



Black Diamond

Afterglow

★ TWILIGHT-NIGHT TRAIL RUN ★
SURF COAST, VICTORIA

2023

EVENT PROGRAM



WELCOME



SURF COAST EVENTS

TIME TO GLOW WITH THE FLOW!! WELCOME TO AFTERGLOW TRAIL RUN, THE MOST SERIOUS TRAIL RUN ON THE PLANET... NOT. WE HOPE YOU DIG THE VIBE THAT IS ALL ABOUT FLURO FUN AND AS MUCH BAD (GOOD?) TASTE 80^S/90^S GLOW FASHION AS YOU CAN MUSTER WHILE RUNNING ON TRAILS.

CAUTION: WATCH OUT FOR TRAIL RUNNING RAINBOW UNICORNS - THEY CAN GET FRISKY.



EVENT PROGRAM

DATE: SATURDAY 19 NOVEMBER 2022
DISTANCE: 21KM / 13KM / 5KM
START POINT 21KM: FAR END OF POINT ADDIS CAR PARK, SURF COAST, VICTORIA
START POINT 13KM: SOUTHSIDE CAR PARK, JAROSITE RD,
START POINT 5KM: FISHERMANS BEACH, NEAR SALTY DOG CAFE (EVENT HQ)
END POINT: SALTY DOG CAFE, TORQUAY, VICTORIA

21KM & 13KM RUNNERS ALL MUST CATCH MANDATORY BUS FROM SALTY DOG CAFE

1PM TO 7PM	REGISTRATION, AT EVENT HQ (FINISHLINE)
6.15PM	BUS DEPARTS - FIRST WAVE 21KM RUNNERS
6.45PM	RACE START , WAVE #1 POINT ADDIS, (RELAXED PACE RUNNERS)
7.15PM	BUS DEPARTS - SECOND WAVE 21KM RUNNERS
7.45PM	RACE START , WAVE #2 POINT ADDIS (GONZALES RUNNERS).
8PM	BUS DEPARTS FOR ALL 13KM ENTRANTS
8PM	RACE START , 5KM RUNNERS, FISHERMANS BEACH (RACE HQ)
8.15PM	RACE START , BODY POSITOVE STOMP 5KM, FISHERMANS BEACH
8.20PM	RACE START , 13KM RUNNERS, SOUTHSIDE
10PM (ISH)	PRESENTATIONS
11PM	CUT OFF TIME
PM	EVENT ENTERTAINMENT
11.30PM	BAR & EVENT CLOSE

Black Diamond





Change. Progression. Self-actualisation.
 It all waits in the distance. The only way to get there is to put
 one foot in front of the other. At Black Diamond, we're there
 with you, every step of the way.

STEP BY STEP

 **Black Diamond™**



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 COAST 2 COAST
 27 MAY - 2 JUNE 2024



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TOUR de TRAILS
adventure in running

TRAIL RUN TOUR
FRANCE
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 9 - 16 JULY 2024



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FREE ENTRY TO ALL TDT EVENTS FOR 2024?

BALI  **ENGLAND**  **BOOK NOW**
CRETE  **FRANCE** 



It is the runner's responsibility to have some idea of where you are going!!

Tour de Trails is pumped to again welcome **Capra** to the fold to sort out our mapping with App functionality, including being able to track your progress on courses, even when out of mobile range!

Capra is an App-based software that helps race directors easily share the information participants and support crews need to know. Participants use the mobile app that is available on both app stores and you can also see the mapping on the event website

Not only does it show the event route and aid stations, it also shows en route toilet stop suggestions,, where supermarkets and petrol stations are - pretty handy!.

DOWNLOAD THE APP AND SCAN THE Q-CODE TO ACCESS THE SURF COAST COLLECTION.Trust us, the CAPRA APP is your best friend

DOWNLOAD IT!
find out more at www.capra.app

OTHER COURSE NOTES

NO...there will be NO 'Kilometres to go' markers.That just ain't trail running. And I know, I know it's *de riguer* in road circles, but you're here to experience TRAIL RUNNING, right? So let's do things the trail running way :-).

NO CUPS AT AID STATIONS... what, the repetitive stickers didn't give it away?! Guidelines mean this year's event will be paper / plastic cup free. So you may as well take a hydro pack, running bottle, water belt or collapsible cup with you and cup-free to minimise some waste is the way of the future so you may as well get used to it.

YES... there will be  and water at all aid stations.

YOU CAN GET 15% discount on your next code **AFTERGLOW15** by using

www.tailwindnutrition.com.au



DOWNLOAD



ONTO YOUR



THEN

Q-CODE AFTERGLOW
HALF MARATHON



Q-CODE AFTERGLOW
13KM SEMI-GLOW



Q-CODE AFTERGLOW
5KM MINI-GLOW



STRICTLY LIMITED TO 300 PARTICIPANTS!

5KM RUN + 22KM RIDE + 10KM RUN

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THE COURSE - 21KM

The Half Marathon starts at the far end of the Point Addis car park. You will be transported here by the (mandatory) event bus [see timetable].

Runners will start by running up the road for 300m before taking a right hand turn leading into the bush and onto the Koorie Nature Trail, which climbs to the top of the Addiscot Beach cliffs – you'll still get a glimpse of awesome views in the fading twilight.

Then it's a steady climb into the Ironbark forest, where a saxophonist will lure you up the top of the hill with some killer eighties sax anthems.

At the sax point, you'll turn right onto a ridgeline that is pancake flat for a while before dropping down to Southside headland and further on to iconic Bells Beach. Stay on the beach, tracking north to the far end (300 metres) and then take the stairs up. Follow the pathway uphill and to your left until you pop out at the top end of Bells Beach Car Park. Turn right. This is your golden laneway all the way back to Torquay.

After Bells Car Park, the course briefly heads inland through heath before coming back to the cliffs at Jan Juc. We divert you for a short descent and then climb back up at 'Boobs' (a checkpoint), before rejoining the official Surf Coast Walk. This leads you on past Jan Juc beaches, to Eagle Rock, onto the boardwalk at Spring Creek, past the Torquay SLSC and eventually, into town.

You jump onto a sealed footpath at Point Danger which leads along the promenade – strut your stuff, the nightlife is watching. After reaching a large playground on the other side of town, you track down and eventually turn right down a concrete boat ramp and the best aid station in all of aid station history (say Hi to the McLeish's and the Henrys). Then its a short beach run (that will feel long), eventually doubling back for the run into the finish. Under the finish arch, it's time to 'get your glow on' with a live band 'Bliss' getting its groove on.

The course follows the exact route of the Surf Coast Walk and for those who ran in our sister event, the Surf Coast Trail Marathon, it is the first half, run in the reverse direction.

It is worth familiarising yourself with the route prior to running it.

VIEW INTERACTIVE (ZOOM) MAP ONLINE AT:

<https://capra.page.link/KYJV>



THE COURSE -13KM

The 13km course starts at Southside car Park. ALL runners will be transported here by the event bus [see timetable], departing from the finishline at Torquay.

Runners will start by streaming into a single track leading to iconic Bells Beach. **PLEASE NOTE - the start will be very congested to begin but there is plenty of room to spread out once you hit Bells Beach (300m in) ! Be courteous and patient - this is about fun, it is not the Olympic selection event! There is no other location we can actually start this distance (or anything like it) from, so our only option is to put up with the squeeze at the start. WE THANK YOU FOR YOUR PATIENCE AND UNDERSTANDING. Fast pasties looking for a record time, get up front at the beginning!**

Briefly on the sand run for approx 300m the full length of Bells Beach, then up the long set of stairs at the end of the beach. This is your golden stairway all the way back to Torquay. Turn left a little way after the top of the stairs (don't continue straight on or you will end up at Winki surf break!). Turn right to follow the Surf Coast Walk when you hit the car park.

After Bells Car Park, the course briefly heads inland through heath before coming back to the cliffs at Jan Juc. We divert you for a short descent and then climb back up at 'Boobs' (a checkpoint), before rejoining the official Surf Coast Walk. This leads you on past Jan Juc beaches, to Eagle Rock, onto the boardwalk at Spring Creek, past the Torquay SLSC and eventually, into town.

You jump onto a sealed footpath at Point Danger which leads along the promenade – strut your stuff, the nightlife is watching. After reaching a large playground on the other side of town, you track down and eventually turn right down a concrete boat ramp and the best aid station in all of aid station history (say Hi to the McLeish's and the Henrys). Then its a short beach run (that will feel long), eventually doubling back for the run into the finish. Under the finish arch, it's time to 'get your glow on' with a LIVE BAND, 'Bliss' getting its groove on.

The course follows the exact route of the Surf Coast Walk and for those who ran in the sister event, the Surf Coast Trail Marathon, it is the first half, run in the reverse direction.

It is worth familiarising yourself with the route prior to running it.

VIEW INTERACTIVE (ZOOM) MAP ONLINE AT:

<https://capra.page.link/6t3y>

MAPPING BY **CAPRA**
Explore with confidence



AID STATIONS

There will be three (2) aid stations/water points along the 13km race route.

Water and Tailwind will be provided at all aid stations BUT NO CUPS WILL BE PROVIDED. This is in line with environmentally sustainable moves by the Surf Coast Shire Council to ban all single-use plastics and reduce waste where possible. We strongly encourage runners to run with fuel/hydration belts, hydration packs or hand held water bottles.

- 3km** Boobs surf beach car park
- 8.5km** Fisho's beach Torquay

The course is non-technical and well sign posted. While offering plenty of great trails for experienced trail runners, it is also perfect for road runners looking to get a little dirty with their running.

THE COURSE -5KM

+INCLUDING THE BODY POSITIVE STOMP

The 5km Mini-Glow and Body Positive Stomp courses start from the boating ramp on Fisherman's Beach, and run towards the cliff at (south west / Torquay town end) before looping back to run along Fisherman's Beach.

The 5km course then heads north east along Fisherman's Beach. Simply run straight until you reach the turn off to your left, approx 2.5km along the beach. There will be a marshal and lights leading the way up a sandy path to the left, leading you to a gravel footpath (the Surf Coast Walk).

Jump onto the sealed footpath, leading to your left (back towards Torquay). The path will lead you all the way back to the Salty Dog Cafe and under the finish arch. Now it's time to 'get your glow on' with the live band 'Bliss' getting its groove on.

The course follows the exact route of the final stretch of both the 21km and 13km runs, although the 5km runners will likely have the course to themselves bar sharing with only the fastest of the 21km runners. Good news: you still get medals, no matter what your speed, for the 5km!

It is worth familiarising yourself with the route prior to running it.

VIEW INTERACTIVE (ZOOM) MAP ONLINE AT:

<https://capra.page.link/L8AF>



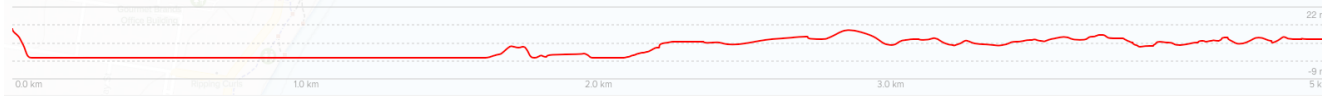
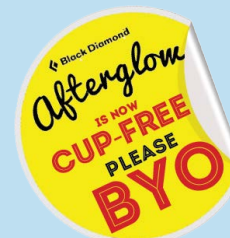
BODY POSITIVE STOMP

The Body Positive Stomp hosted by Escaping Your Comfort Zone, is a body positive run with no focus on weightloss or fitness, that encourages women and non-binary people to have adventures in the body they are in. Open to everyone (not just women), the Stomp will be supported by volunteer trail angels, creating a party at the back so no one comes last, and will specifically be non-timed/non-competitive. All participants willing to get out and have a go on the 5km route, will still be rewarded with a medal and wear a participant bib.

WHEN: 8.15pm (departing AFTER the first 5km 'race' wave)

MAPPING BY **CAPRA**

Explore with confidence



AID STATION

There will be one aid station/water point along the 5km race route: found at the finish! Water and Tailwind Nutrition along with basic munchies will be provided BUT NO CUPS WILL BE PROVIDED. This is in line with environmentally sustainable moves by the Surf Coast Shire Council to ban all single-use plastics and reduce waste where possible by following principles of recycling where possible. We strongly support the Shire in this initiative and encourage runners to run with fuel/hydration belts, hydration packs or hand held water bottles.

The course is non-technical and well sign posted. While offering plenty of great trails for experienced trail runners, it is also perfect for road runners looking to get a little dirty with their running.

DON'T WORRY ABOUT THE PROFILE ABOVE - IT'S ALL RELATIVE! IT'S BASICALLY FLAT! (HIGH POINT: 14m ASL!)



BE AN ANIMAL ON THE TRAILS



CASCADIA 17

Run on the wild side in the updated Cascadia 17, featuring the all-new Trail Adapt System, with an integrated midsole, rock plate, and outsole system to deliver stability as you confidently traverse any terrain.

The split forefoot mimics the hoof of a mountain goat to allow for grip on uneven surfaces. Plus, zonal pods are designed to deliver greater independence and control as you claw up the trail.



WIN A PAIR OF CASCADIA 17

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EVENT LOGISTICS

Due to the races being point-to-point, we will be providing, as part of your entry fee, **dedicated and mandatory buses for ALL COMPETITORS** of the **21km and 13km** distances. They will leave from the Torquay registration / finish line area to the start lines at Point Addis and Southside.

21km and 13km runners should NOT turn up to the start lines in their own vehicles. It is mandatory that competitors take the supplied buses from Torquay.

Bus waves have been allocated upon registration. Due to logistics and locking in with timing, **COMPETITORS CANNOT CHANGE THEIR WAVE / BUS TIMES** once allocated. Being on the correct bus and at the correct wave start (for 21km runners) matters - get it wrong and your times will be incorrect and we will record a DNS.

There is only one bus departure time (multiple buses) for the 13km runners.

5km runners do not need a bus.

It is competitors' responsibility to be at your allocated bus prior to its departure from the Torquay finish line area. You **CANNOT** swap buses once you have been advised which bus / wave start you have been allocated. Competitor's cars should be left at the finish in Torquay.



BUS TIMETABLE

21KM BUS WAVE 1 DEPARTURE
6.15pm (sharp)

21KM RACE WAVE 1 START
6.45pm

21KM BUS WAVE 2 DEPARTURE
7.15pm (sharp)

21KM RACE WAVE 2 START
7.45pm

13KM BUS DEPARTURE
8PM (sharp)

13KM RACE START
8.20PM

****5km COMPETITORS DO NOT NEED A BUS.** START IS ON BEACH NEARBY THE RACE HQ / FINISH AREA. WE WILL CALL COMPETITORS TO THE START LINE 15MIN PRIOR.**

the HAPPY RUNNER

03 52646196

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info@thehappyrunner.com.au

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www.thehappyrunner.com.au

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15 Mountjoy Parade, Lorne

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Surf City Plaza, 77 Beach Rd, Torquay

www.exploresurfcoast.com.au

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IMPORTANT INFORMATION

MANDATORY REQUIREMENTS

Remember you will be starting in the twilight, but finishing in the dark. This means **IT IS MANDATORY that every competitor has a head torch on their person from the start.**

There are no other mandatory requirements, however being a trail run, we urge runners to use a hydropack with carrying capacity or hand/belt bottles. There will be NO CUPS, and for environmental reasons we urge people to carry a drinking receptacle – hydropack bladder, fuel belt, or hand held bottle for refilling at aid stations. Also, if it happens to be cold, we recommend carrying basis wind and water proof jacket and/or a mid layer for warmth.

COURSE MARKINGS

The course will be marked with regular event signage (red signs, white arrows) and there will be marshals at major intersections. This is, however, a trail run, meaning true to our tradition, there are NO distance markers – if you are a runner who likes to know their stats, we urge you to familiarise yourself with the course and the different distances between landmarks.

IMPORTANT NOTE: in accordance with Surf Coast Shire Council's move to ban single use plastics, there will be NO GLOWSTICKS used as markers on course. We will endeavour to mark major intersections with rechargeable / solar lights.

CATERING: FOOD & BEER!

The race will finish at Salty Dog Cafe, at Fisherman's Beach. Salty Dog Cafe will be open and serving up FOOD to nourish you, while we welcome the Bells Beach Brewing lad sand ther bar. They will serve up some awesome locally-brewed ales!



RACE BIBS: PICK UP

Race bibs will need to be picked up at registration. Registration is at the finish line in Torquay between 1pm and 7pm on Saturday 19th November.

There are five race bib designs indicating which 'wave' or distance you will start in and therefore which bus you MUST catch. You CANNOT swap buses.

The bibs will look like this:



21KM
(6:35PM WAVE)



21KM
(7:35PM WAVE)



13KM



5KM



5KM
BODY
POSITIVE
STOMP





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ENTERTAINMENT

SAXOPHONIST

A saxophonist will bring to life all your fave sax anthems from the 80s and 90s. He'll see you about 4km in, as you pop out of Iron Bark Forest onto the ridge.

FIRE TWIRLERS

We'll have a few fire twirlers flinging their flames in artistic blurs of fun and frivolity. They will perform on the beach, near the finish line.

EIGHTIES DJ: SUGARS DISCO

Max and Aaron are back with Sugars Disco DJ! Playing the loosest set of bad taste tunes, so off colour, you'll get nostalgic and start dancing.

PRIZES

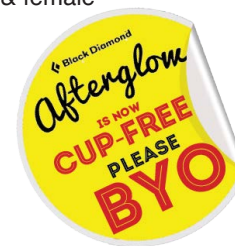
Are there any? Maybe. If you run the course backwards. Or can tell us an amazing story about overcoming some depths of human adversity to now be running the trails. Seriously? You want to win 'stuff'?

Okay, here at race HQ we have decided that while we appreciate 'winners' and their dedication to training and hurting and all that, essentially we are hippies who yearn for a time when the Dream Team was not allowed to compete in the Olympics, it being an amateur field of athletic endeavour back then and all.

So in the spirit of rewarding the spirit rather than the bank account or gear cupboard we'll award trophies (of sorts) and a bit of kit to:

- >> Overall winners ,male and female
- >> 2nd, 3rd overall male & female

BEST GLOW DRESSED
we'll pick a few 'best of the best' funksters who will win some spot prize.



Tomato TIMING TIMING + RESULTS

Timing is being managed by Tomato Timing. They will post all results post event (night of) to:

<http://tomatotiming.racetecresults.com/>

The start will be a gun start, so if you are 'racing' please self select your starting position up the front. There will be no timing mat at the start. However the first 300 metres of the 21km is a wide road with plenty of room so it will make no difference to your overall time. The 13km start does have a squeeze to begin, but has room to spread about 300 metres in as you traverse Bells Beach. There will be a timing mat at the end. Your timing chip is located on the rear of your race bib. Please ensure your bib is placed on your outer most garment.

It is expected that the winner/s will most likely be in the second wave, and thus could in theory cross the line behind runners in the first wave (who actually record a slower time). So the first runner across the line will not necessarily or even likely be the winner.

IMPORTANT NOTE RE: 13KM START

The start location for the 13km run is very congested. Unfortunately it is the ONLY place we can start a run of this kind of distance. There is no other alternative start zones allowed by Council.

Hence, we REQUEST YOUR PATIENCE AND COURTESY at the start line. THERE WILL BE CONGESTION. it is unfortunately unavoidable, for about 300m until you hit Bells Beach. Again, there isn't much we can do about it (apart from just not have a 13km run!). Thanks in advance for your understanding. Fastie pasties - get up front for the gun start.

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SURF COAST, VICTORIA

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SURF COAST, VICTORIA



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SIGNAGE

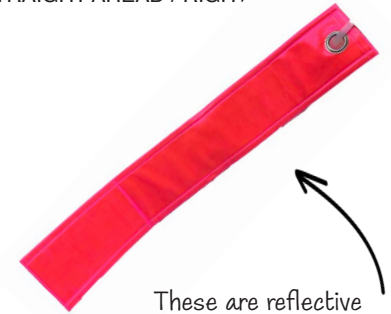
On course you will note a range of signs (other than the permanent Surf Coast Walk signs, which also give you indication of where to run!).

NOTE: DUE TO SURF COAST SHIRE COUNCIL REGULATIONS REGARDING NO USE OF NON-RECYCLABLE PLASTICS, THERE WILL BE NO ON COURSE GLOW STICKS USED. INSTEAD YOU WILL SEE RE-USEABLE BATTERY POWERED LIGHTS FROM APPROX THE 6km TO GO MARK.

THERE WILL BE PINK REFLECTOR TAGS ON COURSE FOR YOU TO FOLLOW, PLUS REGULAR TOUR DE TRAILS SIGNAGE AS PER IMAGES RIGHT.

FOLLOW THE ARROW DIRECTION AS INDICATED STRAIGHT AHEAD / RIGHT

DO NOT PROCEED PAST WRONG WAY SIGN.



These are reflective markers to look for..

COMPETITOR PHOTOGRAPHY

Photos of you doing your thang will be available for direct purchase, via the creative couple and legends of the trail scenec, Ian and Velta from The Eventurers.

They will be out on course at several key photo points. So smile, look strong, puff the chest, turn on the fairy lights, flap the fairy wings, earn that place on the mantelpiece in the 'good' photo frame!

The Eventurers will email you after the event to see if you want any images. Check your junk email folder in case it gets filtered. Or try this link:

WWW.THEEVENTURERSTRAVELPHOTOGRAPHERS.COM.AU



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TAKE WHAT YOU NEED
100-CALORIE SCOOPS ALLOW YOU TO ADJUST TO SUIT YOUR NEEDS

EASY TO USE AND CLEAN
JUST POUR, SHAKE, AND GO! MIXES AND RINSES CLEAN FROM YOUR PACK OR BOTTLE

FOR DURING ↗

FOR AFTER ↘

REHYDRATE
ELECTROLYTES HELP REHYDRATE AFTER EXERCISE

REBUILD MUSCLES
3X MORE COMPLETE PROTEIN THAN WHEY TO REBUILD DAMAGED MUSCLE TISSUE

REPLENISH GLYCOGEN STORES
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REHYDRATE
ELECTROLYTES HELP REHYDRATE AFTER EXERCISE

REBUILD MUSCLES
3X MORE COMPLETE PROTEIN THAN WHEY TO REBUILD DAMAGED MUSCLE TISSUE

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 50KM LUMBERJACK ULTRA
 27KM REDWOODS RUSH
 22KM DONNA DOUBLE
 14KM SAWMILL GROVE RUN
 9KM LITTLE JOE'S TERROR NIGHT RUN
 4.5KM RAPID RIVER RUNS
 4.5KM BODY POSITIVE STOMP
 3KM DASH 'N' LILD DERBY
 THREE THONG THANG DASH 4 CASH

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Get one before they glow.

We'll also have a few of the famous 'Trail Running Rainbow Unicorns Exist' head sweats a on sale.

Get your glow on!



HYDRATION



Each CP will have both water and TAILWIND NUTRITION, a unique hydration, electrolyte and nutrition product.

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There will be a barrell with 'Tailwind' marked at each aid station.

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OF THE **TRAIL & MOUNTAIN**
LIFESTYLE

- RUNS**
- 50KM LUMBERJACK ULTRA
 - 27KM REDWOODS RUSH
 - 22KM DONNA DOUBLE
 - 14KM SAWMILL GROVE RUN
 - 9KM LITTLE JOE'S TERROR NIGHT RUN
 - 4.5KM RAPID RIVER RUNS
 - 4.5KM BODY POSITIVE STOMP
 - 3KM DASH 'N LILO DERBY
 - THREE THONG THANG DASH 4 CASH

9 - 11th MARCH 2024
WWW.WARBURTONTRAILFEST.COM



Black Diamond Afterglow

★ TWILIGHT-NIGHT TRAIL RUN ★
SURF COAST, VICTORIA

THANKS

to all those who glowing and flowing at Afterglow. We hope you have a fun night on the trails, and get into the vibe of things. This is all about celebrating the trail running lifestyle. With a bit of fun and flair. Enjoy.
Find your inner unicorn. Chase the rainbow.

THANKS also to those businesses, organisations and individuals who have helped make Afterglow a shining reality:

Surf Coast Events, Black Diamond, Sea to Summit, Brooks Running AU, Tailwind Nutrition (Gavin and Bec Markey), T8 and Endurance Edge (Tegyn and Kel) The Happy Runner, Active Feet Geelong & Ocean Grove, Glimmer Gear (Sarah), The Salty Dog Cafe (James), Bells Beach Brewing, the entire Surf Coast Trail Runners crew, Melton City Runners crew, ProFeet Podiatry, Parks Victoria, Coles Coaches, Tomato Timing, our course markers, forerunners and sweeps, the McLeish and Henry families for their awesome aid/party station efforts.

AND THE BIGGEST THANKS

to all our volunteers, on course marshals and general supporters out there in trail land. Sorry if we've missed anyone - you are loved too!

Cheers, Chris, Mish, Peri, Andy, Simon, Richelle, Jac, Michelle & Nicole

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