


BVRT100 RACE DIRECTIONS/INSTRUCTIONS

Please take note:

- Throughout the course of the BVRT100, vehicular traffic has priority at all crossings (the sole exception to this may be at the start of the 50 mile event at Esk), including those that are marshalled. If you are asked to stop by a race official or if there is oncoming traffic at an unmanned crossing (some gravel roads away from residential or built up areas) you must stop.
- On no account are crew permitted to access their participant at any location not listed in this document (denoted by ). This condition exists for the safety of participants, their crew, event crew and members of the general public. Breaches of this condition may lead to the disqualification of the participant(s).
- All checkpoints are located at or adjacent to the retired stations situated along the BVRT. Any setup other than these checkpoints are unofficial and not a component of the event and as such, are not covered by any insurances or support initiatives under the jurisdiction of the event.

SECTION 1 - RACE DIRECTIONS

1. Wulkuraka to Fernvale – 23km

From leaving the Ipswich Grammar Schools Risson Centre (IGSRC) at Wulkuraka, participants will be directed along the Brassall Bikeway (signed and/or marshalled) until you reach the trail head of the BVRT (across Diamantina Boulevard – marshalled). From this point, continue along the BVRT until you reach the old station at Fernvale.

Amenities at Fernvale include:



Special attention: The Fernvale Bakery

This section, being the closest to a metropolitan area, encounters several road crossings of varying nature:

- Pine Mountain Quarry Rd (dirt)
- Borallon Station Rd (dirt)
- Brisbane Valley Highway (A17) – this is a major road and will require care. It will be marshalled.
- Wanora Rd (bitumen side road)
- Leschkes Rd (dirt rd)
- Randalls Rd (dirt rd)
- Fairneyview - Fernvale Rd (dirt rd at the crossing location)
- Millar Rd (bitumen side road)
- Fairneyview - Fernvale Rd (bitumen side road, crossed on entering Fernvale and approaching the CP)
- Clive St (bitumen side road, crossed on exiting Fernvale)

2. Fernvale to Coominya – 20km (43km)

On leaving Fernvale, the BVRT bears left away from the Brisbane Valley Highway, running adjacent to Forest Hill – Fernvale Rd for most of the 8km to Lowood, briefly joining Old Fernvale Rd. Just before arriving at Lowood, the BVRT intersects with the ending of Glamorgan Vale Rd and crosses Prospect St.

Continue approximately 500 metres, passing through Lowood station, before crossing Lowood Main St and continuing along the BVRT.

Amenities at Lowood include:



Road crossings to Lowood:

- Brouff Rd (dirt road)
- Old Fernvale Rd (dirt road)
- Prospect St (bitumen side road)
- Main St

Continue along the BVRT, through Lockyer Creek (dry crossing) until you reach Coominya.

Amenities at Coominya include:



Road crossings to Coominya:

- Clarendon Rd (bitumen back road)
- Nunns Rd (bitumen back road)
- Clarendon Station Rd (dirt road)
- Mahon Rd (bitumen back road) – immediately after the Lockyer Creek crossing
- Main St (bitumen back road) – this crossing is on a bend and it will be marshalled

3. Coominya to Esk – 24km (67km)

Continue along the BVRT toward Esk. The stretch from around 7kms (50kms) along incorporates Malmborg Rd for a short time. Minimal farm traffic may be encountered.

Amenities at Esk include:



Road Crossings to Esk:

- Malmborg Rd (scrub road)
- Gatton – Esk Rd (main road) – this crossing will be marshalled
- Esk – Hampton Rd (main road) – this crossing will be marshalled

50 MILE RACE START AND EXIT FROM ESK

4. 50 Mile Race Start/Esk to Toogooloowah – 18km (85km)

The 50 mile event will start at the amphitheatre, 150 metres before the CP at Esk station. 100 mile participants pass by the 50 mile start and go through the CP as normal.

Participants in both events will converge beyond the checkpoint, crossing Highland St and through Lars Anderson Place (car park) before crossing the Brisbane Valley Highway adjacent to the Esk Bakery and Restaurant. Once crossed, proceed along the trail to the BVRT trail head, crossing Factory Ln and Peter St.

Continue on the BVRT, crossing with care where necessary, until you emerge at Toogooloowah on Factory Rd (adjacent to the public pool and the Somerset Regional Art Gallery). Cross Factory Rd and continue to the old station site, crossing Cressbrook St on the way.


Amenities at Toogooloowah include:



Road crossings to Toogooloowah:

- Highland St (bitumen side road)
- Brisbane Valley Highway (main road) – this crossing will be marshalled
- Factory Ln (bitumen side road)
- Peter St (bitumen side road)
- Esk-Kilcoy Rd (main side road)
- Morden Rd (side road)
- Masters Ln (dirt road)
- Factory Rd (bitumen side road)
- Cressbrook St (bitumen side road)

5. Toogooloowah to Moore (the diversion) – 27km (112km)

Note: This is the only section of the event where crew will have access to their participant at repeated locations. Please ensure that crew only stop at designated points. Reflective vests and lights (the latter dependent on time of day) **MUST** be worn by participants and crew on this section – this route has very specific directions and, though there are BVRT signs at every turn, it's imperative that attention is paid to them. 

Roads are a mix of bitumen and gravel

Distances are from Toogooloowah, not from the overall distance:

- 1) Proceed from the CP and cross the road at Dingyarra St onto the BVRT adjacent to Ivory Creek Rd for approximately 400 metres
- 2) Join Ivory Creek Rd and travel alongside, passing:
 - i. Littles Rd, Brumby Ln
 - ii. Currajong Rd N
 - iii. Townsend Rd
- 3) At approximately 12.5km turn right onto Maronghi Creek Rd (adjacent to Glenmaurie Rd)
- 4) At approximately 18.2km, turn left onto Turtle Creek Rd (which becomes Emu Creek Rd)
- 5) At approximately 21.2km, turn left onto Happy Creek Rd
- 6) At approximately 22.6km, turn right onto Westaway Rd (this is the farm track)
- 7) Follow the track until you come back onto the proper road which will be Himstedts Rd at 26.8 km. Be mindful along this section of livestock, particularly if you're travelling through here at

night time (which many of you will be). The local land owner has been very cooperative and has agreed not to move cattle between locations during the course of the event. They are however, easily spooked, even though they are fenced in, and we aim not to cause any distress.

- 8) Turn right at the end of Himstedts Rd (onto the D'Aguilar Highway) at nearly 29 km and run 600 metres to Moore – this intersection will be marshalled.

Crews can attend to their participant at the following intersections along this route, being mindful to have hi-vis clothing on at all times and to have hazard warning lights operating on their vehicles:

- Ivory Creek Rd/Littles Rd
- Ivory Creek Rd/Townsend Rd
- Ivory Creek Rd/Maronghi Creek Rd
- Maronghi Creek Rd/Turtle Creek Rd
- Emu Creek Rd/Happy Creek Rd
- The end of Himstedts Rd before crossing the D'Aguilar Highway

Participants are advised to travel on the side of the oncoming traffic so that they are visible early and to be mindful of the two narrow bridge crossings. Any vehicular traffic must be given way to at all times.

The CP will be on the left hand side opposite the Australia Post, near the toilet block.

Amenities at Moore include:



There are fuel and supplies available at the Colinton Road House, a few minutes' drive to the south of Moore along the D'Aguilar Highway.

6. 50km Race Start/Moore to Linville – 7km (119km)

The 50km will start from Moore Police Station (to be confirmed) or from the Old Church Gallery (to be confirmed). Proceed from the start to the BVRT as directed.

For those doing the hard(er) ☺ yards, proceed from the CP as directed from Moore to rejoin the BVRT heading toward Linville.

This relatively short stretch to the next CP, travels mostly adjacent to Linville Rd and along the upper reaches of the Brisbane River.

Upon arriving in Linville, the CP will be located adjacent to the retired railway station, across the road from the Linville Hotel.



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Amenities at Linville include:



7. Linville to Blackbutt – 23km (142)

Proceed from CP6 and head up the range to Blackbutt. This section consists of a long and shallow but constant gradient that represents most of the elevation on the BVRT. There are no roads to cross and nothing to think about but getting up the hill to your penultimate destination!

The route passes by Benarkin where you will find toilets available at First Settlers Memorial Park if you need them (just off the BVRT).

Amenities at Benarkin:




From Benarkin it's a short 5km down the hill into the station at Blackbutt, just up the road from the Roy Emerson Museum among other attractions.

Amenities at Blackbutt include:



There is also the **Blackbutt General Store**

8. Blackbutt to Yarraman – FINISH – 19km (161km)

With the bulk of the work done, head off CP7 and, across Morris St, rejoining the BVRT for the last leg. There's a long downhill stretch that finishes at Harland Park camp/caravan stop, shortly before crossing Cooyar Creek. 

From here, you'll cross Kooralgin – Gilla Rd before heading along the final drive toward Yarraman and the finish.

Cross Bar Smith St just before arriving at the last stop on the BVRT, the trail head at Yarraman Railway Station Park, before heading out along Millar St and the last 500 metres (or thereabouts ... honest) to arrive at the Yarraman Heritage Centre and your goal ... the FINISH.

Amenities at Yarraman:



Road crossings to Yarraman:

- Morris St
- Kooralgin - Gilla Rd (bitumen side road)
- Barr Smith St (dirt side road)



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**Congratulations, you have completed your event
at the inaugural Brisbane Valley Rail Trail 100!**




SECTION 2 - RACE CONDITIONS/RULES

For the purposes of this document, the term 'BVRT100' relates to:

- Preparation for the race sign-in/briefing
- Throughout the race sign-in/briefing itself
 - Friday night, June 15th –
 - 5:00 pm to 6:00 pm: sign-in
 - 6:00 pm to 7:00 pm: race briefing
 - 7:00 pm to 8:00 pm: Q&A
- Preparation for the event
- Throughout the term of the event itself
 - start 6:00 am Saturday June 16th
 - 6:00 am – 100 mile start
 - 12:00 pm – 50 mile start
 - June 17th
 - 3:00 am – 50km start
 - 12:00 pm – all events finish
- Closure of the event and packing away of equipment and utilities

1. BVRT100 Rules

- a) Crew Access – Following race start, crew are only permitted to access their participant at the following points (denoted by  throughout this document):
- i. Checkpoint 1, Fernvale – after they've checked in and before crossing Clive St.
 - ii. Lowood – at the station, before crossing Main St to the trail head.
 - iii. Checkpoint 2, Coominya – after checking in, beyond the station platform.
 - iv. Checkpoint 3, Esk – after checking in, in the car park adjacent to the station platform. 100 mile crews must ensure that they do not interfere with the start of the 50 mile race if they're at this checkpoint at midday.
 - v. Checkpoint 4, Toogoolawah – beyond the station. Crews can assist their participant to the checkpoint at Masters Rd and Cressbrook St and can attend to them after checking in. Following this, they can assist to rejoin the trail head and along the diversion (multiple access points are permitted throughout the diversion, please check Section 1, item 5).



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- vi. Checkpoint 5, Moore – after checking in, in the car park adjacent to the checkpoint.
 - vii. Checkpoint 6, Linville – after checking in, beyond the checkpoint (exact location to be advised).
 - viii. Checkpoint 7, Blackbutt – after checking in, beyond the checkpoint before crossing Morris St.
 - ix. Between Blackbutt and Yarraman - Harland Park camp/caravan stop, shortly before crossing Cooyar Creek.
 - x. At the finish, when over the line, your milers in particular will need lots of love!
- b) Crew may assist their participant through any road crossing in the areas listed under 'crew access.
 - c) Mandatory Kit – You must have access to mandatory kit at all times unless otherwise advised in the mandatory kit listing (www.aaaracing.com.au).
 - d) Course Marking – The BVRT is well marked throughout. Any additional marking we place on the course is merely to assist, in particular in areas where transitioning from one section to another isn't immediately clear. If you're unsure while on the course, seek advice from crew, checkpoint crew or the race director.
 - e) Hydration – As per mandatory kit, participants must have the minimum hydration listed at all times. There will be water at each checkpoint and at some locations on the way, as well as designated locations where participants will have crew access.
 - f) Littering - Any rubbish can be taken from you each time you visit a checkpoint (gel wrappers, energy bar wrappers, etc.). Anything that leaves the checkpoint with you must stay with you until you can dispose of it properly and not on the course. The BVRT is very well looked after by those who use it, we'd like to set and maintain an example to those less conscientious thereby ensuring that this remains the case.



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2. While on the course

- a) Toilet Facilities – There are toilets at frequent intervals along the course. So, if you are a bit 'frequent', you needn't worry.
- b) Withdrawal - If you pull out or have to leave the course for any reason, please advise the checkpoint staff or those at the start finish area (your crew can do so if necessary).
- c) Practice Mindfulness - Regardless of ability, please be mindful of other runners: If you're a faster runner wanting to pass, advise the runner in front by all means, but be patient and don't pressurise anyone. It can be unnerving and easily lead to a trip. Conversely, if you are aware of a faster runner behind you, take the utmost of care and allow them to pass when it's safe. Many a runner/walker's day can be blighted by the smallest of incidents and we want everyone to leave on the 17th being a little better for their experience. Look after each other out there.
- d) Health and Injury - This isn't the nanny state by any means but we are out on the trail. As per the waiver agreed to on entry, should you become injured or should event staff consider that you need medical attention or examination, do not continue until authorised to do so. If it's deemed that it's not in your interests to continue, you will be withdrawn from the event. We'd rather make the mistake of scratching someone who could continue than letting someone who shouldn't.
- e) Remember Where You Are - We don't like to talk about it, but we are in Queensland and many of the locals aren't so friendly if they're frightened or disturbed. Watch where you're putting your feet and keep a close eye on the ground as well as ahead.

Take a look here if you're not sure how to apply one if you aren't sure already:

http://www.health.qld.gov.au/poisonsinformationcentre/bites_stings/bs_pressure.asp

- f) Always be aware that we are showcasing our sport, our event and ourselves personally.
- g) **The event crew are running the show:** Cooperate with event crew/officials/volunteers all the times - they're there not only because they enjoy giving something back or participating in a different way, but because they have event experience. They know what they're doing and they'll be under instruction from the race directors. Under whatever circumstances, the event director's decisions are final ... and they usually come to the same as the crew! :)
- h) Finally, some of you will do it tough. No escaping it. Regardless of how experienced you are, how far you're going or how well prepared you are, you'll have times when you'll like as not want the ground to swallow you up. Ask for help and advice, there will be plenty around who've been in your shoes. Make use of their knowledge and, in many cases, expertise – it's why they're there.



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Above all else, once the dust is settled, we want you to look back on the event and be proud of what you achieved but not at the expense of your wellbeing. Our view is that to put on the best event possible, it has to be the safest event. So, while we need you to absorb the race conditions and the importance of them, above all else, we want you to have the best experience possible. So, the last rule is:

- i) Have fun!!

We're looking forward to seeing you call cross the line at Yarraman

Cheers

