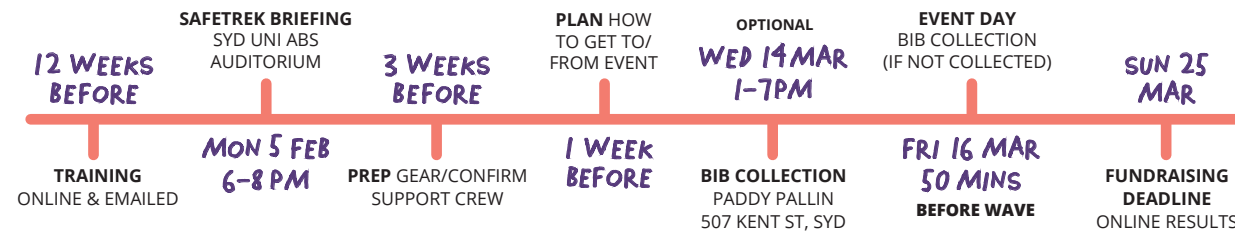


Coastrek Pocket Guide

YOUR TIMETABLE



Bondi Finish Line 60km/30km

OPEN: 11.30am - Sat 1.30am



+ Food stalls & Massage

BIB COLLECTION

OPT 1.) Wed 14 Mar 12-6pm
Paddy Pallin City Store
507 Kent St, Sydney

OR

OPT 2.) Event Day
North Steyne SLSC (60k event)
Bradfield Plaza, Kirribilli (30k event)

Closes 20 mins before you start.

Only **one team member** needs to collect.
Know your bib number in advance (emailed to you).
Go to the **'Team Changes'** desk for changes.

Bibs have two numbers:

Large number = team; Small number = individual.
Wear the bib allocated to YOU, on your front, outside



60km START

North Steyne beach
Manly

You're on your way.

Clontarf KISS Stop 8km

OPEN: 7.45am - 10am



COMPULSORY GEAR

High Vis vest with reflective strips
- wear on roadways, crossings, and at night OR the whole way!



WATER

Min 2L carrying capacity
(bladder in backpack recommended)
and separate bottle for electrolyte.
This is a CUP FREE EVENT

FIRST AID KIT

Blister pads, band-aids, sunscreen,
tape, heavy weight compression
bandage in case of snakes.



SPACE BLANKET

1 space blanket per team.



TORCH

Head torch or torch
(+spare batteries)



MAP

At least **one team member** to
download the **MAPS.ME app**
and the Coastrek route. Instructions:
www.sydney.coastrek.com.au/map

RECOMMENDED GEAR

Day pack (35 - 45L, 6-8kg); ankle gaiters;
electrolytes; spare toilet paper;
food - don't try anything new event day.



TIMING SYSTEM

Your bib will scan across the start
and finish lines, as well as at
designated checkpoints along the
way: **Middle Head; Kirribilli; Rose
Bay; Hornby Lighthouse South
Head.** Time is taken from the last
team member to cross.

You can see
the finish line.

Vaucluse KISS Stop 53km/23km

OPEN: 10.45am - 11.30pm



WITHDRAWALS

Individual: Remaining team members
must report at the next LUV Stop
Withdrawals desk

Team: Must call Coastrek HQ
0411 344 138 or go to Withdrawals
desk at closest LUV Stop

Look back
at where
you started!

South Head Checkpoint 50km/20km

OPEN: 10.45am - 11.30pm



GOLDEN RULES

Fundraise **\$500pp**
or more for
The Fred Hollows
Foundation

No participant
substitution
allowed during
event

Please take all
rubbish with you
and find a bin
along the way

Be considerate and
kind to neighbours
and other walkers

Fast teams self-seed
- place yourself at
the front of the pack

Give way to faster
teams and other
walkers

Stay together as a
team and cross timing
strips together

Be patient at
checkpoints, there
may be short queues

If using trekker
poles, they must
have rubber tips

DROP-OFF ZONES

(Follow direction from traffic controllers):

60k In front of **North Steyne
SLSC**, opposite Pine St Manly.

30k End of **Broughton St,
Kirribilli** (near ferry wharf).

SMALL BAG
(shopper size)

Half way there.
Keep going.

BAG DROP

One Small bag (shopper size) per team only.
Label with name, phone, bib number
No valuables - bag will be unattended
Collect from Finish Line

30km START

Bradfield Park
Kirribilli

Kirribilli LUV Stop 30km

OPEN: 9.30am - 4.30pm



This way to the Bay!

Rose Bay LUV Stop 42km/12km

OPEN: 10am - 8.30pm



FINISH VILLAGE

Team must cross through the finish
arch/timing strip **TOGETHER** (unless someone
has officially withdrawn). Collect your medal
and celebrate. Food stalls available. Family
and friends are more than welcome to cheer
you across the finish line and join you to
celebrate. **NO ALCOHOL PERMITTED IN THE
VILLAGE** or in any public surrounding area.

It will be **BUSY!** Limited PAID parking
available off Campbell Parade. Support Crew
park in alternate locations nearby.

INJURY & EMERGENCY INFO

Update emergency info and contact
details in online account.

Wear high vis vest to start and along roadways.

Follow emergency procedure on the
back of bib.

More safety response info and injury
prevention tips in resources section on
Coastrek website.

Roaming First Aid is available along
the route, but always call 000 for
life-threatening issues.

Use 'Emergency Plus' App to provide your
location.

Be prepared for all weather possibilities
- heat, cold, rain.

Support crew: Make a plan, give crew the
Maps.Me link. You must meet within 200m
of route.

Always walk with at least one other
trekker, two at night (link with another
team if you have withdrawals).

FACILITIES



Manned Luv Stops: If your team does
not reach a stop within the allotted time
you will be required to withdraw from
the event.

Podiatry/Massage/Physio services -
As these are volunteers, they are only
available at limited stops and for limited
periods during the event.

Coffee/food: available at local cafes
along the route and close to Luv Stops
during normal business hours.

Additional toilets: Some are marked
on the Maps.Me route map, otherwise
check the National Public Toilet Map at
toiletmap.gov.au for additional along
the route.

Map image available here:
sydney.coastrek.com.au/events/map