

Join our

# ESCAPE

to the trails this winter!



## EVENT PROGRAM SUNDAY 1ST JUNE BLACKWOOD

### WELCOME TO THE 2025 TRAIL RUNNING SERIES

We can't wait to ESCAPE TO THE TRAILS with you as part of our 2025 Series!

Get ready for another season of magnificent running as we head into winter with three incredible trail running events at three stunning locations. Whether you're a first-timer or a seasoned trail warrior, you'll feel right at home among the welcoming, down-to-earth community that makes these events so special.

Race 1 kicks off at the new venue of Blackwood that we think is a hidden gem for trail running enthusiasts like us... Blackwood is a friendly regional village with cafes, pub and a variety of accommodation that's surrounded by a delightful mix of trails through the Lerderderg State Park. We think it's the perfect place to kick off the 2025 series and we cannot wait to show it to you.

So shake out your legs, rally your mates and get ready to ESCAPE TO THE TRAILS. It's going to be an awesome winter!

**The Rapid Ascent Team**

### EVENT SCHEDULE SUNDAY 2ND JUNE

7:00 - 8:45am	Race Registration (race plate collection)
8:30am	START - LONG COURSE (22km)
8:40am	START - MEDIUM COURSE (16km)
8:50am	START - SHORT COURSE (8km)
10:45am	Short and Medium course presentations
12:00pm	Long course presentations

skraitch LABS



SURF  
COAST  
EVENTS



Beyond  
Move through life



Another event by:



# LOCATION & CAR PARKING

## EVENT CENTRE AND FINISH LINE

Blackwood Sports and Recreation Reserve – 31 Recreation Reserve Road, Blackwood VIC.

[CLICK HERE](#) for a map link.

If coming from Melbourne you are best to go via Bacchus Marsh and turn off just after Myrniong.

**Drive Time:** 1hr 20 from the Melbourne city centre, going via Bacchus March.

## CAR PARKING:

If the weather is dry we have permission to park on some private property directly opposite the Recreation Reserve. If it is wet then all parking will be on side roads such as along Recreation Reserve Rd, Simmons Reef Rd and other streets. Please be considerate of locals and don't park across driveways.



# THE EVENT CENTRE

The following competitor services and facilities will be set up at the Event Centre, making a welcoming environment for everyone to enjoy whether you are running or spectating:

- The start and finish line for all races
- Race registration and information marquee (from 7:00am)
- Displays by a range of sponsors including:
  - **Skratch** Hydration and Nutrition
  - **Australian Sports Beer** giving away a free can of their 0% alc beer for all runners + sales
  - **Blackmans Brewery** bar with free tastings and beer for sale
  - **Beyond** physiotherapy providing free massages
  - **Pro Feet Podiatry** consultations
  - **Ozone Performance** hats
- Event merchandise sales marquee
- First Aid point
- Bag storage area for runners' clothing during the race
- Live music, MC and commentary at the race finish
- Local caterer Rosie will be selling coffee and a range of snacks throughout the morning

# COMPETITOR SERVICES @ THE EVENT CENTRE

## BEYOND & PROFEET PODIATRY - FREE MASSAGE + PODIATRY ADVICE

Our terrific healthcare partners Beyond and Profeet Podiatry are back again and will have a Myotherapist, a Physio and a Podiatrist on hand to help enhance your performance and avoid injuries. They'll be providing some free massages and injury advice as well as tips on shoes, blisters, socks and more. Stop past and say hi.

Beyond  
Move through life



## FREE 0% BEER

Our long time partners Australian Sports Beer will be providing a free 0% alcohol beer for all runners. If you've not tried a 0% beer before or if you developed a taste for it at previous events then come and have a chat to Barry and grab a can for yourself or buy some for home.



## FREE TASTER BEER / SELTZER THANKS TO BLACKMANS BREWERY

Blackmans Brewery and Coast Seltzer are back again with an onsite bar providing free tastings and sales of their award winning beers and seltzers. This nationally respected brewery is based in Torquay with additional bars in Ocean Grove and Geelong - and they are trail runners who share our love for the trails. Drop by for a chat / meal / beer anytime.



## SKRATCH HYDRATION POINT - NO CUPS!!

There will be a hydration station located in the event expo / finish line area that will have water and Skratch hydration sports drink available - but you must BRING YOUR OWN CUPS OR BOTTLES...



## KIDS ACTIVITY ZONE

We'll have a bunch of games set up for kids (of any age) to play with during the morning, including Giant Jenga, Corn Hole and Quoits. *"Fun for the whole family!"*

## BITUMEN IS BORING BACKDROP

We will have our Bitumen is Boring backdrop with a range of fun placard signs for you to hold up and have fun with. Snap a selfie or grab a photo with some friends to create your own unique event photo.

## SOCIAL CHILL ZONE + LIVE MUSIC

We'll set up a social chill zone where you can relax and enjoy your post race vibes with chairs, umbrellas and live music and more. Grab a seat, buy a coffee/food/beer and enjoy life!

## BAG STORAGE

We will store your bags and keep an eye over them whilst you're running. Put all items in a closed bag, attach the tear-off bag tag from the bottom of your number plate and hand the bag to the storage area before your run. All care no responsibility.



"Trusted by runners  
to keep them running"

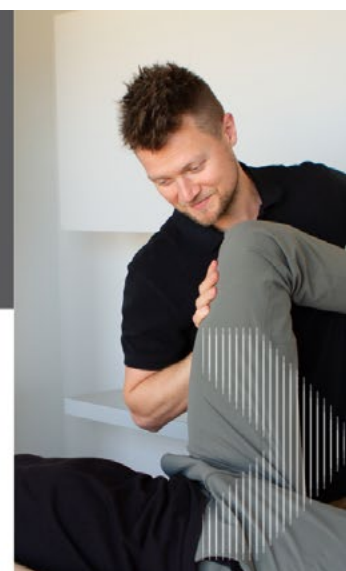
Proudly working with Rapid Ascent since 2022  
Please take advantage of an \$80 voucher\* to keep you running

Locations:  
Blackburn  
East Melbourne  
Hawthorn  
Newtown  
Ocean Grove  
Windsor  
w.movebeyond.com.au



\*Register here for  
voucher + T&Cs

Physiotherapy  
Osteopathy  
Clinical Pilates  
Exercise Physiology  
Podiatry  
Remedial Massage  
Myotherapy  
Womens Mens Pelvic Health Physio





## BYO CLUB MARQUEE

Groups and clubs are welcome to bring your own marquee to set up near the finish line to create your own race hub. Send us a quick e-mail with the details to [events@rapidascent.com.au](mailto:events@rapidascent.com.au) beforehand then set up your home base and enjoy the scene. (Marquees must be well pegged down and made safe).

## PLENTY OF SPOT PRIZES

We'll be handing out plenty of spot prizes during the race and at presentations so keep an ear out for your race number or prize competitions.

# BREWED ON THE SURF COAST



Proud Sponsors of the Rapid Ascent Trail Running Series

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**ADVENTURE**  
SPORTS BEERS



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New range of sports beers  
ready to taste  
Visit the sports beer tents at  
the finish line

# COMPETITOR IDENTIFICATION

## COMPETITOR NUMBER PLATE COLLECTION

All runners must collect your number plate from the registration marquee on the morning of the race (other than those who pre-purchased postage of their plates beforehand). So make sure you arrive early enough to collect your plate before your race starts!

## ON THE DAY ENTRIES

Entries will be accepted on the day at the event. Please enter via your phone and then show the entry confirmation e-mail at race registration.

## GOLD RUNNER FREEBIES!

Hey gold runners - don't forget to come past the registration marquee to collect your new Trail Running Series 500ml soft flask and head buff. These free items are limited to the first 350 people to enter as gold runners (check the entry list to see if you were within the [first 350 to enter HERE](#)).



## NUMBER PLATES

- All competitors must race with their number plate attached to the front of their t-shirt / top (and not on your shorts or leggings) so it is clearly visible from the front during the race.
- If you have a GOLD race plate and are doing all 3 races in The Series, please KEEP YOUR RACE PLATE to use it for your following races in The Series.

Gold Runners plate  
Long course series runners



Gold Runners plate  
Medium course series runners



Gold Runners plate  
Short course series runners



## FINISH LINE MEDALS - AVAILABLE FOR PRE-PURCHASE \$9.95

In 2025 we are providing runners the opportunity to purchase a finisher medal before the race rather than including the cost of the medal in the entry fee for all runners. We have made this decision to keep entry fee costs down and to minimise the wastage of making and giving a medal to someone who does not want it.

We will award finish medals to those who purchased them from the registration marquee after your race - so if you ordered a medal THEN COME AND COLLECT IT ONCE YOU FINISH!

Medals can still be pre-purchased [via the website](#). We will have a limited number of medals for sale on the day.



Medals from each race combine to create a series trifecta medallion



## ITRA WOMEN'S TRAIL DAY

Rapid Ascent are members of the International Trail Running Association (ITRA) and are excited to join ITRA in recognition of 1st June as ITRA Women's Trail Day. This is a global celebration designed to inspire and empower women around the world to get out on the trails and experience the joy of running together.

On June 1st, 2025, women are encouraged to gather friends or head out solo for a trail run and be part of this global movement. And by running with us at race 1 of the Trail Running Series you're doing exactly that!



# THE RACE COURSES

The running at Blackwood is beautiful... and features plenty of variety within each course. Starting at the picturesque recreation reserve, the courses follow predominantly single track that winds its way beside the Lerderderg River, along historic aqueduct trails cut in during the Gold Rush in the 1860's and along verdant green valleys filled with life.

The Long course stands out from the crowd with a solid climb in the middle of the course, whilst the medium and short courses are quite flat and will make for some fun (and fast) running as you slalom between the eucalypts. We're excited for the new trails and can't wait to show you!

**RACE DISTANCES** (all race distances are +/- 500m)

- Long Course: 22km, includes 570m elevation gain / loss
- Medium Course: 15.8km, includes 330m elevation gain / loss
- Short Course: 7.9km, includes 190m elevation gain / loss.

## FINISH LINE SPRINT

We will record and award a special Finish Line Sprint time for each runner as part of your overall race. The sprint will be over the last 100m - 200m leading into the finish line and allows you to show us how fast you can finish at the end of the race! It's all in a bit of fun with fastest male and female sprinters will receive a prize thanks to our sponsors!

## PASSING ETIQUETTE

With a lot of runners sharing a narrow trail there are a few points of etiquette when it comes to passing a slower runner. If you are a faster runner who wants to pass a slower runner on a narrow bit of track:

- Let the slower runner know you are there and want to pass – don't barge through
- The slower runner should respond and advise when it's safe to overtake.
- Only pass if you are legitimately faster. If you're pushing at 120% to overtake then stay behind for now.
- Slower runners - you don't have to totally stop when a faster runner comes through, make space but keep trotting along as well.

## HEADPHONES

We strongly recommend that runners DO NOT WEAR HEADPHONES and listen to music during the race. This is primarily for your safety, so that other runners and marshals can communicate with you.

## COURSE MARKING - IMPORTANT!!

The course will be clearly marked with the colours listed below. Note that you need to keep an eye out for and follow the course markings, there will not be marshals every 100m ready to direct you!

### LONG COURSE:

- **red and/or orange arrows** (pegged into the ground and fixed to trees or bushes)
- **fluro pink coloured** plastic surveyor's tape (tied to trees or bushes)

### MEDIUM COURSE:

- **green arrows** (pegged into the ground and fixed to trees or bushes)
- **green coloured** plastic surveyor's tape (tied to trees or bushes)

### SHORT COURSE:

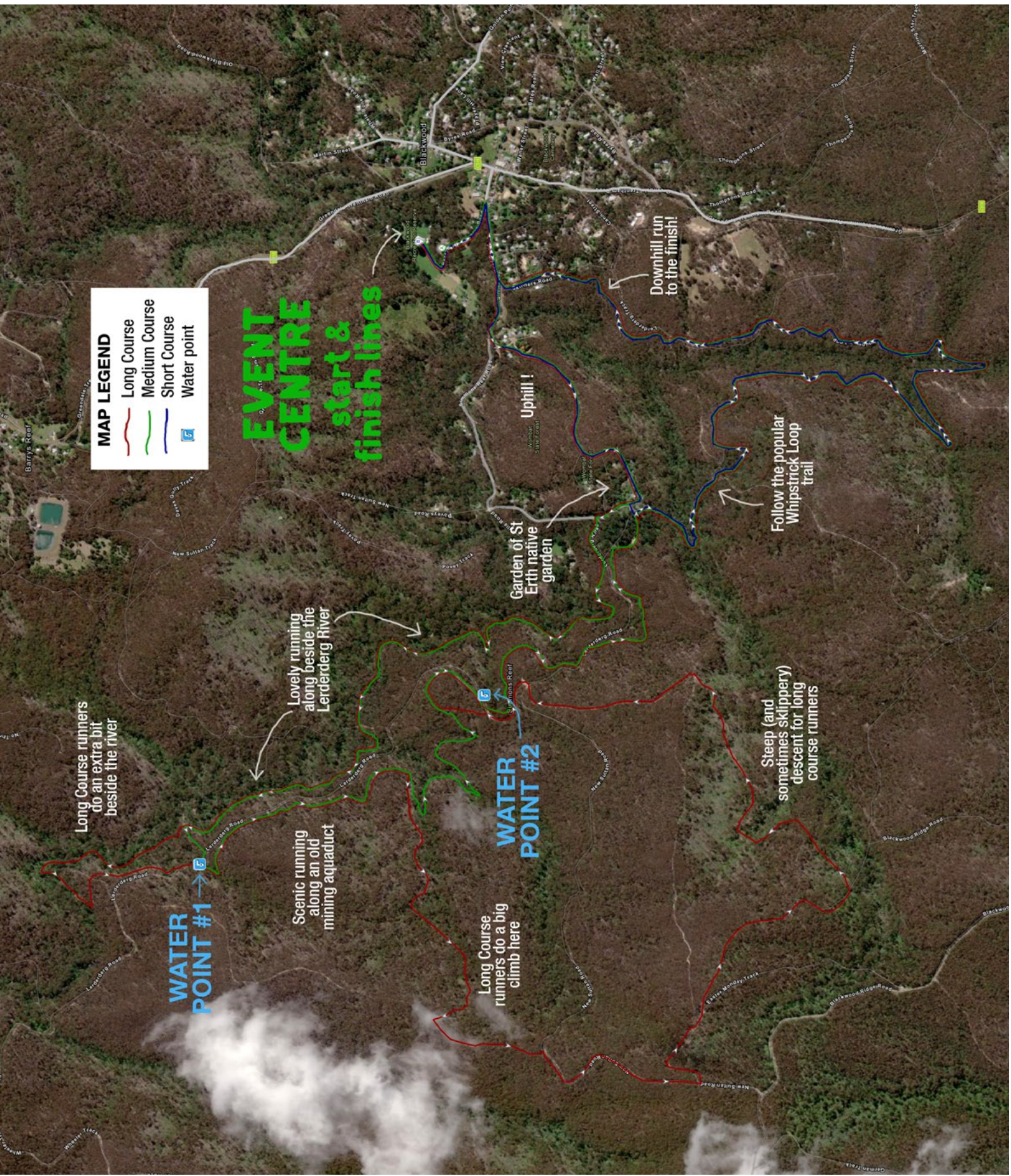
- **blue arrows** (pegged into the ground and fixed to trees or bushes)
- **aqua blue coloured** plastic surveyor's tape (tied to trees or bushes)

The colours of these course markings match the colour of the race plate for runners in that particular race (except Series Entrants who have a GOLD race plate).

**TRACK INTERSECTIONS:** Surveyor's tape will be placed immediately following a track junction to confirm you are on the correct track. Unless otherwise marked or directed, competitors should follow the most major track at all intersections. If there is no arrow at a minor track junction then continue along the major track.



# BLACKWOOD COURSE MAP





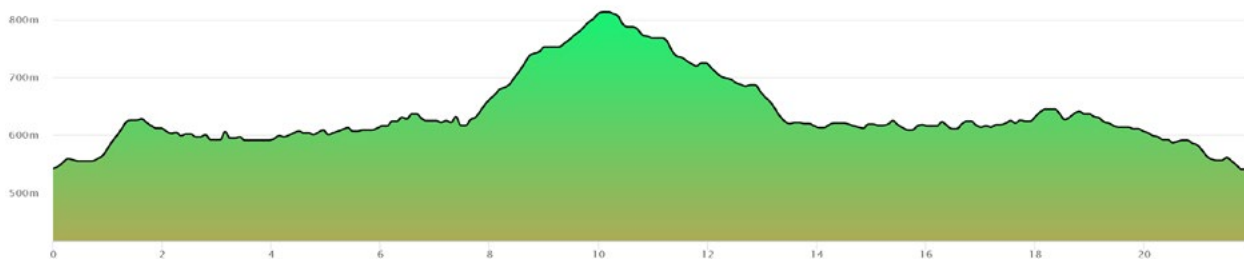
# COURSE DESCRIPTIONS

**LONG COURSE - 22KM** **Elevation gain:** 570m ascent **Water Pts:** 6.5km and 14.5km pts  
[CLICK HERE](#) to see the long course route on Strava

Starting at the recreation reserve, runners commence going uphill on a 4WD track and around the edge of the Garden of St Erth native garden. From here there's plenty of beautiful, flowing running on flat terrain beside the Lerderderg River and aquaduct trails.

Things get serious again at the 7.5km pt as long course runners commence a solid climb for a couple of kms before a fast steep descend back to the aqueducts. From here on the course continues along long sections of single track along the Whipstick Trail, with a few smaller undulations before a fast downhill finish back to the Recreation Reserve.

**Long Course  
elevation  
profile**

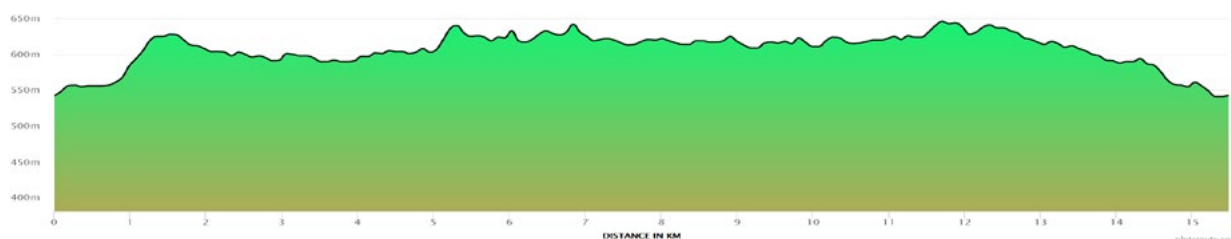


**MEDIUM COURSE - 15.8KM** **Elevation gain:** 330m ascent **Water Pts:** 5km and 8.3km pts  
[CLICK HERE](#) to see the medium course route on Strava

Medium course runners do a similar route to the Long but miss the large climb in the middle! Starting at the recreation reserve, you'll commence going uphill on a 4WD track and around the edge of the Garden of St Erth native garden. From here there's plenty of beautiful, flowing running on flat terrain beside the Lerderderg River and back along some weaving aqueduct trails cut in during the gold rush.

Coming back past the Garden of St Erth, you're following the Whipstick Trail through lush undergrowth and weaving gullies before a fast downhill finish back to the Recreation Reserve.

**Medium  
Course  
elevation  
profile**

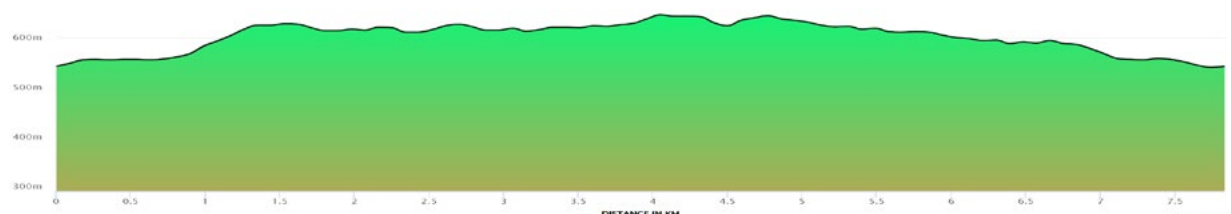


**SHORT COURSE - 7.9KM** **Elevation gain:** 190m ascent **Water Pts:** no water points on the short course  
[CLICK HERE](#) to see the long course route on Strava

The Short course basically does the first 1km and last 7km of the long course (avoiding most of the hills!) Starting at the recreation reserve, you'll commence going uphill on a 4WD track and around the edge of the Garden of St Erth native garden.

From here short course runners turn left and follow the beautiful Whipstick Loop Trail as it descends through lush undergrowth and along a fun aqueduct trail along the valley. The trail weaves in and out of a few side gullies before a fast downhill finish back to the Recreation Reserve..

**Short  
Course  
elevation  
profile**





# CATEGORIES & PRIZES

## ENTRY CATEGORIES

The following categories will be recognised at each race, categories determined by your age on race day.

- Under 15 Male and Female – Short Course only
- Under 20 Male and Female
- 20-39yrs Male and Female
- 40-49yrs Male and Female
- 50-59yrs Male and Female
- 60-69yrs Male and Female
- 70+yrs Male and Female

## GOLD RUNNER REQUIREMENTS

To receive an overall ranking in the 2025 Series runners must:

- Compete in all 3 races in the 2025 Series, entering either individually for each race, OR be entered as a 'Gold Runner'
- Runners must compete in the same distance event at each race – eg. all long course events.
- If a runner changes category during the course of the series (i.e. because of a birthday) for the purposes of the series they will be ranked in the category they raced in Race 1).
- Points will be awarded according to your overall place in your category at each race, the runner with the lowest number of points wins
- If points are tied between two or more runners, then the runner with the best result in Race 3 will win.

## RACE MEDALS AND PRIZES

Medals will be presented to 1st, 2nd and 3rd in each category in each race distance.

In 2025 we will be awarding the vast majority of our prizes as spot prizes anyone can win rather than giving them exclusively to race winners.

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COAST  
EVENTS

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Move through life

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- drink when thirsty  
- don't drink when not thirsty

skratch LABS  
hydration  
SPORT DRINK MIX

Hydrates faster than water

lemon + lime

90% of  
electrolytes in sweat  
is sodium

real athletes.  
real food. always

We use science to inform what will help your body perform its best. We use nature to make it taste as good as possible so you'll enjoy it. Nobody knows your body better than you. But nobody knows sports nutrition better than us. The human body is complex but the solutions to help it perform aren't. We follow this rule when we create products that solve problems and simple ingredients that each have a purpose !!

w: [skratchlabs.com.au](https://skratchlabs.com.au) - p: 02 9417 5755

# BITUMEN IS BORING MERCHANDISE

Share the message that 'Bitumen is Boring' with our range of branded merchandise that says what we all know is true...!

*GOLD RUNNERS please collect your free soft flask and neck buff at race 1 at Blackwood.*

## BITUMEN IS BORING T-SHIRTS \$40

This new addition to our Bitumen is Boring range is moisture wicking, de-oderized, UPF 30 -40, highly breathable and easy care. Designed and printed locally.. Men's and Women's sizes available.



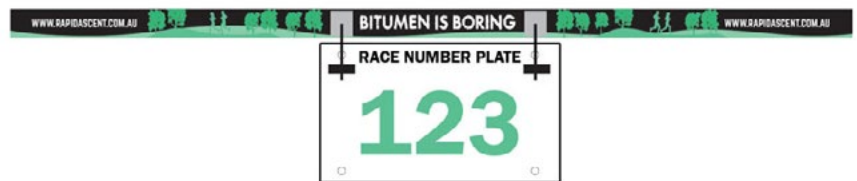
## BITUMEN IS BORING HOODIE \$109

This custom designed Bitumen is Boring hoodie is ideal for those cold winter morning before / after your run. It's made of a thick cotton weave with fleecy tunnel pocket at the front to keep your hands warm and fleece hood for extra warmth.



## BITUMEN IS BORING SOCKS \$35

These high performance technical running socks are custom made by Geelong based business Steigen. 3/4 length, one-size-fits-all with elasticated midfoot and cuff.



## BITUMEN IS BORING RACE BELT \$15 **NEW**

This is an adjustable, elastic race belt to attach your race number to so it's always displayed outside all clothing and doesn't need pins.

## RUNNING WAIST BELT \$15

A comfortable, light weight waist belt that fits all sizes of mobile phone and your keys.



## RUNNING VISOR \$25

Adjustable size, sports fabric visor that's great for running in.



## SOFT FLASK \$20 HEAD BUFF \$20

Both items are also available for individual purchase (limited remain)



## HEAD TORCH \$29

A small but very bright headtorch to keep you on the trails through winter's darkness. 300lumens, rechargeable, 3 light strengths + SOS strobe.





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**13 SEP  
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- ▶ Enhanced competitor services for 2025
- ▶ Diverse, achievable course
- ▶ Electric race atmosphere

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COAST  
EVENTS**

**skraich** LAB

**LA SPORTIVA**

**BLACKMANS  
BREWERY**

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Surf Coast Times

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