



BELLARINE SUNSET RUN

coastal trail run

WE ARE A NON-DISPOSABLE CUP EVENT

Charity Fundraising Partner



Bellarine Community Health Youth Services (BCH)

The FLYING BRICK BELLARINE SUNSET RUN has chosen to support BCH with raising awareness to families and youths the services available on the Bellarine Peninsula. On the day of the event and at registration there will also be opportunities for people to contribute to the fundraising. Other event contributions include the new Walk for Head Space a 4km donating \$20 of every \$30 entry fee and includes U12's being able to walk for free. Portarlington Primary are once again cooking a BBQ for the charity and people have been able to donate through the event registration system.

Running the 10 or 21 portions of your entry are used to offset the charity walk as we have Free U12's and walkers whose entries get donated and they receive all the race benefits of the 10 & 21.

headspace

Bellarine Community Health delivers the headspace program to the youth of the Bellarine Peninsula. headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds.

The service is designed to make it easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

The services can be accessed through headspace centres, online counselling service headspace and postvention suicide support program headspace School Support.

headspace Geelong is a place where you can come and talk to friendly professional staff who are specifically trained to help young people, aged 12-25.

At headspace Geelong we support young people across Greater Geelong G21 region. We have 3 locations with sites located in *Drysdale*, Geelong and Corio.
If you are in need of urgent support please contact:

- Barwon Health Mental Health and Drug and Alcohol Services: 24 hr 1300 094 187
- Emergency Services (Police, Fire, Ambulance): 000
- Lifeline: 13 11 14
- Kids Helpline: 1800 551 800
- Mensline: 1300 789 978
- Suicide call back service: 1300 659 467

Phone headspace on 5251 5088 and ask for an appointment
or

Talk to your school welfare staff they can make appointments for you.

EVENT DAY SCHEDULE 21.8KM

12pm - 4:00pm: Event Registration at Event HQ

4:00pm: Half Marathon walk start (recommended to enjoy being in front of the runners)

4:15pm: Half Marathon (Head Start Wave) briefing at the start line 5 mins prior

4:40pm: Half Marathon V Enterprize Tall Ship starts, briefing at the start 5 mins prior

5:15pm: First Half Marathon runner expected at St Leonards turnaround (35 mins)

5:55pm: First Half Marathon runner expected to finish at Portarlinton (75 mins)

6:30pm: Event Presentations at finish line area

9:00pm: Event concludes, last runner should be in, if not we wait **(NO CUTOFFS)**

EVENT DAY SCHEDULE 10.5KM

12pm - 4:00pm: Event Registration at Event HQ

3:20pm First buses arrive for loading

3:30pm First buses leave for St Leonards

4:05pm Second buses leave for St Leonards

4:35pm: 10km race briefing at the start line

4:40pm: 10km starts

5:15pm: First 10km runner expected at Portarlinton finish line (35 mins)

6:00pm: Event Presentations at finish line area

9:00pm: Event concludes, last walker / runner should be in, if not we wait **(NO CUTOFFS)**

EVENT DAY SCHEDULE 4KM (not timed event)

12pm - 4:00pm: Event Registration at Event HQ

4:25pm: Walk event briefing at the start line

4:30pm: Walk for Head Space starts

5:00pm: First walker expected at finish line (likely to be a kid running)

6:00pm: Event concludes, last walker should be in, if not we wait **(NO CUTOFFS)**

EVENT PARKING

Portarlington

Primarily on the foreshore near the Portarlington Bowls Club Lot 19A Harding St, Portarlington. Parking is also available on the Esplanade and Pier St but we will have the Port Pier car park on Harding St closed to event and we ask you not to park on the main street (Newcombe).



St Leonards

For those leaving their cars at St Leonards please be aware there is no bus return after the event

On street parking is available on The Esplanade, Harvey Rd and Bluff Rd, parking will be limited in the pier car park. PLEASE PARK SAFE & LEGAL.



RACE

PACKS

The Flying Brick Bellarine Sunset Run is changing the way traditional running events deliver race packs to competitors with Virtual Race Packs being delivered via email on January 31st and again after the event. We have done this with our commitment to reducing waste and environmental impacts. A link will be provided to those who sign up after January 31st.

This also means there is no mail out of race bibs with all needing to be picked up. (see below)

Race Bib Pick Up

Race bib and pin pick up will be available at the following locations and times, any further information required can also be obtained here;

Flying Brick Cider House (Thur / Fri)

1521 - 1269 Bellarine Hwy, Wallington

Enter via Swan Bay Rd opposite Adventure Park

Thursday 1st February

2.00pm – 5.00pm

Friday 2nd February

3.00pm – 7.00pm

Saturday 3rd February

Event HQ Portarlington

6 Pier St, Portarlington

12.00pm – 4.00pm

BUSES TO 10KM START (included in entry fee)

Transportation to 10.5km start With the 10.5km event being a point to point we have arranged buses to pick participants up from 6 Pier St, Portarlington(start / finish area). Buses will be leaving @ 3:30pm and 4:05pm, it is imperative the buses are fully loaded and leaving at these times so PLEASE arrive 30 mins early to assist in a smooth transition. If you are local and able to be dropped off we would really appreciate this as we are sure to get some people who forget to book. To book your bus time you can re-enter your registration and [click on ADD OPTIONAL ITEMS, QUANTITY, ADD ITEM, BACK TO SUMMARY, MAKE PAYMENT, SAVE & CONTINUE, COMPLIMENTARY, CONTINUE](#)

Aid Stations

PLEASE NOTE THE BELLARINE SUNSET RUN WILL NOT PROVIDE DISPOSABLE CUPS ON COURSE, COMPETITORS ARE TO USE OWN HYDRATION CARRYING VESSELS OR FOLDABLE CUPS WILL BE AVAILABLE FOR PURCHASE ON THE DAY FOR AID STATION FILLING.

Aid station locations are no more than 3.7km apart @;

21km	3.5km	7km	10.7km	14.4km	18.1km
10km	3.7km	7.3km	Finish		
4km	2km				

Each aid station will have water, electrolytes, water melon, bananas and lollies. Water is also available in 3 holiday parks on course also.



First Aid

National First Aid will be on hand to assist the event with a professional crew with 1 stationed at the finish line and 1 on MTB. Phone communication will be on-hand in case of an emergency and contact numbers located on the back side of your race bib.

Withdrawals

If a competitor withdraws from the event they must advise the course officials of their withdrawal immediately. This will allow us to see you are safe and can direct you to appropriate assistance if required.

It will also save time and heartache of officials searching the course for non-finishers when they are already back having a cider. Failure to notify may jeopardise your 2019 entry to the event.

Key Contacts

All key contacts will be listed on the reverse side of your race bib including emergency services.

Shared trail & public spaces

We are using a shared public trail that transcends through car parks, boat ramps and caravan parks, in the interest of everyone's safety please use caution through these spaces and remember vehicles have right of way. KEEP LEFT when oncoming runners are present.

Course Markings

The course will be lightly marked for large sections with orange flags sticking out of the ground approx 300mm, the markings will increase through caravan parks to assist navigation. Signage will also be present at public access crossings such as boat ramps. Course marshals will assist in key areas also most likely wearing a pirate costume or pink hi vis.

Finish area / Event HQ

- Bib pickup marquee
- Baggage storage marquee
- On day registrations (21km \$100 usually \$95, 10km \$70 usually \$65, Walk No Change \$30)
- First Aid - National First Aid marquee and 1 on MTB
- Toilets
- Music / MC
- Live acoustic duo Both Sides 6pm to 9pm
- Merchandise sales
- Saucony (test run a pair before, during or after)
- Bellarine Sports Medicine Centre (\$5 massages)



- Steigen Socks
- Timing
- Beach recovery

Baggage Storage Marquee

For those starting at Portarlington either running the half marathon or catching a bus to the start of the 10km we will have a baggage marquee located near bib pickup. We will have tags available for you to write the name you have on your race bib so we can identify you when you come back.

ONLY 3 FOOD VENDOR VANS ORGANISED AS MAIN ST IS 200M AWAY FROM EVENT HQ WITH LOCAL EATERIES, DETAILS IN WHERE TO EAT.

[Dolly's Sister](#) Vegan Cuisine & Clean Eating



Tasty Taters - is a spiral potato, lightly battered then deep fried. Seasonings are then added for that extra flavour.



Flying Brick Cider Marquee – Flying Brick Cider or Jack Rabbit Wine \$8.00



[Rockwall At The Pier](#) – Located only metres from our finish line

Coffee and refreshments available if cider and wine aren't your preference. A wonderful menu is also available to dine from ([CLICK HERE](#))



Portarlington Primary School BBQ - proceeds to our charity partner BCH

WHERE TO EAT???

We have spoken with all these businesses to make them aware of the event. Our suggestion would be if not dining in then to call it up from the finish / Event HQ and walk 200-300m up to Newcombe St and bring it back down to the foreshore.

Where to eat in Portarlington?

We have spoken with all these businesses to make them aware of the event. Our suggestion would be if not dining in then to call it up from the finish / Event HQ and walk 200-300m up to Newcombe St and bring it back down to the foreshore.

Rockwall @ The Pier

6 Pier St
(03) 5259 1080
8am-Late

Cafe Indulge

1A Harding St
(03) 5259 1999
8am-
www.cafeindulge.com.au

Saints & Sailors

36 Newcombe St
0458 973 705
12pm-12am

Portz Kebabs

38 Newcombe St
(03) 5259 1115
9am-9pm

Portarlington Bakehouse

48 Newcombe St
(03) 5259 2274
7am-5pm

Portarlington Bakery

48 Newcombe St
(03) 5259 2274
7am-5pm

Boatmans Fish & Chips

56 Newcombe St
(03) 5259 2986
11am-8pm

Tandoori Mahal

62 Newcombe St
(03) 5259 1980
5:30pm-10pm

The Boyz Fish & Chips

68 Newcombe St

(03) 5259 3333

11am-9pm

Portarlington Pizza & Pasta

70 Newcombe St

(03) 5259 3166

12pm-11pm

Grand Hotel (ACCOMMODATION)

76 Newcombe St

(03) 5259 2260

11am-Late

Meals 12-2, 5-8

Post Script Cafe

84 Newcombe St

0484 637 112

8am-6pm

Portarlington Pizzeria

98 Newcombe St

(03) 5259 1579

5pm-Late

Not useless information

There is only 1 petrol station for Portarlington, Indented Head and St Leonards.

Bendigo Bank has an ATM machine in Newcombe St

TERMS AND CONDITIONS

Refund Policy

Our policy lasts until online entry closure (01/02/2018) where in the withdrawn competitor will be refunded the entry fee minus \$10 administration fee. If you withdraw past this date, unfortunately we cannot offer you a refund.

To be eligible for a refund, you must notify the Race Director in writing via the contact us tab on this website. We will ask you to provide BSB and Account No for the refund.

Withdrawal Policy

If a competitor withdraws from the Event they must advise the course officials of their withdrawal immediately. This will allow us to see you are safe and can direct you to appropriate assistance if required.

It will also save time and heartache of officials searching the course for non finishers when they are already back having a cider. Failure to notify may jeopardise your 2019 entry to the event.

Privacy Policy

WHAT DO WE DO WITH YOUR INFORMATION?

When you register in our event, as part of the buying process, we collect the personal information you give us such as your name, address and email address.

We may send you emails about our other event related topics & updates.

You may withdraw your consent for us to contact you, for the continued collection, use or disclosure of your information, at anytime, **by contacting us at info@bellarinesunsetrun.com**

We reserve the right to modify this privacy policy at any time, so please review it frequently. Changes and clarifications will take effect immediately upon their posting on the website. If we make material changes to this policy, we will notify you here that it has been updated, so that you are aware of what information we collect, how we use it, and under what circumstances, if any, we use and/or disclose it.

QUESTIONS AND CONTACT INFORMATION

If you would like to: access, correct, amend or delete any personal information we have about you, register a complaint, or simply want more information contact our office info@bellarinesunsetrun.com

Cancellation Policy

Weather Cancellation

Our participants' safety is the most important thing and if any of the threatening weather conditions listed below are present the day of the event, the event may be delayed or cancelled.

Threatening Weather Conditions

Flying Brick Bellarine Sunset Run will be cancelled or delayed if any of the following weather conditions exist:

Extreme Heat, Thunderstorm/Electrical Storm, "Heavy" Rain, other major weather condition.

Start of the Race / Cancellation of the Event

The start of the event will be delayed if any of the above mentioned conditions exist. The event will then be cancelled if any of the weather conditions persist: Extreme Heat or Thunderstorm/Electrical Storm.

Authority to Cancel the Event

The Race Director, in accordance with the Bellarine Bayside Foreshore Committee and the local law enforcement, has the authority to cancel the event. If threatening weather conditions force cancellation of the event, no refunds can be provided, since funds were already spent in preparation for race day and the event will be rescheduled.

Copy of Waiver

I know that running [volunteering for] a trail race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by completing and paying my registration, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them.

I assume all risks associated with running in this event, including but no limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road including boat ramps and carparks, all such risks being known and appreciated by me. I understand that bicycles and animals are not allowed in the race and I will abide by all race rules.

Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Bellarine Sunset Run, the City of Greater Geelong, and the Bellarine Bayside Foreshore Committee, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.