



OFFICIAL EVENT GUIDE 2024







A GOLDENTRAIL NATIONALSERIES POWERED BY SALOMON





SALOMON LÉ BENT











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SUNDAY 9TH JUNE 2024

RUNNING OF THE COASTAL ASCENT, THE MUST- DO ON THE TRAIL CALENDAR



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PRE-RACE INFORMATION



Please be aware that there may be lengthy queues on race morning so **allow at least an hour prior to your race** in order to collect your bib before your race start time.

RACE BIB COLLECTION

DATE	TIME	LOCATION
FRIDAY JUNE 7TH	4:00PM-7:00PM	THE CONCEPT GYM - GEORGE ST HIGHFIELDS
SATURDAY JUNE 8TH	2:30PM-5:30PM	DIXON PARK, MEREWETHER (EVENT PRECINCT & EXPO)
SUNDAY JUNE 9TH	5:00AM ONWARDS	DIXON PARK, MEREWETHER (EVENT PRECINCT & EXPO)

WHAT TO BRING TO RACE BIB COLLECTION

- Your registration confirmation email sent to your nominated email address shortly after registering. If you haven't received your confirmation email, please email <u>info@coastalascent.com.au</u>
- Alternatively, you can nominate a friend to collect your race bib on your behalf. Simply forward them a copy of your registration confirmation email

^{*}Please add the following number to the back of your race bib in the event that medical assistance is required during your race; 0418 902 842

PARKING

PARKING

There are a number of small car parks within walking distances of Dixon Park including;

Dixon Park Surf Life Saving Club
Merewether Ocean Baths
Watkins St
Frederick St
Bar Beach

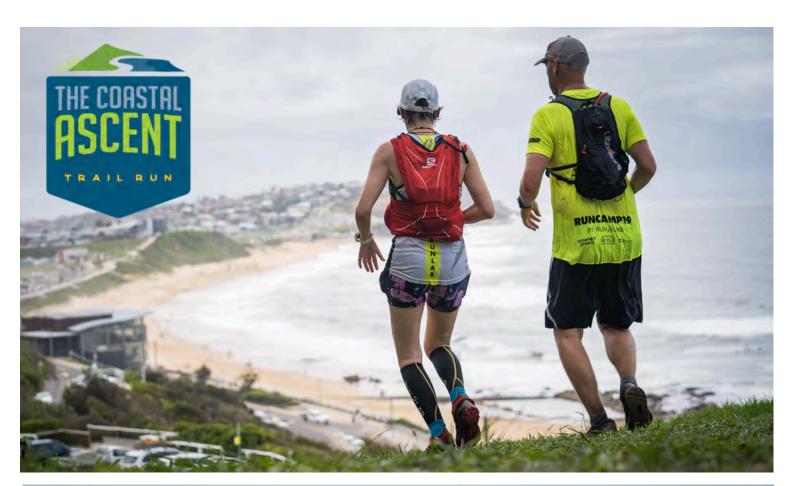
The Main Dixon Carpark will be closed on Sunday 9th June for the purpose of the event.

Free street parking is also available, however, be mindful that this is a busy area and allowing additional time to park is essential. For more details please visit https://www.parkopedia.com.au/parking/merewether/

Please note that The Coastal Ascent is a cup free event. Participants must consider their own hydration method such as a reusable cup, drink bottle or hydration vest. Soft flasks are available for purchase from FIXX Nutrition in the event hub on Saturday or Sunday.









EVENT DAY SCHEDULE

WHAT	LOCATION	TIME
Festival Village Opens, includingLast Minute Registration & Race Bib Collection	Dixon Park, Merewether	05:00 – 16:00
"Drop bag" drop off for 50km	Dixon Park, Merewether	05:00 – 06:00
Bag collection drop off – all participants	Dixon Park, Merewether	05:00 – 16:00
Lé Bent 50km Race Briefing	Start Line Dixon Park Beach	05:50
Lé Bent 50km Start Time	Dixon Park Beach	06:00
Salomon 25km Race Briefing	Main Stage, Dixon Park, Merewether	07:00
Spectator zone 1 - Pumping	Reay Park Dudley	From 07:00
Salomon 25km Start Time	Dixon Park Beach, Merewether	07:30
Spectator zone 2 - Pumping	Corner Scenic Drive, City Road Merewether Heights	From 08:30
FIXX Nutrition 11km Race Briefing	Main Stage, Dixon Park, Merewether	08:30
FIXX Nutrition 11km Start Time	Dixon Park Beach, Merewether	09:00
ARC 5km Race Briefing	Main Stage, Dixon Park, Merewether	09:45
ARC 5km Start Time	Burwood Beach, Merewether	10:30
Runlab Kids Beach Bolt Briefing	Main Stage, Dixon Park, Merewether	10:45
Runlab Kids Beach Bolt Start Time	Dixon Park Beach, Merewether	11:00
Winner Presentations	Main Stage, Dixon Park, Merewether	12:30
NORT After Party	Modus Merewether 20 Merewether Street	From 5pm







ITEM	DESCRIPTION	EXAMPLE	50KM	25KM	11KM	5KM
Smart Phone	Fully charged smart phone with CAPRA app installed		V	V	V	
Snake Bandage	A snake or compression bandage. Dimensions minimum 7.5cm X 2.3 metres. How to treat a snake bite WATCH	PANE BITE BANDIGI	V	V		
Space Blanket	A reflective space blanket in new condition		V	V	V	
Waterproof Jacket	Waterproof breathable running jacket with fully taped seams and hood		V	1	Recommended in adverse Weather	
Thermal Top	A thermal long sleeved baselayer (Polypropylene, wool) Non-thermal materials eg, Cotton, coolmax, lycra, are not acceptable	8	1	1		
Whistle		X	V	V		
Running light	One running headlight fully charged and suitable for trail running in the dark		V			



ITEM	DESCRIPTION	EXAMPLE	50KM	25KM	11KM	5KM
Capacity to carry 1Litre Water	Water bottles or bladders with a capacity to carry 1 litre of fluid	İ	V		Capacity to carry 500 ml water	
Food Portions X 2	Energy food Gels	FIXX PRO	V	V	Recommended	Recommended
Dry Sack	1 lightweight dry sack or ziplock bag to keep items dry	0	V	V	V	
Buff/Beanie	Beanie, Balaclava or Buff	LEBENT	V	1	1	
Running Gloves	Full fingered lightweight thermal gloves (Polypropylene, wool)	4	V			
Zip lock bag	1 ziplock bag for your personal rubbish	-	V	V		
Race Number + Timing Tag (included on race Number)	1 Race number provided by organisers which must be attached and visible on front either with safety pins or race belt					V

COURSE PROFILES & OVERVIEW

A course that will literally take your breath away! The FIXX Nutrition 11km, Salomon 25km and Lé Bent 50km Ultra Coastal Ascent courses start and finish in the Dixon Park precinct. This provides runners and supporters not only an epic finishing experience as you run down Merewether beach on the final push home, but access to all the amenities that will complete your race day experience.

COURSE DESCRIPTION

ARC 5KM

The ARC 5km course is unique! This allows junior runners and anyone 10 years and over the chance to complete a challenging trail run which starts on Burwood beach before quickly heading onto flowing fire trails, challenging single track and everything you would want in a Trail run!

165

ELEVATION GAIN (M)

SINGLE TRACK TRAIL

O.8KM

BEACH/SAND

0.6KM

FIRE TRAIL GRAVEL

1.7KM

SEALED ROAD/BIKE PATH

1.9KM





COURSE DESCRIPTION

FIXX Nutrition 11KM



This will be an epic event and offer experienced runners and those wanting to complete their first trail run a course packed with challenging terrain. Runners in the FIXX Nutrition 11km event will still be able to experience the hype and excitement of the Golden Trail Series.

400

ELEVATION GAIN (M)

SINGLE TRACK TRAIL	12%	BEACH/SAND	15%
FIRE TRAIL GRAVEL	61%	SEALED ROAD/BIKE PATH	12%

COURSE DESCRIPTION

Salomon 25KM



This will be the BIG event of the 2024 Coastal Ascent. Runners can expect epic on course activations a buzzing event finishline hub and a challenging course with the first running of the Golden Trail Series in Australia

800

ELEVATION GAIN (M)

SINGLE TRACK TRAIL	28%	BEACH/SAND	12%
FIRE TRAIL GRAVEL	48%	SEALED ROAD/BIKE PATH	12%

COURSE DESCRIPTION





This will be an epic event and offer experienced runners and those wanting to complete their first ultra a course packed with challenging terrain – an epic spectator activation zone at the 12.5/19km and 37/45km distances.

This is a two lap course of the Coastal Ascent 25km race – so you get to run into the event hub at your half way mark, refuel, reset and be sent off on your second lap with support from your friends, family and spectators.

1600

ELEVATION GAIN (M)

SINGLE TRACK TRAIL	28%	BEACH/SAND	12%
FIRE TRAIL GRAVEL	48%	SEALED ROAD/BIKE PATH	12%



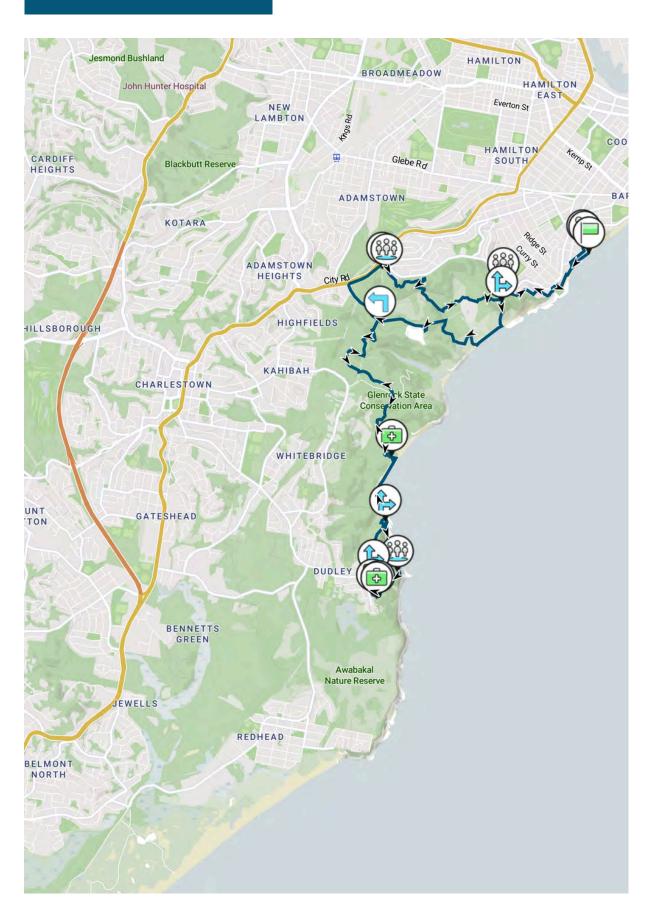
ARC 5KM



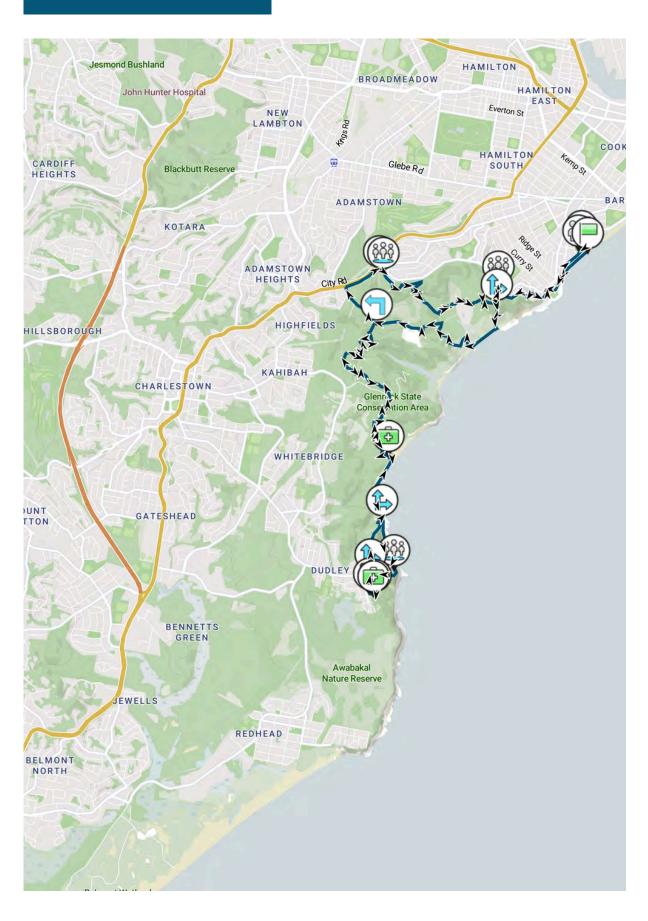
FIXX NUTRITION 11KM



SALOMON 25KM



Lé Bent 50KM



ON COURSE SUPPORT & AID

SALOMON 25KM & LE BENT 50KM

Aid station 1 will be stocked with water, FIXX Nutrition pre mixed, Cramp fix and gels, coke, lollies, and medical aid. **Portaloos will ONLY be at Aid station 1**. Aid station 2 will have water, Fixx hydration and lollies.

Runners can have outside assistance 200 metres in and 200 metres out of Aid Station 1 (Reay Park) and Aid station 2 (Scenic drive)

AID STATION	LOCATION
AID STATION 1	Reay Park Dudley
AID STATION 2	At the corner of Scenic Drive and the Easement trail Merewether heights

FIXX NUTRITION 11KM

There will be one (1) aid station with water, Fixx hydration and lollies

AID STATION	LOCATION
AID STATION 1	At the corner of Scenic Drive and the Easement trail Merewether heights

MEDICAL AID

There will be roaming Medical on course and medical at Reay Park, as well as at the Start/Finish.

EVENT EXPO

SATURDAY

FIXX, Salomon & Lé Bent

Showcasing their range of nutrition, footwear & apparel for any last minute needs ahead of race day. Demo fleets & competitions will be running all day Saturday & Sunday.

SUNDAY - RACE DAY

Food Trucks & Coffee Vans

- Newy Burger Co
- Gozleme
- Mr Bojangles Little Coffee Van
- Dickies Coffees, pizzas & vegetarian food
- Dixon Park SLSC BBQ
- Readhead SLSC BBQ at Reay Park (Aid Station 1)

Massages

There will be 3 massage therapists and 1 sports trainer provided by Atune Health Centres for all participants from 7am





RACE RULES & REGULATIONS

- 1. You must complete the marked course on foot under your own power. Stick to the marked tracks, follow the course as signposted and as directed by the marshals.
- 2. Your race number must be visible at all times on the outside of your clothing and preferably on the front of your body over your belly or chest.
- 3. You must not fold, cut or change your race number in any way. It must be worn as is, unfolded.
- 4. The wearing of iPods or other music players with headphones is not allowed at all. This is both for road safety and so you don't hold up faster runners.
- 5. All participants are required to carry their own personal cup, which they can refill at aid stations on course.
- 6. If you withdraw from the event, you must sign the withdrawal form at the closest checkpoint (unless assisted from the course by First Aid crews). This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged.
- 7.If you need First Aid help on the course notify fellow competitors and/or on-course marshals. Radio communications and medical staff are available at the Start/Finish, and Dudley Beach Car park and along Gun Club Rd.
- 8. Runners are expected to assist competitors who have injured themselves. If you come across an injured runner, provide assistance and ask a fellow runner to inform race officials at the next intersection. Times will be adjusted to compensate for any losses.
- 9. You must obey directions of checkpoint staff or course marshals and withdraw from the race if you miss any time cut-offs at checkpoints or on course.
- 10. Littering is prohibited.
- 11. You must not leave human faeces on the track. If the need arises, you must either use a toilet (or a wag bag), be out of sight, covering up what you leave behind using leave no trace principles. The event organisers strongly recommend utilising the toilet facilities at the start venue located at Dixon Park prior to your race or Toilet provided at the Aid Station 1.
- 12. You must not take dogs into National Parks.
- 13. You must not smoke in the National Park
- 14. You must obey any information signs such as track closures, etc.
- 15. Outside assistance is not permitted
- 16. Pacers are not permitted.
- 17. The event organisers reserve the right to discourage and/or penalise behaviour that is considered unsporting.
- 18. Breaking any of the rules may incur a time penalty, disqualification or pre-race withdrawal. Any such penalties are at the organisers' discretion and are final.
- 19.All junior runners aged between 11-12 participating in the 11km race must be accompanied by a parent or legal guardian. Each accompanying parent or guardian must read and sign an authorisation and indemnity before participating.
- 20. Runners can have outside assistance 200metres in and 200 metres out of Aid Station 1 (Reay Park) and Ais station 2 (Scenic drive)
- 21. Runners may use running poles
- 22. Runners must wear appropriate footwear



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@GoldenTrailSeries® - Kobe Trail - Colin Olivero

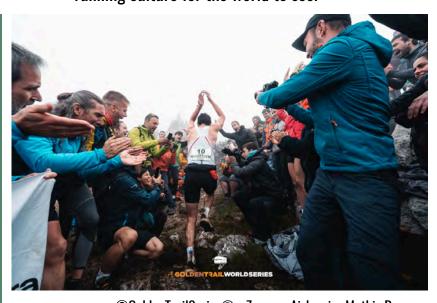
The Golden Trail National Series is exactly the sort of global trail running event that will grow the sport both globally and in Australia overnight and we, at The Coastal Ascent, are thrilled to play our part in the growth of the sport we all love.

Thankyou to every single person that joined us as a runner, sponsor, volunteer and crew for this first running of the GTNS as without you it would not be possible

For the first time in trail running history the Golden Trail National Series powered by SALOMON hits Australia!

The GTNS provides a local platform for the elite to showcase local trail running culture and ultimately the opportunity to compete at the highest level globally. The ultimate female and male winners (female/ male overall age winners and female/ male under 23 category winners) will receive a fully-funded trip to the World Series final in October 2024.

Allowing us to showcase our homegrown talent, unique trails and world-class races the GTNS brings elite competition to action-packed distances at 4 locations across Australia. From first stop at Warburton, VIC, onto Kunyani Mountain Run in TAS, The Coastal Ascent in NSW and series finale at the Brisbane Trail Ultra in QLD the series will show the varied and rugged Australian running culture for the world to see.



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SPECTATOR INFORMATION

SPECTATOR	SPECTATOR ZONE: 1		
WHERE	Reay Park Dudley		
WHO WILL YOU SEE	Salomon 25km and Lé Bent 50km participants		
PARKING	Parking is available in adjacent streets to Reay Park. This will be 12.5km into the 25km course and 12.5km and 12.5km and 37.5km into the 50km course. Driving to this location to or from the start/finish line takes approximately 15 mins		
WHAT'S HAPPENING	THIS IS THE PLACE to come and watch the race unfold. There will be live entertainment and food and drinks available to purchase thanks to Redhead SLSC. If you really want to bring the Golden Trail Series vibe — we will be encouraging you to take a short walk to the epic Bluff Trail at the end of <u>Debs Parade</u> which is only 600m from Reay Park. Grab a cowbell and cheer runners as they tackle the 300 plus stairs up from the beach with epic views for all.		

SPECTATOR	SPECTATOR ZONE: 2		
WHERE	The intersection of the Easement Trail and Scenic Drive		
WHO WILL YOU SEE	Salomon 25km/Lé Bent 50km participants 21km into their race and 11km participants running up the Easement Trail, 6.5km into their race.		
PARKING	Parking is available along Scenic Drive. We recommend parking on Scenic Drive and taking a short walk to this location and congregating on the grass trail or along the edge of the shared bike path. From here it would take you approx. 7 minutes to drive to the finish area, meaning you have time to see them finish.		
WHAT'S HAPPENING	This will be a bustling Aid station with all race routes passing through here on the way to the finish. You will be able to see Fixx Nutrition 11km runners making their way up the lung busting Easement trail 6.5km into their runs and running down the bike path on City Road will be the Salomon 25km and Lé Bent 50km runners.		

THE AFTER PARTY







Being a long weekend we wanted to continue the good times post-race, refuel, race recap - enter the afterparty!

Thanks to our mates NORT who not only supported the event but are offering up their space at MODUS Brewery in Newcastle we have a private area available to runners, family and friends to eat, drink, chat and talk stories from the awesome day.

MODUS Brewery is a venue you have to experience to believe and upon arrival you can proudly **flash your finisher medal granting access to the VIP area** for you and your friends/family where you can access food and drink specials, interact with fellow runners and unwind.

Go home and shower (or don't) and we'll see you at MODUS Brewery from 5pm with The Coastal Ascent team arriving by 6pm to welcome everyone.

THE DETAILS

WHERE	MODUS Brewing 20 Merewether Street, Merewether
WHEN	5pm-9pm with The Coastal Ascent team arriving at 6pm to welcome everyone
PERKS	 Dog, kid, family, dirty trail runner friendly Amazing kids playground Exclusive food and drink specials for runners, family and friends (flash your medal) to staff for discount. Race sponsor NORT on tap, in can/ bottle and available for take-home purchase too!

MEDIA

We are excited to announce that Race Images is our official photography partner for Coastal Ascent! Their experienced team, known for capturing Spartan Race and Tough Mudder in Australia & NZ, will be on hand to document every moment.

With their cutting-edge Al assistant, finding your photos is a breeze. Just upload your selfie at raceimages.com.au, and let the Al do the rest!

Get ready to relive your Coastal Ascent adventure through stunning, highquality images!







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