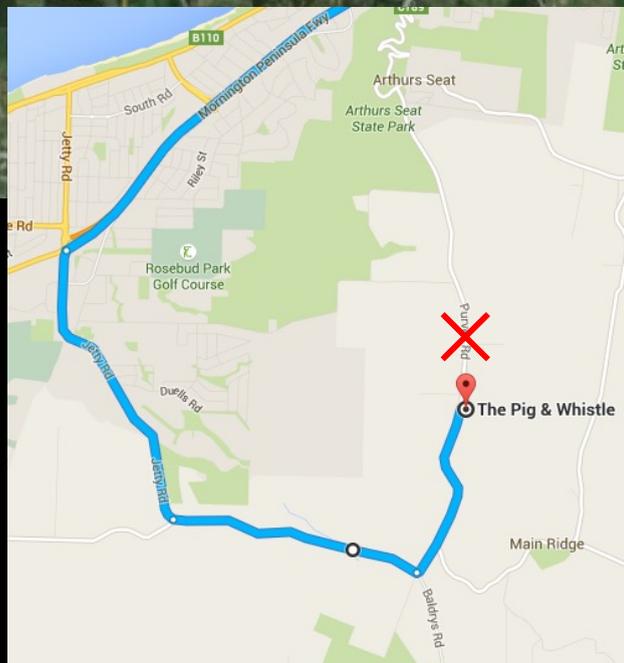
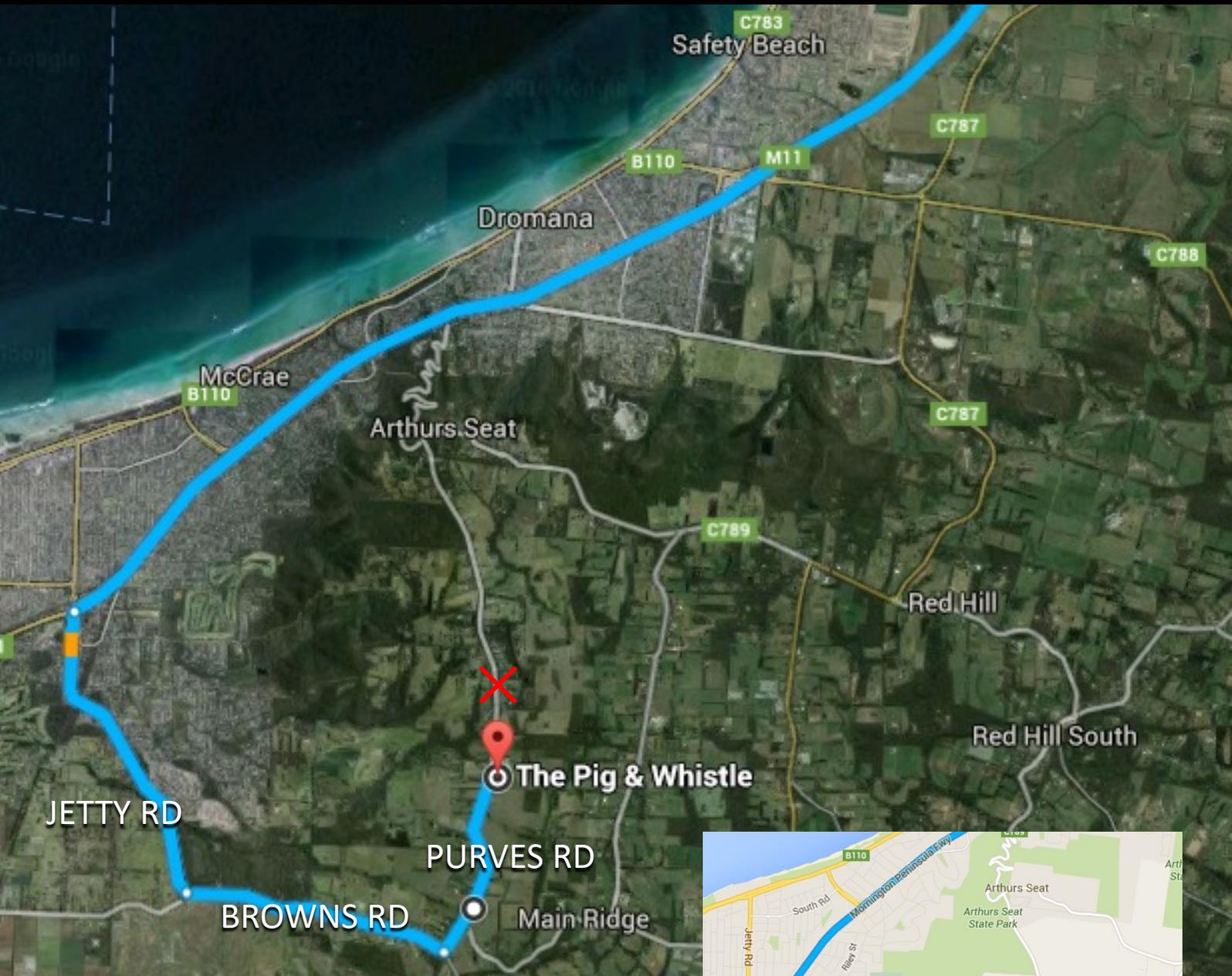
MEDICAL TENTS

- Medical support is provided by Endurance Medical Services
- Please wait outside until your heart rate and breathing has slowed to a more normal level before approaching medical staff for assistance

* 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 2.30pm 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.

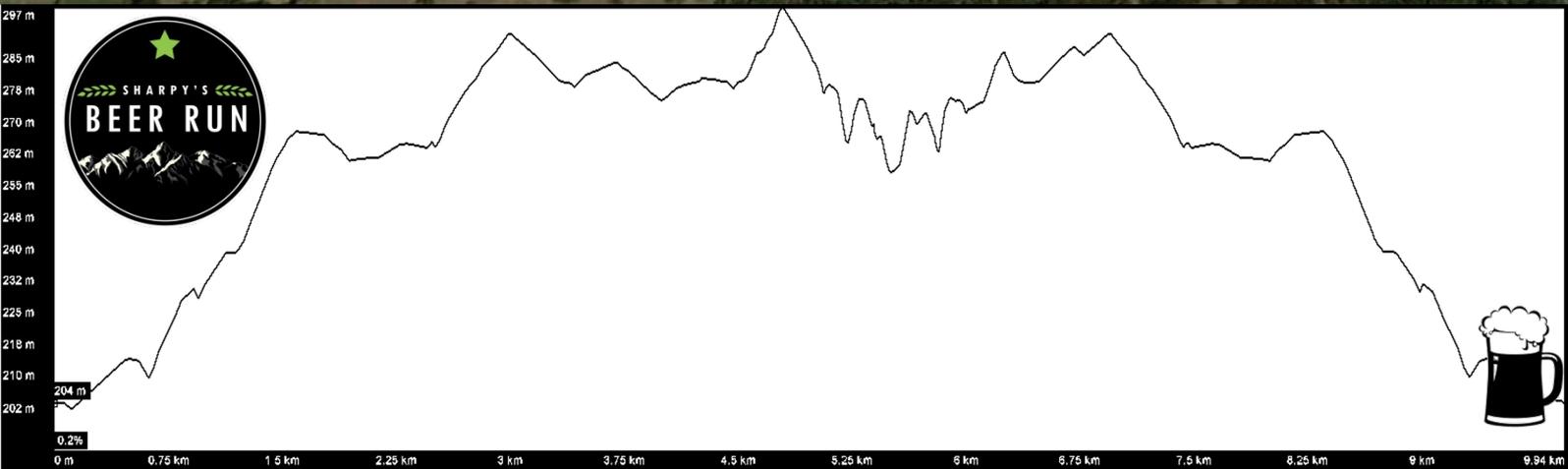


PARKING is available on-site at the venue, and will be co-ordinated by the PORT PHILLIP 4WD CLUB.



✗ AID STATION

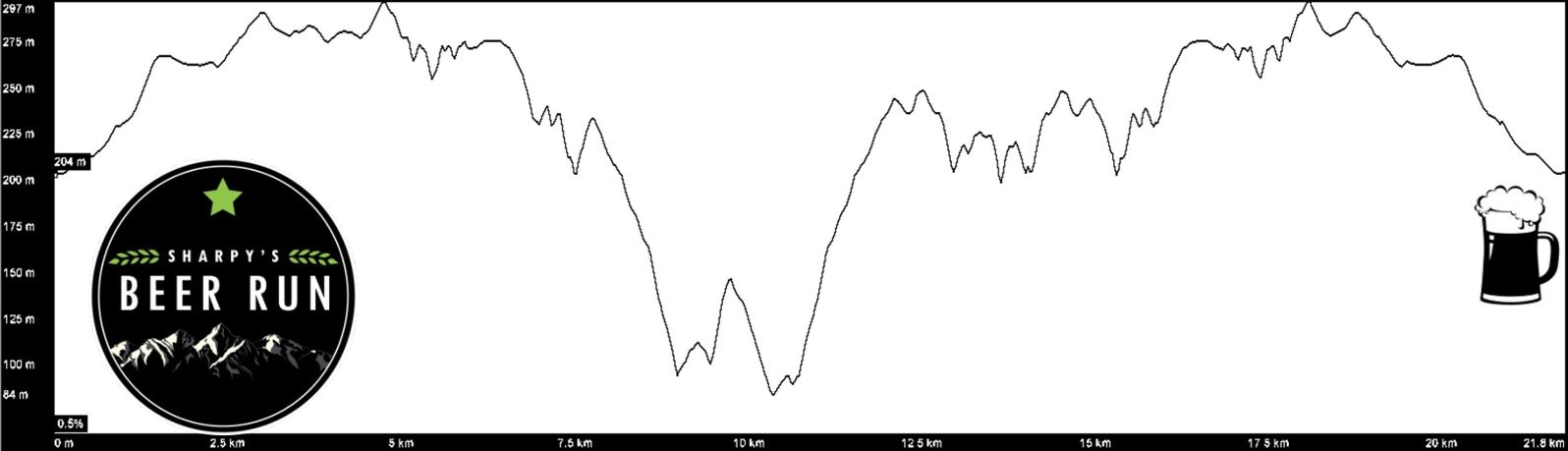
10km





✗ AID STATION

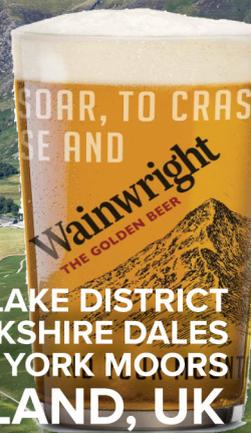
21km





COAST to COAST PUB to PUB

B&B Trail Run Tour



LAKE DISTRICT
YORKSHIRE DALES
NORTH YORK MOORS
ENGLAND, UK

10 DAYS - 320KM
13 - 25 AUGUST 2023

MORE DETAILS OR TO BOOK: CHRIS@TOURDETRAILS.COM // 0430 376 621

WWW.TOURDETRAILS.COM



8 DAYS
130KM



TRAIL RUNNING TOUR



19-26 SEPTEMBER 2023

RESERVE YOUR PLACE TODAY! EMAIL: CHRIS@TOURDETRAILS.COM / CALL: 0430376621 WWW.TOURDETRAILS.COM



T8

