

Let's

ESCAPE

to the coast for a
mid-winter run

EVENT PROGRAM SUNDAY 6TH JULY ANGLESEA

WE'RE UP AND RUNNING AT THE 2025 TRAIL RUNNING SERIES

We're stoked to have you join us for another round as we visit some of Victoria's most inspiring trail running destinations.

This time, we're heading to the coast — and there's nowhere better to ESCAPE TO THE TRAILS than the stunning seaside town of Anglesea. With its spectacular coastal cliffs, wildflower hinterland and sweeping views over the Southern Ocean, this is trail running at its absolute best. Add in the salty air, flowing trails and that welcoming trail community vibe, and you've got a weekend to remember.

Whether you're chasing a PB, taking on your first trail run, or just soaking in the scenery, Anglesea offers something for everyone. So lace up, take a deep breath of that fresh ocean breeze, and get ready for an unforgettable day on the trails.

Let's do this – we can't wait to see you at the start line!

The Rapid Ascent Team

EVENT SCHEDULE

SUNDAY 6ND JULY

7:00 - 9:00am	Race Registration (race plate collection)
8:20am	START - LONG COURSE (28km)
8:35am	START - MEDIUM COURSE (15km)
8:50am	START - SHORT COURSE (8km)
9:00am	START - FRIENDLY 4KM
10:45am	Friendly 4km, Short & Medium course presentations
12:10pm	Long course presentations

skcratch LABS

ZERO+
SPORTS BEER

SURF
COAST
EVENTS

GreatOceanRoad
REALESTATE

BLACKMANS
BREWERY

ProFeet

Beyond
Move through life

Surf Coast Times

Another event by:

rapid
ASCENT
Reactive Event Management

LOCATION & CAR PARKING

EVENT CENTRE AND FINISH LINE

Anglesea Riverbank Park, Great Ocean Road - Anglesea. (Also referred to as the [Four Kings Carpark](#) on Google Maps)

DRIVING DIRECTIONS:

Get onto the Geelong bypass and exit at the C134 (Anglesea Rd) to Anglesea. Keep going on the same road (now called the Great Ocean Road) and enter Anglesea Township. Go over the bridge and continue beside the river until you see the parkland and event set up on the left hand side.

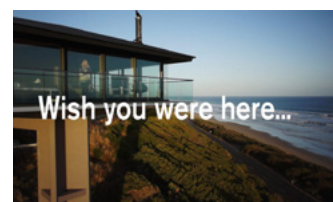
DISTANCE FROM MELBOURNE: 115km (~1hr20min)

EVENT ACCESS AND PARKING:

Recommended parking is in the sealed car park right next to the finish line. When that gets full, a safer bet is in nearer the 'Anglesea Green' located next to the Lawn Bowls Club, opposite the main Anglesea shops, and the side streets off the Great Ocean Road - Parker St, Harvey St, Minifie St or Murray St. NOTE: it is illegal to park over any yellow lines and please retain access for residents and locals.

STAY AND ENJOY THE COAST!

We encourage you make a weekend of it and stay in Anglesea for a couple of nights as an invigorating mini-break! Enjoy the beaches, bushland, restaurants and friendly wildlife without the rush of coming down and back in a single day. Our accommodation partner Great Ocean Road Holidays has over 1,000 short term rental properties along the coast with something to suit all budgets. Give them a call on 5289 4233 or head to the website to find your perfect escape! www.greatoceanroadholidays.com.au



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:

- Race registration, merchandise sales 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
- First Aid point
- Bag storage area for runners' clothing during the race
- Live music, MC and commentary at the race finish
- A range of food, coffee and snacks including coffee from Roadshow, Vietnamese from Bahn Mi and snacks from Twisted Temptations - yum!

The Race start line is on the beach! 400m away from the event centre.

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 - so why not drop past one of their venues by for a chat / meal / beer after your race?!



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. Combining this with our 'Friendly 4km' event and there is plenty for kids as well!

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.



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 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.

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.



BREWED ON THE SURF COAST



Proud Sponsors of the Rapid Ascent Trail Running Series



We're very grateful to have two beer sponsors attending our events. Feel free to visit their marquees for a brew and to learn more about their beverages and venues !



AUSTRALIAN
SPORTS
BREWING CO



Embrace the
ADVENTURE
SPORTS BEERS



LAGER

XPA

PACIFIC ALE

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 GOLD RUNNERS who collected their plate at race 1 and 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 - if you didn't collect your items at race 1 then don't forget to visit the registration marquee to collect your new Trail 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 from race 1 then remember to BRING IT WITH YOU and re-use it at race 2 (as well as race 3 in Silvan!).

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 the finish medals to those who purchased them after your race. Come to the registration marquee after you finish to collect it.

A limited number of medals can still be pre-purchased [via the website](#) - it is likely that these will be sold out by race day.



Medals from each race combine to create a series trifecta medallion



Make a weekend of it!
**BOOK A SHORT TERM
RENTAL AND RELAX...**

THE RACE COURSES

Anglesea's setting provides for a diverse course that really sets it apart from the other races in The Series due to the mix of coastal scenery and hinterland landscapes. **All races start on sand at the Anglesea Main Beach** before heading inland on a healthy mixture of single tracks and double tracks that sweep through the undulating terrain.

Whilst the races are the longest of the series, consensus is that they are not the hardest due to smaller hills (compared to Silvan) and the natural flow of the trails through the bushland. We are also thrilled to include the 'Friendly 4km' race - an event designed as a pathway into the sport for junior runners and other first timers

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

- Long Course: 27.7km, includes 560m elevation gain / loss
- Medium Course: 15.2km, includes 310m elevation gain / loss
- Short Course: 8km, includes 190m elevation gain / loss.
- Friendly 4: 4.5km, includes 75m 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 AND FRIENDLY 4KM:

- **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.

ANGLESEA COURSE MAP

Long course goes along Pt Addis Rd for 300m TAKE CARE

Long course goes along Pt Addis Rd for 500m TAKE CARE

Numerous course junctions - read signs carefully

Short course turns left at base of the steps

TWO WAY SECTION (runners going both ways - keep left)

ALL RACES START ON THE BEACH

ALL RACES FINISH BESIDE THE RIVER

LEGEND

- LONG COURSE (28KM)
- MEDIUM COURSE (15KM)
- SHORT COURSE (8KM)
- FRIENDLY 4KM
- WATER POINT
- CAR PARKING

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COURSE DESCRIPTIONS

LONG COURSE - 27.6KM Elevation gain: 560m ascent **Water Pts:** 12.4km and 22.4km pts
[CLICK HERE](#) to see the long course route on Strava

Long course runners start on Anglesea Main Beach with a short and out and back along the beach, then it's along the Surf Coast walk as it climbs away from the coast before descending back to the shoreline at Red Rocks Beach at the 7.2km pt.

Leaving the beach at the far end, runners continue along Pt Addis Road for a short way (watch for cars) and then there is another couple of climbs - up the Koori Walk and 'Snake Gully' trail before reaching the first water point at the 12.4km pt.

The course follows flowing single track from here all the way to the finish as you weave your way through the Eumeralla MTB trail network, going past your second water point at the 22.4km pt. From this point onwards most of the large climbs are done with just small undulations leading you back to the beach and the finish on the grass beside the river. Well done.

**Long Course
elevation
profile**

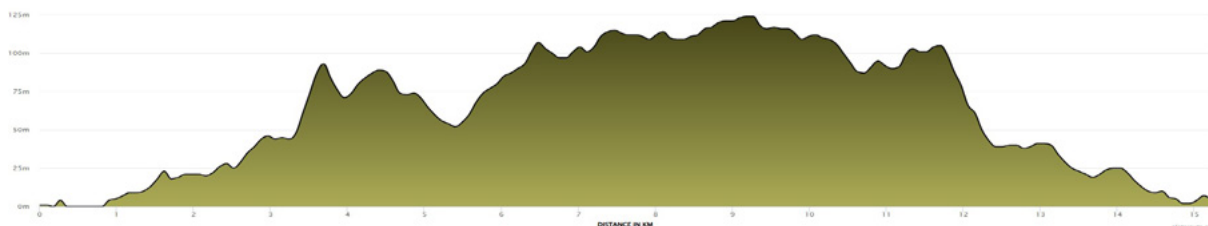


MEDIUM COURSE - 15.2KM Elevation gain: 310m ascent **Water Pt:** 10km
[CLICK HERE](#) to see the medium course route on Strava

Medium course runners start on Anglesea Main Beach with a short and out and back along the beach, then it's along the Surf Coast walk as it climbs away from the coast. The medium course separates from the long course at the 5.2km pt (so remember to keep left) and continues along flowing single track that weaves through the Eumeralla MTB trail network.

There's a gradual climb away from coast course junction that leads to your water point at the 10.1km pt. With the climbing basically done its undulating and downhill trail and 4WD track from here all the way to the finish, eventually leading you back to the beach and the finish area on the grass beside the river. Well done!

**Medium
Course
elevation
profile**



“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

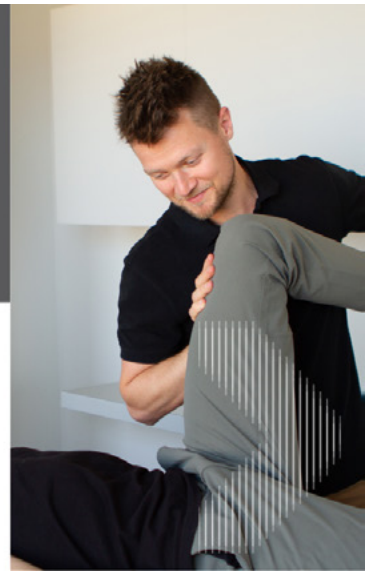
Locations:
Blackburn
East Melbourne
Hawthorn
Newtown
Ocean Grove
Windsor
w.movebeyond.com.au



*Register here for
voucher + T&Cs

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

Beyond

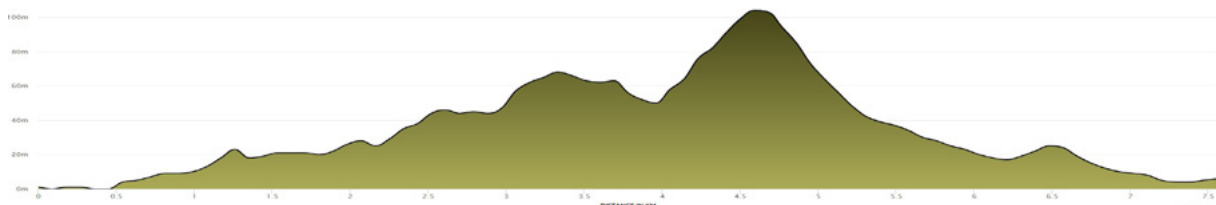


SHORT COURSE - 7.9KM Elevation gain: 190m ascent **Water Pts:** no water points on the short course
[CLICK HERE](#) to see the long course route on Strava

Short course runners start on Anglesea Main Beach with a short and out and back along the beach, then its along the Surf Coast walk as it climbs away from the coast. Continue along this spectacular, cliff top section for 3km and turn left to follow an undulating course through the coastal heath. This leads a tough climb at the 4km pt, past a look out that provides some spectacular views over Point Roadknight and beyond.

The closing few kilometres provide extensive views over the township and distant coastline as you descend steeply downhill past the football grounds, across the hinterland and emerge back on the beach at the river mouth. Then it's a short stretch across the sand to the finish line on the grass. WELL DONE!

Short Course elevation profile

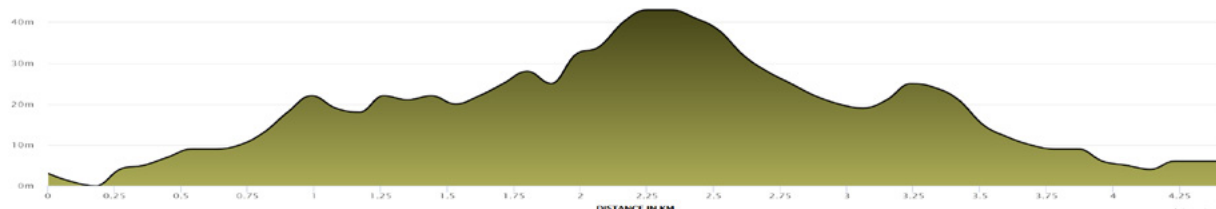


'FRIENDLY 4' - 4.5KM Elevation gain: 60m ascent **Water Pts:** no water points on the Friendly 4 course
[CLICK HERE](#) to see the long course route on Strava

We have a new course for the Friendly 4km this year with runners doing a short and out and back along the beach, then it's along the Surf Coast walk as it climbs away from the coast. Continue along this clifftop trail for 2km where you'll turn left and run along a little used, narrow and technical trail for 300m single track through the Ironbarks.

Turn left at the top of the hill and join a more popular trail and commence your descent back to the coast. Follow the trail as it skirts the caravan apark and then it's across the beach and into the finish on the grass beside the river. Well done

'Friendly 4' 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

Friendly 4km - overall male and female

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.

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.

skratch LABS



SURF COAST EVENTS

GreatOceanRoad REAL ESTATE



Beyond Move through life

Surf Coast Times

Another event by:



- 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 - 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 (if you forgot 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.



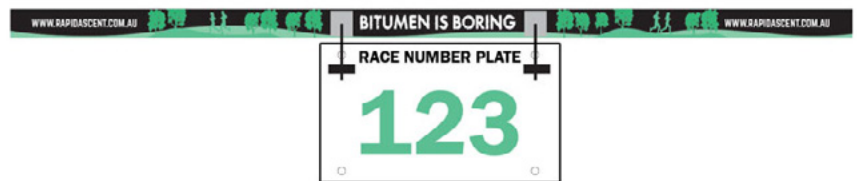
BITUMEN IS BORING HOODIE \$109

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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SURF COAST CENTURY

ANGLESEA / VIC



THE FEEL GOOD ULTRA

100K SOLO & RELAY TEAMS 50K SOLO RACE

**13 SEP
2025**

- ▶ Ideal for first timers and experts
- ▶ Enhanced competitor services for 2025
- ▶ Diverse, achievable course
- ▶ Electric race atmosphere

**SURF
COAST
EVENTS**

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LA SPORTIVA

**BLACKMAN'S
BREWERY**

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Surf Coast Times

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**rapid
ASCENT**
Adventure Event Management



What's on?

Keen to know what events and markets are happening on the spectacular Surf Coast?

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