



Saturday 3rd September 2022

RUNNING ON THE EDGE

Royal National Park,
Sydney NSW



Coastal Trail Run



Welcome to the 13th edition of the Coastal Classic!

A big thank you to all runners for your continued support of this historic event.

Established in 1879, the Royal National Park is the world's second oldest national park and covers 15,080 hectares. The Coastal Track offers magnificent views and scenery with a variety of trails, beaches and rainforest.

We hope you enjoy the trail run and make sure you have a look around as you make your way up and down the coast, some of the views are not to be missed!

This Event Program contains all the information you need for race day. Make sure you read it carefully!

EVENT CENTRE – START / FINISH

The event centre for the start and finish this year will be based at **Bundeena Reserve next to Bundeena CSC, Bundeena**. Bundeena is located 56km south of the Sydney CBD.

ADDRESS

Bundeena Reserve next to Bundeena CSC
Loftus Street
Bundeena NSW 2230

[MAP LINK](#)

MOBILE PHONE COVERAGE

There is good mobile reception at the Start / Finish line in Bundeena.

PARKING

There is **no parking at the event centre at Bundeena Reserve**, apart from street parking in the local area. Instead, **we strongly encourage you to arrive by train at Sutherland Train Station for the bus transfer to the Start Line in Bundeena** (see below details).

There is **very limited parking in Bundeena itself**, especially close to the Start/Finish line. The best area for parking in Bundeena is 'up the hill' away from the Start/Finish line, leaving yourself a short walk to/from the event.

Areas of parking in the main street of Bundeena will be reserved for non-event participants. Parking is also not allowed in the Bundeena CSC carpark for event participants.

TRANSPORT TO START LINE

The best option for arriving at the start is to join your fellow runners on the free bus transfer from Sutherland Train Station and enjoy the pre-event buzz on the bus trip to Bundeena. Sutherland Train Station has ample parking. One early bus will depart at 6.50am with the remainder leaving at 7.10am, these will all arrive at Bundeena with plenty of time for runners to collect their race bib, visit the bathroom, warm up and be ready for the start at 9am. The bus shuttle will drop you at the bottom of Loftus Street and from there is only a short 50m walk up to the Event Centre.

TRAIN TIMETABLES

There are 3 train options available leaving from Central after 6:00am that will arrive at Sutherland Train Station by 7:00am for your bus shuttle departure at 7:10am.

For those runners travelling up from Wollongong there is one train option available to you leaving Wollongong at 5:31am that will arrive at Sutherland Train Station by 7:00am for your bus shuttle departure at 7:10am.

To plan your trip, please see the following link: <https://transportnsw.info/trip#/trip>.

TRANSPORT FROM THE FINISH LINE

Free event shuttle buses have been arranged taking runners from the event finish at Bundeena back to Sutherland Train Station. The buses will depart when full and at regular intervals over the course of the afternoon, usually at 30 minute intervals. The first bus will leave at approximately 11.30am.

Alternatively, you can catch the ferry to Cronulla. The Bundeena to Cronulla ferry timetable can be found on the following link:

www.cronullaferries.com.au/ferries-to-bundeena/bundeena-timetable

EVENT SCHEDULE

SATURDAY 3rd SEPTEMBER 2022

7:30am	Registration Opens
8:45am	Registration Closes
8:50am	Race Briefing (all runners to attend the briefing ready to race)
9:00am	First Runners Start (Self Seeded)
9:45am	Last Runners Start (Self Seeded)
11:15am	First runners expected to finish at Bundeena
1:00pm	Prize Presentation
3:30pm	Last runners expected to finish at Bundeena

REGISTRATION

The registration tent is located at the Event Centre in Bundeena Reserve. Registration is only open on the event morning from 7:30am onwards.

Race Bibs

Race bibs will not be sent out prior to the event. All runners will pick up their race bib at the Registration Tent on the morning of the event.

All runners will be emailed the **Runner Start List on Thursday, 1st September 2022** as you will need to review this list to know your race number in order to collect your race bib on the day.

Safety pins will be available at registration should you wish to use these to attach your race bib to your shirt. Please wear your race bib on the front of your shirt, up on your chest where it is clearly visible and not underneath clothing or obstructed from view. Alternatively, you may use a race bib belt around your waist if you prefer.

ENTRY TRANSFERS

Entry transfers (to other runners) will be accepted online **up until midnight on Wednesday, 31st August 2022**. Be aware though that your name won't be printed on your race bib as this deadline will have passed. You can complete the entry transfer process via your www.active.com account in the MyEvents portal and as per the instructions on your entry registration confirmation.

After **Wednesday, 31st August 2022**, entry transfers will need to be completed at registration on race day. If you are doing a transfer on race day, please attend the registration tent and the new runner must present the original runners entry confirmation email (hard copy or digital) thereby allowing the transfer of entry to the new runner on the day. You will be required to complete an Entry Transfer form and we suggest you download, print and pre-fill the form [HERE](#) to bring along and save time. Entry transfers at registration will incur a **\$40 admin fee**. Allow extra time for this process to occur at registration. Exchange of funds for race entry fees for On the Day transfers will be a private transaction between the two runners.

MERCHANDISE

If you pre-purchased merchandise such as an Event T-shirt, Tailwind Nutrition, Max Adventure Cap or HydraPak SpeedCup you can collect these items from the registration tent **either before or after you have run the event**. No merchandise will be posted after the event if you forget to collect on the day.

BAG DROP

You can leave your gear with us at the Event Centre Bag Drop Tent which will be located near the Registration Tent on the day.

You will need to supply **your own secure bag** (no larger than a small backpack or shopping/reusable plastic bag). We will supply a bag tag for you to mark your name and race number on the tag and for you to attach it to your bag on the day. One of our volunteers will then take your bag and place within the Bag Drop Tent for you to collect again once you finish the event.

We will not be responsible for any items that go missing from bag drop.

INSURANCE & DISCLAIMER

Max Adventure is covered by its own public liability insurance. This does not include personal accident insurance. It is strongly recommended that you take out your own personal accident and ambulance cover for the event. Your private health insurance policy may include this, but you will need to check with them.

ELECTRONIC RACE TIMING

On the back of your race number is your timing chip.

It will record your start and finish time as you run across the timing mat, enabling us to calculate your race time.

- Your timing chip will not record your time correctly if not clearly visible on your chest, timing chips placed on your shorts, sides, back or under layers of clothing will



not work properly.

- Take care not to 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. The withdrawal will then be recorded as: DNS (did not start) or DNF (did not finish).

At the Aid Stations

There will be timing splits at Wattamolla and Marley Aid Stations. There will be bunting directing you to run through the timing area. **Please ensure you run through this area otherwise your time may not get recorded.**

At the Finish

When you cross the finish line and have your official time recorded, it is then your responsibility to dispose of the race bib in an appropriate manner (or take it home as a keepsake).

START PROCEDURE & TIMES

- The event will **officially start at 9:00am.**
- Participants will head off at 5-second intervals, in pairs.
- **The start windows are self-seeded so please line up according to your goal finish time and running ability.**
- **Remember your time will only start when you cross the start mat with your timing chip.**

COURSE FORMAT

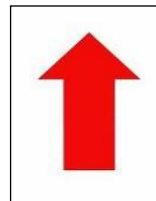
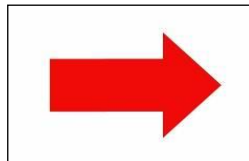
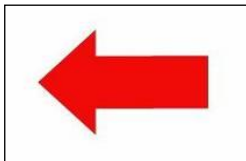
Course Markers

Course markers, pink tape and hazard tape will be placed along the course to provide information and point you in the correct direction. Where there is a junction, or ambiguous section, there will be confirmation arrows to guide you along the course.

Runners must look out for “red on white” arrows, pink tape and caution and information signage.

The course will be marked as follows:

- Directional arrows will be located on the turn.
- Pink tape will be attached to trees after every turn to confirm you are on the right track.
- Pink tape will be located on straight sections and at regular intervals on the track to confirm you are still running on the correct course.
- Red and white hazard tape and wrong way crosses will be used to close off side tracks or indicate areas where you should not enter. **If you run past a cross, you are on the wrong track. Turn back immediately!**
- **Please make sure you follow the course as marked and follow the directions of marshals on the course.**



AID STATIONS

There are **four marshalled Aid Stations** along the course with the following:

- First Aid
- Water
- [Tailwind Endurance Fuel](#)
- Bananas & Oranges
- Potato Chips
- Lollies

There will be no cups at the Aid Stations, so you will need to carry a water bottle or hydration pack (or similar) to refill.

Distances to Aid Stations:

8km	–	Aid Station 1 (North of Big Marley)
14km	–	Aid Station 2 (Wattamolla Beach)
20km	–	Aid Station 3 (North of Big Marley)
24km	–	Aid Station 4 (South Bundeena, Sandy Track turnoff)

Aid Stations will display 'Distance To Go' km markings for the course.

 **FOR DURING**



 **FOR AFTER**



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AND USE EVENT CODE COASTCLASSIC15%

FOR 15% OFF YOUR NEXT PURCHASE*

Valid FROM 10 Aug to 19 Sept 2022



*offer applies to all non discounted nutrition products

TOILET AVAILABILITY

- **Event Centre (Start)** - Yes
- **On Course** – Yes, at Wattamolla Aid Station. These must be used in place of the existing National Parks toilets. Please follow this directive and leave the existing toilets for other park users. Toilets are also available at Sth Bundeena Aid Station.
- **Event Centre (Finish)** – Yes

WATER AVAILABILITY

- **Event Centre (Start)** – Yes
- **On Course** – Yes, at all Aid Stations.
- **Event Centre (Finish)** – Yes

RACE RULES – FIRST AID – SAFETY

RACE RULES

For reasons of fairness, safety and responsibility you are expected to abide by the following rules. Remember, **ignorance is no excuse** and failure to comply may lead to penalties or disqualification.

- Show respect for the environment, landowners, local communities and other recreational users.
- Make sure you are wearing your race number and attached timing tag.
- Always take your litter with you and please dispose of any litter in the bins provided.
- Stick to the marked tracks, follow the course as signposted and as directed by the marshals.
- Notify the Event Medic of any significant medical history (e.g. asthma, diabetes...) before you start the event.
- No outside assistance is allowed during the event.
- Cooperate with event officials at all times.
- Winners will be determined by the fastest time.
- The Event Director's decision is final!

- You must report to the timing tent if you decide to withdraw from the event. If you are injured and not able to return to the event centre, please inform an event official on course.

FIRST AID

First Aid crews will be located at the event centre and out on course:

- If you need any first aid attention, see one of the event officials for assistance.
- There will be marshals out on the course with radio communications back to the event centre. Please inform them if you require any medical assistance.
- 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 event officials at the next intersection. **Please make sure you inform race officials of the injured runner's race number.** Times will be adjusted to compensate for any losses spent helping fellow runners. We expect all runners to place the safety of fellow runners ahead of any personal achievements.
- A team of sweepers will be clearing the course behind the last runners. These sweepers will assist you in case of emergency or injury.

ON COURSE SAFETY

- Please note you will be running on public trails and roads open to other traffic. Event officials will be present to assist at road junctions and crossings but it is still your responsibility to lookout for any pedestrians or vehicles.
- Stick to the left hand side of roads and trails in public areas.
- Please obey all event, road and directional signage and stick to the marked trails at all times.

FOOD & COFFEE AT EVENT CENTRE

A coffee van, Espresso Coffee 2 U, will be open from 7:00am onwards offering hot / cold drinks and light snacks to purchase during the day.

Bundeena Community Services Club, in conjunction with the local Bundeena RFS will be providing a delicious post-race BBQ for runners and spectators. Please help support the local RFS by making use of these facilities after your run.

Cash and EFTPOS facility will be available to take payments on the day.

SPECTATORS

Spectators are welcome at the Start and Finish area. You will be able to drive to the Wattamolla aid stations where you can see the competitors in action. Please note no outside assistance can be provided to runners while on the course. Breaking of this rule will result in the disqualification of the runner in question.

RESULTS & PRIZES

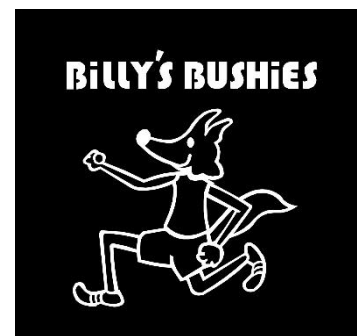
Full results will be available on the event website [HERE](#) in the days following the event.

- Prizes will be awarded to 1st, 2nd & 3rd place getters in each age category courtesy of our event sponsors.
- All competitors will receive a Coastal Classic 2022 finishers medal upon completion of the course.
- Winners must be at the prize giving to receive their prize, **nothing will be posted**.
- A short prize-giving presentation will be hosted **at 1:00pm**, at the finish line.

VOLUNTEERS

Without our dedicated volunteers giving up their time to help us, we simply couldn't man an event as far reaching as Coastal Classic.

Please join us in thanking the many volunteers you will see out on course and at the event centre on race day including the wonderful **Billies Bushies volunteers** at all the aid stations.



EVENT CANCELLATION

Given the sensitivity of the Coast Track and the approval from National Parks & Wildlife Service (NPWS) to run this event we are guided by the weather conditions leading up to event day if the race can proceed. If significant heavy rain falls prior to race day or there is threat of fires NPWS will determine if the event can proceed as planned in consultation with Max Adventure.

Max Adventure will do everything possible to continue with the event, but ultimately NPWS will make the decision.

In the unlikely case of an event cancellation, we will let you know by email and make the announcement on the home page of the website [here](#). We will also make an announcement on our Facebook page [here](#).

PHOTOGRAPHY

The professionals from **Outer Image Collective** will be out on the track taking care of all the action shots. Your photos will be available for viewing a couple of days after the event. Sign up now on [this link](#) to be notified when this gallery becomes active.



SPONSORS

The Coastal Classic would not be possible without the support of our sponsors.

Tailwind Nutrition Australia

All you need, all day. Really

www.tailwindnutrition.com.au



SUPPORTERS

Our thanks also to the following organisations for making the event possible.

- Royal National Park
- Wollongong City Council
- Sutherland Shire Council
- Billy's Bushies
- Kevin Tiller
- Bundeena Community Services Club
- Otford Public School
- Otford RFS
- Bundeena RFS
- CREST
- Precision Timing
- Outer Image Collective

CONTACT

Before the event:

Race Director - Mark Roberts

0474 551 331 (available on event day as well)

info@maxadventure.com.au

www.maxadventure.com.au



UPCOMING EVENTS



MA Adventure RACE SERIES

KAYAKS PROVIDED

COMBINING

-  **TRAIL RUNNING**
-  **MOUNTAIN BIKING**
-  **KAYAKING**

**NOVICE & CLASSIC COURSE
OPTION ON EITHER DAY**

**Saturday 17th & Sunday 18th
September 2022**

Blue Mountains, NSW

ALL YOU NEED IS A SENSE OF ADVENTURE



BOUDDI COASTAL RUN

**12TH NOVEMBER
2022**

**14 KM
OR 21 KM
TRAIL RUN**

THE LAKES FESTIVAL