



EVENT GUIDE

Fully Rad Adventures welcomes you to the 2023 LAKES TRAIL FESTIVAL. We are very excited to have you come and run the beautiful Myall Lakes with us. This event has been over 10yrs in the making and the culmination of plenty of days spent exploring and long night mapping routes. A special shout out goes to those who are back for another crack as well as to those trying trail running or stepping up to an ultra-distance for the first time. We have designed this event to have a run for everyone.

Right off the bat, please accept, with our deepest congratulations, that you will get what you signed up for – a challenging trail running experience. Each course follows trails, beaches, lake edges and single track. You will be tested but you will also be treated to some incredible views, special spots and an awesome experience. It won't just be a trail run - this is a promise. This is what you signed up for – right!?

The LAKES TRAIL FESTIVAL is about self-discovery, the re-creation of a sense of adventure and encouraging exploration of the natural landscape. It is about challenging runners, taking them to new places, out of their comfort zone while at the same time helping them learn more about themselves. It is about showcasing the stunning Myall Coast - its forests, beaches, dunes and magnificent lakes system.

You will run where people rarely go, across varied landscapes, exploring new spaces, testing yourself and redefining what is possible.

Special thanks to our supporters. Their support of the LAKES TRAIL FESTIVAL, our vision and the sport of trail running is appreciated – Midcoast Council, Barrington Coast Tourism, Ray White Real Estate, Tea Gardens Holidays, Hammer Nutrition, Tea Gardens Hotel, Elemental Adventures, Into the Wild Adventures, Challenge Works, Outer Image Collective, Bella Kate Event Styling, Amp Human, Vital Origin, Trail Gaiters and National Parks & Wildlife.

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 30 June

- 4pm till 7.30pm Pre-race check (all races)
@ Tea Gardens Hotel, Marine Dr Tea Gardens
Mandatory for 100km, 75km runners & 100km teams
- 7pm Pre-race Briefing – TG Hotel Dolphin Room**

Saturday 1 July

- 6am 100k & 75k Drop bag drop off – RaceHQ
100k & 75k Start line buses depart – Race HQ
**START LINE for 100k & 75k races – Front gate Myall Lakes National Park – Mungo Brush Rd.
Runners may make own way to start line or take free bus**
- 6.30am Pre-race check in & late entry open for 50km, 25km, 12km & 5km only
@ RaceHQ
Registration/check in closes 30min before your race start
- 6.40am Last bus leaves for 100km & 75km start line
DO NOT BE LATE as the bus will not be able to wait.

STARTS

- 7am 100km & 75km @ Myall Lakes National Park entry gate
START LINE for 100k & 75k races – Supporters welcome however they must park south of start line



- 50k, 25k, 12k & 5k registration/check closes 30min before each race start**
- 8am 50km @ Race HQ - Providence Bay Park, Hawks Nest
- 8.30am 30km
- 9am 12km
- 9.15am 5km

Sunday 2 July

- 9am Presentations
- 12noon Course closes

RaceHQ

RaceHQ location and the finish line is Providence Bay Park, Booner St, Hawks Nest. All races start here, except the 100km & 75km, which starts at the front gates of the Myall Lakes National Park. Based here will be medical, timing and event logistics. There is plenty of street parking however please note that on Booner St, opposite RaceHQ and in the carpark beside the Park there will be no parking before 10am. Race day rego this year will be at HQ. When parking make sure you do not block any local driveways.



RACE DAY INFORMATION

CHECK IN & LATE ENTRY

The first Check-In will be at the Tea Gardens Hotel (Marine Dr, Tea Gardens) on Friday 30 June from 4pm until 7.30pm. This will be open for all races but compulsory for the 100km and 75km. There will be a 30min pre-race briefing at 7pm at the Hotel – this is a good chance to get those last minute questions answered. We will accept late entry for 50km, 25km, 12km and 5km races only. There will be no late entry for the 100km and 75km races. Race day morning, Saturday 1 July, check in and late entry will be at RaceHQ from 6.30am. Registration and check in closes 30min before each race starts.

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 1 team 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](#).

TRACKERS

This year all 100k and 75k runners will be carrying a GPS tracker as part of their mandatory equipment. Using *Track Me Live* tracking units we will be able to monitor runners location and so will people at home, support crews and team mates using the unique live site link. The trackers will have an emergency button that connects the runner with RaceHQ. This is for emergencies only! Our goal with the trackers is to make the race safer and also better connect support crews and spectators to their runner. NB: All trackers must be returned to RaceHQ.

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.

RACE NUMBER

Each distance has a different coloured race number and we are keeping the same colours as 2022. Green for 100km, orange for 75km, yellow for 50km, red for 30km, pink for 12km and black for 5km.



Your 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 your 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 your race number colour. This must be worn for the duration of the race. This is to help event marshals recognise what distance you are running. This must stay on until you 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. 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 are responsible for getting themselves out on the course and to and from respective Check Points. At each changeover it is important to ensure the tracker stays on course and with a runner – there is only 1 tracker per team. NB: a changeover can only occur at a CP. For the LAKES50 team of 2 the same rules and conditions apply.

START LINES

There are 2 start lines.

100km& 75km

The 100km and 75km race start at the front gates of the Myall Lakes National Park at 7am sharp. (5min drive north) The start line will be on the road itself. Runners will marshal on the verge until called on to the road. Numbers for this year, again, means there will be 1 mass start however you are encouraged to self-seed. If you are going to be starting at a cracking pace be towards the front, if you are going to start more measured keep to the back. There are no pinch points on this course so there is plenty of opportunity to pass runners as the race progresses.

There will be free buses transporting runners from RaceHQ to the start line from 6am with the last bus departing RaceHQ at 6.40am. Runners can make their own way to the start. Parking is limited at the start and there are no facilities. No vehicles will be permitted north of the start line.

Given the early and cool start, it's a good idea to wear some warm clothes. Each runner may have 1 street gear bag only, marked with NAME and BIB NUMBER, which we will take back to RaceHQ. Do not leave any gear on the shuttle bus. Once you have all your necessary gear for running, drop your street gear bag directly onto the trailer behind the start line. (You leave your gear at the finish at your own risk)

50km, 30km, 12km & 5km

All other races will start in Providence Bay Park, under the event arch. Start times are sharp – 50km @ 8am, 30km @ 8.30am, 12km @ 9am and the 5km @ 9:15am. The carpark and part of Booner street will be closed until all races have started – do not park here and if you see someone doing it ask them to move.

Each runner may have 1 street gear bag left at the finish line. The area for this will be under the Fully Rad Adventures tent. Make sure your bag is clearly marked with your NAME and BIB NUMBER. (You leave your gear at the finish at your own risk)

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, 75km & 50km

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.

After you have withdrawn, your support crew may collect you from the Checkpoint. If you do not have a support crew, transport will be arranged for you back to RaceHQ. However, please note, that unless it is an emergency this may not happen for some time. If you withdraw at any other safe location and are unable to go to the nearest checkpoint to complete the withdrawal form, you must phone the RaceHQ phone number (listed on your Runner Emergency Instructions card) and state that you are withdrawing from the race. NB – the tracker alert button is only for emergencies!

25km, 12km & 5km

If you can't continue to the next checkpoint or water station and need first aid/medical assistance, phone the RaceHQ phone number (listed on your Runner Emergency Instructions card). The Event Team will arrange to retrieve you. Be aware, unless it is an emergency, this may take some time. Spectators are not allowed to enter the event course to collect runners unless agreed to by Event Officials

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 on the website and on social channels ASAP.

PHOTOS

The official event photographer will be Outer Image Collective.

Photos will be available for purchase within ASAP

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 or 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 on or adjacent to the road. Please exercise caution and ensure you drive at or below the road speed limits. 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 very to all those that have registered to volunteer already and thanks in advance for anyone helping this event go ahead. We have volunteer roles for everyone, from being the first person a runner meets at check in to the 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 priority entry to LAKES 2024, get a t-shirt and will be fed and watered. For those doing extra-long shifts of volunteering we will offer discount promo codes for LAKES TRAIL FESTIVAL 2024.

[If you can help at this year's event please drop us a message - hello@lakes100.com.au](mailto:hello@lakes100.com.au)

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. This has already been sent to you and can be downloaded from the website. <https://www.lakes100.com.au/info>

100KM &
75KM 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 - LAKES100 & LAKES75

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.

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: For the 100km & 75km courses there will be no markers on the beach legs between CP2 and CP3 and between Dark Point and the finish. 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 of trail - this type of diversion can cause significant damage to the surrounding vegetation. When traversing water sections, runners **MUST** cross at the taped entry and exit points. Similarly for the on beach sections runners must stay on the beach. Runners found to be crossing water sections anywhere other than at marked locations or diverting off the beach to find trails will be disqualified.

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, 75km runners 22hrs, 50km runners 15hrs and 30km runners 7hrs. The last 100km runner will need to leave CP2 at Seal Rocks by midnight 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 and showers at RaceHQ. Each checkpoint will have a toilet nearby. There are also toilets located in various campgrounds 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, such as used tampons and sanitary pads.

SAFETY

This is a long event and covers walking tracks, fire roads, sealed roads, dune systems and beaches. You 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 8-10 to a top of 18-20 degrees Celsius. 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 & 75km 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. This is advisable for CP2 due to distance from CP1. 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.

Drop bags need to be delivered to Providence Bay Park on Saturday morning between 6am and 6.30am. 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 & 75km runners only)

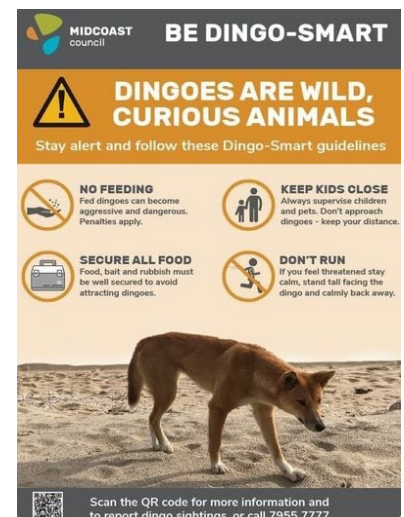
The runner is responsible for the actions of their support crew. Support crews must comply with all instructions from event staff, road marshals and officials. The runner may be penalised or disqualified for actions or breaches of the rules by their support crew. Support crews must obey all road rules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

COURSE MAPS AND PROFILES

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, 75km and 50km courses will have checkpoints (CPs) with nutrition, water, medical and moral support. CP1 will be at Boomeri Campground, CP2 Seal Rocks Boat Beach (100km only), CP3 Dees Corner. All CPs have limited parking, facilities and phone reception. There will be four water stations on the course providing minimal sustenance, water and first aid (only 3 for 100km & 75km). Support crews are permitted to give assistance at all CPs but not at water stations.

CHECKPOINT 1 - Boomeri Campground

Water, Hammer electrolyte drink, Hammer gels, fruit, salt, chips, coke and lollies will be available.

Hot soup, tea, coffee and milo.

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.

Support Crews & Teams

Be careful when arriving to CP1 as there will be runners crossing Mungo Brush Rd and 50km runners will be heading back down the road. Do not park on the side of the road south of the CP entry. There are toilets here, no power and phone reception is patchy. For 100km runner support crews the drive to CP2 at Seal Rocks is back via Hawks Nest or across the ferry. (NB – Bombah Pt Ferry is OPEN) Give yourself plenty of time – estimated drive time to CP2 is 83min

CHECKPOINT 2 - Seal Rocks opposite Boat Beach

Water, Hammer electrolyte drink, Hammer gels, fruit, salt, baked goods, chips, coke and lollies will be available.

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.

NB: Refuel well at this CP as the next CP is at the 80km mark.

Support Crews & Teams

Be careful when arriving to CP2 as there will be runners arriving down Kinka Rd. Parking is limited, there is one toilet, no power and phone reception is patchy. Keep noise down as residents are nearby. The drive to CP3 at Dees Corner is back via Bulahdelah. NB – the Ferry does not operate at night. Give yourself plenty of time – estimated drive time to CP3 is 80min

CHECKPOINT 3 - Dees Corner Carpark

Water, Hammer electrolyte drink, Hammer gels, fruit, salt, chips, coke and lollies will be available.

Hot soup, tea, coffee and milo.

For teams this will be the end point for runner 3 and the start point for runner 4

Support Crews & Teams

Be careful when arriving to CP3 as there will be runners arriving down Mungo Brush Rd and heading out of the CP on Mungo Brush Rd. Parking is limited here. There are no support crew toilets here, no power and phone reception is good.

WATER STATIONS

There are four water stations on the course providing minimal sustenance, water and first aid.

Pipers Creek trailhead & Mungo Brush Rd (not for 100km & 75km runners)

End of Wildflower Walk on Mungo Brush Rd

End of Yagon Fire Trail on Yagon Rd

Dark Point carpark – NB there will be chips, lollies and coke here as well.

NB:100km and 75km 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 Hammer Nutrition. You need to fuel your body so you can keep going. The crew at Hammer have built a page dedicated to fuelling for ultra-running. They have broken it down into 5 categories to make it as simple as possible and less daunting. These guys know their stuff, have been involved in endurance events for years now and have great products. Make sure you check the Facebook page for the latest offers from Hammer.



Please note that The LAKES TRAIL FESTIVAL is a cup free event. 100km, 75km and 50km runners will each be given a complimentary LAKES cup at Check-In. It is important that all runners consider their own hydration method such as a reusable cup, drink bottle or hydration vest. Extra cups are available for purchase from Check-In for \$6

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, Ray White Real Estate, Tea Gardens Holidays, Hammer Nutrition, Tea Gardens Hotel, Elemental Adventures, Into the Wild Adventures, Challenge Works, Outer Image Collective, Bella Kate Event Styling, Amp Human, Vital Origin, Trail Gaiters and National Parks & Wildlife.

**Barrington
Coast™**



Amp Human 



ACCOMMODATION

Still need somewhere to stay? There is a heap of places to stay in Hawks Nest & Tea Gardens ranging from motels, to holiday houses to campsites. We recommend you contact Barrington Coast Tourism for the best advice and deals - 1800 802 692

The Tea Gardens Hotel is offering a discount on accommodation to all racers and supporters for the weekend - just tell them you are with the Lakes Trail Festival

Ray White Tea Gardens have a great range of accommodation to suit all budgets. Give them a call on (02)4997 1300 or visit www.teagardenshawksnest.com

TRAVEL

Although many people arrive by car, getting to Hawks Nest is surprisingly easy if you don't have your own transport. Both towns are well serviced on a daily basis by an excellent public transport service. There is a bus run from Newcastle City, Broadmeadow train station and Newcastle Airport.

Driving to Hawks Nest from Sydney head up the M1 and follow the signs after Raymond Terrace. If you are coming down the coast once you get past Bulahdelah look for the turn approx. 20min south.

Drive times: Sydney 2hrs 44min - Brisbane 7hrs 56min - Newcastle 1hr 12min - Tamworth 3hrs 58min

Once in Hawks Nest, getting around is easy. If you arrive without your own transport, you will find that most things are within walking distance. Some venues run courtesy buses if you want a night out but you will need to call the venues to confirm what times the courtesy buses run.

LAKES2024

Is it too soon to talk about next year? Entries will open for next year's event in July. Keep an eye on your email post-race for a sweet discount code to tempt you back for LAKES2024

THAT'S IT!

Thanks again for coming to run at the LAKES Trail Festival – we are looking forward to you having a great race. 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.

