



KWAT KWAT TRAIL RUN

10th August 2024

2024 RUNNER GUIDE

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Race Director Message

Welcome!! and thank you so much for joining us for our inaugural running of Kwat Kwat Trail Run 2024.

The Warby Ovens National Park has been my primary training ground for multiple ultra marathons over the years, and my love for this beautiful area is what has led me in creating this event for you all.

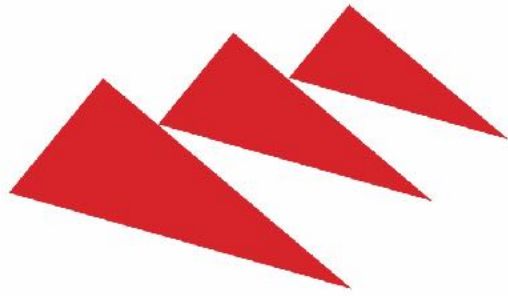
The thought of bringing you all here and sharing in this beautiful landscape is what has driven this dream into a reality.

Whilst out on the trails, pushing yourself, pushing your running buddies, chasing a goal or trying to beat the person you once were, remember to take the time to suck up some fresh air and take in the scenery.

Look after yourself and your fellow trail runners, enjoy the moment and embrace that special feeling the trails bring.

I sincerely hope you enjoy your time out on these trails as much as I do, and create some amazing new memories.





3 PEAKS



Discount Code: KWATKWAT20

Use this code to receive a 20% discount from both
Wilderness Wear and 3 Peaks.

www.wildernesswear.com.au

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Valid until September 30th 2024

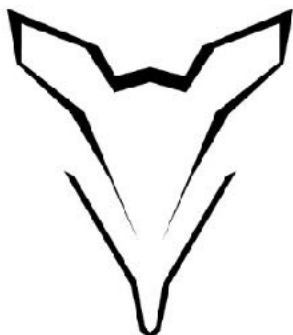
Event Schedule

EVENT	Check - In	Race Brief	Race Start
50k Ultra	6:30am - 7:15am	7:20am	7:30am
25k	8:00am - 9:15am	9:20am	9:30am
12k	8:00am - 10:15am	10:20am	10:30am
6k	8:00am - 10:45am	10:50am	11:00am
2k	8:00am - 11:45am	11:50am	12:00pm
Beer Run For Prostate		12:50	1:00pm



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RUNLY





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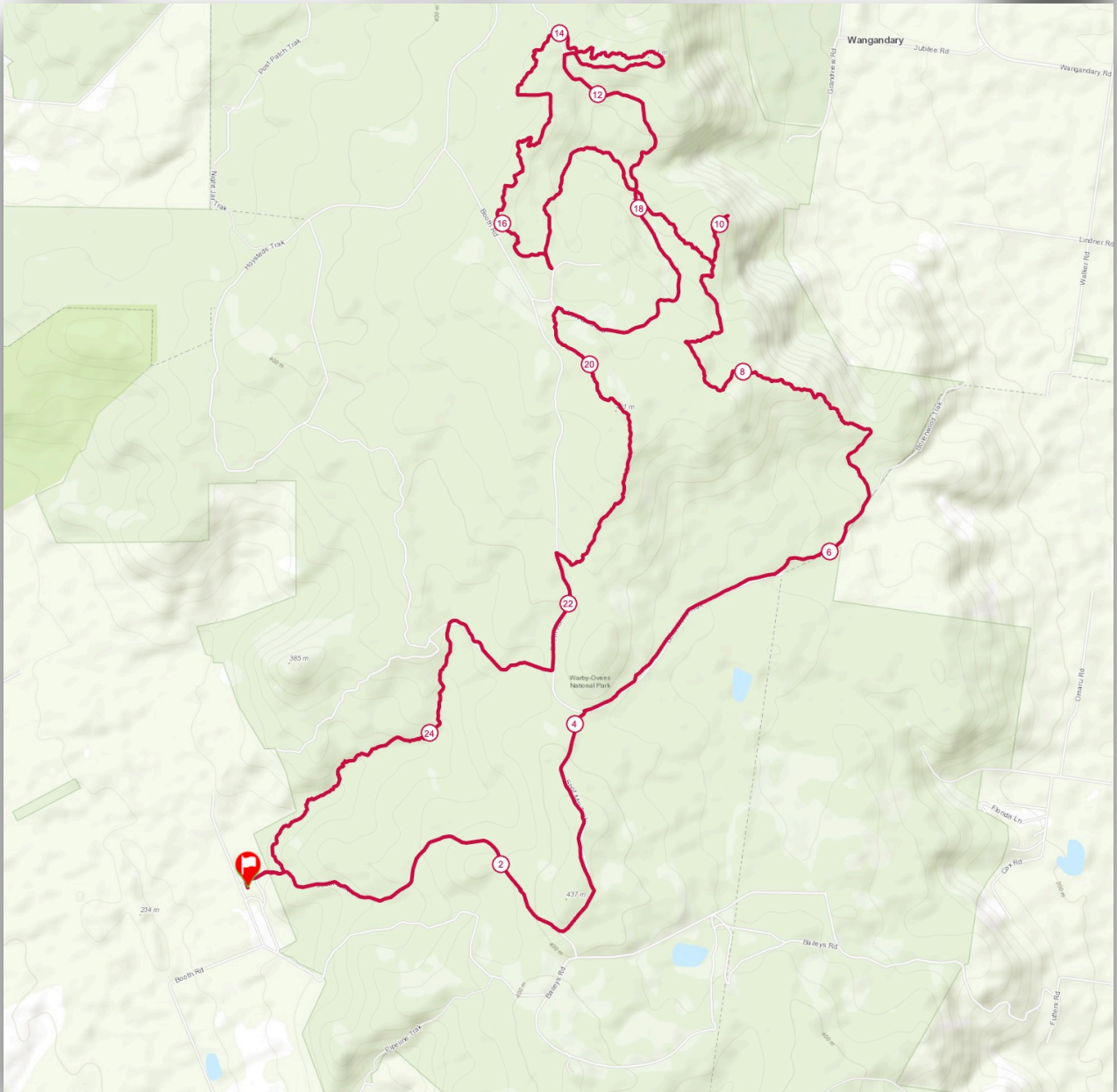
www.mysliceoflife.com.au





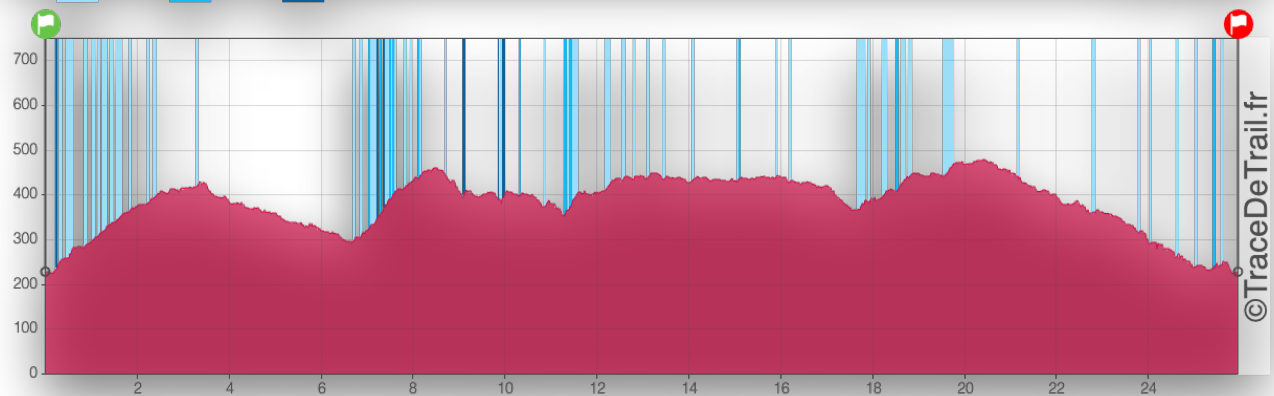
Kwat Kwat 25/50km Course

25.95 km 747 m 747 m



<https://tracedetail.fr/>

> 10% > 20% > 30%



25/50k Course Description

Starting at Black Dog Brewery, you will head out through the machinery shed block, out the gate into the Warby Ovens National Park, and head straight up Cellar Track (fire track). At around the 3km mark you will veer left and continue on Spot Mill Track (fire track). At 4kms in you will reach Aid Station 1 (Spot Mill Aid Station) at the intersection of Spot Mill Track and Booth Rd.

From here you will turn right onto Booths Rd for 300m before veering left and running around the gate onto Boilerwood Track (fire track).

Following Boilerwood Track you will see a sign at the 5.5km mark, this is where the 12km runners turn off. **DO NOT TURN LEFT** stay running straight down Boilerwood Track.

A little after the 6km mark you will turn left and head up Alpine Views Track (single track). This section of single track starts off with a gentle climb but soon turns rocky with some technical terrain until reaching the top. Please take care on this section.

Once you reach the top of Alpine Views you will turn right onto Friends Track. Friends Track is a very rugged mountain bike track and has some large ruts and rocks. Again, please take care on these technical sections and run or walk within your own ability.

At approximately 9.5km you will hit an intersection and turn right to run 400m to KWAT KWAT Lookout, here you will take your mandatory selfie (or picture of the lookout sign if you prefer) before backtracking the 400m back to the friends track intersection and turning right onto friends track.

At approximately 11kms you will turn right off friends track and onto Taylors Track (fire track). (DO NOT continue straight on friends track, make sure you turn right onto Taylors) You will circle back to this intersection a little later on.

After a little climb across the creek (it will most likely be dry unless we get some good rain) you will follow Taylors before turning right onto some cruisy single track that will bring you out at the top of Loggers Lane (fire track). Turn Left onto Loggers Lane for about 100m before jumping straight onto another epic section of single track that will take you all the way into Aid Station 2 at Wenhams Picnic Ground, 16.4km mark. (Wenhams Aid Station).

When leaving Wenhams, you will turn straight back around onto Friends Track running over the timber foot bridge and continuing on until you find yourself back at the Friends/Taylor intersection you were at earlier. This time you will turn Right onto the upper section of Taylor Track.

At the end of Taylors you will turn Left onto some single track leading to the top of Mount Warby.

From here you follow Salisbury Walking track for about 1km before veering Right (the 12k runners will be coming up Salisbury and turning here too. Make sure you turn right and DO NOT continue straight.) onto another short section of single track that will lead you down to Booths Rd.

You will turn Left onto Booths Rd and follow for 1km before arriving at Aid Station 3 (Heritage Track Aid Station). This is approximately the 21.5km point.

You'll head down Heritage Fire Track before turning Left onto the beautiful Heritage Falls Walking Track. If it's wet and the creeks are flowing there will be some beautiful little waterfalls along the way down. Let's hope for more rain.

When you reach the bottom of Heritage you are almost home. Walk across the bridge, follow the fence line and cross the little hill and you will see the old saw mill. From here, turn Right through the gate and past the machinery shed again and follow your nose to the finish. UNLESS, you are running the Ultra. In this case, you can grab a drink at the Start/Finish Aid Station, use your drop bag if you bought one and head back out to enjoy another lap around this magnificent course!!

12km Course Description

Starting at Black Dog Brewery, you will head out through the machinery shed block, out the gate into the Warby Ovens National Park, and head straight up Cellar Track (fire track). At around the 3km mark you will veer left and continue on Spot Mill Track (fire track). At 4kms in you will reach Aid Station 1 (Spot Mill Aid Station) at the intersection of Spot Mill Track and Booth Rd.

From here you will turn right onto Booths Rd for 300m before veering left and running around the gate onto Boilerwood Track (fire track).

Following Boilerwood Track you will see a sign at the 5.5km mark, this is where you turn off left onto Salisbury walking track (single track). DO NOT Continue straight on Boilerwood, make sure you turn left onto the single track.

From here you follow Salisbury Walking track for about 1.5kms before turning Left (the 25/50k runners will be coming down Salisbury and turning here too. Make sure you turn left and DO NOT continue straight.) onto another short section of single track that will lead you down to Booths Rd.

You will turn Left onto Booths Rd and follow for 1km before arriving at Aid Station 3 (Heritage Track Aid Station). This is approximately the 8km point.

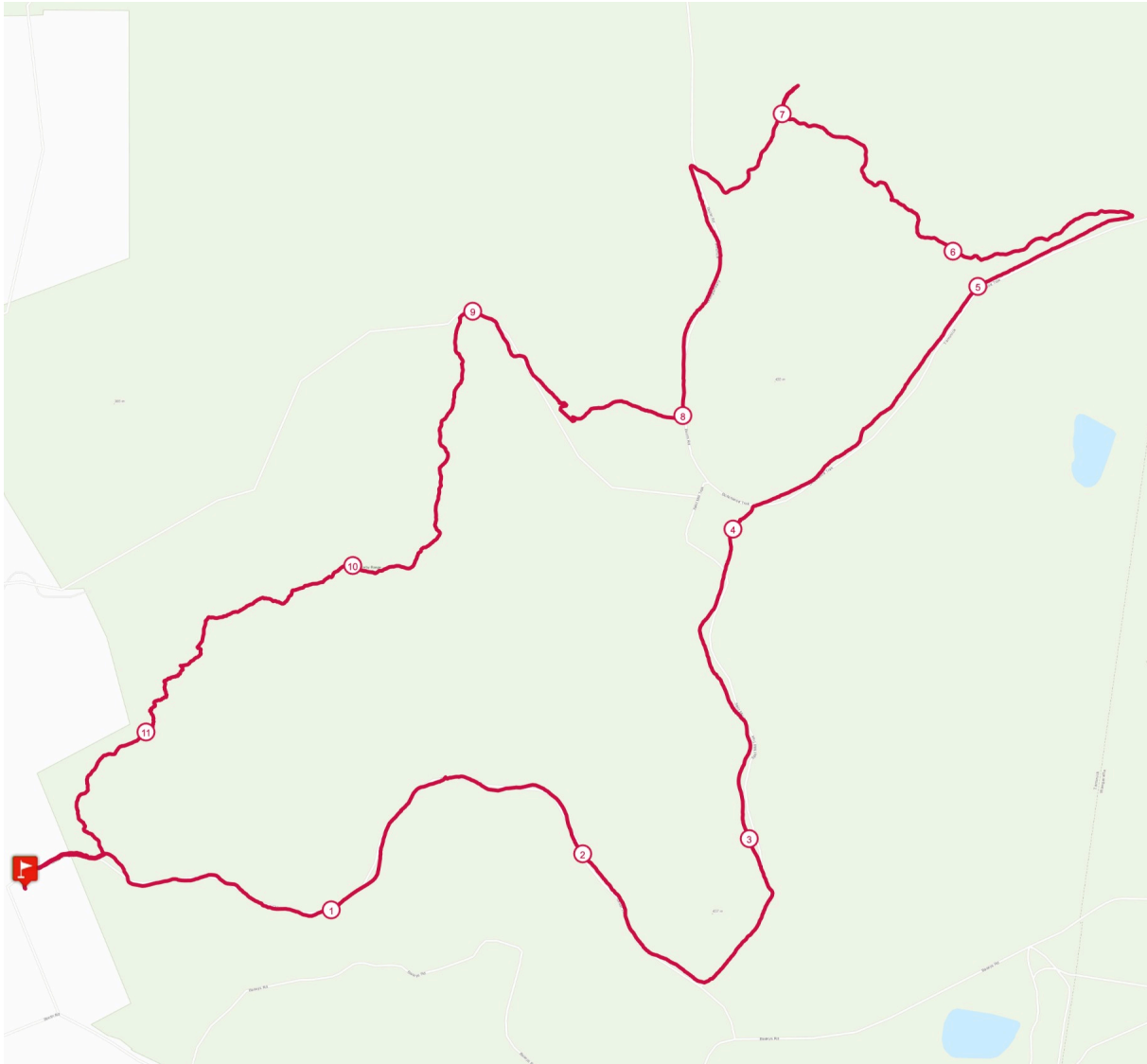
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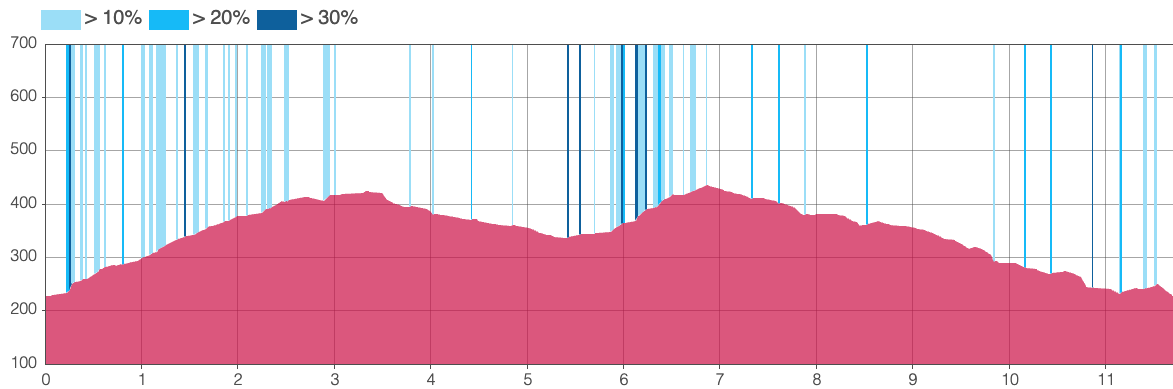
We will be awaiting your arrival cheerfully!!



Get this track on your mobile with the app TrailConnect. To read more : <http://trailconnect.run>



<https://tracedetail.com>



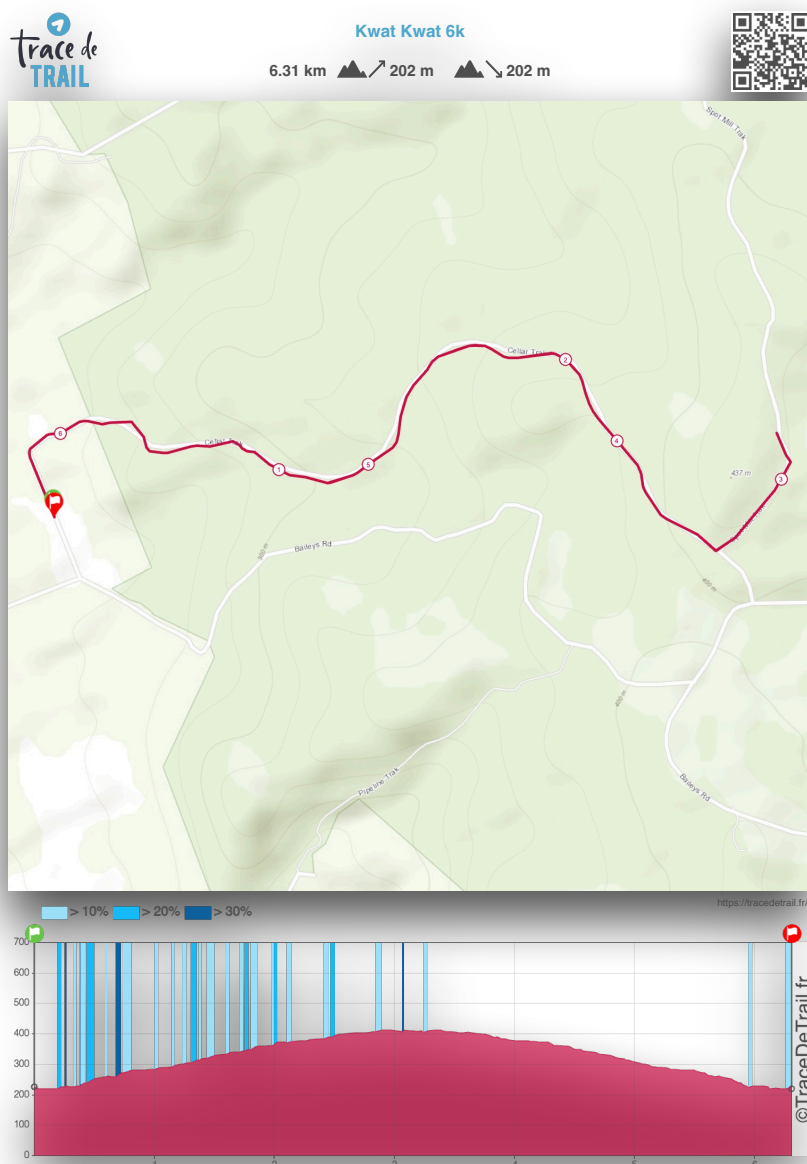
6km Course Description

Starting at Black Dog Brewery, you will head out through the machinery shed block, out the gate into the Warby Ovens National Park, and head straight up Cellar Track (fire track).

The first 3kms will be an undulating climb, being sure to keep an eye out for the prize behind the grass tree.

Once you reach halfway you will simply turn around and enjoy a fast or cruisy downhill back the way you came, through the gate at the machinery shed and back to the finish!!

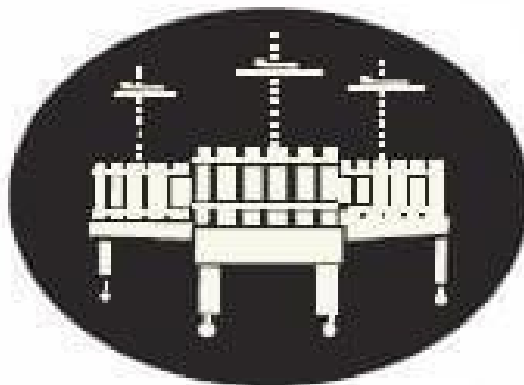
It may be short..... but it will still test you!!



Mandatory Gear

Item	50k	25k	12k	6k
Compression Bandage Min 7.5cm W x 2.3m L	YES	YES	YES	NO
500ml Water Bottle/ Bladder	YES	YES	YES	Recommended
Space Blanket	YES	YES	NO	NO
GPX Course Map	YES	YES	YES	NO
Mobile Phone	YES	YES	YES	YES
Collapsible Cup	Recommended	Recommended	Recommended	NO
Water Proof Jacket	Weather Dependent Recommended	Weather Dependent Recommended	Weather Dependent Recommended	Recommended in poor weather
Long Sleeve Thermal Top	Weather Dependent Recommended	Weather Dependent Recommended	Weather Dependent	





TAMINICK CELLARS

Aid Stations / Drop Bags

	50k	25k	12k	6k
Start / Finish	0km, 25km, 50km	0km, 25km	0km, 12km	0km, 6km
Spot Mill	4km, 29km	4km	4km	
Wenhams Picnic Area	16.4km, 41.4km	16km		
Heritage Track	21.5km, 46.5km	21.5km	8km	
Drop Bags	Start / Finish Aid Station			

Aid Station Supplies

	Water / Sport Drink	Fruit	Lollies	Chips	Coke	
Start / Finish	YES / YES	YES				
Spot Mill	YES / YES		YES	YES		
Wenhams Picnic Area	YES / YES	YES	YES	YES	YES	
Heritage Track	YES / YES		YES	YES		

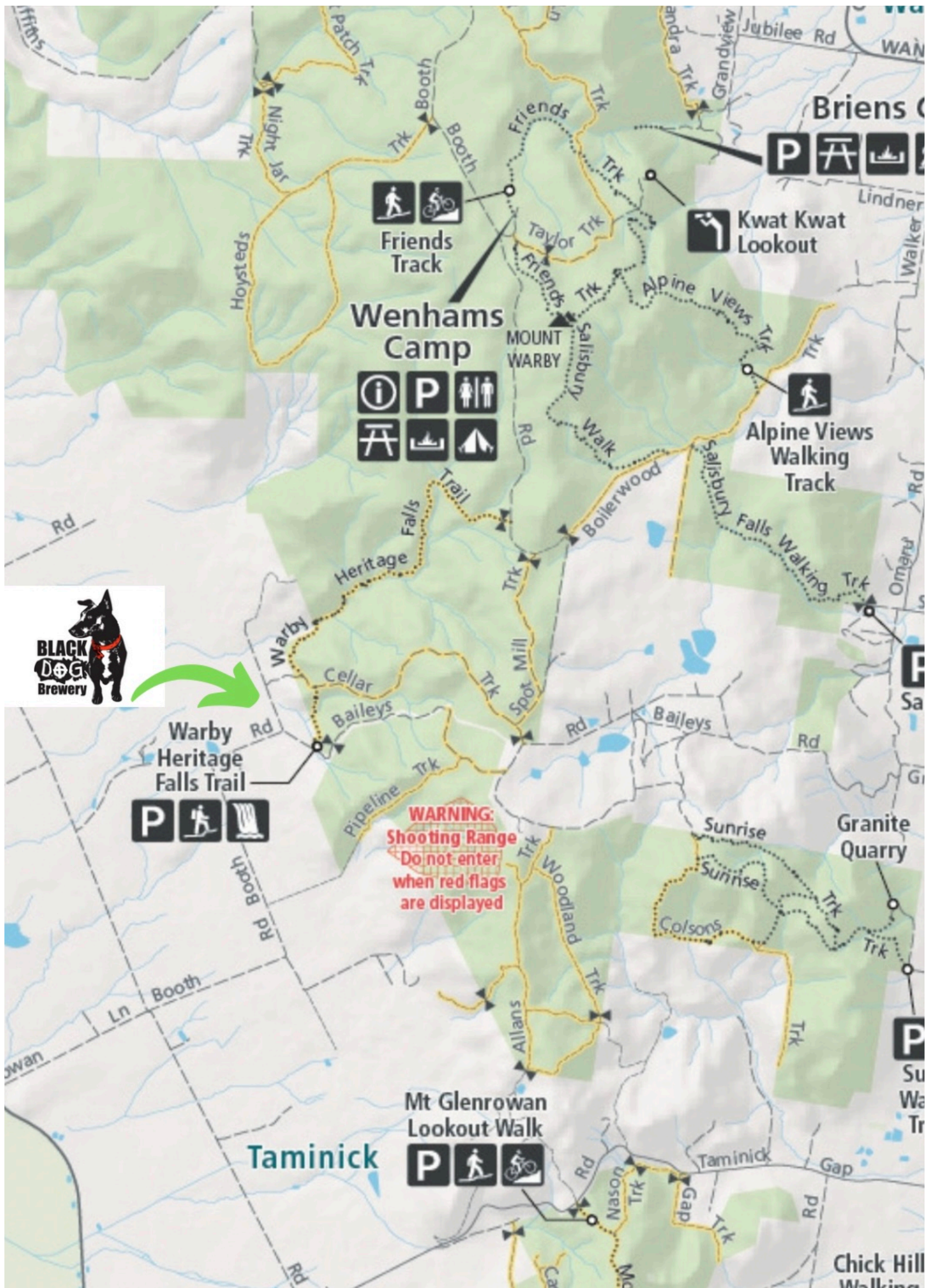
THIS IS A CUP FREE EVENT
Bring a bottle or cup with you!



Need some new wheels?

Head in to The Athletes Foot Wangaratta

One of our very generous sponsors!!



WARNING:
Shooting Range
Do not enter
when red flags
are displayed

Important Information

- * Please ensure you have downloaded your course GPX file and have uploaded on your preferred device. GPX file are available to download on our website at www.chasingtrails.com.au
- * This is a cup free event, please bring either a collapsable cup, bottle or hydration bladder with you.
- * Please ensure you carry you mobile phone with you and that it is fully charged.
- * A drop bag facility will be available for 50km runners at the Start/ Finish Aid Station. Please ensure you label your drop bag.
- * Spectators **MUST NOT** access Spot Mill or Heritage Aid Stations. This is for the safety of our runners. Spectators can support and cheers for runners at race HQ (Black Dog Brewery) and at Wenhams Picnic Ground. Please note: there is minimal parking at Wenhams, so parking on the road side and walking in may be required.
- * Runners are responsible for any cost incurred resulting from a medical incident, this includes but is not limited too, ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all runners hold adequate personal insurance/ambulance cover.
- * Weather dependent mandatory gear will be advised the day before the event.
- * If you will be consuming alcohol at the event please drink responsibly and do not drink and drive.

ADVERSE WEATHER CONDITIONS.

Risk management plans and processes are in place to monitor and manage weather events that may pose any form of risk to you out on course. However there may be circumstances where weather patterns change or increase in severity without due warning. We are constantly monitoring weather patterns and warnings in the lead up to the event, and during the event through specialist weather agencies. We will notify you of any apparent adverse weather events via text message, event team members and at aid stations. It is essential that if you see weather patterns changing or feel at risk, you monitor your phone and/or discuss with an event staff member for any updates. If you find yourself caught in an adverse weather event, there are a few key actions we need you to follow. Pre event and race communication and briefings will address any environmental or weather risks. It is essential that you either attend briefings prior to the race and/or monitor the website and social media sites for updates prior to the event.

Lightning.

- If you hear thunder, lightning is not too far away and close enough to your location to strike. Get prepared to find safe shelter.
- If you are close to an aid station, a stable structure/building or vehicle should be accessed, or move to a clearing away from trees and squat down. (tents or isolated trees are not safe spaces).
- Immediately get off elevated areas such as ridges or peaks. Finding a ravine may be an alternative lower risk location.
- If you are in a group, spread out and seek low shelter.
- Never lie flat on the ground. If you have no choice but to stay where you are, squatting on your hydration pack may reduce your risk.
- Keep clear of bodies of water- lake, ponds, creeks
- Stay away from objects that conduct electricity (barbed wire fences, power lines, metal stiles, etc.)
- High and extreme winds.
- In mountainous or alpine areas, winds can change rapidly. Risk of injury can be increased due to things like falling trees or falling off cliffs/drops. While wind forecasts are monitored, in the event high or extreme winds conditions arise, you should do the following.
- Keep clear of narrow sections of the course with drops/cliffs close by.
- Be mindful of overhanging or large trees on over the trail. Where possible move away from high tree areas, and wait out until wind subsides.

Cut Off Times

Distance	Finish Lap 1		Wenhams Picnic	Finish
50k	4 Hours 45 Mins 12:15pm		8.5 Hours / 41.4km 4:00pm	10 Hours 5:30pm
25k			4 Hours / 16.5kms 1:30pm	6 Hours 3:30pm
12k				No Cut Off
6k				No Cut Off



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— TRAIL RUNNING SPECIALISTS —

Race Rules

- * Have fun and take in all the scenery.
- * Look out for yourselves and your fellow runners. If somebody is in need of assistance please stay with them and get help.
- * Selfies at Kwat Kwat are mandatory (you may take a photo of the lookout sign if you would prefer) The best selfie may even win a prize!!
- * Respect all officials and aid station attendants, they're all out there volunteering to keep you safe and looked after.
- * RUN WITHIN YOUR OWN ABILITY. There are some rugged technical trails on this course. Please take care.
- * Grass Tree Prizes - If you find a prize that does not belong to your distance please leave it be for the appropriate runner to find.
- * Children 3 years and under MUST be accompanied by a parent or Guardian during the kids run.



Making our 50k trucker caps Mawesome

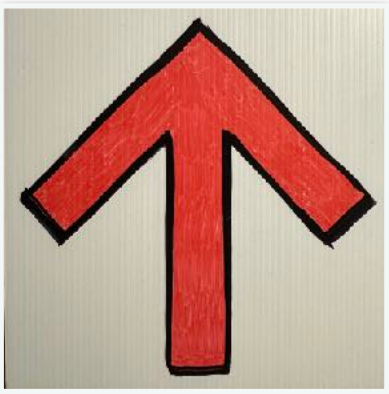
maleactivewear.com



Course Markers



All courses will use these PINK ribbons. DO NOT follow any other colour ribbon.



Arrows and Crosses will be used at intersections throughout the course to keep you on track. My beautiful children helped me make these stunning markers, and they know what they mean, so I'm sure you will too.



Okay..... follow the arrows & don't go past the crosses.

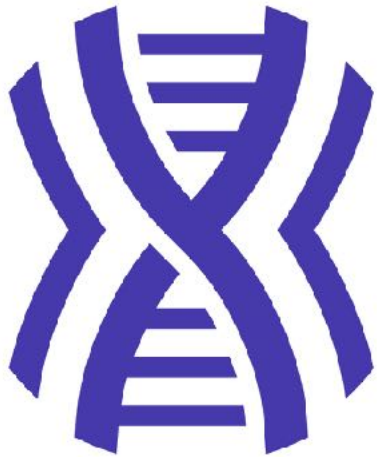
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Kwat Kwat Lookout Selfie Example



Most creative selfie will WIN a free entry to next years event!



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Beer Run For Prostate Cancer



Down a delicious Black Dog Brewery Session Ale
Followed by a 500m (or maybe more) sprint.
No Bib, No Medals, just the satisfaction of
supporting a very important foundation.
\$15 entry including one beer. 1pm start.
Winner will receive a special prize!!

All Proceeds will go to Prostate Cancer Foundation
of Australia.

Grass Tree Hidden Prizes



Grass Trees come in all sorts of shapes and sizes..... BUT There will be one very special grass tree with a hidden prize behind it for each event.

If you happen to find a RED disc (50k), GREEN disc (25k)

BLUE disc (12k) or YELLOW disc (6k) you will win a nice little prize!!

If you find a disk that doesn't belong to your race please leave it be for somebody else to find.

You must hand the disk over as soon as you cross the line.

Please note: disks will be located within 10m of the trails.



www.blackdogbrewery.com.au

See you there August 10th 2024