

Coastrek Pocket Guide

MELBOURNE

EVENT BIB

All team member bibs will be posted to the Team Captain approx. 1 week before Event Day. Ensure postal address is up to date at least 6 weeks prior to Event Day.

FOR SAFETY REASONS, YOU MUST WEAR THE BIB NUMBER ALLOCATED TO YOU ON THE OUTSIDE OF YOUR CLOTHING.



GETTING THERE

We recommend you park your car at Jarman Oval (Pt Nepean National Park).

- ✓ **30km only:** On Event Day, arrive 30 mins early.
- ✓ **60km only:** On Event Day arrive 90 mins early. In time for the shuttle departure.
- ✓ There is no vehicle access at the starts – drop off nearby is possible.

SHUTTLE BUS 60KM

Meet adjacent to the visitors carpark at Point Nepean Quarantine Station. Bus departure times are strict. Departs to Cape Schanck 1hr before your wave start time. Wear your bib for easy wave time ID.

← SMALL BAG (shopper size) →

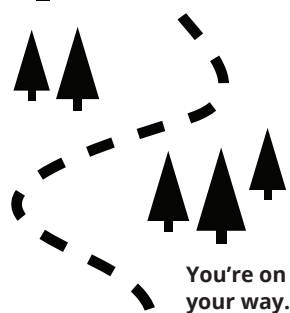


BAG DROP

One small bag (shopper size) per team only. Label with name, phone, bib number. No valuables – bag will be unattended. Collect from finish line.

60KM START

Cape Schanck
6.30am



You're on your way.

FINGAL LUV Stop

15km
OPEN: 7.45am – 11.10am



MARKERS

Follow the **pink reflective route markers** and the **orange arrows** to keep on track. Don't rely on these entirely in case they are removed by passers-by. Use your **MAPS.ME** app as a guide when unsure.

RYE OCEAN BEACH LUV Stop

26km
OPEN: 8.40am – 2.45pm



KOONYA BEACH



30KM START

Point Nepean Parade Grounds
8:40am-10:20am

COMPULSORY GEAR



HIGH VIS VEST

All trekkers must wear a high vis vest with reflective strips, as it's a requirement for your safety.



WATER

Min 2L carrying capacity (bladder in backpack recommended) and separate bottle for electrolyte. This is a **CUP-FREE** EVENT



FIRST AID KIT

Blister pads, bandaids, sunscreen, tape, heavy weight compression bandage in case of snakes.



SPACE BLANKET

1 x per team



TORCH

Head torch or torch (plus spare batteries)



RECOMMENDED GEAR

Day pack (35 – 45L, 6-8kg) – ankle gaiters, electrolytes, toilet paper, hiking poles with rubber ends and food (don't try anything new on Event Day).

MAP

At least one team member to download the **MAPS.ME** app and the Coastrek route. Instructions: www.coastrek.com.au/melbourne



You can see the Finish Line.

FINISH



Woo Hoo!

FORT NEPEAN KISS Stop

54km/26km
OPEN: 11.00am – 10.50pm



Wait till you see these views!

POINT NEPEAN Parade Grounds FINISH LINE

OPEN: 11.30am – SAT 1.30am
+ Food stalls & Massage
Visit the Fred Hollows Sight Simulator and win!



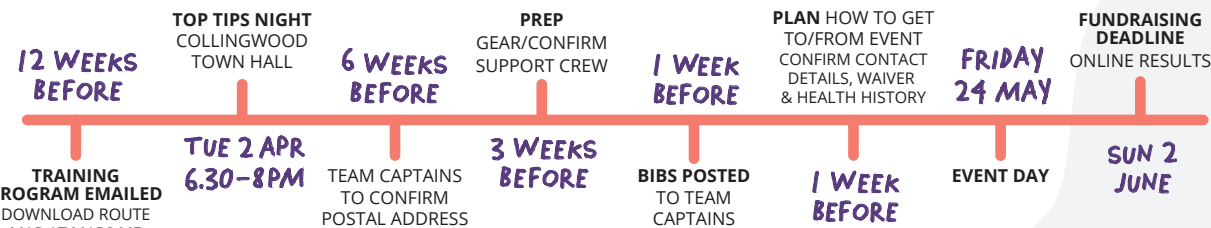
No dogs allowed in any National Park areas along route – tell your support team!



This way to the bay!

Half way there. Keep going.

YOUR TIMELINE



GOLDEN RULES

Each team pledges to raise \$2000 or more for The Fred Hollows Foundation	No participant substitution allowed during event	Please take all rubbish with you and find a bin along the way
Be considerate and kind to neighbours and other walkers	Fast teams self-seed – place yourself at the front of the pack	Give way to faster teams and other walkers
Stay together as a team and cross timing strips together	Be patient at checkpoints, there may be short queues	If using trekking poles, they must have rubber tips

TEAM CHANGES

Team captains can replace team members online up until 7 days prior to event day. For any changes/ withdrawals after this date, you must print the team changes form and bring to the team changes desk at your start line.

INJURY & EMERGENCY INFO

Follow emergency procedures on the back of the bib.

First Aid is available along the route, but always call 000 for life-threatening issues.

Use 'Emergency Plus' App to provide your location coordinates.

EVENT DAY WITHDRAWALS

Must text the name(s), bib number(s) and team name to Coastrek HQ 0411 344 138.

FACILITIES

Timing strip	Snacks
Podiatry	Hydralite
Toilets	First Aid
Water refill	Seating

Podiatry/Massage/Physio services – As these are volunteers, they are only available at limited stops and for limited periods during the event.

FINISH VILLAGE

Team must cross the finish line timing strip **TOGETHER** (unless someone has officially withdrawn). Food stalls available. Family and friends are more than welcome to cheer you across the finish line.

Parking available at Jarman Oval, Point Nepean.

Map image available here: www.coastrek.com.au/melbourne

THANKS TO OUR SPONSORS:



www.coastrek.com.au

THANKS TO OUR SUPPORTERS