

# EVENT PROGRAM

5 DECEMBER 2021



# BARE CREEK TRAIL RUN

BARECREEKTRAILRUN.COM



PROUDLY SUPPORTED BY:



## 1. WELCOME

Congratulations on entering Bare Creek Trail Run. It is with open arms and a warm heart that we welcome you back to Acron Oval and the picturesque trails of the Garigal National Park. We guarantee that whatever course you have chosen you will have an amazing adventure. Our event program outlines all the information you need for race day.

For all the latest updates and any last minute notifications please follow our [Facebook](#) and [Instagram](#) pages.

## 2. EVENT CENTRE

The Event Centre will be at **Acron Oval, located on Acron Road in St Ives**. All events will start and finish at the Event Centre.

## 3. TRANSPORT AND PARKING

The best way to get to the Event is by car or bicycle. Parking is available in the residential streets surrounding Acron Oval. Please do not park illegally or across driveways. Due to the popularity of the event, parking can be at a premium and it is recommended that you leave yourself enough time to walk from your car to the Oval and get registered before your race.

There are limited public transport options to the Event Centre. The closest bus stop operating a service on event day is at Mona Vale Road and Douglas Street and is serviced by the number 196 bus from Macquarie Park or Gordon Stations.

## 4. EVENT SCHEDULE - 5 DECEMBER 2021

<b>06:00</b>	<b>Registration opens</b>
06:30	Marketplace opens
06:45	20km race briefing
<b>07:00</b>	<b>20km race begins</b>
07:15	12km race briefing
<b>07:30</b>	<b>12km race begins</b>
07:45	6km race briefing
<b>08:00</b>	<b>6km race begins</b>
09:30	Presentation of the 6km, 12km and 20km events
09:45	2km race briefing
<b>10:00</b>	<b>2km race begins</b>
11:30	Event Centre closes

## 5. RACE DAY REGISTRATION

**Registration will be open from 06:00 – 10:00 for all categories.**

- Please note, the majority of registered participants will have received their race number (with timing chip) in the post.
- If you received your race number in the post, you are ready to race. You do not have to attend registration on race morning - you can proceed directly to the start line.
  - ✓ **MAKE SURE TO BRING YOUR RACE NUMBER TO THE EVENT – DO NOT LEAVE IT ON THE KITCHEN TABLE AS WE WILL NOT BE ABLE TO ISSUE NEW NUMBERS TO THOSE THAT HAVE BEEN POSTED OUT.**
- If you did not receive a race number in the post, you can collect your number and timing chip at registration on the morning of the event.
- The registration desk will be located at the Acron Oval Club House right near the start line.
- When you report to registration, please provide the registration official with your name. The official will check your name against the competitor list and issue you with your race number (with attached timing tag) and safety pins.

## 6. ENTRY TRANSFERS

- **All entry transfers (taking over an entry from another person) should be made at registration on event day.**
- Replacement competitors are required to bring the registration details and written evidence from the original competitor stating that they agree to the transfer taking place.
- Event day transfers will incur a \$20 admin fee (credit/debit card payment preferred) and competitors should allow extra time to complete registration.
- Exchange of funds for race entry fees will be a private transaction between the two runners.

## 7. CATEGORY CHANGES

- **All category changes (change course distance) should be made at registration on event day.**
- Competitors changing their entry to a more expensive category will be required to pay the difference in entry fee together with a \$20 administration fee (credit/debit card payment preferred).
- Competitors changing their entry to a less expensive category will be required to pay a \$20 administration fee. No refunds will be made for category changes where the entry fee is lower than what has already been paid.



## **8. COVID SAFETY INFORMATION**

To ensure the event adheres to the current public health orders and to maintain the safety of our participants, staff and volunteers; the team from Bare Events will implement controls around site check-in, vaccination status checks, social distancing and hygiene practices.

We ask all participants to support the implementation of these measures by following the recommendations set out in this document and to follow the instructions given by event staff and volunteers on race day.

### **8.1 CHECK IN AND PROOF OF COVID-19 VACCINATION:**

As a condition of entry all individuals must be fully vaccinated and check-in at the entrance to Acron Oval:

#### **QR Code Check-In**

- Use the event QR code displayed at entrances to Acron Oval to check-in using the Service NSW App. Please show the check-in completion screen to the attending marshal.

#### **Show Proof of Vaccination**

There are 2 ways to show proof of your vaccinations to the attending marshal:

- Your [COVID-19 digital certificate](#) which shows proof of only your COVID-19 vaccinations that you can add to a digital wallet.
- Your [immunisation history statement](#) which lists your COVID-19 vaccinations and all other vaccinations.

#### ***Add your COVID-19 digital certificate to the Service NSW app***

- You can also [add your COVID-19 proof of vaccination digital certificate](#) to the Service NSW app. This will allow you to quickly check-in and show proof of vaccination wherever it's required.

For more information on providing proof of vaccination – [click here](#)

### **8.2 COVID-19: CONDITIONS OF ENTRY**

As a participant, volunteer, spectator or staff member you agree to not attend the Bare Creek Trail Run if you:

- are positive for COVID-19;
- are not fully vaccinated or cannot provide a medical exemption;
- are experiencing any flu-like symptoms (sore throat, runny nose, persistent cough, shortness of breath, fever);
- have been in close contact with a person who has tested positive for COVID-19 (during the period of time in which the virus is contagious);
- are awaiting the results of a test for COVID-19;
- reside with anyone who is awaiting the results of a test for COVID-19;
- have returned from international or interstate (where relevant) travel and failed to observe the government requirement to quarantine for 14 days.

As a participant, volunteer, spectator or staff member who are not subject to any of the above conditions for exclusion, you agree to the following requirements:

- leave the site immediately if you become unwell, after notifying a staff member;
- at all times, maintain social distancing measures (as per the NSW Health guidelines) with respect to other participants and event attendees;
- maintain good personal hand hygiene by washing your hands regularly and thoroughly and/or using hand sanitiser;
- maintain good respiratory hygiene by coughing or sneezing into your elbow or a tissue, and then disposing of tissues immediately;
- respond accurately to the following questions if asked by staff:
  - Are you or anyone you live with currently undergoing testing or awaiting results for the COVID-19 virus?
  - Have you or anyone you live with tested positive for the COVID-19 virus and have not been medically cleared as non-contagious?
  - Do you have any flu-like symptoms (sore throat, runny nose, persistent cough, shortness of breath, fever)?
- acknowledge the right of Bare Events to refuse entry or request your departure from the event centre at any time and for any reason;
- at all times, treat staff and other volunteers with respect.

### **8.3 PHYSICAL DISTANCING DURING THE EVENT**

- Physical barriers and signage will be implemented at the start and registration areas. In other general areas around the event centre please maintain appropriate distance at all times - this is every individuals responsibility.
- Once commenced, participants are asked to maintain a distance of at least 1.5 metres where practical on the trail.
- Please avoid handshakes, high fives and sharing of drinks outside of the family unit.
- We request that participants avoid running side by side as this creates bottle necks.
- Stick to the left-hand side of the trail and maintain 1.5m distance when overtaking.
- Please ensure you use the hand sanitiser provided at the water points before filling up your water container.

### **8.4 GOOD HYGIENE PRACTISES**

For the duration of your attendance at the Bare Creek Trail Run, please ensure you follow good hygiene practises by:

- Regular and thorough hand washing using soap and water and/or hand sanitiser provided at the event centre and at water points around the course.
- Carry and use your own hand sanitiser where practical.
- Covering a sneeze or cough with an elbow or a tissue rather than hands.
- No touching of eyes, nose or mouth.
- No spitting or clearing nasal/respiratory secretions at the event centre or on track.
- Avoid handshakes, high fives, huddles and celebrations (outside of the family unit).

## 9. START LINE PROCEDURE

To maintain physical distancing and avoid mass gatherings at the start, all categories will have a 'staggered' or time trial start.

- Runners will be started in small groups to spread the field out.
- The start area will be divided by physical barriers allowing a constant flow of lines and four runners every 10 seconds' to depart the start line.
- Family units who wish to run together can form a group to leave at the same time.
- The start line is self-seeded, you can fall into the start procedure at any time during your category start window.
- Please follow the instructions of the start line marshals who will guide you to the front of the line.
- Start times as follows:
  - **20km: 7:00**
  - **12km: 7:30**
  - **6km: 8:00**
  - **2km: 10:00**

## 10. MERCHANDISE

### Pre-Ordered Merchandise

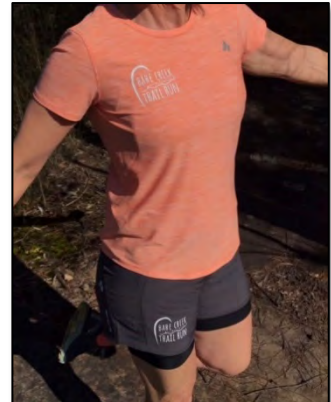
- If you placed an order for merchandise through the entry portal, your order will be available for pickup at registration.
- If you wish to 'wear' the item that you ordered out on trail, we would be happy to hold on to your old clothing/bag at registration while you enjoy your new fabulous outfit out on trail!

### Buy Merchandise

If you haven't ordered your merchandise as yet – we have a host of items still available:

- Men's and women's shirts and singlets
- Aussie Grit women's running tank tops and shirts
- Women's running shorts
- Fractal caps and running visors

You can return to your entry via the [Entry Portal](#) to purchase your items and they will be available for pick up (and to wear) on event morning. They will also be available to purchase at the event centre. *(credit/debit card payment preferred)*



## 11. INSURANCE AND DISCLAIMER

Bare Events and ChallengeWorks are covered by their own public liability insurance. This does not include personal accident insurance. You may wish to take out your own personal accident and ambulance insurance cover for the event. Your private health insurance policy may include this, but you will need to check with your insurer.

## 12. TIMING

A timing chip will be attached to the back of your race number and this will record your start and finish time as you run across the timing mat, enabling your race time to be calculated. For the chip to work, you must wear the race number on the front of your body, attached with safety pins or a race belt. You should take care to not bend or fold your timing chip. The timing chip is disposable and does not need to be returned.

**If you withdraw from the race at any time, please see the event staff and advise them of your withdrawal.**

## 13. COURSE MARKING

The course will be marked using arrows, signs, and coloured tape. Please be aware that some junctions serve different race distances and care should be taken to ensure you are following the correct course. Marshalls will be stationed at all major junctions to assist you.

The [event website](#) contains detailed maps and course profiles of each course.

## 14. TOILETS

There will be toilets available at the Event Centre but not at any location along the course. If you are caught short whilst on the course please apply the best practice principles contained in the [Bushwalking NSW health guidelines](#).

## 15. WATER STATIONS / FOOD & DRINKS

### WATER STATIONS

3 water stations will be available on the courses and accessible to 6km, 12km and 20km runners. They will be located at the following distances:

**20km:** 7km, 13km and 17km

**12km:** 7km and 9.6km

**6km:** 3km (Only water)

**2km:** No water station

- Due to COVID-19, there will be limitations food available on the course:
  - Water will be provided at all water stations.
  - Snakes (lollies) will only be available at the two remote feed stations on the 12km and 20km courses.

- Participants are required to use the hand sanitizer provided before refilling their water containers.
- Please bring your own water container – **no cups will be available at water stations.**

### EVENT CENTRE

- At the conclusion of your run, all participants will have access to water.
- Every participant who completes the course will receive a banana at the finish.

### COFFEE – BBQ BREAKFAST/LUNCH

- A coffee truck will be stationed at the event centre for the duration of the event, selling a variety of hot and cold beverages.
- The crew from 'The Run Beyond Project' will be hosting a BBQ breakfast and lunch. They will be selling a variety of food items raising funds for their experiential program that supports young people as they work towards the accomplishment of a challenging but achievable goal. Please support them by feeding your face!
  - *Credit/debit card payment preferred for the BBQ*

## 16. RACE RULES

For reasons of fairness, safety and responsibility you are expected to abide by the following rules. Failure to comply may lead to penalties or disqualification.

- Follow the course as signposted and as directed by the marshals.
- No outside assistance is allowed during the event.
- Co-operate with event officials at all times.
- Winners will be determined by the fastest time.
- Show respect for the environment, landowners, local communities and other recreational users.
- Make sure you are wearing your timing chip and race number.
- Always take your litter with you and please dispose of any litter in the bins provided.
- The Event Director's decision is final.
- 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 of the injury and the injured runner's number at the next available opportunity on the course. Times will be adjusted to compensate for any time lost helping fellow runners.

## 17. RESULTS AND PRIZES

Every finisher will be presented with an eco finisher's medal at the finish line.

Preliminary category results will be available at the finish line and full results will be linked on the event website within 24 hours.

Prizes will be given to 1st place in each category below. **A brief prize giving presentation will be held at 9:30am** (There are no places or prizes in the 2KM Dash).



Prize Categories:

- 6km Event
  - Junior, 7 to 12
  - Junior, 13 to 17
  - Adult, 18+
- 12km Event
  - Junior, 12 to 17
  - Adult, 18 - 39
  - Adult, 40 - 49
  - Adult, 50 +
- 20km Event
  - Junior, 12 to 17
  - Adult, 18 - 39
  - Adult, 40 - 49
  - Adult, 50 +

## 18. VOLUNTEERS

The Bare Creek Trail Run is a wonderful event that enables many local community and sporting groups to participate and raise money. Volunteering is a way to connect, make some friends and have some fun. We need volunteers to help at the Event Centre.

If you would like to be to be part of this great event, please register your interest at the [Volunteer Registration Portal](#)

## 19. PHOTOS

The Professionals from [outerimage.com.au](http://outerimage.com.au) will be attending the event and taking fabulous action shots of participants. These photos will be available within 24 hours of the event.

## 20. OUR THANKS

We would like to thank the ongoing support from the Ku-ring-gai Council, not only in providing the wonderful facilities at Acron Oval but their assistance in making the annual Bare Creek Trail Run a success.

## 21. CONTACT DETAILS

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