

**2013 VRWC 24 HOUR WALK**  
**INCORPORATING THE AUSTRALIAN CENTURIONS QUALIFYING EVENT**  
**AND THE RACEWALKING AUSTRALIA 100KM WALK CHAMPIONSHIPS**

**SATURDAY 14 SEPTEMBER – SUNDAY 15 SEPTEMBER 2013**

**INFORMATION FOR COMPETITORS**

**WHERE**

Albert Park National Park walkways, Middle Park.

Registration is in the Victorian Race Walking Club rooms, Middle Park Bowling Club complex, off Canterbury Rd, Middle Park (Melways ref 2K F10).

**WHEN**

Saturday 14<sup>th</sup> September 2PM – Sunday 15<sup>th</sup> September 2PM

Access for setup will be available from 11:30AM onwards on the Saturday morning

**CARS**

Cars delivering caravans, tents, etc. may enter via the park entrance in Aughtie Drive, just south of the Albert Park Golf Driving Range (see Appendix B map). This leads directly to the camping area for support teams. The yellow bollards at this entrance will be removed from 11.30am onwards on the Saturday morning. Speed must keep to a maximum of 10km/hr within the parklands area and cars must be driven with hazard lights flashing.

Cars must be removed from the parklands once equipment is unpacked. Long term parking is available in Aughtie Drive and in other carparking areas close by.

Note that car parking is not free in this area and most parking areas require parking fees.

**CARAVANS & TENTS**

The area allocated to caravans and tents is shown in the Appendix B map. Note that no electricity is available on tap in this area. Note also that Parks Victoria do not allow tent pegging in this area. That means that you, like us, will need to weigh your tents or shelters down via alternate means. The rangers may well come down and check things out during the event so please adhere to this restriction.

**EVENT TIMETABLE**

Sat 14 Sept	11:30am	Gates open for competitors to setup in crewing area
	2:00pm	Start of 24 Hour and 12 Hour endurance walks
Sun 15 Sept	2.00am	Finish of 12 Hour endurance walk
	7.30am	Start of 4 Hour, 5 Hour and 6 Hour endurance walks
		Start of Victorian 50km Racewalk Championship
		Start of Racewalking Australia 50km Racewalk Championship for women
	10:00am	Start of VRWC 20km roadwalk
	11.00am	Start of VRWC 10km roadwalk
	11.30am	Finish of 4 Hour endurance walk
	12.30pm	Finish of 5 Hour endurance walk
	1.30pm	Finish of 6 Hour endurance walk
	2.00pm	Finish of 24 Hour endurance walk
	2.30pm	Presentations in Middle Park Bowling Club
	4.00pm	Final closing of gates and clearing of support area.

**COURSE**

The walks course is a 1.25km out and back loop alongside the Middle Park Bowling Club. See the Appendix A map.

**NIGHT LIGHTING**

Although the course is lit by Parks Victoria security lights, we have determined that there are two points where we will need to put up additional lighting. One point is just south of the Carmelite Tennis Club courts and the other is at the top end of our course along the looping section. We intend to have an official's shelter setup alongside the toilets adjacent to the Carmelite Courts to monitor and control this bottom section of the course and oversee the portable lights there. The officials at the start/finish will monitor the portable lights at the top end of the course. Competitors are advised to

bring their own small personal night lights and use their own discretion as to whether or not they need to wear them. Obviously if it is a very overcast and dark night, you may well decide that some additional personal light might be useful for you.

### **TOILETS & SHOWERS**

A trackside toilet block (with separate male and female toilet areas) will be available for ultra competitors for the full 24 hours of the event. This toilet is adjacent to the Carmelite Tennis Club courts some 250m south of the start/finish line on the bottom section of the course. An official's tent will be setup alongside these toilets to provide some level of security, especially overnight. Toilets are also available in the Middle Park Bowling Club complex for officials, spectators, competitors and crews.

Showers and change rooms are also available in the Middle Park Bowling Club complex.

### **MEDICAL**

Well known sports masseur Michael Gillam will be in attendance throughout the race. Qualified First Aid personnel will be in attendance from 6PM on the Saturday evening until event finish and then for an hour afterwards to deal with any post race trauma situations. While first aid staff can attempt to help with blisters, abrasions and suchlike, you are always advised to come prepared with your own medical kit and use shoes and clothes that are well broken in, etc.

The masseur and First Aid staff will be located in the VRWC clubrooms which is close to the start/finish line.

### **MASSAGE AND FIRST AID PRIORITIES**

1. Injured Ultra competitors
2. Other Ultra competitors

### **CHECK WEIGH**

Optional roadside weighing will be provided at 4 separate times as feedback to 24 hour competitors – before the start of the event and at the 6 hour, 12 hour and 18 hour marks. A 10% loss of weight during a race is cause for concern and all competitors should be guided by this feedback. We encourage you to make use of this safety mechanism to monitor your performance.

### **YOU MAY NEED**

Cold weather gear. Wet weather gear. Hot weather gear. Umbrellas. Chair. Shady hat. Several changes of running gear, including shoes. Vaseline. Talcum powder. Adhesive tape. Personal medications. Sports rubs. Fruit. Drinks. Drink containers.

### **SUPPORT CREWS**

We recommend that all competitors in the 24 Hour events have a personal handler who understands the unique needs of ultra distance events. This person has the ultimate responsibility for looking after the general well being of the competitor and anticipating their food and drink requirements. In an event of this type, it is not realistic to expect the race organisers to look after you exclusively. Their job is to run the event, not crew for solo competitors.

### **FOOD**

Food and drink are important to ultra competitors to obtain maximum performance in an event such as this. Competitors should plan their requirements well in advance and have adequate provisions of any special requirements.

### **REFRESHMENT TABLES**

Refreshment tables will be setup near the start/finish line. These will be stocked with water, gatorade sports drink and small food items like bananas, apples, lollies, bits of chocolate, etc. Note these are not meant to exclusively provide all your needs. Rather, they are simply an adjunct to your own table which you should have setup in the support area.

### **CANTEEN**

The canteen in the VRWC clubrooms will be open for the full 24 hours of the event and will have a continuous supply of hot water, tea, coffee and milo free of charge. We will also endeavour to provide hot food (casseroles, lasagna, soup, etc) at key times for support crews. The canteen also has light snacks, soft drinks, sports drinks, sweets, etc, available for purchase.

### **COOKING, HEATING FOOD**

Microwave ovens in the clubroom canteen are available to heat prepared foods. No cooking facilities are available to competitors in the canteen area. Prepare your food beforehand and heat it in the microwaves.

### **TRACKSIDE COOKING**

No electricity is available in the crewing area. No campfires may be lit.

### **LAP RECORDING**

Computers/chips will be used for lap recording. Competitors do not need to supply their own recorder. Hourly printed updates will be posted for public viewing.

### **GENERAL RULES & CONDITIONS**

- No smoking or alcohol are allowed in the boundaries of the venue during the entire period of the 24 Hour event. Note: This applies to participants, crews and spectators. This is an 'animals on leads' area of the park so, while animals are allowed, they must not be allowed to roam free.
- The computer lap scoring area is strictly out of bounds to all except those involved in lap scoring. All queries to go to the race director/referee who will liaise with the lap scorers. Our computer lap scoring team will record all competitors and will issue hourly reports.
- Any non-competitor who wishes to walk with a competitor (for whatever reason) must:
  - take responsibility for injuries from obstacles encountered
  - be aware that the competitor may be disqualified if their ongoing help is deemed to be pacing
- Ultra competitors are responsible for the actions of their crews, teams and supporters.
- All complaints or protests to be made in writing to the race director/referee.
- Rule violations may lead to disqualification of ultra competitors.
- Each entrant will be issued with 2 identical race numbers. One must be worn on the front chest area. The second is a spare in case you wish to have another vest ready to go. Your number must be securely fixed to ensure accurate lap scoring.
- How you progress and rest is your own concern but you must make sure that any extensive periods off the track are recorded by your helpers in case we need to query your laps after the event. It is not necessary to tell us when you leave the track.
- We do not intend to reverse direction at regular intervals. Since this is a road event rather than a track one, this is not needed.

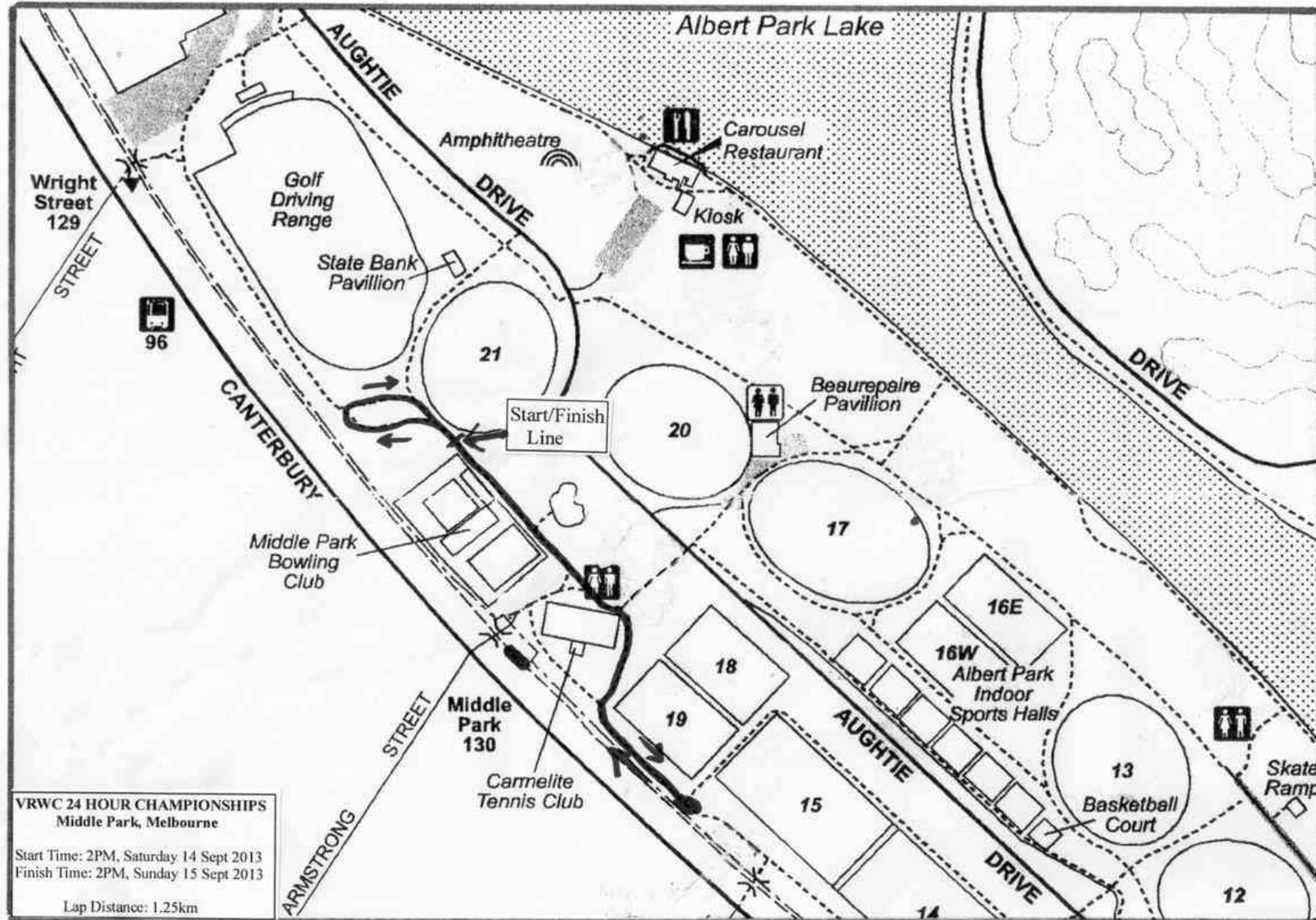
### **IMPORTANT DEADLINES AND TIMES**

11.30am - 2.00pm Saturday	Park open for competitors to setup their tents, etc in the support area. All cars must be removed by race start.
12.30pm Saturday	Check-in open.
1.30pm Saturday	Briefing for Ultra Competitors
2.00pm Saturday	Start of 12/24 Hour Walk
2.00am Sunday	Finish of 12 Hour Walk
2.00pm Sunday	Finish of 24 Hour Walk
2.30pm Sunday	Presentations

## **START AND FINISH INSTRUCTIONS**

- START** • 24 Hour competitors are to be at the start line before 2pm Saturday. A starting gun will be fired to start the race.
- FINISH** • Just before 2pm Sunday, a small sandbag marked with the competitor's name will be given to each competitor.
- When the gun sounds to finish the race at 2pm Sunday , the competitor will drop the sandbag adjacent to where he/she is at that moment.
  - The ultra competitor or an attendant is to wait for the club official at the appropriate sandbag. The club official will record the additional distance achieved by the competitor in the final lap. The measurement will be 'rounded down' to the nearest metre.

Appendix A - Course Map



Appendix B - Detailed Course Map

