



# THE SOUTHSIDE RUNNERS SHOP MT. WILSON TO BILPIN BUSH RUN



**Saturday, 20th August, 2005**

## **RACE INFORMATION 2005**

- Race HQ:** Bilpin Rural Fire Brigade Station, Bells Line of Road, Bilpin.
- Start:** **Run to commence at 10.00am, Saturday 20th August, 2005**  
Silva Plana Reserve, Queens Avenue Mt. Wilson
- Finish:** Bilpin Community Hall, Bells Line of Road, Bilpin. (Approx 1.5kms west of Bilpin Village). Your time and place will be recorded and a certificate and race results will be mailed to you as soon as possible after the event.
- Presentation:** Presentation of awards will commence at approximately 2.30 pm on race day at Bilpin Hall.
- Contact:** Margaret Tadrosse  
Phone: (02) 45 67 1262 or 0404 061262  
Email: fruit@hawknet.com.au
- Course:** 36km event, First 21kms undulating hills along fire trails and bush. Last 15 kms is 8kms of downhill dirt road and then 7km graded ascent (see course map)
- Entries:** The event is open to all individual runners who are satisfactorily trained to safely complete this gruelling 36kms. Entries close by mail **15<sup>th</sup> August, 2005.**
- Race Fees:** **Individuals \$45.00** (which includes a gift bag of local produce for pre entered runners only). All proceeds to Bilpin and Mt. Wilson Rural Fire Brigades.
- Prizes:**
- |        |               |
|--------|---------------|
| First  | Male & Female |
| Second | Male & Female |
| Third  | Male & Female |

### **AGE CATEGORIES**

- First Male & Female over 40 years of age
- First Male & Female over 50 years of age
- First Male & Female over 60 years of age

### **Only pre entered runners will be eligible for a prize in the Age Categories.**

- Complete five Mt. Wilson to Bilpin Bush Runs – Receive a special Cap
- Complete ten Mt. Wilson to Bilpin Bush Runs – Receive a special award

All Official Finishers will receive a certificate

- Limits:** Progress throughout the race will be monitored at race HQ and if it is judged that insufficient progress is being made in relation to your likely finishing time, or if you appear too distressed, you may be withdrawn from the event.
- Race Control:** All runners are requested to assist the organisers by clearly displaying their race number at all times and ensuring that their race number has been registered at drink station 3. The progress of every runner will be monitored at Race HQ via radio communication with every aid station to prevent, as far as possible, a runner becoming lost.

- Spectator Access:** Spectators are permitted at the following locations, Mt. Wilson at the start, Drink Station 1, Drink Station 2, Cnr Bowens Creek Road and Mt. Irvine Road (Between Drink Station 4 and Drink Station 5). No access for spectators past this point until runners emerge at Bells Line of Road, Bilpin.
- Transport:** Transport by bus will be provided from Bilpin Community Hall to the start at Mt Wilson for runners and spectators (and back to Bilpin for any spectators) indicating that they require transport on the entry form. The cost is free for this if you lodge your entry before the cut off day. Buses will depart Bilpin Hall commencing 7.45 am. Private transport to the start is possible. Please book your seat early and do not rely on spare seats being available on the day, as there may not be any. This also helps the organisers to make appropriate bus arrangements.
- Facilities:** At the finish there will be refreshments available, we will be selling steak and sausage sandwiches. There is also a toilet and hot shower facilities available, please bring your own toiletries and towel. Masseurs will also be available at the finish after the race.
- Aid Stations:** There will be eight aid stations supplying electrolyte drinks, water and limited first aid. Food such as fruit and jelly beans will also be provided, as well as any special drinks (see below). Each drink station is approx 5kms apart.
- Special Drinks:** Special drinks and food bags are permitted, provided that they are lodged at the Start to drink marshals for transportation to the specified drink station. These items must be clearly labelled with your race number, and lodged in the crates marked for each aid station.
- Litter:** Please do not litter at all in any area, as most of the run is in a nature reserve. Drop cups etc. in the special receptacle located just past each aid station. If you have to drop litter elsewhere, please do so at or near the aid stations where it can be easily seen and collected. DO NOT throw it in the bush, as this may threaten the conduct of future events.
- Traffic:** The roads used by the runners in this event are not closed to traffic, but most are seldom used. However, **caution must always be exercised by runners at all times.** At Bells Line of Road, from Mt Irvine to the finish the course is marked off the road on the road verge and runners must not run on Bells Line of Road or the road shoulder.
- Distress:** If an entrant becomes aware of another runner in distress or requiring assistance in any way, then please provide help to the best of your ability and notify an aid station attendant. Any entrant who withdraws from the event is requested to immediately notify an aid station attendant, and arrangements for transport back to the finish can then be made.
- Cancellation:** In the event of bad weather the organisers reserve the right to cancel the race or change the course at short notice; although this has not yet been necessary in the history of the race, it should not be ruled out.
- Sweepers:** There will be three quad motor bikes each ridden by Rural Fire Service members travelling the course with all the runners. If you cannot complete the course or injure yourself you can be transported to the nearest drink station by one of these sweepers.
- Clothing:** During the course of the run, if you need to dispose of any clothing hand it to one of the sweepers or leave it at a drink station and the sweepers will transport it back to the finish for you to collect.
- T-Shirts:** There will be a limited amount of Mt. Wilson to Bilpin Bush Run T-Shirts on sale for \$25.00 each. If you would like a T-shirt please order and pay for this when sending your entry in. There may not be any left on the day so please pre-order your T-Shirt. All pre-ordered T-Shirts will be given to you on the day of the Run.
- Videos/DVD:** Videos and DVDs are available of this year Run and the previous two years (2004 and 2003). If you would like one from either of these year, please complete the section on the entry form for this. 2003 and 2004 Videos and DVD's will be sent out upon receipt of your entry. 2005 Videos and DVDs will be sent out after the Run.
- Race numbers:** Final instructions will be posted to entrants on receipt of entry form (note that this will be the only indication that your entry has been received). Race numbers will be issued to all runners on the day of the Run.