



## EVENT GUIDE

### SUNDAY 5TH JULY

### ANGLESEA

## WELCOME TO THE 2026 TRAIL RUNNING SERIES

We can't wait to RUN A LITTLE WILD on the trails again as the Trail Running Series continues with Race 2 at beautiful Anglesea on Sunday 29 June!

After a fantastic season opener at Blackwood in late May, we're heading to the coast for another morning of fresh air, fun and flowing trails. Whether you're backing up from Race 1, joining us for the first time, or bringing the kids along for the Friendly 4km, you'll feel right at home among the trail running community that makes these events so special.

Race 2 takes place in and around Anglesea, one of Victoria's favourite trail running playgrounds. The courses explore a stunning mix of coastal heathland, twisting single track, open bush trails and ocean views, with that classic Surf Coast feel from start to finish. It's a venue we love returning to, with great running underfoot, plenty of space to gather afterwards, and the cafés, beaches and relaxed village atmosphere of Anglesea right on the doorstep.

So warm up your legs, rally your mates and get ready to run a little wild by the coast at Anglesea.

***The Rapid Ascent Team***

## EVENT SCHEDULE

SUNDAY 5TH JULY

|               |                                                   |
|---------------|---------------------------------------------------|
| 7:00 - 9:00am | Race Registration (race plate collection)         |
| 8:20am        | START - LONG COURSE (27.6km)                      |
| 8:35am        | START - MEDIUM COURSE (16.2km)                    |
| 8:50am        | START - SHORT COURSE (8km)                        |
| 9:00am        | START - FRIENDLY 4KM                              |
| 10:45am       | Friendly 4km, Short & Medium course presentations |
| 12:10pm       | Long course presentations                         |

**skraitch** LABS



**SURF  
COAST  
EVENTS**

**FREE  
TIME**

**GreatOceanRoad**  
REAL ESTATE

MOVE/BEYOND®



**Surf Coast Times**

Another event by:



# LOCATION & CAR PARKING

## EVENT CENTRE AND FINISH LINE

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

**Drive Time:** 1hr 20 from the Melbourne city centre, going around the Geelong Ring Road.

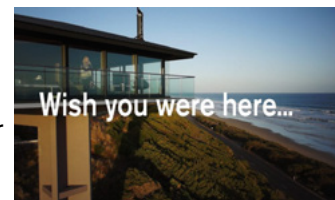
## EVENT ACCESS AND CAR PARKING:

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 (NOTE: it's definitely cheaper to book directly through them rather than with other booking websites). Give them a call on 5289 4233 or head to the website to find your perfect escape! [www.greatoceanroadholidays.com.au](http://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:

- The start and finish line for all races
- Race registration and information marquee (from 7:00am)
- Displays by a range of sponsors including:
  - **Free Time** giving away a free can of their 0% alc beer for all runners + sales
  - **La Sportiva** with a huge range of demo shoes to try (and race in!)
  - **Skratch** Hydration and nutrition samples and sales
  - **Move Beyond** Allied Health Team providing free massages and advice
  - **Pro Feet Podiatry** consultations
  - **Ozone** with a range of light weight running hats to buy
- Event merchandise sales marquee
- Bag storage area for runners' clothing during the race
- Live music, MC and commentary at the race finish
- Roadshow Coffee with their popular coffee trailer and brunch supplies

**The Race start line is 300m away on the beach! Allow 5min to walk there!**

# COMPETITOR SERVICES @ THE EVENT CENTRE

## FREE TIME 0% BEER

Our new partners Free Time (Bridge Road Brewers) will be providing a free 0% alcohol beer for all runners. Brewed with balance and refreshment in mind, it's the perfect post-event beer for sharing stories and soaking up the good vibes. Enjoy great taste, low alcohol, and more time for what you love.



## LA SPORTIVA - DEMO SHOES

La Sportiva manufacture some superb trail running shoes and have a big following within the trail community (our Race Director Sam swears by them!). They will have a large number of demo shoes for you to try on and even race in so you can learn more about their popular models and give them a test run (we love the Prodigio Max and Pro).



## 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...



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

Our terrific healthcare partners Move Beyond and Profeet Podiatry are back again and will have a full allied health team 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.

MOVE/BEYOND®



# ONE MORE STEP.

## PRODIGIO 2 | XFLOW

Redesigned from kilometres, hours, and meters of elevation on rocks and trails where every step is different. Redesigned in the key areas to ensure continuity, stability, and comfort as the distance increases. The XFlow technology works to absorb and return energy consistently, making progress smooth and natural. The new upper lightens the shoe, with a wider toe box for a more comfortable fit, without compromising precision. Precise fit. Stable structure. Comfort over long distances. Perfected to keep you in step. Find your flow at [lasportiva.com](https://lasportiva.com)



## 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.



## 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!"*

## 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!

## 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 weighted down - no pegs at Blackwood - and safe).

## ANGLESEA GENERAL STORE – THE PERFECT PLACE FOR BRUNCH

We suggest anyone who needs a coffee before your run or brunch afterwards heads to the Anglesea General Store at 119 Great Ocean Road. It's literally a 2min walk from the event centre (opposite the visitor information centre) and is the ideal place for a post race refuel. They've kindly giving us 5x \$25 vouchers we'll award as spot prizes - please support those that support us.



(There are plenty of other café's and restaurants in Anglesea so please support the local businesses and grab something before heading home. Thank you)

# THE GREATEST BEER OF ALL TIMES

Find some Free Time  
at your local bottle shop  
or supermarket.



# COMPETITOR IDENTIFICATION

## COMPETITOR NUMBER PLATE COLLECTION

GOLD RUNNERS - please bring your race plate from race #1.

All other runners must collect your number plate from the registration marquee on the morning of the race (unless you paid for it to be posted to you). 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 at race #1 then don't forget to come past the registration marquee to collect your new Trail Running Series Beanie! (personal request - come after your race when the rego tent is less busy! We won't run out of beanies.)



## 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, you should have received your plate in the post. BRING IT and KEEP IT FOR FUTURE RACES!

Gold Runners plate  
Long course series runners



Long Course plate



Gold Runners plate  
Medium course series runners



Medium Course plate



Gold Runners plate  
Short course series runners



Short Course plate



## FINISH LINE MEDALS - AVAILABLE FOR PRE-PURCHASE \$11.50

We provide 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. This is 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 Medal Marquee after your race - so if you ordered a medal THEN COME AND COLLECT IT ONCE YOU FINISH!

Medals are made of recycled metal and 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



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, 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: 27.6km, includes 560m elevation gain / loss
- Medium Course: 16.2km, includes 340m elevation gain / loss
- Short Course: 8km, includes 190m elevation gain / loss.
- Friendly 4: 4.5km, includes 75m elevation gain / loss.

## THE START

**START LINE LOCATION:** All races start on the Anglesea Beach, approximately 300m from the event expo area.

**STARTING PROCEDURE:** All races will start with a single wave start at the times listed on page 1. Runners must start within 5mins of the designated start time otherwise you cannot start that race. Race timing and results will be based on when the start gun sounds (called 'gun time'), not the time when you cross the start line.

## WATER POINTS

**ON COURSE WATER POINTS:** Water points on the course will have water and Skratch sports drink available but you must BYO your own cup or water bottle to drink from.

- Long course: 2 water pts located at the 11.3km pt at Pt Addis and at the 22.7km pt adjacent Forest Rd.
- Medium course: 1 water pt located at the 11.2km adjacent Forest Rd
- Short course: There are no water points on the short course
- Friendly 4km: There are no water points on the Friendly 4km course

**FINISH LINE WATER POINT:** There will be a water station at the finish line but you need to BRING YOUR OWN CUP OR WATER BOTTLE and fill it up from the taps provided.

## 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 receiving a prize thanks to our sponsors!

**Sprint  
finish  
GO!!!**

## 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.

**skratch** LABS



**SURF  
COAST  
EVENTS**

**FREE  
TIME**

**GreatOceanRoad**  
REALESTATE

MOVE/BEYOND®

 **ProFeet**

**Surf Coast Times**

  
Rapid ASCENT  
Adventure Event Management

## 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 along the course to direct you!

### LONG COURSE AND FRIENDLY 4KM:

- **red and/or orange arrows** (pegged into the ground and fixed to trees or bushes)
- **fluoro 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.



**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

# ANGLESEA COURSE MAP



# COURSE DESCRIPTIONS

## LONG COURSE - 27.6KM includes 560m elevation gain / loss

All runners start on the beach with a 3.5km loop to Pt Roadknight, coming back past the start before leaving the coast and continuing along the Surf Coast Walk. Continue along the cliff top track as it climbs to the top of a ridge and then descending back to the beach at Red Rocks beach and then through the Point Addis car park and water point at the 11.3km pt. Take care on the road section.

Turn off the road and enjoy some beautiful running along the cliff top and up a long climb through Ironbark Basin before crossing the Pt Addis road again at the 14.7km pt. From here on the course follows a weaving line through the bushland, on an almost endless network of single track and double track that's lined with wildflowers and friendly local wildlife. This second half is flatter than the first half and includes a 2nd water pt at the 22.7km pt.

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 stertch across the sand to the finish line on the grass. WELL DONE!

**Long Course  
elevation  
profile**



## MEDIUM COURSE - 16.5KM includes 340m elevation gain / loss

All runners start on the beach with a 3.5km loop to Pt Roadknight, coming back past the start before leaving the coast and continuing along the Surf Coast Walk. Continue along the cliff top track as it climbs to the top of a ridge and seperates from the long course at the 8km pt.

Medium course runners now turn inland, following a mix of single track and double track that's lined with plenty of wildflowers and friendly local wildlife. This middle section features a long steady climb leading to your water pt at the 11.2km pt before descending to Anglesea.

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 stertch across the sand to the finish line on the grass. WELL DONE!

**Medium  
Course  
elevation  
profile**



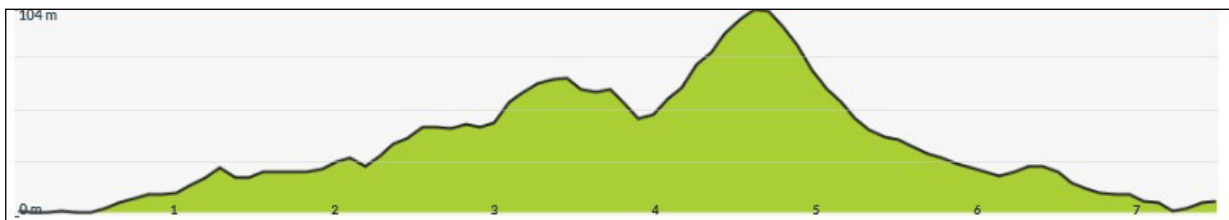
## SHORT COURSE - 8KM includes 190m elevation gain / loss

All runners will start on the beach and complete a short 300m out and back on the sand to spread everyone out, after which you turn off the coast and continuing along the Surf Coast Walk.

Continue along this spectacular, cliff top section of the Surf Coast Walk for 3km at which point short course runners turn left and follow an undulating course through the coastal heath. This leads a tough climb at the 4km pt, the top of which 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 stertch across the sand to the finish line on the grass. WELL DONE!

### Short Course elevation profile

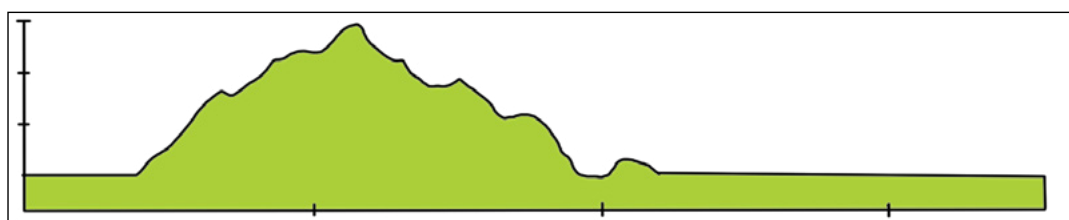


**'FRIENDLY 4' - 4.2KM**, includes 80m elevation gain / loss.

All runners start on the beach, running 400m along the sand and then turn right to go uphill on the steep boat ramp beside the Surf Life Saving Club that'll really get your lungs working! Turn left at the top and continue uphill on the Surf Coast Walk as it climbs above and around the cliffs, pausing to catch your breath and enjoy the views from the lookout at the top.

After the lookout it's a flowing downhill on a wide gravel track all the way to Pt Roadknight, where you hit the beach and turn left. Take care climbing over rock outcrop part way along the beach (called 'Soapy Rocks') as they are very slippery! Continue along the beach below the cliffs, back past the start and then turn left at the river mouth to finish on the grass. Well done!

### Friendly 4 elevation profile



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INITIAL CONSULTATION



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**Nov 2026**

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# 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

## RACE MEDALS AND PRIZES

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

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 2026 Series runners must:

- Compete in all 3 races in the 2026 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.

## 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.

# “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

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



**\$80 Voucher**

*\*Register here for voucher + T&Cs*

Blackburn/EastMelbourne/  
Hawthorn/Newtown/OceanGrove/  
Windsor-Prahran

## MOVE/BEYOND®



# 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 beanie at race 2 at Anglesea (if you missed it 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.



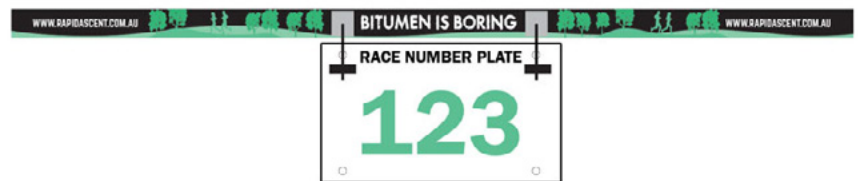
## BITUMEN IS BORING HOODIE \$109

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

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.



## 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.

## RUNNING VISOR \$25

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



# 100KM SURF COAST CENTURY



## THE FEEL GOOD ULTRA



**100K SOLO & RELAY TEAMS**  
**50K SOLO RACE**

**12 SEP**  
**2026**

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

**SURF COAST**  
EVENTS

**LA SPORTIVA**

**FENIX**  
LIGHTING FOR EXTREMES

**CLIF**

**skraitch**  
LABS

**BLACKMAN'S**  
BREWERY

**GreatOceanRoad**  
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**rapid**  
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Mountain Fuel Management



# What's on?

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

Head to [surfcoastevents.com.au](https://surfcoastevents.com.au)

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