

## 2026 SCC Welcome Pack



Dear runner,

Welcome to the Surf Coast Century 2026! As a registered participant in the [\*SUB\_EVENT\*] we are reaching out to welcome you to the event and share a few resources to get you inspired and prepped for the big day come Saturday 12 September.

The journey to the start line is as much of an adventure as race day itself, and we want to make this as enjoyable (and as efficient) as possible.

Happy training,

*From the Rapid Ascent team*



## TRAINING GUIDANCE

### Training Runs on the Course (FREE TO ATTEND)

We organise training runs on the course in the lead up to the event that anyone and everyone can attend. The sessions are with a friendly, non-competitive vibe, and provide a great opportunity to see the course, meet other runners and ask all those questions! Hosted by our friends at the Surf Coast Trial Runners who'll be leading, directing and supporting runners on the day.

- Leg 1 was held on Sunday 3 May.
- **Leg 2: Sunday 14 June**, 8am – 24.5km from Torquay to Anglesea
  - Full details and an RSVP on the Event Facebook Group: [HERE >>](#)
- **Leg 3: Sunday 12 July** – 27km from Anglesea to Moggs Creek (1st half the 50km course)
- **Leg 4: Sunday 9 August** – 24km from Moggs Creek to Anglesea (2nd half of 50km course)

## Training Routes on Course with Plotaroute

6 different training loop runs have been mapped out by our Race Directors so you can self-navigate your way around at any time.

- [GPX files and info HERE >>](#)

### Training Route index:

- Route 1: 19km on Leg 1 & Leg 2 – from Anglesea – [View Here](#)
- Route 2: 11km or 22km on Leg 2 & Leg 1 – from Torquay – [View Here](#)
- Route 3: 24km on Leg 3 & Leg 4 – from Anglesea – [View Here](#)
- Route 4: 11km on Leg 3 – Distillery Creek/Illawong Falls loop – [View Here](#)
- Route 5: 12km on Leg 4 – from Aireys Inlet – [View Here](#)
- Route 6: 17km on Leg 3 & Leg 4 – from Distillery Creek – [View Here](#)

## Training Programs

As a 2026 entrant, you'll have access to several very well resourced and respected training programs that are available to download from the event website. **Includes:**

- **Hanny Allston's** FREE Training Programs from Find Your Feet.
  - Separate beginners, 50km and 100km solo plans.
  - Use code: **Rapidascent** to download for FREE
  - [View and Download Here](#)
- Programs by **The Running Man**(David Eadie)
  - Separate plans for runners doing one leg of the race (approx 25km), 50km and 100km solo plans
  - [View and Download Here](#)

**View full details on the Training and Preparation page [HERE >>](#)**

## HYDRATION AND NUTRITION

As well as preparing your physical body, it'd good to prepare your gut and energy systems so they can get you through training and race day. We have recently partnered with Sarah Iles who's a qualified Functional Nutrition Consultant and trail runner who understands the specific needs of ultra runners.

Sarah has prepared some general advice and background information for how to fuel before, during and after a long run (both training and racing) that is definitely worth reading.

- **Read nutritional information [HERE](#)**

# TRAINING RACE? - The Trail Running Series, Anglesea

**Sunday 5 July, Anglesea: 8km, 16km or 27km Courses**

Race 2 of our Trail Running Series takes place at Anglesea with a range of courses that follow sections of the 100km course on Leg 1 and Leg 2. These make it an ideal training weekend 2 months out from the Surf Coast Century!

[Event and Entry Details Here >>](#)



## ENTRY REMINDERS

### Relay Teams - lock in your team members

To manage the members of your team (invite, swap, change details etc) you can do this yourself online. All teams MUST have confirmed details for each team member.

Follow the instructions [HERE](#).

### Entry Changes / Withdrawals

Please contact [events@rapidascent.com.au](mailto:events@rapidascent.com.au) if you need to withdraw or change the distance you are running. View the Refund Policy [HERE](#)

### Triple Crown

If the Surf Coast Century 2026 is the last race in your journey as a solo runner to gaining the coveted Triple Crown please email us asap: [info@rapidascent.com.au](mailto:info@rapidascent.com.au)

**View Triple Crown Honour Roll [HERE >>](#)**

## CLUBS/CHATS TO JOIN FOR SCC:

**STRAVA:** [JOIN THE CLUB HERE](#) and you'll be able to see what training others are doing, share kudos and gain motivation by being part of community of people training for the event.

**FACEBOOK CHAT GROUP:** Join your fellow competitors (past and new!) in a closed Facebook Group for SCC runners where you can share your ideas, enthusiasm and training tips with one another. [JOIN THE GROUP HERE](#).

## MERCHANDISE & FIRST AID GEAR: *must pre-order!*

Want to add some **merchandise** or **first aid gear** to your entry?

**You can do this online [HERE >>](#)**

*(Important note: All merchandise including event t-shirts are **PRE-ORDER** only! Don't miss out!)*

- 2026 Event T-shirt (technical sports fabric) with 50km and 100km options - \$40
- 2026 Event Hoody - \$109
- Surf Coast Century Long Sleeve Running Top - \$49
- Trucker Cap - \$35
- Buff - \$25
- Trail Gaiters - \$35
- Bitumen is Boring Merch (Tee \$10, Hoody \$109, Socks \$35)
- **First Aid Kit\* - \$20**
- **Safety Blanket\* - \$7**
- **Whistle\* - \$7**



*\*Mandatory Gear required for the event*

## EQUIPMENT AND MANDATORY GEAR

Please be aware of the mandatory gear list that all runners must carry whilst competing in the event. This applies to relay team runners, as well as 100km and 50km solo runners. We strongly encourage you to check this list **now** and become accustomed to it well before race day.

- View the Equipment and Safety page [HERE](#).
- Missing some Gear or need to purchase any new gear? We recommend our official retail sponsor for the Surf Coast Century, [Bogong Equipment](#)

## FENIX Headlamps

Event sponsors FENIX are offering all participants 20% off their products! We love their lights, made with lightweight materials and the latest innovations - they are super bright, rechargeable and easy to use. We recommend the [HM55T](#).

FREE shipping too with orders over \$89

Visit their website [www.fenixlight.com.au](http://www.fenixlight.com.au) and use 20% coupon code: **RAPID20**

## NEED ACCOMMODATION?

A wide range of accommodations are available in Anglesea, where the event starts and finishes. From Holiday Rentals to YMCA Camps and Resorts!

### OFFERS:

- **Great Ocean Road Holiday Rentals** have the largest range of holiday homes and self-contained apartments right along the coast. Early arrival and late checkouts for competitors! Visit their website [www.greatoceanroadholidays.com.au/](http://www.greatoceanroadholidays.com.au/)
- **YMCA Anglesea Discovery Camp** - \$85pp, per night for a simple bunk-style accommodation option. Book directly [HERE](#) (look for the Rapid Ascent logo).

View ALL suggested Accommodation options on our website [HERE](#).



## HAPPY TRAINING

We hope this email communication has given you further insight and understanding for how to prepare for your Surf Coast Century.

We are here for you – so if you have any questions, please contact us at any time OR post your question on the [FACEBOOK GROUP](#) and let the community of runners who've done this event help you out. See you in September!

*From the team at Rapid Ascent.*

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