

## O'KEEFE EVENTS – MAY 1, 2016

**Congratulations for taking up the challenge to compete in the first ever marathon held in the Bendigo & Heathcote region organised by and for our local communities.**



## MARATHON

- At the start if we may arrange ourselves as follows:
  - Sub 3 hour runners at the front.
  - 3 hour to 3.30 hours on the next line.
  - 3.30 to 4 hours on the next line.
  - 4 to 5 hours on the next line.
  - 5 hours + on the next line.
- As you run across the oval at the start we head into a little awkward spot on the other side of the oval which is unavoidable before you go onto the trail. It is a 42km race. If you lose a couple of seconds to get across the drain area there is plenty of time to make up for it. The drain is not entirely flat so watch the ankles.
- We are sharing roads and drive-ways with drivers that may not be concentrating even with warning signs and marshals. You will cross around 40 roads with most extremely quiet but beware. Major roads have police or qualified road management staff that can and will stop cars. Never take for granted though they will stop. People go through railway level crossings so beware.
- There are road marshals on minor roads who can't stop cars but they can highlight a runner may be crossing. If on the major roads the police or traffic management were called away for an emergency, we would quickly as possible have volunteers replace them. The volunteer then would use two flags. A red flag means the marshal believes there is a dangerous situation and do not cross. A yellow flag is cross with caution. We do not want to alarm you but if a major catastrophe happened away from our race and that the nearest police had to attend then this is our contingency.
- We share *the* O'Keefe Trail with other user groups. Please also be courteous to other users as we may see walkers, runners and bike riders. Organisers have been on the trail during busy periods and the public are very courteous of each other on the trail. We cannot shut down a public place though.
- Groups are not to spread out over the whole trail. There is race etiquette and people participate for different reasons. Some to have fun and enjoy but also to do a PB, or finish as high up as possible. With the staggered start this should not be an issue but we want everyone to have an enjoyable experience. Be aware of those around you.
- Note that in the second half of the event you may have relay runners or half marathon runners running towards you. Don't think you or they are running the wrong way. The other events are out and back. As you would on the road move over to the left of the track when runners come towards you.
- There is one place the trail does not follow its normal marked course. For locals who have run the trail in training the course does not follow the exact trail in the residential area of Axedale. Once you leave the trail and go into the residential area of Axedale you stay on Burns Street until you reach William Street. There will be plenty of marshals in this area highlighting this.
- Also watch out for vehicles in the 4 to 5 houses that are in Knowsley on 3 residential streets and also the residential area of Heathcote as the trail does back onto some driveways in this area. Where there are bollards or witches hats near the side of roads you must run between the hats and the side of the road as the course has been marked there. There is not much bitumen but in the small residential towns the trail does hit very small parts of the bitumen where it could not follow its traditional course of 100 years ago.

- Drink or Aid stations are at 7.5km, 13km, 19km, 26.1km, 33.5km, 39km marks. These will be bottles. You will also find rubbish bins 500m past each water station. Hang onto your bottle until you can throw it in the bin or next to it to assist u looking after the environment and our volunteers.
- The Drink/Aid stations will also have basic first aid but also items such as Vaseline. If you suffer from chaffing don't be embarrassed to ask.
- At the first drink station there is a toilet, which is in the middle of an equestrian facility at the 7.5km mark and off the official course. If you need to go to the toilet at this station you will be directed to where it is. Once leaving the toilet do not return the way you came but you continue to the end of the facility by following the flags and leave by the back gate to go back onto the trail. The distance is marked so it is the same.
- In the event document we mention about the cattle grids with more information. The more athletic will clear with one foot in the middle and then back onto the track. If it happens to be wet then take even more care and recommend two to three steps.
- If you are in difficulties at any time let another runner know who will make every effort to notify volunteers at our water and first aid stations. There will be a bike rider at the head of the field and also one at the tail of the field with radio contact with race management. There is an abundance of volunteers out there who also have radio communications. There is a qualified nurse at the 33.5km drink station.
- At the finish of the race please stay in the order you finish and walk down the finish chute if you are still standing. You will receive a finishers medal and be passed water and fruit.
- Toilets pre-race are also available at the school (point to the building where they are). You will also find toilets at the 7.5km, 26.1km mark, 33.5km and 39km mark. There are also some very good trees out on the trail.
- When reaching the townships in Axedale and Heathcote you will see at the road crossings the red striped C or U Shaoe barriers. Do not cut the corners as they are slippery and stay on the path (see picture below).
- On the marathon course every 5 km there are A3 signs to show the km marks as well as the half way point. In between this you will see stakes in the ground every km as pictured below that blend into the environment.
- Good luck



## O'KEEFE EVENTS – MAY 1, 2016

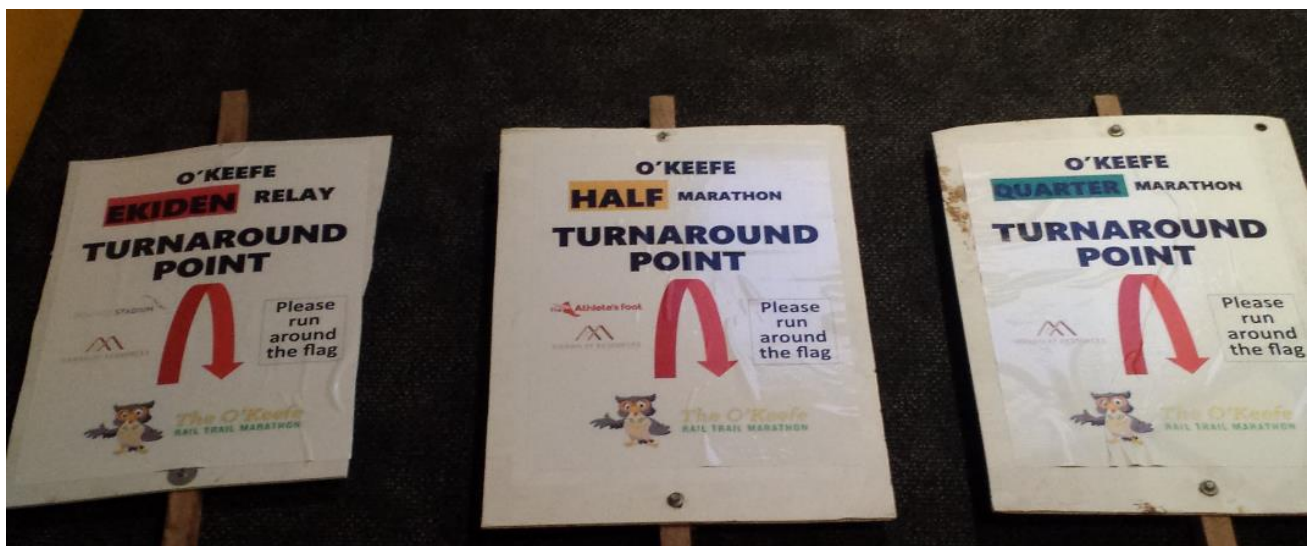
**Congratulations for taking up the challenge to compete in the O'Keefe Half Marathon. This is a community organised event and we are proud to provide the opportunity for you to compete on the newest part of the O'Keefe Rail Trail.**



## HALF MARATHON

- At the start if we may arrange ourselves as follows:
  - Sub 80 minute runners at the front.
  - Sub 90 minute runners next.
  - Sub 100 minute runners next.
  - Sub 2 hour runners next.
  - 3 hours + on the next line.
- Take it easy at the start. Getting held up a little at the start can be a good thing as going out too hard will hurt a lot more than the hurt of losing 5 seconds at the start.
- We are sharing roads and drive-ways with drivers that may not be concentrating even with warning signs and marshals. Major roads have police or qualified road management staff that can and will stop cars. Never take for granted though they will stop. People go through railway level crossings so beware.
- There are road marshals on minor roads who can't stop cars but they can highlight a runner may be crossing. If on the major roads the police or traffic management were called away for an emergency, we would quickly as possible have volunteers replace them. The volunteer then would use two flags. A red flag means the marshal believes there is a dangerous situation and do not cross. A yellow flag is cross with caution. We do not want to alarm you but if a major catastrophe happened away from our race and that the nearest police had to attend then this is our contingency.
- We share *the* O'Keefe Trail with other user groups. Please also be courteous to other users as we may see walkers, runners and bike riders. Organisers have been on the trail during busy periods and the public are very courteous of each other on the trail. We cannot shut down a public place though.
- Groups are not to spread out over the whole trail. There is race etiquette and people participate for different reasons. Some to have fun and enjoy but also to do a PB, or finish as high up as possible. With the staggered start this should not be an issue but we want everyone to have an enjoyable experience. Be aware of those around you.
- Note that during the event you may have relay runners or marathon runners running towards you. Don't think you or they are running the wrong way. The other events are out and back as well except for the marathon coming from Bendigo. As you would on the road move over to the left of the track when runners come towards you.
- The course does follow the exact trail as marked out by existing sign poles etc. Do not deviate off the course except for toilet stop.
- Take care in the residential area of Heathcote as the trail does back onto some driveways in this area. There is not much bitumen except for the start and finish in Heathcote but in the residential towns the trail does hit very small parts of the bitumen where it could not follow its traditional course of 100 years ago.
- Drink or Aid stations as well as a toilet are at 3km, 8.3km, 13.7km, and 19km marks. The drinks will be bottles. You will also find rubbish bins 500m past each water station. Hang onto your bottle until you can throw it in the bin or next to it to assist us in looking after the environment and our volunteers.

- The Drink/Aid stations will also have basic first aid but also items such as Vaseline. If you suffer from chaffing don't be embarrassed to ask.
- If you are in difficulties at any time let another runner know who will make every effort to notify volunteers at our water and first aid stations. There is an abundance of volunteers out there who also have radio communications. There is a qualified nurse at the second and third drink station, which is the same station.
- The turnaround points are clearly marked and there will be a witches hat in the middle of the path you must run around with a flag and a sign. Do not turnaround at the quarter marathon flag after 5km. The turnaround for the half marathon is about 2.3km past the second drink station on a bit of an incline. See signs below
- When reaching the townships in Axedale and Heathcote you will see at the road crossings the red striped C or U Shaoe barriers. Do not cut the corners as they are slippery and stay on the path (see picture below).
- At the finish of the race please stay in the order you finish and walk down the finish chute if you are still standing. You will receive a finishers medal and be passed water and fruit.
- Good luck





## O'KEEFE EVENTS – MAY 1, 2016

**Congratulations for taking up the challenge to compete in the O'Keefe Quarter Marathon.**



## QUARTER MARATHON

- At the start if we may arrange ourselves as follows:
  - Sub 42 minute runners at the front.
  - Sub 47 minute runners next.
  - Sub 55 minute runners next.
  - Sub 1 hour runners next.
  - 1 hours + on the next line.
- Take it easy at the start. Getting held up a little at the start can be a good thing as going out too hard will hurt a lot more than the hurt of losing 5 seconds at the start.
- We are sharing roads and drive-ways with drivers that may not be concentrating even with warning signs and marshals. Major roads have police or qualified road management staff that can and will stop cars. Never take for granted though they will stop. People go through railway level crossings so beware.
- There are road marshals on minor roads who can't stop cars but they can highlight a runner may be crossing. If on the major roads the police or traffic management were called away for an emergency, we would quickly as possible have volunteers replace them. The volunteer then would use two flags. A red flag means the marshal believes there is a dangerous situation and do not cross. A yellow flag is cross with caution. We do not want to alarm you but if a major catastrophe happened away from our race and that the nearest police had to attend then this is our contingency.
- We share *the* O'Keefe Trail with other user groups. Please also be courteous to other users as we may see walkers, runners and bike riders. Organisers have been on the trail during busy periods and the public are very courteous of each other on the trail. We cannot shut down a public place though.
- Groups are not to spread out over the whole trail. Groups are not to spread out over the whole trail. There is race etiquette and people participate for different reasons. Some to have fun and enjoy but also to do a PB, or finish as high up as possible. With the staggered start this should not be an issue but we want everyone to have an enjoyable experience. Be aware of those around you.
- Note that during the event you may have other runners running towards you. Don't think you or they are running the wrong way. The other events are out and back as well except for the marathon coming from Bendigo. As you would on the road move over to the left of the track when runners come towards you.
- The course does follow the exact trail as marked out by existing sign poles etc. Do not deviate off the course except for a toilet stop.
- Take care in the residential area of Heathcote as the trail does back onto some driveways in this area. There is not much bitumen except for the start and finish in Heathcote but in the residential towns the trail does hit very small parts of the bitumen where it could not follow its traditional course of 100 years ago.
- Drink or Aid stations as well as a toilet are at 3km, and 8.5km marks. The drinks will be bottles. You will also find rubbish bins 500m past each water station. Hang onto your bottle until you can throw it in the bin or next to it to assist look after the environment and our volunteers.
- The Drink/Aid stations will also have basic first aid but also items such as Vaseline. If you suffer from chaffing don't be embarrassed to ask.

- If you are in difficulties at any time let another runner know who will make every effort to notify volunteers at our water and first aid stations. There is an abundance of volunteers out there who also have radio communications.
- The turnaround points are clearly marked and there will be a witches hat in the middle of the path you must run around with a flag and a sign. If you run over Mia Mia Derrinal Road you have gone too far as the turnaround is before this road. See signs below.
- At the finish of the race please stay in the order you finish and walk down the finish chute if you are still standing. You will receive a finishers ribbon.
- Good luck



## O'KEEFE EVENTS – MAY 1, 2016

**Congratulations for taking up the challenge to compete in the O'Keefe Mile.**



### MILE

- At the start if we may arrange ourselves as follows:
  - Sub 6 minute runners at the front.
  - Sub 7 minute runners next.
  - Sub 8 minute runners next.
  - Sub 10 minute runners next.
  - 10 minutes + on the next line.
- Take it easy at the start. Getting held up a little at the start can be a good thing as going out too hard will hurt a lot more than the hurt of losing 5 seconds at the start.
- We are sharing roads and drive-ways with drivers that may not be concentrating even with warning signs and marshals. Major roads have police or qualified road management staff that can and will stop cars. Never take for granted though they will stop. People go through railway level crossings so beware.
- There are road marshals on minor roads who can't stop cars but they can highlight a runner may be crossing. If on the major roads the police or traffic management were called away for an emergency, we would quickly as possible have volunteers replace them. The volunteer then would use two flags. A red flag means the marshal believes there is a dangerous situation and do not cross. A yellow flag is cross with caution. We do not want to alarm you but if a major catastrophe happened away from our race and that the nearest police had to attend then this is our contingency.
- We share *the* O'Keefe Trail with other user groups. Please also be courteous to other users as we may see walkers, runners and bike riders. Organisers have been on the trail during busy periods and the public are very courteous of each other on the trail. We cannot shut down a public place though.
- Groups are not to spread out over the whole trail. There is race etiquette and people participate for different reasons. Some to have fun and enjoy but also to do a PB, or finish as high up as possible. With the staggered start this should not be an issue but we want everyone to have an enjoyable experience. Be aware of those around you.
- Note that during the event you may have other runners running towards you. Don't think you or they are running the wrong way. The other events are out and back as well except for the marathon coming from Bendigo. As you would on the road move over to the left of the track when runners come towards you.
- The course goes off the trail at the turnaround point. Follow the witches hat or flags and race official information.
- Take care in the residential area of Heathcote as the trail does back onto some driveways in this area.
- At the finish of the race please stay in the order you finish and walk down the finish chute. You will receive a finishers ribbon.
- Good Luck



**O'KEEFE EVENTS – MAY 1, 2016**

**Congratulations for taking up the challenge to compete in the O'Keefe Ekiden Relay. This is a community organised event and we are proud to provide the opportunity for you to compete on the newest part of the O'Keefe Rail Trail. The Ekiden has many teams from like-minded people to personal training groups, groups of friends, and clubs.**

**EKIDEN RELAY**

- At the start if we may arrange ourselves as follows for the time you would do for 3km's:
  - Sub 11 minute runners at the front.
  - Sub 12 minute runners next.
  - Sub 14 minute runners next.
  - Sub 15 minute runners next.
  - 15 minutes + on the next line.
- Take it easy at the start. Getting held up a little at the start can be a good thing as going out too hard will hurt a lot more than the hurt of losing 5 seconds at the start.
- We are sharing roads and drive-ways with drivers that may not be concentrating even with warning signs and marshals. Major roads have police or qualified road management staff that can and will stop cars. Never take for granted though they will stop. People go through railway level crossings so beware.
- There are road marshals on minor roads who can't stop cars but they can highlight a runner may be crossing. If on the major roads the police or traffic management were called away for an emergency, we would quickly as possible have volunteers replace them. The volunteer then would use two flags. A red flag means the marshal believes there is a dangerous situation and do not cross. A yellow flag is cross with caution. We do not want to alarm you but if a major catastrophe happened away from our race and that the nearest police had to attend then this is our contingency.
- We share *the* O'Keefe Trail with other user groups. Please also be courteous to other users as we may see walkers, runners and bike riders. Organisers have been on the trail during busy periods and the public are very courteous of each other on the trail. We cannot shut down a public place though.
- In the event document we mention about the cattle grids with more information. The more athletic will clear with one foot in the middle and then back onto the track. If it happens to be wet then take even more care and recommend two to three steps. The 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> runners will need to navigate the cattle grids but there are not a great deal of them.
- Teams are not to spread out over the whole trail. There is a race etiquette and people participate for different reasons. Some to have fun and enjoy and others to have fun but also to do a PB or finish as high up as possible. With the staggered start this should not be an issue but we want everyone to have an enjoyable experience. Be aware of those around you.
- Note that during the event you may have marathon runners running towards you. Don't think you or they are running the wrong way. The other events are out and back as well except for the marathon coming from Bendigo. As you would on the road move over to the left of the track when runners come towards you.
- The course does follow the exact trail as marked out by existing sign poles etc. Do not deviate off the course except for toilet stop.
- Take care in the residential area of Heathcote as the trail does back onto some driveways in this area. There is not much bitumen except for the start and finish in Heathcote but in the residential towns



the trail does hit very small parts of the bitumen where it could not follow its traditional course of 100 years ago.

- Toilet, Drink or Aid stations are at each changeover point. Use the bin provided to look after the environment and our volunteers.
- The Drink/Aid stations will also have basic first aid.
- If you are in difficulties at any time let another runner know who will make every effort to notify volunteers at our water and first aid stations. There is an abundance of volunteers out there who also have radio communications.
- The turnaround point for the 4th runner is clearly marked and there will be a witches hat in the middle of the trail.
- Make sure the final relay runner has the official race bib on.
- All other relay runners are to pin their mini team number to the front of their singlet.
- Runners must tag each other on the hand when changing from one runner to the next.
- Keep the trail free when waiting for your team members to come in at the changeover points. Other runners will be competing potentially while you wait to run. Cheer loudly though as especially the marathoners will need all the support they can get.
- At the finish of the race please stay in the order you finish and walk down the finish chute if you are still standing. You will receive a finishers medal and be passed water and fruit.
- Good luck



## O'KEEFE EVENTS – MAY 1, 2016

**Congratulations for taking up the challenge to compete in the O'Keefe 500m event for 8 year olds and below.**



### 500 metres

- Take it easy at the start. Getting held up a little at the start can be a good thing as going out too hard will hurt a lot more than the hurt of losing 2 seconds at the start.,
- Has everyone got their race tag on their wrist?
- Run on the left hand side of the trail unless overtaking.
- At the finish of the race please stay in the order you finish and walk down the finish chute. You will receive a finishers ribbon, take off your wrist number and hand it to the official.
- Good luck and have fun