

## Coastrek Pocket Guide

— ADELAIDE —

### EVENT BIB

All team member bibs will be posted to the Team Captain approx. 1 week before Event Day. Ensure postal address is up to date at least 6 weeks prior to Event Day.

FOR SAFETY REASONS, YOU MUST WEAR THE BIB NUMBER ALLOCATED TO YOU ON THE OUTSIDE OF YOUR CLOTHING.



### GETTING THERE

- ✓ **Take the shuttle bus** – park your car at Goolwa Oval and take the shuttle bus to the start line (see FAQs on website for suggested parking locations).
- ✓ **Get dropped off** – those not using the shuttle bus can be dropped off at the start line.

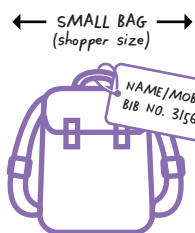
**Note:** There is no parking at the start lines.

### SHUTTLE BUS 30km & 60km

Meet at Goolwa Oval. Bus departure times are strict. Wear your bib for easy wave time ID.

**60km Event:** (to Parsons Beach)  
– departs 60 min before your wave time.

**30km Event:** (to Victor Harbor)  
– departs 45 min before your wave time.



### 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.

THANKS TO OUR SPONSORS:

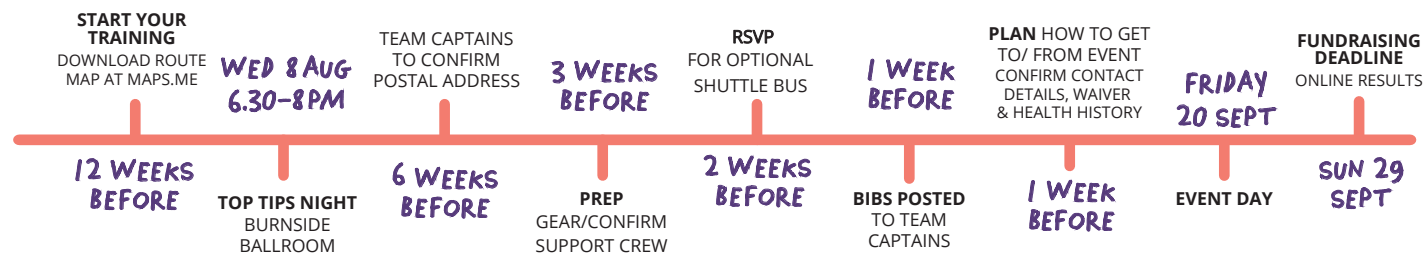


THANKS TO OUR SUPPORTERS



[www.coastrek.com.au](http://www.coastrek.com.au)

## YOUR TIMELINE



### 60KM START

PARSONS BEACH RD,  
**PARSONS BEACH**  
6:00am



You're on your way.

### HEYSEN TRAIL CLIFF LOOKOUT LUV Stop

14.5km

OPEN: 7.15am – 10.45am



### MARKERS

Follow the **pink reflective route markers** and the **orange arrows** to keep on track. Don't rely on these entirely in case they are removed by passers-by. Use your **MAPS.ME app** as a guide when unsure.

You can do it!  
Keep going.

### 30KM START

SOLDIERS MEMORIAL RESERVE  
**VICTOR HARBOR**  
9:30am-10:15am

### VICTOR HARBOR LUV Stop

34km

OPEN: 9.00am – 5.15pm



This way to the LUV Stop!

Halfway there. Keep going.



## COMPULSORY GEAR

### HIGH VIS VEST

All trekkers must wear a high vis vest with reflective strips, as it's a requirement for your safety



### 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, bandaids, sunscreen, tape, heavy weight compression bandage in case of snakes.

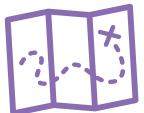


### SPACE BLANKET

1 x per team

### TORCH

Head torch or torch (plus spare batteries)



### MAP

At least one team member to download the **MAPS.ME app** and the Coastrek route. Instructions: [www.coastrek.com.au/adelaide](http://www.coastrek.com.au/adelaide)

### RECOMMENDED GEAR

Day pack (35 – 45L, 6-8kg) – ankle gaiters, electrolytes, toilet paper, hiking poles with rubber ends and food (don't try anything new on event day).



## Woo Hoo! FINISH

### AMELIA PARK, GOOLWA FINISH LINE

OPEN: 12.00pm – SAT 12.30am



+ Food stalls & Massage

You can see the finish line.

Keep going!  
You're so close!

### GOOLWA BEACH SURF CLUB KISS Stop

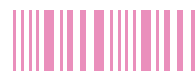
55km/25km

OPEN: 11.30am – 11.00pm



### TIMING SYSTEM

This **PINK BOX** and icon indicates where your bib will scan including the start line, finish line and designated checkpoints along the way.



## GOLDEN RULES

Each team pledges to raise **\$2000** or more for Beyond Blue

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 trekking poles, they must have rubber tips

### TEAM CHANGES

Team captains can replace team members online up until 7 days prior to event day. For any changes/ withdrawals after this date, you must print the team changes form and bring to the team changes desk at your start line.

### INJURY & EMERGENCY INFO

Follow emergency procedures on the back of the bib.

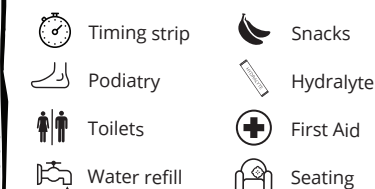
**First Aid is available along the route, but always call 000 for life-threatening issues.**

Use 'Emergency Plus' App to provide your location coordinates.

### EVENT DAY WITHDRAWALS

Must text the name(s), bib number(s) and team name to Coastrek HQ 0411 344 138.

### FACILITIES



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

### FINISH VILLAGE

Team must cross the finish line timing strip **TOGETHER** (unless someone has officially withdrawn). Food stalls available. Family and friends are more than welcome to cheer you across the finish line.

Map image available here: [www.coastrek.com.au/adelaide](http://www.coastrek.com.au/adelaide)