

RAIL TRAIL MARATHON

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SUNDAY
MAY 1st, 2016



HEATHCOTE
Community
GAMES

Longlea Lane (Peppercorn Park)	7.50km
Taig Rd	13km
Mclvor Rd Cross Over	19km
Bywater St Knowsley	26.2km
Derrinal Station Lane ***	33.5km
Burn Track Heathcote	39.2km

Half Marathon Drink Stations

Burn Track Heathcote	3km
Derrinal Station Lane	8.7km
Derrinal Station Lane	12.4km
Burn Track Heathcote	18.1km

Quarter Marathon Drink Stations

Burn Track Heathcote	3km
Burn Track Heathcote	7.5km

Ekipen Relay Drink Stations

There are drink stations at start and end of each leg

There are rubbish bins at the drink stations and one will be placed 300 metres past each drink station. To look after the environment and trail if these can be thrown into the bin or next to it.

MARATHON DRINK BOTTLES

For the marathon only we will provide the opportunity for you to provide us your bottle. It must have the location marked where you want it placed. It needs to be dropped at either Heathcote Community House, 55 Hospital Street Heathcote on Sat 30th April between 12pm and 12.15pm or Bendigo Athletics Track (cnr Retreat Rd & Cook St between 4.00pm

For the Mile and 500m there is a drink station at the end of the race like the other races.

*** Nurse at this station and medical staff at end

RECOMMENDED VIEWING POINTS AND HINTS FOR SPECTATORS



It is critical that if driving near the trail that you obey all information provided by traffic controllers and police.

The race crosses 38 roads. Many of these being barely bush tracks but traffic congesting these crossings restricts the view of drivers, traffic controllers and participants. There are a couple of very busy roads. Having walked and run the track many times we have a very good idea of the best viewing spots along the trail, which gives you a great chance to see the runner you are following and ensures safety. During the race there will be police patrol cars in the region and the area is known for speed cameras. Be careful.

Recommended spots for viewing (see the Google map locations in this document):

- **Race Start** – Loads of parking and the event starts on an oval to view before runner's head onto the trail.
- **Wilkie Road Junortoun** – Car parking available in the area very shortly after the race start)
- **Peppercorn Park, Longlea Lane, Longlea** – Lots of room to watch the runners in this equestrian park.
- **Campaspe River, Axedale** – Beautiful river location and the most scenic area of the event with river views and good grassed areas. We recommend if travelling from Bendigo, park behind the hotel and walk down to the river front. Runners will run under the bridge.
- **Mclvor Rd Crossover, Axedale** – Parking available about 200 metres on the right (if driving from Bendigo), which is also a drink station.

Marathon Start Line and Collection point in Bendigo (enter school car park via St Vincent's Rd Junortoun and drive along car park approx. 400 metres to marathon start and car park)

Relay Changeover 1 & 6 - Cnr One Eye Forest Track (O'Keefe Trail) and Burn Track, Heathcote. (please note cars will not be allowed to go past Speed St. From Speed Street there is about a 600 metre walk to the changeover point. This is also the final drink station).

Relay Changeover 2 and 5 - Derrinal Station Lane and Old Bendigo Road, Derrinal (if coming from Heathcote turn left into Derrinal Station Lane and then left into old Bendigo Rd and changeover point is approx. 100 metres from this intersection. This is also a drink station).

Relay Changeover 3 and 4 – Bywater Street, Knowsley (if coming from Heathcote turn left into Moorabbee Rd and then walk right into Bywater Street. Please note though do not park in Bywater Street as this is part of the course. Please park in Moorabbee Rd on the right at around the tennis court and CFA building location to assist road flag personal get runners across Moorabbee Rd as the O'Keefe Trail crosses this busy road. This is also a drink station).

Longlea Lane, Longlea also known as Peppercorn Park (drink station 1 of the marathon)

Taig Rd, Axedale (drink station 2 of the marathon)

Campaspe River, Axedale (the best and most scenic viewing area of the entire marathon)

Mclvor Highway Crossing, Axedale (drink station 3 of the marathon)

Smart Track via Axedale Quarry Rd

Mia Mia Derrinal Road

RACE CHECKLIST

What is the most important item for your race bag and coming to an event. Everything is but don't forget race numbers, band-aids to cover nipples and Vaseline as directed below. You should be all set.

PRE-RACE

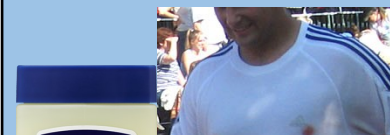
- Race bib or needing to pick it up the directions to the number pick-up.
- Vaseline or other anti-chafing lotion (take the Vaseline, scoop into a freezer bag or lunch bag and tuck into the top of your shorts)
- Hat or visor
- Sunscreen
- Lip balm with sunscreen
- Safety pins
- Water bottle
- Healthy, carbohydrate-laden snacks
- Area guide for restaurants and events

RACE

- Watch or GPS
- Shoes, orthotics if necessary
- Singlet/short-sleeve or long-sleeve shirt for race, as weather dictates
- Sports bra
- Shorts/tights for race, as weather dictates
- Socks
- Gels or sports drink if you've been training with them
- Energy bars if you'll be standing around for several hours before the race

RACE

- Extra socks
- Extra shirt and shorts/pants
- Waterproof jacket
- Food if you are picky with the food you eat post race.
- Towel
- Plastic bag for ice, dirty clothes, etc.



Leaves: HEATHCOTE (leaves the race finish O'Keefe Trail, Herriot St, Heathcote) and

Arrives: AT MARATHON RACE START

Departure Time	Arrival Time	Bus
7.00am	7.35am	Bendigo Stadium Bus (12 seater) Mandalay Bus (13 seater) Heathcote Health Bus if required
1.10pm	1.45pm	Bendigo Stadium (12 seater)
2.25pm	3.00pm	Bendigo Stadium (12 seater)
3.40pm	4.15pm	Bendigo Stadium (12 seater)
4.30pm (final bus)	5.05pm	Heathcote Health Bus (13 seater)

Leaves: BENDIGO (leaves Catholic College Junortoun. Enter via St Vincent's Rd (first gate on left and go in driveway to where you will see Marathon race start in the distance at the end of 5 ovals – [click link](#)) and

Arrives: AT HEATHCOTE START/FINISH LINE (O'Keefe Trail, Herriot St, Heathcote)

Departure Time	Arrival Time	Bus
8.05am	8.40am	Bendigo Stadium (12 seater) Mandalay Bus (13 seater)

Leaves: HEATHCOTE (leaves the race finish O'Keefe Trail, Herriot St, Heathcote) and

Arrives: AT DERRINAL STATION ROAD (Ekiden Relay Changeover 2 and 5)

Arrives: AT BYWATER STREET KNOWSLEY (Ekiden Relay Changeover 2 and 5)

***** This Bus is for Ekiden Relay runners only**

Departure Time	Arrival Time	Bus
9.15am (Heathcote)	9.27am (Derrinal Station) 9.40am (Bywater Street)	Bendigo Stadium (12 seater) Mandalay Bus (13 seater)
10.45am (Heathcote)	11.00am (Bywater Street) 11.15am (Derrinal Station)	Bendigo Stadium (12 seater) Mandalay Bus (13 seater)

Leaves: DERRINAL STATION ROAD (Ekiden Relay Changeover 2 and 5) OR

Leaves: BYWATER STREET KNOWSLEY (Ekiden Relay Changeover 2 and 5) AND

Arrives: HEATHCOTE (the race finish O'Keefe Trail, Herriot St, Heathcote)

***** This Bus is for Ekiden Relay runners only**

Departure Time	Arrival Time	Bus
11.05am (Bywater St)	11.28am (via stop at Derrinal)	Bendigo Stadium (12 seater)

If entering the marathon prior to Wednesday 20th April your bibs will be mailed out in the post by Tomato Timing (the event timer). They are being mailed out on Thursday 21st April.

For those entering the marathon after the 20th April your bibs are to be collected as follows:

- Between 4.00pm and 4.15pm at the Bendigo Athletics Track, Cnr Retreat Rd and Cook Street Flora Hill on Saturday 30th April; or
- Between 12.00pm and 12.15pm at Heathcote Community House, 55 Hospital Street Heathcote on Saturday 30th April; or
- At the start line between 7.30am and 7.45am on race day.

Half Marathon, Quarter Marathon, Mile Race Bibs

If entering these events prior to Wednesday 20th April your bibs will be mailed out in the post by Tomato Timing (the event timer). They are being mailed out on Thursday 21st April.

For those entering the 3 events above after the 20th April your bibs are to be collected as follows:

- At the race start on the O'Keefe Trail in Heathcote between 8.20am and 8.50am on race day.

Entering these races on race day

Note you cannot enter the Marathon or Ekiden Relay on race day but you can enter all other events. The online portal will close down at 12pm on Thursday 28th April. Note entry on the day has a higher price.

Ekiden Relay Race Bibs

The race bibs for the Ekiden Relay are to be collected at the race start between 8.20am and 8.50am on race day.

Please note there is only 1 bib given to the team and this must be placed on the final relay runner in your team.

Other relay runners will have their team number pinned to their legs. These numbers are available at each of the Ekiden Relay changeovers where you start your relay leg and makes it easier to identify your other team members. Pins will be at the changeover as well.

Teams cannot enter on the day. The online portal will close down at 12pm on Thursday 28th April.

500m

The 500m will not have race bibs but the runners will be given a wrist tag. When going over the finish line the tag is given to an official just over the finish line.

Entry is on the day between 9.10am and 9.40am and is \$2 only. Please bring the correct change.

Event	Race Briefing	Race Start Time	Start Location	Race Presentation
Marathon	8.10am	8.30am	Bendigo	1.00pm
Ekiden Relay	9.05am	9.20am	Heathcote	1.10pm
Half Marathon	9.21am	9.30am	Heathcote	11.55am
Quarter Marathon	9.35am	9.45am	Heathcote	11.05am
Mile	9.45am	9.55am	Heathcote	10.55am
500m	10.09am	10.12am	Heathcote	11.00am

BAGGAGE AREA



The forecast 12 days before the event is a min. 8 and a max. of 21 and sunny. Great conditions for running and especially earlier in the morning.

The Marathon

We will provide plastic bags for you to place your belongings in with a sticky label to write your race number. This will be transported to the race start.

Ekiden Relay

There will also be plastic bags and a sticky label for your belongings if not being able to get your items to a team manager.

Other Events

At the event registration tent in Heathcote we will also take race baggage and label it with your race number although we recommend you place this in a locked vehicle if possible.

EKIDEN RELAY DISTANCES AND DIFFICULTY OF EACH LEG

There has been a couple of small alterations to the legs making the 2nd & 6th leg slightly shorter and 3rd & 5th legs slightly longer. This was caused with a review of the limited surrounds at the beginning of the 3rd leg. Relay team members must touch hands before they leave the changeover point.



1st Leg – Start to Burn Track - 0 to 3km (3.00km leg) - the easiest of the legs with a down hill finish.

2nd Leg - Burn Track to Derrinal Station sign - 3km to 8.26km (5.26km leg) - a decline of about 600 metres not long after the start makes this the 3rd easiest leg.

3rd Leg - Derrinal Station sign to Bywater Street - 8.26km to 16.095km (7.835km leg) - the hardest of the legs due to the incline up the hill as you run to Knowsley.

4th Leg - Bywater Street and return via the Knowsley Forest - 16.095km to 26.100km (10.005km leg) - the longest leg but relatively flat after a slight uphill start. The second hardest leg.

5th Leg - Bywater Street to Derrinal Station sign 26.100km to 33.935km (7.835km leg) - a good down hill section in the middle of this leg before a slight incline towards the end. The fifth hardest leg.

half marathon and Ekiden Relay some cattle grids. It is a unique feature of the event and with the event off-road it meant the grids could not be covered due to potential issues with animals detouring off the properties.

Every cattle grid has a sign (as pictured). The grates are quite wide (about a size 7 shoe) and care does need to be taken when crossing them with carefully placing your feet. If a safe approach is taken there is no issue as walkers, runners and cyclists cross them every day. You will need though to slightly slow unless you have some long jumping ability. If it wet they will get slippery and an extra couple of steps need to be taken.

We remind all participants to take care. As far as an off-road race goes the track is in excellent shape but loose gravel or stone, sticks etc. can fall or are on the track. The City of Bendigo Council has even been doing some grading works in recent weeks to ensure the trail is in as good shape as possible.



ROAD CROSSINGS



All major roads are covered with Traffic Management personal or police. The planning of Traffic Management even though this event is on a Rail Trail has been extremely extensive with a great deal of time spent and unfortunately dollars spent on Road Traffic Management Plans. Nevertheless safety for all stakeholders is paramount.

There are 38 road crossings and many of these are backroads and dirt in nature with barely ever traffic on them. Care needs to be taken when crossing even minor roads or tracks. Do not take it for granted vehicles will stop even with traffic management signage.

However there are major roads where care needs to be taken even with Road Management qualified flag people and the police stopping vehicles. If for any reason police are called away for an emergency and a main road is then vacated without the appropriate qualified personal then a volunteer will replace them but they cannot stop traffic. At Longlea Lane, Mitchell Rd (Axedale) and the Mclvor Highway Crossover to name these. The volunteer will have a flag and if the flag being held up is yellow then cross with caution and if red then please stop. We hope this does not need to happen but if police were called away for a major reason

Marathon Start – There will 2 portable toilets at the start and the school will open their facilities although it is about a 300 metre walk (a tip – do not drink too much water just an hour or so before the event. Hydration should occur in the week leading up and day before. There is also water on the course).

Longlea Lane (Peppercorn Park) – There are limited toilet facilities here. If runners require a toilet break they will need to leave the trail and from the toilets an alternate route will be marked to get back onto the course. This will be explained further on the day. ***7.5km mark of marathon***

Bywater Road Knowsley – There are limited toilet facilities here. The church hall will be open. ***26.2km mark of marathon and Ekiden Relay changeover 3 & 4***

Derrinal Station Rd – There will be one portable toilet here. ***33.7km mark of marathon, 8.5km of half marathon and 12.7km mark of half-marathon and Ekiden Relay changeover 2 & 5***

Burn Track – There will be one portable toilet here. ***39.2km mark of marathon, 3km from start and finish line at Heathcote and Ekiden Relay changeover 1 & 6***

Heathcote Start/Finish Line – There will be 6 portable toilets here. There are also public toilets at Barrack Reserve, which is 250 metres from the race start.

Commercial Hotel

139 High Street

Come and enjoy a taste of Heathcote with plenty of local wines to sample and the Commercial's renowned pub meals - FREE glass of wine with every meal.

Union Hotel

171-173 High Street

Now under new management, the Union Hotel is offering free live entertainment and a special O'Keefe Marathon Lunch menu for \$12. Bookings are preferred - 5433 2032

Fetching Treasures

107 High Street

One of Heathcote's favourite cafes, Frank has created a special Marathon Runners Lunch menu and is also offering a free coffee with every lunch menu order on Saturday and Sunday.

Heathcote Wine Hub

105 High Street

One of Heathcote most awarded cellar doors and cafes, the Heathcote Wine Hub will have free entertainment in the courtyard, along with regional wine tasting and a fantastic Marathon Lunch menu.

Welcome to



Gluten Free Options available

Heathcote Country Kitchen

103 High Street

1 fish, minimum chips & a can of Coke - \$9.50

Burger with the lot & 600ml Coke/Soft Drink - \$10.00

Chinese Lunch Box: fried rice and your choice from our chicken and pork selections - \$10.00

Heathcote Cafe

111-113 High Street

\$10 Marathon Specials:

Small Pizza & can of coke/soft drink

Burger with the lot & can coke/soft drink

Chicken wrap & can of coke/soft drink

George's Country Kitchen

169 High Street

Come in and try our great range of burgers, souvlakis, steak sandwiches and fresh-cut salads. Plenty of Marathon specials starting at \$7.50 for a lunch pack including fish, chips and salad.

Heathcote Treats & Sweets

115 High Street

Come in to drool over some old time favourites including humbugs, acid drops, lollipops and mates. A great selection of liquorice, chocolate, gifts for Mother's Day and for the kids we have Fun Bags for \$3.50.

Flossy's & Crystal Devas

167 High Street

Free regular coffee with every purchase over \$30.

Free gift wrapping for Mother's Day gifts

20% off Boxed 50hr Soy Candles



a mini city to cater for 1000+ people including runners, families, volunteers, stall holders and the general public.

One thing that will be compulsory is that we cheer as loud as possible for all the runners but especially around 100 marathon runners covering the full 42.195km. They will have the light blue race bibs.

Take note of what will be here as well as instructions in relation to parking zones etc. that is below and on the attached map.

Parking

Athletes or spectators cannot park on the finish line site or where the water stand pipe is. Car parking here is only for volunteers, race buses and stall holders. Park in Camp Street, Hospital Street, High Street and there is loads of parking in Barrack Reserve which is a leisurely 300 metre walk to race site.

Historical Society and other areas in Heathcote

The Historical Society historic lock up and police residence is open for tours and well worth a look if you are waiting around, or visit after your race, it is marked on the sit map for Herriot St. Also make your way down the street to Heathcote Sweets and Treats at 115 High St. Old fashioned lolly shop that the kids or not so old kids will love. This is if you get past the award winning Gaffney Bakery or a number of other food traders. The area also has some of the best wineries in the state.

Food at the race site

There is food available on site from the morning, so that those maybe not running that are leaving and want brekky don't buy it on the way, but get an egg and bacon roll from the Lions Club stall as well as all your normal type drinks. You can get a cuppa from the People support People Food Van. We also have People supporting People providing 10 Meals - Hot and fresh food to replenish after your race, or to keep your tummy full whilst you cheer on the runners. All monies are donated to charity see www.peoplesupportpeople.com for more details about this group.

