



SUPPORT CREW NOTES

Fully Rad Adventures welcomes you to the LAKES TRAIL FESTIVAL. We are super excited to have you come and experience the beautiful Myall Lakes with us. You are an important part of the event. Thanks for taking care of your runner.

Being an ultra-runner support crew means serving as a crucial lifeline for a runner during a race by providing logistical, physical, and moral support at designated checkpoints. A crew's responsibilities include carrying and distributing nutrition and hydration, assisting with gear changes and minor medical issues like blisters, and most importantly, offering unwavering moral support and encouragement to help the runner overcome the extreme challenges of the event.

Key Responsibilities of Support Crew

Logistical Support - Following the race route to designated checkpoints, carrying supplies, and managing gear.

Nutrition & Hydration - Preparing and handing over the runner's food and drinks and keeping track of their intake to meet race-day goals.

Physical Care - Assisting with gear changes, managing blisters, providing foot rubs, and other physical aid to keep the runner comfortable and on course.

Moral Support - Providing encouragement, positive affirmations, and a positive attitude, especially when the runner is struggling, and their mental fortitude is tested.

Problem-Solving - Anticipating needs and helping to solve problems that arise, such as a dead headlamp battery or a missing cable.

Important Aspects of Crewing

Dependability - A crew member must be reliable, consistently behaving in a way that inspires confidence and support in the runner, especially when the runner's brain is "mushy".

Knowledge of Race Rules - Crews must adhere to race-specific regulations, which often restrict support to aid station boundaries to prevent unfair advantages or disqualification.

Communication with the Runner - It's vital to know the runner's personality, including when they prefer to talk and when they need silence.

Organization & Planning - Proper planning, packing essential items like sunscreen, wipes, and spare gear, and understanding the runner's race plan are key to a successful crew experience.

Some links that will help

https://youtu.be/_8QjpJf0KiY?si=bX_FdcqNKIMF1uNM

<https://youtu.be/Oysi9C-Y2F0?si=4lXKHfHVq-nOMe47>

<https://youtu.be/fHpXJSV3axs?si=zr2B0WXc2HajG4W2>

<https://www.trainingpeaks.com/blog/crewing-for-ultramarathon/>

ACKNOWLEDGEMENT OF COUNTRY

Fully Rad Adventures acknowledges the Worimi people, Traditional Custodians of the land on which we will gather and move through on race day, and pay respects to their Elders past and present. We extend that respect to Aboriginal and Torres Strait Islander peoples that are present on race day.

SCHEDULE

Friday 3 October

4pm till 7pm Pre-race check (all races)
@ RACEHQ - Providence Bay Park, Booner St Hawks Nest
Mandatory for 100km, 70km runners & 100km teams

6:30pm **Pre-Race Briefing** Not compulsory – but we'd love to have you there ☺

Saturday 4 October

6.30am RaceHQ OPEN
100k & 70k CP1/3 drop bag
ALL START LINES @ Providence Bay Park - RACEHQ
Pre-race check in & very late entry open for 50km, 30km, 12km & Kids Run
Registration/check in closes 30min before your race start

STARTS

NB – NEW START TIMES – ALL RACE STARTS @ RACEHQ – PROVIDENCE BAY PARK

7.30am	100km
8am	70km
8.30am	50km
9am	30km
9.30am	12km
3pm	Kids 1km run

Sunday 5 October

9am Presentations

RaceHQ

RaceHQ location and the finish line is Providence Bay Park, Booner St, Hawks Nest. All races start here. Based here will be race day rego, medical, timing and event logistics as well as CP2 (100k & 70k). There is plenty of street parking however please note that it will get busy and on Booner St, opposite RaceHQ and in the carpark beside the Park there will be no parking before 9:30am. When parking make sure you do not block any local driveways. Toilets and shops are nearby.







LAKES Trail Festival partner

VELOUS are leaders in recovery footwear – the shoes you recover in are just as important as the shoes you run in. Their Tri-Motion™ Tech will make a big difference post race.



RECOVERY IN MOTION

PURE

SPORTS NUTRITION

OFFICIAL HYDRATION PARTNER



RACE DAY INFORMATION

CHECK IN & LATE ENTRY

The first Check-In will be at RaceHQ – Providence Bay Park (Booner St, Hawks Nest) on Friday 3 October from 4pm until 7pm. This will be open for all races. There will be a 20min pre-race briefing at 6:30pm – this is a good chance to get those last-minute questions answered. We will accept late entry for 50km, 30km, 12km and 1km (kids) races only. There will be no late entry for the 100km and 70km races. Race day morning, Saturday 4 October, check in and late entry will be at RaceHQ from 6.30am. Registration and check in closes 30min before each race start.

To Check-In, you should bring proof of entry (digital or hardcopy) and photo ID (driver's licence or passport). You will also be required to sign the event waiver. Only the person registered can pick up their Race Kit at Check-In. For teams one member may collect the race kit for the team but all team members will need to sign a waiver. You can download and pre-sign the waiver from the [website](#).

GEAR CHECKS

We will not be conducting gear checks at Check-In. Rather, there will be random gear checks at Checkpoints and water stations. It is your responsibility to ensure you have your mandatory gear with you at all times. Please refer to the mandatory gear list on the [website](#).

RACE NUMBER

Each distance has a different coloured race number and we are keeping the same colours as 2024. Green for 100km, orange for 70km, yellow for 50km, red for 30km, pink for 12km and black for Kids 1km.



Your runners race number must be visible at all times on the outside of your clothing and on the front of your body. It must not be worn on your pants or leg. Do not cover the race number with a backpack strap or article of clothing as this can prevent your timing tag from registering at the timing points. Do not fold, bend or cut your race number. Using a race belt to attach your number is highly recommended as they are comfortable, make it easy when changing clothes and ensure the number is always visible.

It is important that all participants complete the Runner Details & Emergency Contact information on the back of the race number. Parents – please make sure you note down a contact number for all children.

RUNNER WRISTBAND

At Check In each runner will be given a coloured wristband – which will match the race number colour. This must be worn for the duration of the race. This is to help event marshals recognise what distance they are running. This must stay on until they have finished.

TEAMS

For the LAKES100 relay the course is broken into 4 parts distinguished by the CPs and each part is 'roughly' 25k in length – but some legs are harder than others! A team can have a mix of members from 2, 3 or 4. For teams of 2 or 3 obviously someone runs an extra leg or two. Teams must carry all mandatory equipment and are responsible for getting themselves out on the course and to and from respective Check Points. NB: a changeover can only occur at a CP. For the LAKES50 team of 2 the same rules and conditions apply with the changeover at CP1.

NEW ROUTES

There are new courses this year. The 100k, 70k, 50k and 12k have updated routes. Make sure you check the website to see the changes. Go [HERE](#)



START LINES

ALL RACE START AT RACEHQ – PROVIDENCE BAY PARK – BOONER ST, HAWKS NEST

FINISH LINE

All races will finish at Providence Bay Park, Booner St, Hawks Nest. Supporters are invited to make a day of it, cheering runners in and exploring Hawks Nest.

WITHDRAWING

100km & 70km

Any withdrawal must be at a checkpoint unless you are assisted from the course by the Medical Team.

To withdraw at a checkpoint:

- Notify the checkpoint staff that you are withdrawing.
- Complete and sign the checkpoint withdrawal form.

If you runner withdraws you must let us know.

MEDICAL

Medical will be available at every checkpoint, at the Dark Point Water Station and the Finish Line. There will also be roaming first aid vehicles on the course for emergencies.

Each runner is responsible for their own wellbeing and basic first aid. They should carry their own blister pads/band-aids, lubricant, sunscreen and strapping tape. Please be aware of the effects of dehydration, hypothermia, and extreme fatigue. If you are not fit to continue please withdraw from the race at the next checkpoint. You should familiarise yourself with the correct use of a space blanket. If using a space blanket, wrap it fully around your body. If you need to stop, seek shelter from the elements, put on all your dry clothing and wrap the space blanket as tightly as possible around your whole body.

If you pass an injured runner, please assist them, and follow the Runner Emergency Instructions card. Record how long you stopped and notify the staff at RaceHQ and they will adjust your time accordingly. Runners are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment; it is therefore strongly advised that all runners hold adequate personal insurance and private health insurance (inclusive of ambulance cover).

RESULTS

All results will be available from Tempus Timing, on the LAKES website and on social channels within 36hrs.

PHOTOS

The official event photographer will be Outer Image Collective.

Photos will be available for purchase within 36hrs

Ensure your race number is visible during the race.

Check out last year's pics [here](#)



SUPPORT CREWS & SPECTATORS

We ask that support crews and spectators looking to watch their runner on course, at any time during the race, respect road rules, and move around the course in a safe manner. Also, be aware that the Park is open to the public and the event is sharing the space. Some of the course travels through popular locations so expect to come across other Park users. Runners and supporters do not have right of way.

When driving to and from checkpoints and RaceHQ be safe and considerate of where you park. Do not park or drive illegally on private premises. Please be considerate of residents and campers in surrounding areas and keep noise at a minimum when arriving at and leaving the event areas, especially at night.

Please be aware of wildlife at all times when driving in the National Park. The course - including at the finish line and checkpoints - is a high-volume area for wildlife activity. Please exercise caution and ensure you drive at or below the speed limit. Particular care should be taken in areas where the course is adjacent to the road and at dusk, dawn and night.

VOLUNTEERS

Events like the LAKES TRAIL FESTIVAL do not go ahead without the help of the many volunteers. Thank you to all those that have registered to volunteer already. We have volunteer roles for everyone, from being the first person a runner meets at check in to a medal presenter at the end of their race. Roles include Check in desk, On Day Registration Desk, Sweepers, Medal Presenters, Course Marshalls, Event Set Up and Pack Up Crew.

All volunteers will be given free entry to LAKES 2026 + a t-shirt and will be fed and watered.

If you can help at this year's event please drop us a message – rich@lullyrad.com

You are encouraged you to say *THANK YOU* to the volunteers whenever possible! Without the volunteers, we simply would not be able to hold this event.

MANDATORY GEAR

Our goal is not to have you carry loads of gear that you won't use and have arduous gear checks just for the sake of having gear checks. But we have to balance this out with the fact that this is an off-road run, some of it in remote country. It is this combined with our racing experience that has guided this gear list. Remember it is your responsibility to carry the 'right' equipment, clothing and supplies for this race. The 'right' piece of kit depends entirely on you. We strongly recommend that you give this serious thought and test gear out before race day.

There are 3 categories – 'Mandatory', 'Recommended' and 'Suggested'.

'Recommended' means just that and are based on our experience and knowledge of the region. Ultimately your call, though "damn fool if you don't" could apply.

'Suggested' can be translated as "up to you, but you may seriously regret not having it." And, we will admit, there is a certain degree of comfort here, which may or may not appeal to you.

'Mandatory' means you must have it and you won't be able to race without it.

Each distance has a specific mandatory gear list. Can be downloaded from the website.

<https://www.lakes100.com.au/info>

100KM &
70KM GEAR
LIST

50KM & 30KM
GEAR LIST

12KM GEAR
LIST

If you need any help or advice regarding gear drop us an email and we will help.

HIGH VIS VESTS

The high vis vest must be carried at ALL times. The vest must be worn as the outer most layer and over the top of your running backpack upon sun set or otherwise instructed by a course marshal. The vest is mandatory after 5pm.

PENALTIES

Random gear checks will be performed during the event. For fairness a 30min time penalty will apply for every item that is missing. The time penalty will be served at the location of the gear check point and the runner will not be able to proceed on course until the penalty is served. During this time, the runner must arrange for the missing items(s) to be replaced or they will not be allowed to continue even after the time penalty has been served. For severe breaches of mandatory gear or failure to comply with the requests of event marshals, the runner may be disqualified. Where it is not feasible to serve a time penalty on course, the penalty will be added to the runner's overall race time. If a runner takes a short cut or receives assistance in an area other than a checkpoint then they will be disqualified.

TRACKERS

With the new course and improved runner monitoring systems there will be no trackers this year.

COURSE INFORMATION

Indicators: All courses are marked with a combination of orange flagging tape, reflective strips and red on white background arrows and crosses (A5 size).

Intersections: An arrow will indicate the direction to travel followed by two pieces of orange flagging tape. This will continue for a short distance along the correct course. A cross will be within 20m along any of the incorrect routes out of each intersection.



Along the course: Orange flagging tape will be displayed at least every 500m along the majority of the route and distance signs every 5km. NB: There will be no markers on the beach legs. Each beach exit point will be marked with a flag, tape and glow sticks at night.

Due to the remote nature of this event not all turns will be staffed with a marshal. Wherever possible we will have a combination of markings, signs and course marshal. **It is the responsibility for each runner to know their course and to be able to follow the course map for a general idea of where they are at all times. Refer to the event website for maps, course descriptions, GPX files of the course.**

Runners are to remain on the marked course at all times. Do not go off the marked trail and do not trespass on to private property. If you find yourself off course, return to the last known point of departure from the course and continue on the marked route. The course **MUST** be followed as marked. Do not shortcut or alter the course in any way including, but not limited to:

- Diverting around puddles or boggy trail sections
- Avoiding creek crossings

As a rule: if the trail goes through it, so do you! It is **IMPORTANT** that you do not divert off-trail to avoid sections as this type of diversion can cause significant damage to the surrounding vegetation. Similarly, for the on beach sections runners must stay on the beach. Runners found to be crossing anywhere other than at marked locations or diverting off the beach to find trails will be disqualified.

Final beach exit point – we know you will be keen to get off the beach at this point - this year we will have flagging, signage and glow sticks at night.

CUT OFFS

We are committed to getting everyone across the finish line however some cut offs will be necessary to ensure the safety of the event crew and runners. The 100km runners will have 30hrs to finish, 70km runners 22hrs, 50km runners 15hrs and 30km runners 7hrs. The last 70km and 100km runner will need to leave CP2 at Providence Bay Park by 8pm on Saturday night. Please note that in bad weather, cut-offs may need to be brought forward during the event. If this happens changes will be clearly communicated at all checkpoints.

TOILETS

There are toilets at RaceHQ. There are also toilets located in various campgrounds and reserves along the route. If the need arises to go to the toilet elsewhere (and it might!) please follow *Leave No Trace* principles: If there's a toilet, use it. Otherwise bury all fecal waste and toilet paper in a hole 15-20cm deep using a trowel or stick and at least 100m from water, camps and tracks. Cover and disguise the hole when finished to aid decomposition and discourage animals. Wait until you get out of sensitive areas before defecating or urinating. Carry out things that won't easily decompose.

SAFETY

This is a long event and covers walking tracks, fire roads, sealed roads, dune systems and beaches. Runners will be travelling through remote areas that are not easily accessible and on some rarely used tracks. You will be racing in remote, dynamic and sometimes challenging areas. The trails can be rough, uneven and slippery (especially in wet conditions). Please take care, especially on the beach sections. It is your responsibility to proceed with caution. The tracks, trails and beaches are not closed to other users. Be aware of tourists, other walkers, cyclists and 4WD users on the beach.

Safety must be your number one priority.

The temperature will range from a low of 10-12 to a top of 20-25. Expect the night on the beach to be cold. The mandatory gear requirements are for your safety and are the bare minimum that you will need. Please check forecasts and be prepared for all conditions. Consider carrying, or having accessible, extra warm gear if the weather requires. If you are injured or lost you may have to wait out in the open for up to several hours during the night. Medical teams will reach any injured participants as soon as possible but depending on the location this may take over 2hrs.

PERSONAL RESPONSIBILITY

Be advised that rescue by officials or emergency services will not be possible immediately. In the first instance you are responsible for yourself. The race has systems, staff and procedures in place to create a safe race; however, there may be reasons/events outside of our control that may impact them. It is not practical to provide all the safety needed for all possible scenarios. If you are not willing to accept this and take personal responsibility, you should not start this race. If at any time you feel that a section is unsafe or you are not comfortable with the level of risk, take action immediately. This is your call and your responsibility.

DROP BAGS (100km & 70km runners only)

We will have a drop bag service to checkpoints for runners without a support crew. Runners may use a mixture of support crew and drop bag service. Note the new CP locations. CP1 is also CP3. CP2 is at RACEHQ. The drop bag service should not be used for any checkpoints that your support crew will definitely be at. Drop bags can be useful for extra food, gels, lube, fresh socks, clothing, spare head torch and for warm, dry clothing and footwear at the finish. NB: Drop bags will not be transported to water stations.

One drop bag per runner is permitted for each checkpoint. They must be closable and SOFT (Woollies/Coles Cool Bag is the best option). **Plastic bags/garbage bags and plastic boxes are not permitted.** Bags must be less than 20ltrs in volume and weigh less than 10kg. The finish drop bag can be as large as needed. Drop bags must not contain any glass and liquids must be limited + securely contained. Valuable items should not be left in drop bags. They must be marked with surname, race number and checkpoint location (ie CP1, CP2, CP3 or FINISH). Write on the bag with a thick permanent marker pen rather than trying to attach a label that may be ripped from your bag during transport.



ALL drop bags need to be delivered to Providence Bay Park on Saturday morning by 7:30am. You must not leave drop bags prior and unattended. It is the responsibility of the runner to ensure drop bags are placed at the correct spot. Finish line drop bags should be left in the designated area at RaceHQ on Saturday morning. Drop bags will be returned to the drop bag marquee at RaceHQ as soon as possible once the CP has closed. It is the responsibility of runners to collect their drop bags from the finish. Any drop bags not collected by midday on the Sunday will be disposed of.

SUPPORT CREW (100km & 70km runners only)

The runner is responsible for the actions of their support crew. Support crews must comply with all instructions from event staff, road marshals and officials. The runner may be penalised or disqualified for actions or breaches of the rules by their support crew. Support crews must obey all road rules and drive within the speed limits. Please ensure that support crew get sufficient rest and are not tired when driving. Support is only permitted at Checkpoints. Runners must not receive outside assistance at any other points on course. Assistance from event staff is fine. Also, support crews and spectators are not permitted to run with or pace runners. Support crews are limited to one vehicle per participant at Checkpoints.

DINGOES

There are dingo's in Myall Lakes National Park. We have seen them on a number of trips. Runners saw them last year. On each occasion the dingo has not bothered us and curiously watched for a while before wandering off. At no time did we feel threatened or concerned. If you see a dingo while out on the course just ignore it and keep moving. Under no circumstances should you attempt to interact with them or feed them.

SNAKES

There may be snakes on the course. If you come across one – leave it alone and wait for it to pass or safely move around it. If in the unlikely event you are bitten call 000 and RACEHQ immediately.



COURSE MAPS AND PROFILES

NOTE - new routes this year! Course maps, GPX file and KML files are available on the event website. Every effort has been made to keep the event as close as possible to advertised distances, but this is running in a dynamic outdoor environment. We expect individual variances on GPS watches and programs you use. As previously mentioned, the course will be marked and marshalled but you should have an understanding of where you are going.

CHECKPOINTS & WATER STATIONS

The 100km, 70km and 50km courses will have checkpoints (CPs) with nutrition, water, medical and moral support. CP1 will be at the end of the Wildflower Walk, CP2 RACEHQ (100km & 70km only), CP3 back at end of Wildflower Walk. All CPs have limited parking, facilities and phone reception. There will be two water stations on the course providing minimal sustenance, water and first aid. Support crews are permitted to give assistance at all CPs but not at water stations.

CHECKPOINT 1 – End of Wildflower Walk – 100km, 70km & 50km

Latitude -32.581118 | Longitude 152.285576

<https://maps.app.goo.gl/huADcPNCU2x6ue6W8>

Water, PURE Sports Nutrition electrolyte drink, fruit, salt, chips, coke and lollies will be available.

For teams this will be the end point for runner 1 and the start point for runner 2.

There will be a timing mat at this CP – all runners must pass over the mat when exiting.

The scouts are running this CP – they will take care of you ☺

Support Crews & Teams

There is not a lot of parking. Be careful when arriving to CP1 as there will be runners crossing Mungo Brush Rd. Do not park within 100m of Mungo Brush crossing. Do Not block Mungo Brush Rd. There are no toilets here, no power and phone reception is patchy.

CHECKPOINT 2 – RACEHQ Providence Bay Park – 100km & 70km

Latitude -32.672872 | Longitude 152.184011

<https://maps.app.goo.gl/SezYmc4RJV9FwKkL6>

Water, PURE Sports Nutrition electrolyte drink, fruit, salt, baked goods, chips, coke and noodles will be available. Along with cheers from spectators, general public and the event team.

For teams this will be the end point for runner 2 and the start point for runner 3

There will be a timing mat at this CP – all runners must pass over the mat when exiting.

Support Crews & Teams

Watch for other area users. There are toilets here, power and phone reception is good.

CHECKPOINT 3 – Same as CP1 - 100km

WATER STATIONS

There are two water stations on the course providing minimal sustenance, water and first aid.
Support crews are not permitted to provide assistance at Water Stations!

Pipers Creek trailhead & Mungo Brush Rd

Latitude -32.629009 | Longitude 152.203866 <https://maps.app.goo.gl/dsLDdPjUgmlUYmNa5>

Dark Point carpark

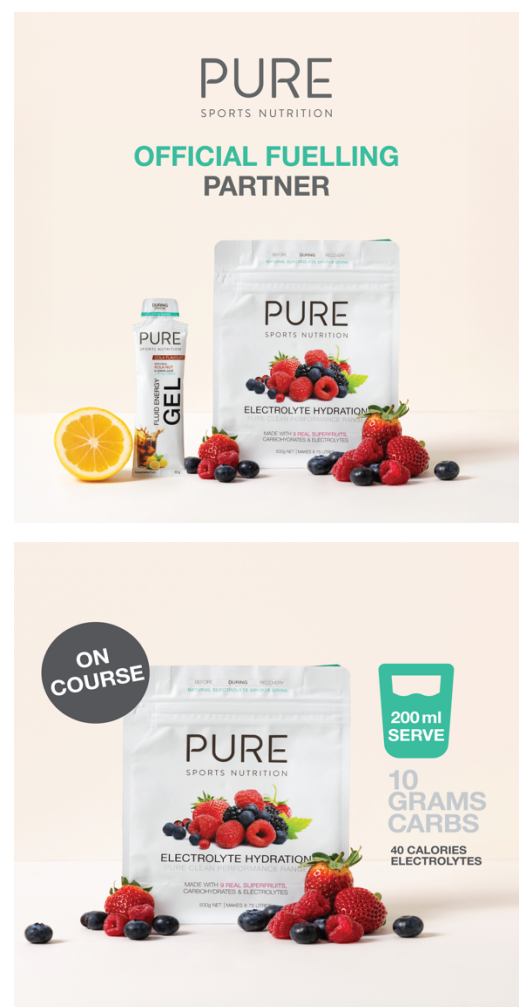
There will be PURE Sports Nutrition, chips, lollies, coke and encouragement from the scouts here as well.

Latitude -32.591930 | Longitude 152.271961 <https://maps.app.goo.gl/8JTPwftNNjkcWGSD8>

NB:100km runners need to sign out from here prior to leaving

NUTRITION

A key part of your race will be nutrition and to help you with this we have partnered with Pure Sports Nutrition. You need to fuel your body so you can keep going. These guys know their stuff, have been involved in endurance events in NZ for years now and are now here in Aus. Made with premium ingredients and scientifically formulated to give you everything you need and nothing you don't. Pure products are stomach friendly that are easy to digest.



Please note that The LAKES TRAIL FESTIVAL is a cup free event. It is important that all runners consider their own hydration method such as a reusable cup, drink bottle or hydration vest.

RACE RULES

You must complete the marked course on foot under your own power.

It is not permitted for someone else to run under your name or for you to run under someone else's name.

Trekking poles are permitted but must be fully collapsible so they can either fit inside your running pack or be strapped to the outside of your running pack when not in use.

You must not fold, cut, change or cover your race number in any way. It must be worn as is, unfolded and visible at all times on the outside of your clothing and on the front of your body. Do not cover your race number with a backpack strap or article of clothing such as thermal top, waterproof jacket (including see-through jackets) or high-vis safety vest.

The wearing of headphones is permitted. However, you must switch off music at checkpoints so you can hear directions given to you by event marshals and when travelling on roads so you can hear approaching traffic.

If you need Medical on the course you must use the phone numbers on your Emergency Instructions Card to contact the Event Team who will arrange to retrieve you. Support crews are not allowed to enter the event course to collect runners unless agreed to by the Event Team.

A High Vis Safety Vest that complies with Australian Standard AS/NZS 4602:1999 – D/N Class for day and night time wear must be worn over the top of your torso and back pack at sun set or otherwise instructed. Your race number must still be visible.

You must stay on the marked course. Short cuts are not permitted. If you get lost, return to the last sighted marking.

You must carry your Mandatory Gear at all times during the event. Random gear checks will be performed.

You must obey directions of checkpoint staff and event marshals.

Fully Rad Adventures has a leave no trace policy. Littering is prohibited. Also, you must not leave human faeces on the track. If you need to poo either use a toilet, a wag bag or get well off the track and use leave no trace principles.

The runner is responsible for the actions of their support crew. Support crews must comply with all instructions from event officials. The runner may be penalised or disqualified for actions or breaches of the rules by their support crew. Support crews must obey all road rules and drive within the speed limits.

Outside assistance is only permitted at checkpoints. You must not receive assistance at any other points on the course. Assistance from event staff is fine.

Support crews and non-race participants are not permitted to run with or pace runners.

Support crews are limited to one vehicle per participant at Checkpoints.

Fully Rad Adventures is not responsible for the safety or whereabouts of support crew.

Fully Rad Adventures reserves the right to discourage and/or penalise behaviour that is considered unsporting.

Breaking any of the rules may incur a time penalty, disqualification or pre-race withdrawal. Any such penalties are at Fully Rad Adventures discretion and are final.

Extra Information

SPREADING THE WORD

We would love you to share your journey to and at the LAKES Trail Festival.

This helps promote the event, the region and the sport of trail running.

So don't be shy – spread the word.

FACEBOOK: Photos and updates can be posted on the LAKES Trail Festival Facebook page - <https://www.facebook.com/lakestrailfestival>

INSTAGRAM: When posting images make sure you use and search the hashtag #lakestrailfestival

SPONSOR THANK YOU

Shout out again to our awesome sponsors. Please get online and thank them for their support.

Midcoast Council, Barrington Coast Tourism, Reflections Holiday Parks, Ray White Real Estate, Tea Gardens Holidays, Pure Sports Nutrition, Velous Footwear, Elemental Adventures, Into the Wild Adventures, Challenge Works, Outer Image Collective, Fly Pelican, Trail Gaiters, Rainey Performance Multisport Coaching and National Parks & Wildlife.

**Barrington
Coast™**



LAKES2026 – AUGUST1

Is it too soon to talk about next year? Entries will open for next year's event in August – yes - another month. Keep an eye on your email post-race for a sweet discount code to tempt you back for LAKES2026

THAT'S IT!

Thanks again for coming to run at the LAKES Trail Festival – we are looking forward to you having a great race and welcoming you to the Myall Coast. Don't forget, there is a lot of information on the web site and on Facebook that you will need to be aware of. This is where we will be posting any updates.

Also, this information has only been sent to email addresses you provided on your entry form. Don't forget to tell your friends, family and supporters what is happening! If you have any questions that haven't been answered here or on the website then email hello@lakes100.com.au

See you in Hawks Nest.

Robert O'V.

