



ONE EPIC ADVENTURE RACE ON ONE EPIC DAY



EVENT PROGRAM

4TH NOVEMBER 2023



WESTERN
AUSTRALIA





WELCOME TO THE EAGLE BAY EPIC

*an epic adventure
for everyone!*

Welcome back to Western Australia's favourite adventure playground! The crystal clear water, white sandy beaches, flowing single track and untouched coastal bushland make Eagle Bay and surrounds the perfect playground for an adventure.

We are excited for the new format the 2023 Eagle Bay Epic will be conducted in, combining our energy into one epic race with maximum enthusiasm and atmosphere for everyone. We're also excited to be returning to the iconic Eagle Bay Brewery who are our hosts for the weekend. The Brewery extend a very warm welcome to all participants and we encourage you to make the most of their services and facilities by enjoying a beer whilst savouring the views to Cape Naturaliste and beyond.

If this is your first adventure race then we wish you well and reassure you that we 'have your back' with a safe and coordinated event environment behind you, and if you've joined us at other races then it's great to see your faces once again.

Thank you for your support, we wish you a great race.

The Rapid Ascent team

WELCOME MESSAGE

**HON RITA SAFFIOTI MLA, DEPUTY PREMIER; MINISTER FOR TOURISM and
HON DON PUNCH MLA, MINISTER FOR REGIONAL DEVELOPMENT**

The State Government is a proud sponsor of the Eagle Bay Epic through Tourism Western Australia's Regional Events Scheme (RES).

RES was established to support event holders across WA with the development of events to drive tourism to regional Western Australia. The scheme plays an important role in positioning the state's five tourism regions as exciting destinations to visit and great places to live by showcasing and promoting the host region's unique and diverse attractions.

A total of 65 regional events across WA have been funded through the 2023-24 RES, which also includes a \$250,000 funding pool for the Regional Aboriginal Events Scheme, which exclusively allocates funding to events delivering Aboriginal activities and experiences.

The State Government, through Tourism WA, is proud to sponsor these regional events, which help bring vitality to local communities and drive visitor spend, injecting millions into regional economies.

Tourism is a key part of the State Government's plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia.

Events play an important role in this plan, with the State Government sponsoring a range of sporting, cultural, arts and culinary events across Western Australia through Tourism WA, to attract visitors to our state and encourage them to stay longer, disperse further and spend more while they are here.

We hope everyone enjoys this event and takes the time to explore the South West region.



**HON RITA SAFFIOTI MLA
DEPUTY PREMIER;
MINISTER FOR TOURISM**



**HON DON PUNCH MLA
MINISTER FOR REGIONAL DEVELOPMENT**

TIME SCHEDULE

Friday 3rd November

4:00pm – 7:00pm Competitor registration open for all adult events - Eagle Bay Brewery
6:30pm Adventure Race Competitor briefing - Eagle Bay Brewery and online

Saturday 4th November

6:30am onward Dunsborough transition area open for equipment drop off
7:00am – 9:00am Competitor registration open - Eagle Bay Brewery
9:30am ADVENTURE RACE START - Eagle Bay Brewery
1:30pm – 3:15pm Kids Adventure race registration open
3:15pm Kids Adventure Competitor briefing - Eagle Bay Brewery
3:30pm KIDS RACE START - Eagle Bay Brewery
4:30pm Race Presentations - and spot prize give aways from Pelican

REGISTRATION

Team changes and new entries - all team changes must be sent to info@rapidascent.com.au by 8:00am WST Tuesday 31st October. Changes after this date must be made at race registration and will incur a \$10 fee. (The online entry system closes at 8:00am WST Tuesday 31st October After this date, new entries are available at race registration.)

At registration entrants will receive:

- numbered lycra race bib - must be worn around the entire course and is the relay baton for teams
- timing chip - must be worn around ankle for the entire course and is the relay baton for teams
- MTB number plate and cable ties - must be attached to the front of bikes ridden in the race
- kayak sticker - must be stuck on all boats paddled in the race
- swim cap - light blue for individuals, purple for relay teams. Must be worn whilst swimming
- socks - for those who were amongst the first 600 people to enter the adults race

All competitors must collect their registration kit prior to their race start. Competitors do not necessarily need to collect their own registration kit in person - friends, team mates and family members can collect your items on your behalf.

Pre-ordered merchandise must be collected from the registration tent.

COMPETITOR BRIEFINGS

Adventure Race - 6:30pm Friday 3rd November at The Brewery and online at [WA Adventure Facebook Page HERE](#)

Kids Adventure - 3:15pm Saturday 4th November at The Eagle Bay Brewery

EAGLE BAY BREWERY WELCOME

Eagle Bay Brewing Co is excited to be hosting the Eagle Bay Epic for another year and look forward to welcoming you back to their family run brewery with plenty of tasty food and super fresh beer available all weekend. They will be open Friday and Saturday evening for dinner and for breakfast on Saturday and Sunday. They will be taking orders for food and drinks at order points, rather than their normal 'table service' model to be able to accommodate everyone.



EAGLE BAY
BREWING CO

Breakie will include bacon rolls, sweet treats, fresh juices and coffee for the early risers. For lunch and dinner they'll be offering salads, wraps and healthy kids snacks plus a selection of hot dishes including beef burgers, pulled pork buns and 'race friendly' dishes for dinner and, of course, a great selection of beers and wines! Opening schedule:

Friday: Lunch and Dinner 11.00am to 8.00pm (last orders 7.30pm)

Saturday: Breakfast from 7.30am to 11.00 am / Lunch and Dinner 11.00pm to 7.00pm (last orders 6.30pm)

FREE BEER AT THE FINISH LINE

Eagle Bay Brewery and Rapid Ascent are providing a free beer (choice of mid strength or full strength) for adults and soft drink for U/18 finishers of the adult Adventure Race to help you celebrate your epic achievement. We'll give you a token at the finish line – just take it to the can-bar on the grass to receive your free beverage! Then sit, back, relax and take in the awesome scene at the finish line with a proud smile on your face.



WHERE DREAM EVENTS HAPPEN

MARGARET RIVER REGION

Australia's most premium wine region nestled among pristine beaches, ancient caves and tall-timber forests.

Choose your dream adventure

- Hit the road less travelled and head out on one of the region's many mountain biking and cycling trails in Nannup and Pemberton, including the world-famous Munda Biddi.
- Glide with wild bottlenose dolphins at the newly developed Dolphin Discovery Centre.
- Walk a section of the 135km-long Cape to Cape Track (or all of it, if you're game!), and spot sea creatures and magnificent coast along the way.
- Catch world class waves with over 135 km of coastline and 75 breaks to choose from - there's a wave here for everyone.
- Taste the region's finest drops on a winery, distillery or brewery tour.
- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves - Jewel, Lake, Mammoth and Ngilgi.
- Discover ancient traditions of the Wadandi people on an Aboriginal culture tour.
- Wander further and experience where the Southern and Indian Ocean meet at Cape Leeuwin Lighthouse.
- Picnic or camp among the karri trees in Boranup Forest and stargaze at an endless canopy of constellations at Injidup Natural Spa.
- Cruise alongside migrating humpback, southern right and blue whales on a charter from Augusta, Busselton or Dunsborough.

Follow us at @WesternAustralia | #WAtheDreamState



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AUSTRALIA
WALKING ON A DREAM

WESTERNAUSTRALIA.COM

TRAFFIC & PARKING NOTES

Eagle Bay Brewery

There is plenty of parking at Eagle Bay Brewery. Please follow the signs and directions of marshals to park on the grass paddock on the right as you drive in.

Dunsborough transition area parking

Parking in the vicinity of the Dunsborough TA at Vincent St is very tight and is limited to the side streets surrounding the area. Note the following:

- **We recommend parking in the Dunsborough Primary School carpark on Bird Cres.**
- Vincent St itself will be closed to cars (other than local residents)
- We will establish a one way loop (going anticlockwise) on Beach Rd, North St and Gibney St that is to be used for short term parking only, exclusively for the drop off of kayaks and gear. Cars may only park on this loop for a maximum of 15mins whilst dropping equipment off on Saturday morning.
- Spectator and teams cars must park on other streets during the event and must walk to the TA. This may mean walking up to 1km to get to the TA.
- We encourage teams and support crews to remove kayaks and bikes immediately after usage rather than returning to the area after the race.
- Be aware that parking and traffic will be busy in this area, especially on Saturday morning between 8:00am and 2:00pm. Allow extra travel time between the Brewery and the TA.
- Please respect locals and don't block them, park across driveways or on their lawns. Thank you.



WESTERN
AUSTRALIA



TARKINE
TRAIL DEVII
THE WILD IS CALLING



ADVENTURE RACE - COURSE DESCRIPTION

eagle

9KM COASTAL RUN The Run leg will be marked with pink surveyor's tape and red arrows

Runners commence with a mass start - solos and relay teams together - in front of the Brewery. Once under way runners set off across the paddocks and down the fence line of the Eagle Bay Brewery property before crossing Eagle Bay Road and continuing along gravel roads. Turn left off Sheens Rd at the 2.5km pt and continue downhill to beautiful Meelup Beach.

Turn right and follow the spectacular Meelup Coastal Trail all the way to Dunsborough. Continue on the concrete path into the transition area at Vincent Street.

Runners must:

- Carry a first aid kit comprising no less than 2 x crepe bandages, 6 x wound closure strips, 1 x triangular bandage, 2 x non-stick wound dressing pads and a pair of surgical gloves
- WATCH FOR CARS on any street or dirt road sections - normal road rules apply at all times

Run to Swim transition (T1)

- Team runners meet your team swimmer in the designated area at the far end of the TA compound
- Solo athletes get changed into your swim gear next to your bike in the TA compound.

1.5KM OCEAN SWIM The Swim leg will be denoted by red buoys

Swimmers exit the TA and run left along the sandy beach and enter the water between two feather flags. Once through the flags, swimmers must remain in the water for the duration of the leg, swimming to the first buoy just off the point and turn left to swim parallel to the shore, outside the swimming enclosure. Continue past a small red guide buoy, swimming past boat ramp and then turn right around the next 2 buoys beyond the point.

Swim back past a second small red guide buoy and turn right around the outermost large red buoy off the point and return to the beach between the two feather flags. Exit the water and run back along the beach to the paddle transition on the sand.

Swimmers must:

- Wear the designated swim caps
- Remain in the water and cannot run along the beach at any point until they have returned back through the feather flags
- Arrange for your support crew or team mates to collect your swim gear after you have left. Do not just leave your wetsuit on the sand.

Swim to Paddle transition 2 (T2)

- Team paddlers must stay in the fenced off transition area next to their boat - do not crowd around the timing gate.
- Boats must be placed in the designated area according to your race number as indicated by the TA signs.
- Solo must set up your paddle gear next to your boat in the paddle TA

7.5KM OCEAN PADDLE The Paddle leg will be denoted by yellow buoys

Once started, paddlers head out to sea and must keep well clear of any swimmers by keeping the 2 yellow buoys offshore from the TA on your left. Turn left at the 2nd yellow buoy to paddle along the coast for ~3.5km past the Castle Rock, and then do a U-turn to the right around 2 large yellow buoys located just north of Castle Bay / Beach.

Paddle back along the coast, when nearing the TA you must keep all swim buoys (red) and the 2 yellow buoys just off from the TA on your right. Paddle in to the beach and return your boat to the same spot on the beach as where you started. Once landed, paddlers run south on the beach to exit the TA then continue along the concrete footpath and meet your team MT-Ber in the bike TA compound. Solo athletes get changed into your MTB gear next to your bike in the TA compound.

Paddlers are advised to be aware of the odd rock outcrop in the bay, immediately in front of the kayak TA.

Paddlers must:

- Wear a type 2 or 3 PFD at all times
- Carry a current, orange smoke flare attached to their body at all times during the paddle leg.
- Be aware of the buoys and the course as described – it is up to you to make sure you know where to go



Paddle to MTB transition 3 (T3)

- Paddlers must store your boat in the designated area according to your race number before AND after your paddle.
- Solos must set up your MTB gear in the bike TA (not next to your boat on the beach)
- Team MTBers must wait in the bike TA and exchange bib and timing chip in the bike TA compound. Team MTBers CAN-NOT meet or assist their team paddler any earlier

18KM MOUNTAIN BIKE The MTB leg will be marked with blue surveyor's tape and blue arrows

Once out of the transition area MTBers ride along the concrete footpath past the Boat Ramp and then along Bay View Cres and enter the trails off the northern end of Gifford Rd. The ride continues uphill on a mixture of single track in the Dunsborough Country Club area, taking great care to follow the blue bike course markings directly in front of you (as there are a lot of twists and turns to distract you if not paying attention.)

Continue riding through the Brown Street network and then TAKE CARE when turning right onto Cape Naturaliste Road at the approx 14.5km pt. Ride along the road for 400m then turn right onto Meelup Beach Rd and then left onto Sheens Road. Continue for 2km and then turn left at a couple of junctions to enter the Eagle Bay Brewery farm.

Riders must rack your bike at the T4 transition area 200m from the finish and continue on foot to the finish line in front of the Eagle Bay Brewery.

Riders must:

- Carry a first aid kit whilst on the bike comprising no less than 2 x crepe bandages, 6 x wound closure strips, 1 x triangular bandage, 2 x non-stick wound dressing pads and a pair of surgical gloves
- Wear a certified bike helmet to AUS/NZ/US standard for the duration of the leg
- WATCH FOR CARS on Cape Naturaliste Rd and all other roads and streets - normal road rules apply at all times.
- WATCH FOR WALKERS and other trail users on the foreshore after departing the TA - we have shared access to the trails

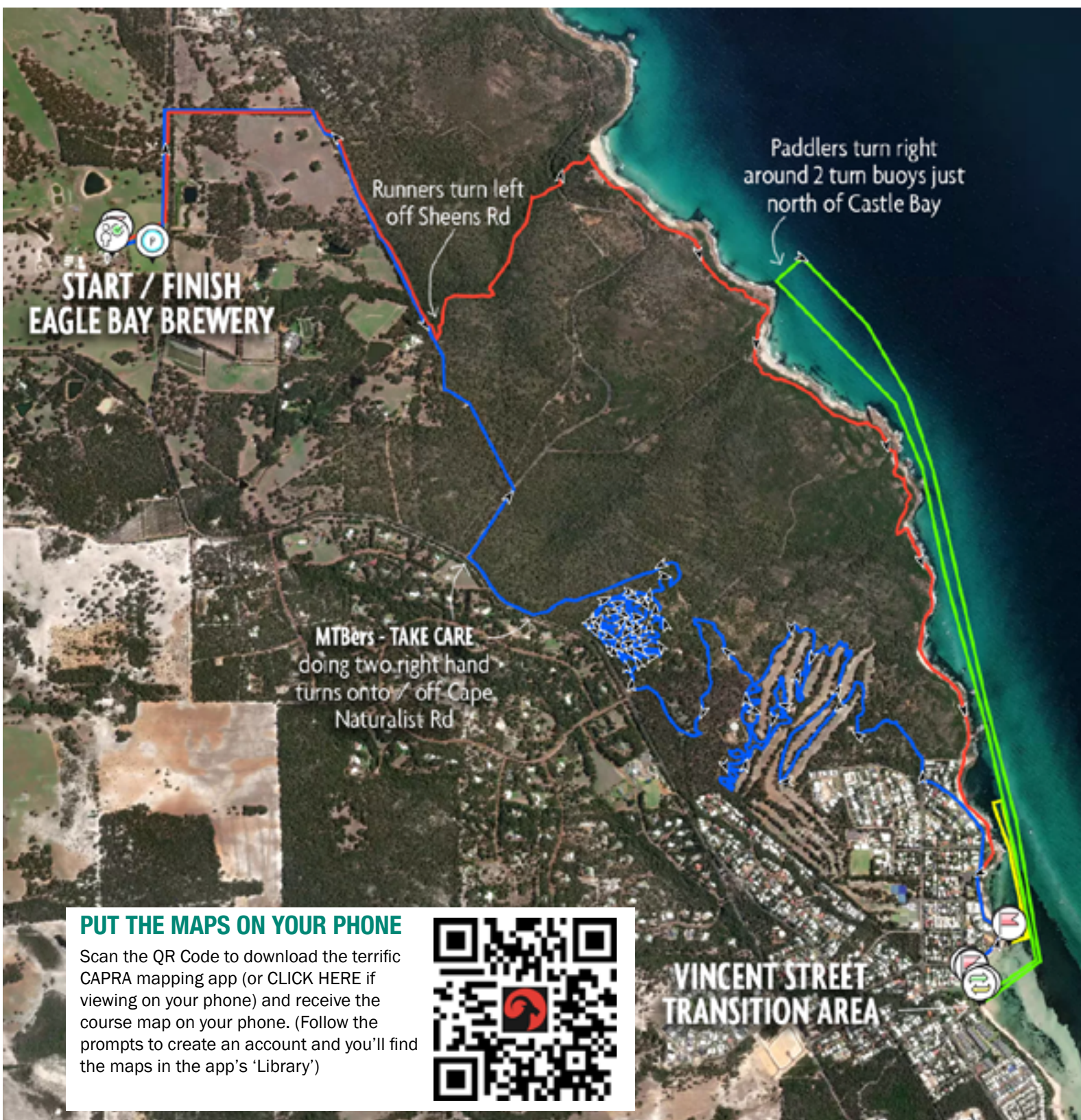
200M FINISH SPRINT

All team mates are encouraged to join their runner for a final 200m finish sprint from T4 to the finish line. Solo runners can do this solo or with their support crews!

NOTE: Due to the time pressures of getting from the Dunsborough TA to Eagle Bay Brewery whilst the team runner is running, it is not mandatory that all team mates do the finish sprint together. (We much prefer you to drive slowly and stay safe).



ADVENTURE RACE - COURSE MAP



CUT OFF TIMES

Cut-off times will be strictly enforced. Competitors must have finished the leg by the time listed below:

- Must have started the race by 9:35am
- Finished the Run by 10:45am (1hour 15min for the run leg leg)
- Finished Ocean Swim by 11:40am (55min for the swim leg)
- End Ocean Paddle by 12:50pm (70min paddle leg, ie. 3 hours 20 minutes after Race start at 9:30am)

SUPPORT CREWS

Transition areas and support crews:

Support crews are not mandatory. They can make logistics a bit easier but they will have virtually no impact on your overall placing if you are organised before the event.

We recommend support crews scan this QR Code to download the course map onto your phone. Or [CLICK HERE](#) here if viewing on your phone.

Scan this to put the
course maps on your
phone



The following guidelines are in place for all transition areas

- No external support may be provided to competitors inside the fenced off TA enclosure (or out on the course). Support crews can only enter a TA to drop off equipment but must leave the TA immediately after doing so. The only exception is you can help them pull down race bibs (especially over PFDs).
- Only the team mate in the immediate next leg is permitted to wait inside the TA – other team mates and support crews must wait outside the fenced off enclosure.
- Bikes can only be collected upon presentation of the bike collection token attached to the MTB number plate
- Boats / kayaks can only be collected upon presentation of the kayak collection token attached to the Kayak Sticker.

PRESENTATIONS

We encourage everyone to come to presentations at the Brewery as we celebrate the days accomplishments:

- Present medals and prizes to the category champions in the Adventure Race
- Celebrate the Kids Adventurers
- Present a range of spot prizes - including a terrific Cooler from Pelican (you must to attend to win!)



RACE RULES

Course marking

- The course for the **MTB legs will be marked with blue surveyor's tape and blue arrows**. Red and white barrier tape will be used to block off any tracks you should not take.
- The course for the **TRAIL RUN legs will be marked with pink surveyor's tape and red arrows**. Red and white barrier tape will be used to block off any tracks you should not take.
- You can still get lost if you don't pay attention. Keep your eye out for trail markers at all times.

The event may be competed by relay teams with up to 4 members doing one leg each or individuals doing the entire race:

- **Teams:** must transfer the numbered lycra race bib and electronic timing chip from one team mate to the next. These are your 'relay batons' and are provided at registration.
- **Individuals:** must wear the numbered lycra race bib and electronic timing chip for the duration of the race.

The following rules apply:

- Prior to being accepted into the event:
 - (all participants) must read and sign the Indemnity (this is part of the online entry process)
 - (Juniors only - i.e. under 18 on race day)
 - have their parent or guardian advise the organisers, Rapid Ascent, of their intention to enter
 - parent or guardian must read and sign an authorisation and indemnity
 - (paddlers only) must be competent in:
 - paddling craft in ocean conditions and entry and exit through surf
 - recognising areas of danger in the ocean such as reefs and rips
 - ability to self rescue in the event of capsize
 - (swimmers & paddlers) must be able to swim 1km unassisted in open water
- Participants must wear the numbered race bibs on the outside of their clothing at all times whilst racing.
- Competitors must use the same bike frame and wheels for the entire bike leg and may only receive assistance from other competitors to repair their own bike.
- Competitors must use the same boat for the entire paddle leg and may only receive assistance from other competitors to repair their own boat.
- No riding is permitted in the transition areas and helmets must be fastened before exiting the TA.
- Any competitor who withdraws from the race **MUST** notify an official. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged.
- It is compulsory that basic First Aid Kits are carried by all competitors doing the run and MTB legs. First Aid Kits must consist of at least 2 x stretch bandages, 6 x wound closure strips, 2 x non-adhesive wound dressings, 1 x triangular bandage and 1 pair of surgical gloves. The penalty for not carrying a First Aid Kit is 30 minutes.
- All competitors must carry the listed compulsory equipment for each leg. Failure to carry any listed item will result in a 30 minute penalty per item found to be missing.
- Failure to abide by rules may result in time penalty or disqualification.
- All teams are permitted to lodge protests against results or decisions enforced during the event. A judging panel of three Rapid Ascent Directors will adjudicate on all protests and other contentious matters, and their decision will be final.
- Rapid Ascent has sole discretion to alter or amend the race rules in order to increase the safety of participants or for any other reason deemed appropriate



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COOL ON SO MANY LEVELS

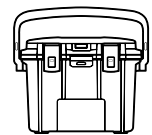
PELICAN™ ELITE COOLER COLLECTION FEATURES

30QT ELITE COOLER

NOT ALL FEATURES ARE AVAILABLE ON ALL MODELS.



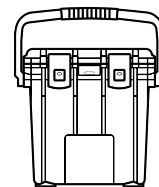
PELICAN™ PERSONAL COOLER



14QT 13 LITRES

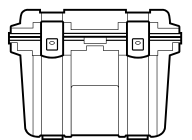
MADE IN CHINA
45.7CM LENGTH

PELICAN™ ELITE COOLERS



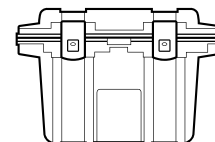
20QT 19 LITRES

MADE IN USA
47.8CM LENGTH



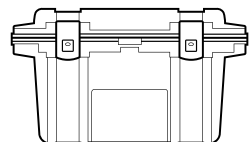
30QT 28 LITRES

MADE IN USA
64.3CM LENGTH



50QT 48 LITRES

MADE IN USA
76.2CM LENGTH



70QT 66 LITRES

MADE IN USA
91.4CM LENGTH

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PELICAN LIFETIME GUARANTEE: Available for the 20QT, 30QT, 45QT, 50QT, 70QT, 80QT, 95QT, 150QT, and 250QT

PELICAN LIMITED THREE YEAR WARRANTY: Available for the 14QT Personal Cooler



KIDS ADVENTURE

Also taking place on race weekend will be an event for our junior competitors called the Kids Adventure. This is an adventure event designed specifically for primary school aged kids, enabling them to be part of all the action by leading them on an off-road course filled with obstacles and fun challenges in a bush environment.

The event will start and finish in front of the Eagle Bay Brewery restaurant and feature a 3.5km course interspersed with 10-15 obstacles that is exclusively on the Eagle Bay Brewery property and does not involve any road crossings.

The course will be marked with witches hats, red arrows and red tape.

All adventurers must complete registration in the Adventure Expo beforehand where you will receive your event hat (first 260 only) and number plate.

Start process:

All wave starts commence on the grass in front of the Brewery restaurant as listed below:

- 11,12 & 13yrs boys start at 3:30pm
- 11,12 & 13yrs girls start at 3:32pm
- 9 & 10yrs boys start at 3:34pm
- 9 & 10yrs girls start at 3:36pm
- 7 & 8yrs boys start at 3:38pm
- 7 & 8yrs girls start at 3:40pm
- under 7yrs boys and girls start at 3:42pm



Eagle Bay Brewing Co
is proud to be partnering
with the Eagle Bay Epic

See you in November,
we can't wait to have
you all back at our place.

#smilewidely #enjoyeaglebay



The City of Busselton

Proud sponsors of Eagle Bay Epic Adventure Race!



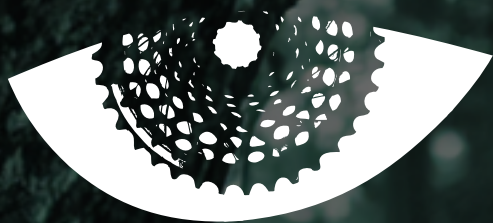
Nestled in the tranquil waters of Geographe Bay, Busselton and Dunsborough offer amazing coastal views. Just down the road, Yallingup boasts internationally acclaimed surf breaks.

Amidst the region's world class wineries, there is also plenty of micro-breweries and gourmet produce on offer.

The City is committed to supporting healthy lifestyles and hosting high profile sporting events - it's an important part of our cultural identity.

The City is proud of its natural environment and we are sure you will all appreciate the magnificent scenery as you swim, run and cycle your way through the spectacular landscapes.

It truly is where adventure meets nature!



OTWAY ODYSSEY

presented by  **FOCUS**

Ride a magical line
through the Otways

97KM
/ 49KM

25 FEB
2024



presented by  **FOCUS**



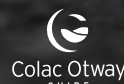
WHERE LEGENDS
ARE FORGED

100KM / 50KM / 30KM / 10KM

24-25 FEB 2024

FORREST, OTWAY RANGES, VIC

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UNLEASH YOUR INNER WILD!

Come and race through paradise with triathlons and trail runs in beautiful Meelup Regional Park.

LONG COURSE

XTERRA Triathlon World Champs qualifier & TWA Off-Road State Champs

1500m ocean swim
30km mountain bike
10.5km coast trail run

\$13,500^{AUD}
CASH PRIZE POOL

SHORT COURSE

750m ocean swim
15.5km mountain bike
5.9km coast trail run

TRAIL RUNS

XTERRA Trail Running World Champs qualifier
10km TRAIL RUN
21km TRAIL RUN

NEW

KIDS

200m swim
5.8km mountain bike
2.6km trail run

GROMS

800m trail run
1200m mountain bike (no swim)

DUNSBOROUGH, WA
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Conducted by Rapid Ascent



enter here

WANT MORE ACTION?

Then check out these other Rapid Ascent races taking place all around the country in 2023 and 2024.

Great Southern Stage Run

Albany, WA. 16 – 18 November 2023. www.GreatSouthernStageRun.com.au

A spectacular 3 day stage race through the wild and rugged Great Southern region of WA. Featuring a 210km course from Walpole to Albany, runners traverse a rugged coastline of remote beaches, windswept horizons and sheer granite cliffs. Designed for relay teams of 4 and solos.



Otway Odyssey and Great Otway Gravel Grind presented by Focus

Forrest, VIC. 24 - 25 February, 2024. www.OtwayOdyssey.com.au

The Otway Odyssey is the most respected MTB marathon in Australia, comprising 100km, 50km 30km and 10km courses through the spectacular Otway Ranges on some of the best single tracks in Australia. Sunday includes Great Otway Gravel Grind for roadies and CX riders with 97km or 49km gravel grinds on the A-Grade roads through the region's magnificent tall timber forests.



XTERRA Dunsborough

Dunsborough WA. 20 - 21 April, 2024. www.XTERRAdunsborough.com.au

An off road triathlon event through the stunning scenery around Dunsborough in South West WA. With long course and short course triathlons, NEW trail running events and kids triathlon, this is the biggest off-road triathlon in Australia held in adventure paradise. \$13,500 AUD prize money available!



Margaret River Ultra Marathon 80KM RACE SOLD OUT

Margaret River WA. 11 - 12 May, 2024. www.MRultramarathon.com.au

Providing a spectacular journey Western Australia's Cape to Cape coastline - this is a bucket list for any trail runner. 80km race for solos and relay teams of up to 5, and a NEW 42km trail marathon for solo runners. Finishing at the beautiful Howard park Winery.



The Trail Running Series

Three wilderness locations within 1 hour's drive of Melbourne, www.TrailRunningSeries.com.au

Trail running races for everyone... The Trail Running Series includes 3 different race venues all within one hour's drive of Melbourne with short (~6km) / medium (~15km) / and long (~21km) course runs through spectacular wilderness. Make sure you are part of this revolutionary series in 2024.



Run Larapinta

Alice Springs, NT. 15 - 19 August, 2024 www.RunLarapinta.com.au

A four day, four stage trail running race along the most spectacular sections of the iconic Larapinta Trail in Central Australia. Race either the Malbunka with 20km - 45km stages or the Namatjira with 10km - 30km stages for an incredible event experience.



Surf Coast Century

Anglesea, VIC. 17 September, 2024. www.SurfcoastCentury.com.au

A spectacular 100km trail run along Victoria's surf coast and wildflower hinterland with the promise that no two steps will be the same. Do it either as an individual and run the whole 100km or 50km courses solo or join up with some friends in a relay team of up to 4 and run 25km each.



Good luck on race day and we hope to see you at another Rapid Ascent event soon.

www.RapidAscent.com.au