



BVRT100S RACE DIRECTIONS/INSTRUCTIONS

Please take note:

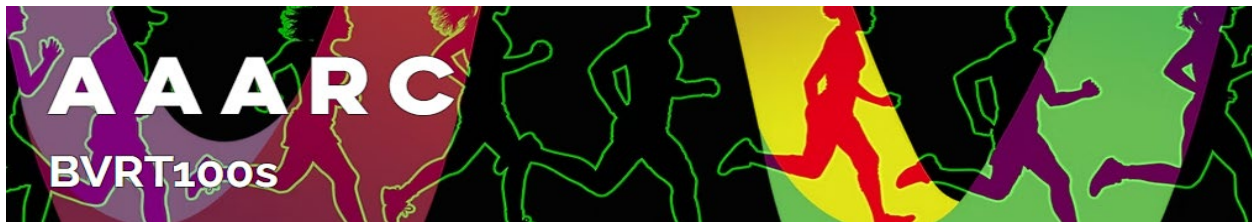
- Throughout the course of the BVRT100s, vehicular traffic has priority at all crossings (the sole exception to this may be at the start of the 50-mile event at Esk), including those that may be marshalled. If you are asked to stop by a race official or if there is oncoming traffic at an unmanned crossing (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 authority of the event.

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SECTION 1 - RACE INSTRUCTIONS

For the purposes of this document, the term 'BVRT100s' relates to:

- Preparation for the race including sign-in/briefing
 - Thursday night, June 18th (200 mile)
 - From 10:00 pm, sign-in
- Throughout the term of the event itself
 - Saturday June 20th
 - 6:00 am – 100-mile start
 - 11:00 am – 100 km start
 - 12:00 pm – 50-mile start
 - Sunday June 21st
 - 12:00 pm – all events finish
- Closure of the event and packing away of equipment and utilities

Race Briefings will take place prior to each event at the start location.

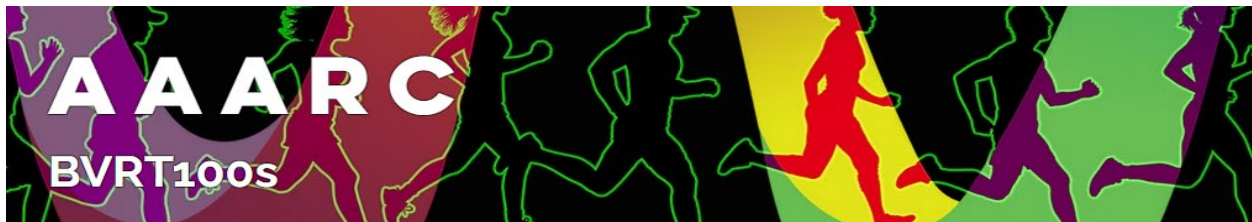
CP LOCATIONS

There are links to all CP locations on the checkpoint matrix at [BVRT100s | AAA Racing & Coaching](#)
(note: RP# refers to a reference point, not a checkpoint)

CP PROVISIONS

A selection of, but not limited to:

- Water
- Hammer Products:
 - Fizz (non-carbohydrate electrolyte soluble tabs)
 - Heed (carbohydrate electrolyte drink)
 - Hammer Gel (carbohydrate electrolyte energy gel)
- Coke
- Lollies
- Chips
- Other food stuffs depending on the location



DROP BAGS

DROP BAGS WILL BE COLLECTED AT:

- 100-mile start (Saturday 20th, Yarraman Heritage Centre) by 5:15 am
- 100 km start (Saturday 20th, Race start, behind the Harlin Roadhouse, on the BVRT) by 10:30 am
- 50-mile start (Saturday 20th, Toogoolawah – Race start, on the BVRT) by 11:15 am

DROP BAGS WILL BE TAKEN TO:

- CP2 – Linville
- CP3 – Toogoolawah (excludes 100 km)
- CP5 – Coominya
- FINISH – IGS Playing Fields

No exceptions.

'Good' drop bags are:

- Soft cool bags

'Bad' drop bags are:

- Plastic carrier bags (they aren't fit for purpose and, more importantly, are an environmental nightmare)
- Back packs
- Eskys/oversized hard tubs/containers greater than required/specified.

CREW ACCESS/CHECKPOINTS

- Crew may access their participant at any checkpoint **after** their runner(s) have checked in at the CP. Do not set up (table, gazebo, etc.) in a manner that will impede the visibility of the participant for the CP team, the progress of other participants or access to the rail trail for the general public. Further details relating to general access are listed below in section 2.
- On no account are crew or pacers permitted to 'mule' – i.e. carry participants equipment beyond assistance at a checkpoint or the crew vehicle.



SECTION 2 - BVRT100 RULES

GENERAL

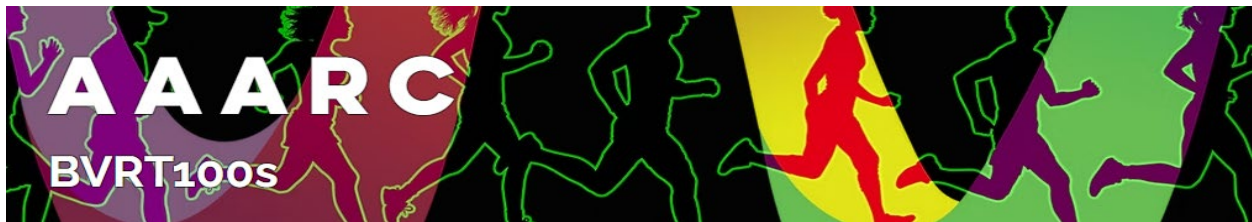
- a) Winging and whining – Western States Endurance Run has a no winging policy (and at least one race here in Australia copies it). We don't care! Winge all you like, we'll look after you just the same and we understand that you do have to vent sometimes 😊
- b) Crew Access – Following race start, crew are only permitted to access their participant at the following points (or as denoted by  throughout this document or advised specifically via email):
 - **Yarraman** – after participants have checked in (200-mile runners)
 - **Between Blackbutt and Yarraman** - Harland Park camp/caravan stop, shortly after crossing Cooyar Creek
 - **Blackbutt** – after checking in, adjacent to the checkpoint
 - **Benarkin** – First Settlers Memorial Park, adjacent to Scott St
 - **Linville** – adjacent to the checkpoint, opposite the Linville Hotel
 - **Moore** – siding off Linville Rd
 - **Harlin** – behind the Harlin Roadhouse (100km Start)
 - **Toogoolawah** - on the BVRT, adjacent to the old railway station
 - **Esk** – adjacent to the checkpoint
 - **Coominya** – adjacent to the old platform
 - **Lowood** – at the station after crossing Main St to the trail head
 - **Fernvale** – behind the Fernvale Futures Centre
- c) Crew may assist their participant through any road crossing.
- d) Mandatory Kit – You must have access to mandatory kit at all times unless otherwise advised in the mandatory kit listing (www.aaaracing.com.au).
- e) Course Marking – The BVRT is well marked throughout with a location identifier at every km. If you're unsure while on the course, seek advice from crew, checkpoint crew or the race director.



- f) 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.
- g) Littering - Any rubbish can be taken from you (runners) 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.

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 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:

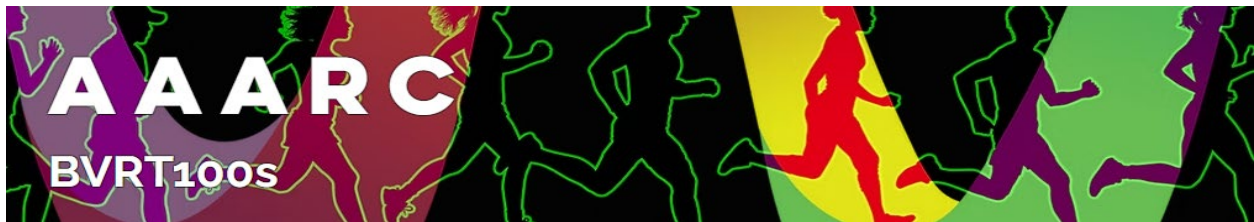
http://www.health.qld.gov.au/poisonsinformationcentre/bites_stings/bs_pressure.asp

- 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 time - 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.

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 the IGS Playing Fields.



SECTION 3 - RACE DIRECTIONS

CP00 YARRAMAN – 200 MILE TURN (161.6 KM)

A major landmark for those taking on the 200-mile event. A time to regroup, patch up, fuel up and head home.

Amenities at Yarraman:



YARRAMAN TO BLACKBUTT (19.6 KM/161.6 KM)

Head along Millar St from the Heritage Centre toward the trail head at Yarraman Railway Station Park. From here, head along the BVRT, crossing Bar Smith St.

Head out toward Cooyar Creek, shortly after which you'll hit the Harland Park camp/caravan stop . On toward Blackbutt, crossing Kooralgin – Gilla Rd on the way, before reaching Blackbutt and crossing Morris Street immediately before the checkpoint.

Amenities at Blackbutt:



Road crossings through this section:

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

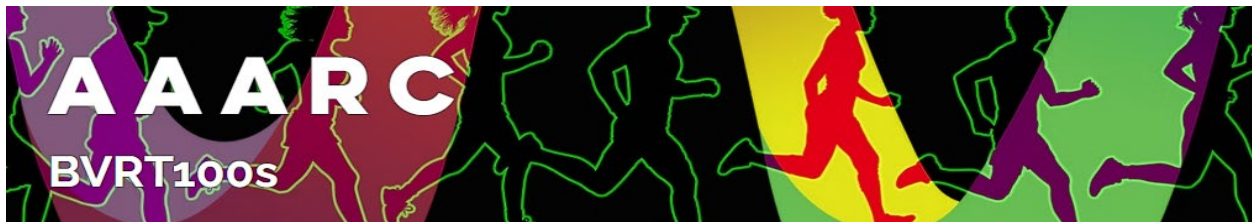
BLACKBUTT TO LINVILLE (42.6 KM/204.2 KM)

From the Blackbutt, head along the trail through Benarkin. Crew can access runners here adjacent to the First Settlers Memorial.

From here you're heading straight down the range, passing under the D'Aguilar Highway, until you reach the checkpoint at Linville.

Amenities at Linville include:





LINVILLE TO TOOGOLAWAH (69.6 KM/231.2 KM)

Heading along the BVRT, there's only 7 km before you reach the township of Moore.

As you reach town, there is crew access in the pull in adjacent to Linville Rd, just past the Old Church Gallery.

Amenities at Moore include:



Passing through Moore, you must take care and take advantage of the crew if available as there are five road crossings to negotiate before heading back into the countryside.

From Moore it's a steady run through to the final crossing of the D'Aguilar Highway before crossing the Brisbane Valley Highway at the Harlin Roadhouse

Amenities at Harlin include:



Rejoin the BVRT adjacent to the Harlin Roadhouse and continue along the trail where very soon you'll turn left along a gravel farm road. This in turn will take you past the aggregate plant and soon through the Yimbun Tunnel.

Continue through the tunnel. From here, all participants will be well past the 100 km countdown (though not yet halfway for the 100 milers!).

Standard checkpoint fare will be available.

Road crossings through this section:

- Scott St (bitumen side road)
- Linville Rd x 2 (B road)
- Railway Terrace (bitumen side road)
- D-Aguilar Highway (x2) - Moore
- Arababy Creek Rd (bitumen side road) - Moore
- D'Aguilar Highway – Harlin
- Turtle Creek Rd - Harlin
- Brisbane Valley Highway – Harlin



- Sinnamon Ln - Yimbun

TOOGOOLOWAH TO ESK (94.6 KM/256.2 KM)

Continue along the trail from **CP03** toward Toogoolawah (7 km), crossing Dingyarra St before arriving at the start of the 50-mile event adjacent to the Out There Cycling workshop.

Amenities at Toogoolowah include:



Head along the trail through town, crossing Cressbrook St until you reach the public pool and the Factory Rd before heading back out of town along the BVRT

There's nothing but countryside to see until you reach Esk and on to **CP04** at 100 metres beyond the railway station

Road crossings through this section:

- Dingyarra St (side road on arriving at Toogoolawah)
- Cressbrook St (bitumen side road)
- Esk-Kilcoy Rd (B road)
- Brisbane Valley Highway

ESK TO COOMINYA (119.1 KM/280.7)

Heading out from the Lions Park and out of Esk via Creek St and South St, you'll soon be back on the BVRT and heading toward Coominya.

After crossing the Esk-Gatton Rd, this section of the BVRT takes you through banana plantations and up and over Mount Hallen before a steady run into **CP05** at Coominya and the start of the marathon on Sunday morning. By now, all will have well and truly broken the back of the event and for those using all the allotted time, you'll have the company of those in the 'short' run to keep you company.

Amenities at Esk include:



Road crossings through this section:

- Esk – Hampton Rd (main road)
- Gatton – Esk Rd (main road)
- South St (side road)



COOMINYA TO FERNVALE (139.1 KM/300.7 KM)

Head out of Coominya along the BVRT, across the newly renovated Lockyer Creek Bridge (stop to take a photo!) and press on Lowood. This really is the home stretch for those in the longest events and it's just a question of keeping on going.

Cross Main St upon arriving at Lowood and you'll be at the railway platform where you can access your crew.

Amenities at Lowood include:



Continue from here, passing through the Glamorgan Vale Rd and Prospect St intersection (both side roads), before continuing toward Fernvale where the BVRT runs adjacent to the Forest Hill – Fernvale Rd with stunning views of the Brisbane River (depending on your time of day). The trail swings to the right before arriving in Fernvale and ultimately **CP06**, the final checkpoint, at the Fernvale Futures Centre.

Amenities at Fernvale include:



Road crossings through this section:

- 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
- Glamorgan Vale Rd and Prospect St intersection (both side roads)
- Brouff Rd (dirt road)
- Old Fernvale Rd (dirt road)
- Vogler Rd
- Prospect St (bitumen side road)
- Clive St (bitumen side road)

FERNVALE TO THE IGS PLAYING FIELDS & FINISH (161.6 KM/323.2 KM)

Leaving the Fernvale Futures Centre, there's really nothing more to do than to head for home along the final 22.5 km! Head along the BVRT, do not pass 'GO', do not collect \$200!



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:

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

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