

**BRIDGE  
ROAD  
BREWERS**



# 2024 EVENT PROGRAM





## WELCOME TO...

THE INAGURAL **BRIDGE ROAD BREWERS** **BEECHWORTH BEER RUN**, CELEBRATING THAT MYSTICAL UNION OF ALES AND TRAILS, THE FROTH AND THE FLOW!

Hosted in the stunning historical township of Beechworth, in north-east Victoria, this trail run outing is about savouring silky singletrack as much as it is about supping sensational craft brews, courtesy of event partner, Bridge Road Brewers.

There's a distance for everyone, including:

- 28km Full Pint
- 15km Half Pint
- 5km Quencher
- 2.5km Kids Cordial Cruze



**BOTH** the 28km and 15km runs offer non-alcoholic beer at aid stations **PLUS** you get **TWO FREE BEERS** redeemable at the end of the run!

*(NOTE: redeemable beers only offered to over 18s - soft drink for under-age runners or non-drinkers. You will need to show your ID to get a wrist band that identifies you as legal drinking age. No wrist band, no service. See pages over for details. Free beer will only be redeemed on presentation of the tear off vouchers found on your race bib and showing of your wrist band).*





## RESPONSIBLE DRINKING MESSAGE

Yes, it's a beer run and we want to celebrate that special bond between trails, running and the refreshing hydration that a celebratory beer or two brings come the end of the run. BUT... we also promote responsible drinking.

DRINK in moderation. DON'T drink to excess. NEVER drink and drive! Or operate machinery for that matter.

**The Beer Run is not about excess**, nor about how much you can 'put away' - it's about celebrating the flavours and styles of a high quality ale for the taste experience they offer.

The beer offered at aid stations on course is NON-ALCOHOLIC and still ONLY AVAILABLE TO OVER 18s (no wrist band, no service), as are the free 2 beers offered for those who want them at the finish of the race (again - over 18 only).

If you are going to enjoy a beer or two, we encourage you to come up to Beechworth, and **"Run, Stay, Play"**. Leave your car at your accommodation, walk to the event HQ at Lake Sambell Caravan Park, run, eat and drink, and walk back to your lodging.

## CUP-FREE EVENT! (MOSTLY)

**NO CUPS AT AID STATIONS...** we love nature. And trees. We like to run through big stands of them. So while we recognise that any event will have some kind of footprint on the earth, we do our best to leave just that - footprints - and as little other imposts on our environment as possible.

Hence, no cups at aid stations or at the finish! So take a hydro pack, running bottle, water belt or collapsible reusable cup with you ... we make no apologies for trying to (in even this little way) do our bit to help care for the environment :).

THE EXCEPTION: we will offer bio-cups for those wanting to take an ale on the trail. That is, we have non-alcoholic beers on offer at the aid stations for the 28km and 15km distances (only). As they will be supplied in cans, and we want to minimise wastage recognising that most won't want to chug a full beer mid-run - there will be cups for the beer (only) on course.

**IMPORTANT:** YOU STILL NEED TO RUN WITH YOUR OWN HYDRATION RECEPTICLE (COLLAPSABLE CUP, HAND BOTTLE, SOFT FLAST, HYDRO PACK OR MINIMUM A GLAD BAG!





## EXCLUSIVE TRAIL USE

### IMPORTANT NOTE & REQUEST

#### RE: EVENT-ONLY USE OF INDIGO EPIC TRAIL

The concept of the Beechworth Beer Run relies on access to parts of the **Indigo Epic MTB Trail**. We ask that participants recognise and respect that the trail is first and foremost (in the majority) for the *single use* of mountain biking. The logistics and timing schedule of the run operate to minimise if not negate any and all disruption to rider access and use on event day. The trail will be closed from Yackandandah end from 8.30am until approximately 12 noon heading east to west, however other trails i.e. Beechworth to Yack direction) will remain open.

**The trail at all other times outside of the event day is a MTB-only trail.** *Pedestrian access is not encouraged nor allowed on single activity use sections outside of the exclusive access period of the event* for one day of the year. Part of the value of participating in the event is the ability to run on the trails usually reserved for MTBs. The land managers and user groups have kindly seen their way to a once-a-year, time-limited access for running via the controlled format of a professionally managed event, and we thank them for it.

Organisers will be contributing financially to trail maintenance via Chain Gang MTB Club (Beechworth) and Yack Tracks Inc, who form the Committee of Management for the trail.

***Please do not run on the Indigo Epic Trail (MTB sections) at any other times in the year for reasons of safety and in order for the event to continue to be allowed to operate in future.***

For more information on the mountain biking opportunities on the Indigo Epic and around the rest of the shire, check in to:



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



[www.facebook.com/groups/1558167511063365/](https://www.facebook.com/groups/1558167511063365/)



[www.ridehighcountry.com.au/mountain-biking/indigo-epic-trail/](http://www.ridehighcountry.com.au/mountain-biking/indigo-epic-trail/)





## EVENT SCHEDULE

**NOTE:** 28km & 15km runners wanting to claim a (non-alcoholic) beer on course aid stations or two (full strength) freebies at the finish **MUST** present ID while registering and collect a wrist band to be worn on the day. If collecting on Friday night you can come to rego Saturday wearing your bib and show your ID then.

### FRIDAY 10th MAY 2024

4.30pm - 6.30pm

EARLY BIB PICK UP

Bridge Road Brewers

[50 Ford Street, Beechworth, Vic 3747](#)

### SATURDAY 11th MAY 2024

6.30AM

BIB PICK UP & LATE EVENT REGISTRATION

Event HQ, [Lake Sambell Caravan Park](#)

**NOTE:** no parking on site - please park nearby but not inside caravan park grounds unless you have booked accommodation. See **Parking** page for locations.

**7.30AM 28km BUS DEPARTS**

[Lake Sambell Caravan Park](#)

**8.15AM 28KM RACE BRIEFING**

[Yackandandah Sports Park,](#)

Welsford Street, Yackandandah

**8.30AM 28KM STARTS**

[Yackandandah Sports Park,](#) Welsford

Street, Yackandandah

**8.45AM 15km RACE BRIEFING**

[Lake Sambell Caravan Park,](#) Event HQ

**9.00AM 15km STARTS**

[Lake Sambell Caravan Park,](#) Event HQ

**9.15AM 5km STARTS**

[Lake Sambell Caravan Park,](#) Event HQ

**10.00AM 2.5km STARTS**

[Lake Sambell Caravan Park,](#) Event HQ

**2.00PM PRESENTATIONS**

[Lake Sambell Caravan Park,](#) Event HQ

**6.00PM EVENT ENTERTAINMENT**

**AFTER PARTY** [BRIDGE ROAD BREWERS](#)





# JOIN OUR BEER CLUB ONLINE

The Posse gives you regular deliveries of our best and most limited-edition beers.

Choose your delivery schedule and we'll send you a curated case of latest releases, core favourites and specialty brews crafted just for Members.



[bridgeroadbrewers.com.au](http://bridgeroadbrewers.com.au)



# BEER LOGISTICS

## 28KM & 15KM RUNNERS ONLY

Thanks to the generosity of Bridge Road Brewers, all 15km & 28km runners receive:

- 'Free Time' non-alcoholic beer on all aid stations



- 2 x free BRB beers redeemable at the finish line bar using the two tear-away coupons found on your bib. Non-drinkers can use to redeem a non-alcoholic bevvie (limited choice i.e. soft drink).

All recipients of ANY beer (including non-alcoholic) need to be OVER 18. Please ensure you get and wear your wrist band that will identify you as being of drinking age when you pick up your bib.

**PLEASE BRING YOUR ID TO VERIFY AGE.**



Beechworth Theatre Company presents

A stage play by Ian Gower and Paul Carpenter adapted from the original TV series by Richard Curtis and Paul Mayhew-Archer. With kind permission of Tiger Aspect Productions

## Beechworth Memorial Hall

10th May 7:30pm	11th May 5:00pm	12th May 2:00pm	18th May 5:00pm	19th May 2:00pm
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Tickets at the door or [www.stickytickets.com.au](http://www.stickytickets.com.au)



# BUS LOGISTICS



## 28KM RUNNERS ONLY

Organisers will be providing a LIMITED bus service, primarily as an added service to competitors, allowing you to participate in the 28km event without the need to use your car. **NOTE there is a ticketed cost for the bus service payable via registration entry online. No ticket, no ride!**

## BUS SCHEDULE

**7.30AM** Bus departs [Lake Sambell Caravan Park](#) from nearby Event HQ (finish arch)

**8AM** Bus arrives [Yackandandah Sports Park](#), Welsford Street, Yackandandah

**8-8.20am** Late bib pick ups (bib pick up for all 28km runners will close at Lake Sambell end at 7.30 sharp. They will then be taken to Yackandandah end for any late pick ups).

**8.20am** Race briefing

**8.30am** Race start

**NOTE:** for those being transported to Yackandandah start line via other means (friends, family, or arranged car shuffle), we ask that you still pick up your bib if possible at the Beechworth end between 6.30am-7.30am. Saves hassle and time suckle at the Yackandandah end and allows you to sneak off and get a coffee on the Yack main street ;)

# BIB LOGISTICS

We will not be posting out number plates and it is your responsibility to attend Bib Pick up on:

- **Friday, 10th May 4.30pm-6.30pm**  
LOCATION: Bridge Road Brewers, Beechworth - enter via laneway, 42 Ford St, Beechworth VIC 3747
- **Saturday 11th May from 6.30am**  
LOCATION: Event HQ, lakeside at Lake Sambell Caravan Park, 20 Peach Dr, Beechworth VIC 3747.

**NOTE:** there is no parking within the grounds of Lake Sambell Caravan Park UNLESS YOU ARE BOOKED INTO ACCOMMODATION ON THE GROUNDS. If not staying at Lake Sambell - park nearby and walk to event HQ.

**NOTE:** 28km runners you MUST pick up your bib Friday or Saturday *prior to 7.30am*. Race briefing at Yackandandah end is at 8.20am.





## MAPPING

Beechworth Beer Run and Tour de Trails are proud to partner with [Capra App](#) to present all the mapping info you will need to get safely around the run courses on offer and explore the event further.

### WHAT IS CAPRA ALL ABOUT?

Basically, Capra allows you to track where you are on the course, where aid stations are, and other cool things - like where the Beechworth Brewery is for the after party!

CHECK THE WEBSITE OUT [HERE](#).

### [DOWNLOAD CAPRA APP](#)

To see all the Beechworth Beer Run course maps with aid stations and stats plus extra info about the event just [download the app](#) and search for [BEECHWORTH BEER RUN COLLECTION](#).

You can also scan the Q-code to be taken to the owebsite version of the map (but it's better in the App).

**Notably, the map in the app works when you are out on course even when you are out of mobile phone range.** You do need to open the app and 'load' the map at the start of the day when you are IN range, but after that, it has saved on the phone and will load up and identify where you are on the course no matter what reception there is or isn't! Clever.

Maps per course:



28km

<https://capra.page.link/euGL>



15km

<https://capra.page.link/MddE>



5km

<https://capra.page.link/7Vp6>



2.5km

<https://capra.page.link/ZpiK>





## ROUTES

There are FOUR run courses planned as part of the Beechworth Beer Run:

- **28km point to point**, Yackandandah to Beechworth via Indigo Epic trail (majority)
- **15km loop out to and around Lake Kerferd** and back around Lake Sambell, starting and finishing at Lake Sambell Caravan Park
- **5km double loop of Lake Sambell**, starting and finishing at Lake Sambell Caravan Park
- **2.5km single loop of Lake Sambell**, starting and finishing at Lake Sambell Caravan Park

All runs start and finish at Lake Sambell Caravan Park APART FROM the 28km, which starts at the Yackandandah Sports Oval.

**BEECHWORTH BEER RUN**

Has TAILWIND ENDURANCE FUEL on course!

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CODE: **BEERTAIL15**

**VALID TO 25 JUNE 2024**

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NUTRITION

\*applies to all non-discounted products

## AID STATIONS PER COURSE

### 28km course

Non-alcoholic 'Free Time' Beer (Over -18 only, wrist band ID required), Tailwind, Water, Lollies, Chips, Muesli Bars, bananas (18km only)

- 10km
- 18km
- 25.5km
- Finish

### 15km course

Non-alcoholic 'Free Time' Beer (Over -18 only, wrist band ID required), Tailwind, Water, Lollies, Chips, Muesli Bars, bananas (18km only)

- 7.5km
- 12km
- Finish

### 5km:

Tailwind, Water, Lollies, Chips, Fruit

- Finish

### 2.5km:

Cordial, Water, Lollies, Chips, Fruit

- 1.5km

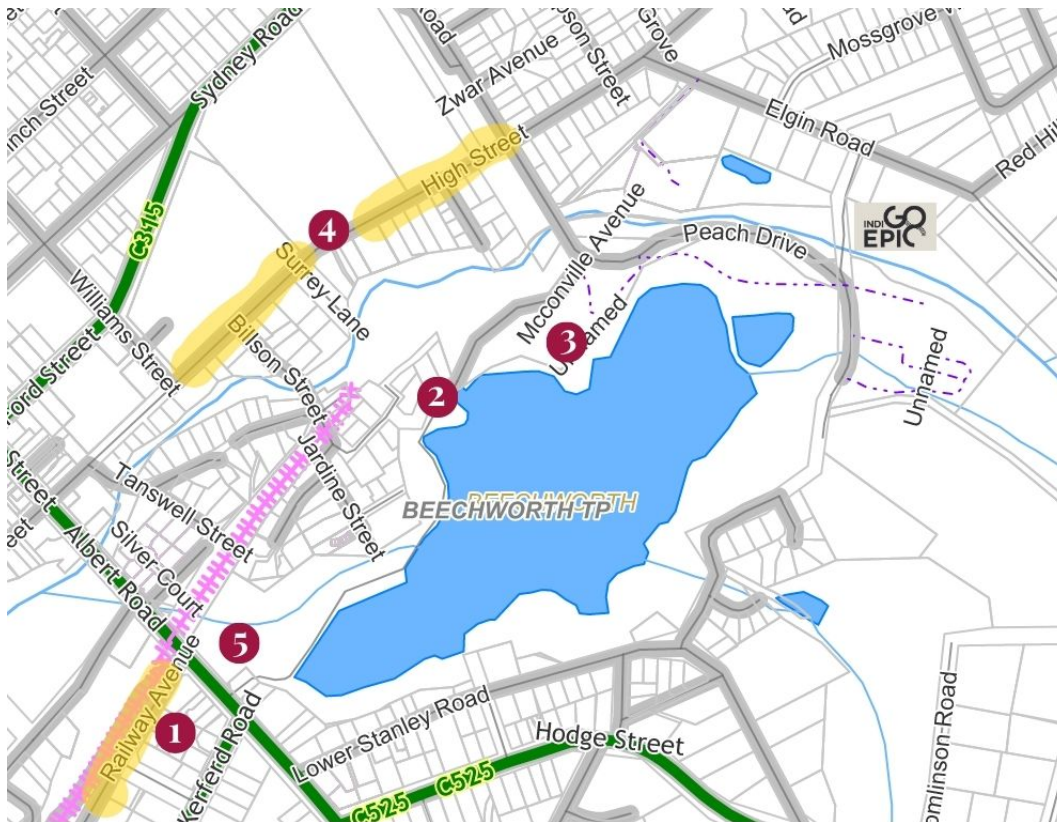
### Finish

Non-alcoholic 'Free Time' Beer (Over -18 only, wrist band ID required), Tailwind, Water, Lollies, Chips, Muesli Bars, bananas (18km only)





# EVENT HQ PARKING LOGISTICS



**PLEASE DO NOT PARK INSIDE THE GROUNDS OF THE BEECHWORTH LAKE SAMBELL CARAVAN PARK UNLESS YOU HAVE BOOKED ACCOMMODATION THERE!**

Lake Sambell is kindly hosting the event HQ, however parking within the property is reserved for those staying at the caravan park.

There is plenty of prescribed parking in locations close enough to walk to event HQ.

See map left or click on the link below. Parking locations are numbers 1-5.

<https://www.indigoshire.vic.gov.au/Visiting/Visitors-to-our-Shire/Indigo-Epic-Trail/Indigo-Epic-Parking-Map>

- 1** Beechworth Goods Shed (Railway Ave)  
♿ P ♿
- 2** Sandy Beach Lake Sambell (McConville Ave)  
♿ P ♿
- 3** Sandy Beach Overflow  
P
- 4** High Street & Queen Victoria Park (Williams St to Junction Rd)  
♿ P ♿
- 5** Albert Road Parking lot (access via Tanswells St)  
P





## START LINE / 28km ONLY

THE 28km is a POINT-TO-POINT that starts at the Yackandandah Sports Oval.

You need to make your own way to the start OR you can pre-book a seat on the event organised bus via registration.



## START & FINISH ALL EVENTS

All other events (15km, 5km, 2.5km) start and finish from the Lake Sambell Caravan Park, to the eastern shore of Lake Sambell. **THERE IS NO PARKING WITHIN CARAVAN PARK UNLESS YOU HAVE BOOKED ACCOMMODATION AT THE PARK.** Please find legal parking nearby.





## 28km\* Full Pint

\*Righto - let's get this out of the way early. Reports back from the field are that the mapping machines we ingested our data into are a little drunk on altitude and distance love. That is, we have good news and bad news.

**Good news first?** The elevation we originally quoted online (1300+m) is likely to be well wrong. You'll likely be climbing more in the region of 700-800m according to some test trail bunnies.

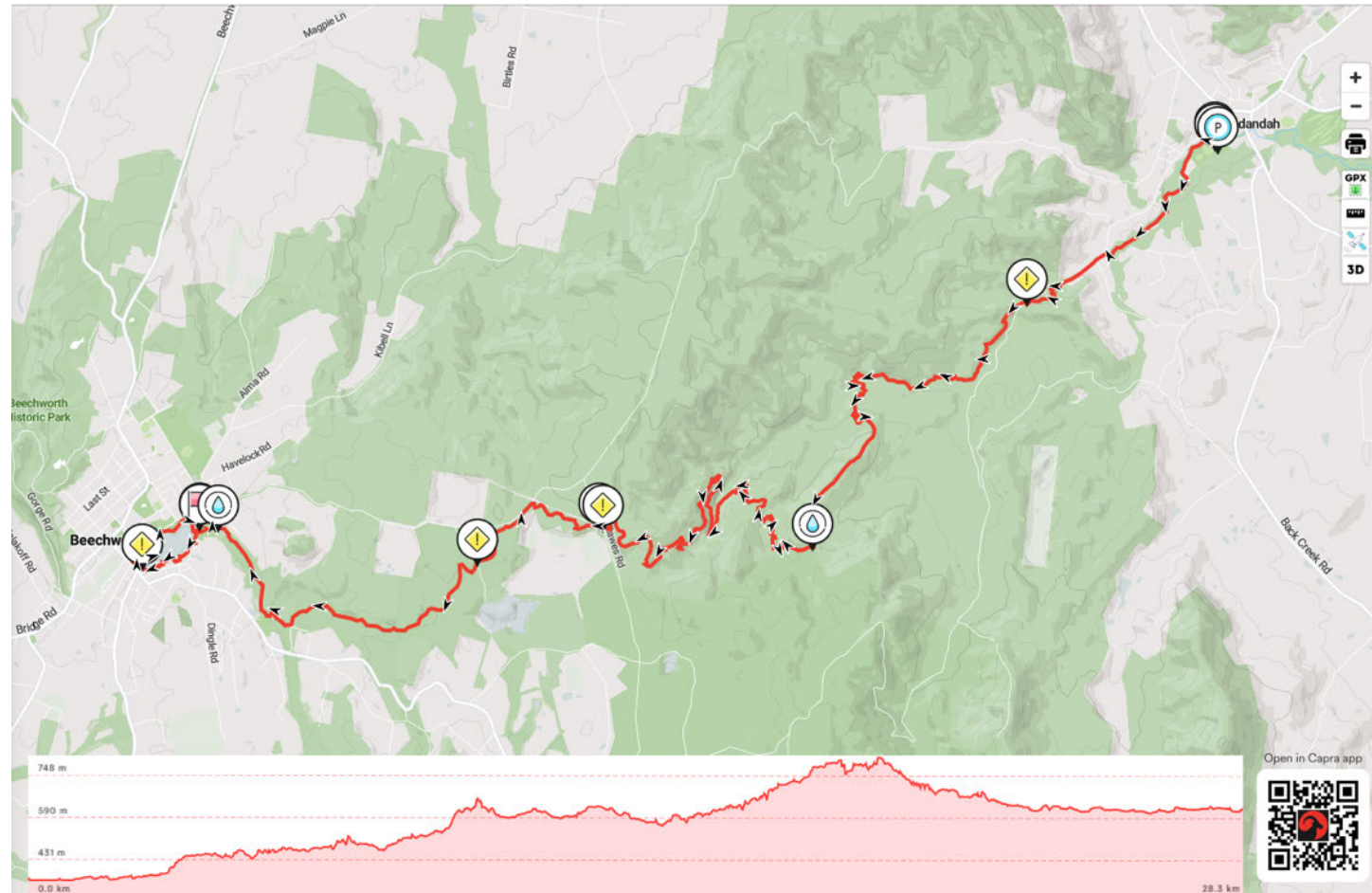
**The bad news?** Well, consider it extra trail bang for buck, but you'll likely end up running closer to 30km. Yeah, we know, we know. Awesome!! Right?!

Well, it is the *Epic Trail*. So go push your thresholds into Epic territory. It's only a few more kays...c'mon.

### AID AT:

- 10km (+)
- 18km (+)
- 25.5km (+)
- Finish

BRIDGE ROAD BREWERS' 'Free Time' non-alcoholic beer on aid stations // TAILWIND & WATER (no cups provided) // snacks





# 15km\* Half Pint

\*Umm, yeah, another little heads up.

Reports back from the field for the 15km are also that the mapping machines we ingested our data into are a little skewiff.

**Good news?** The elevation we originally quoted online (600-700+m) is likely to be wrong. You'll likely be climbing more in the region of 470m according to test trail bunnies.

**The bad news?** Well, consider it extra trail bang for buck, but you'll likely end up running closer to 17km. Yeah, we know, we know. Awesome!! Right?!

Well, it is the *Epic Trail*. So go push your thresholds into Epic territory. It's only a few more kays...c'mon.

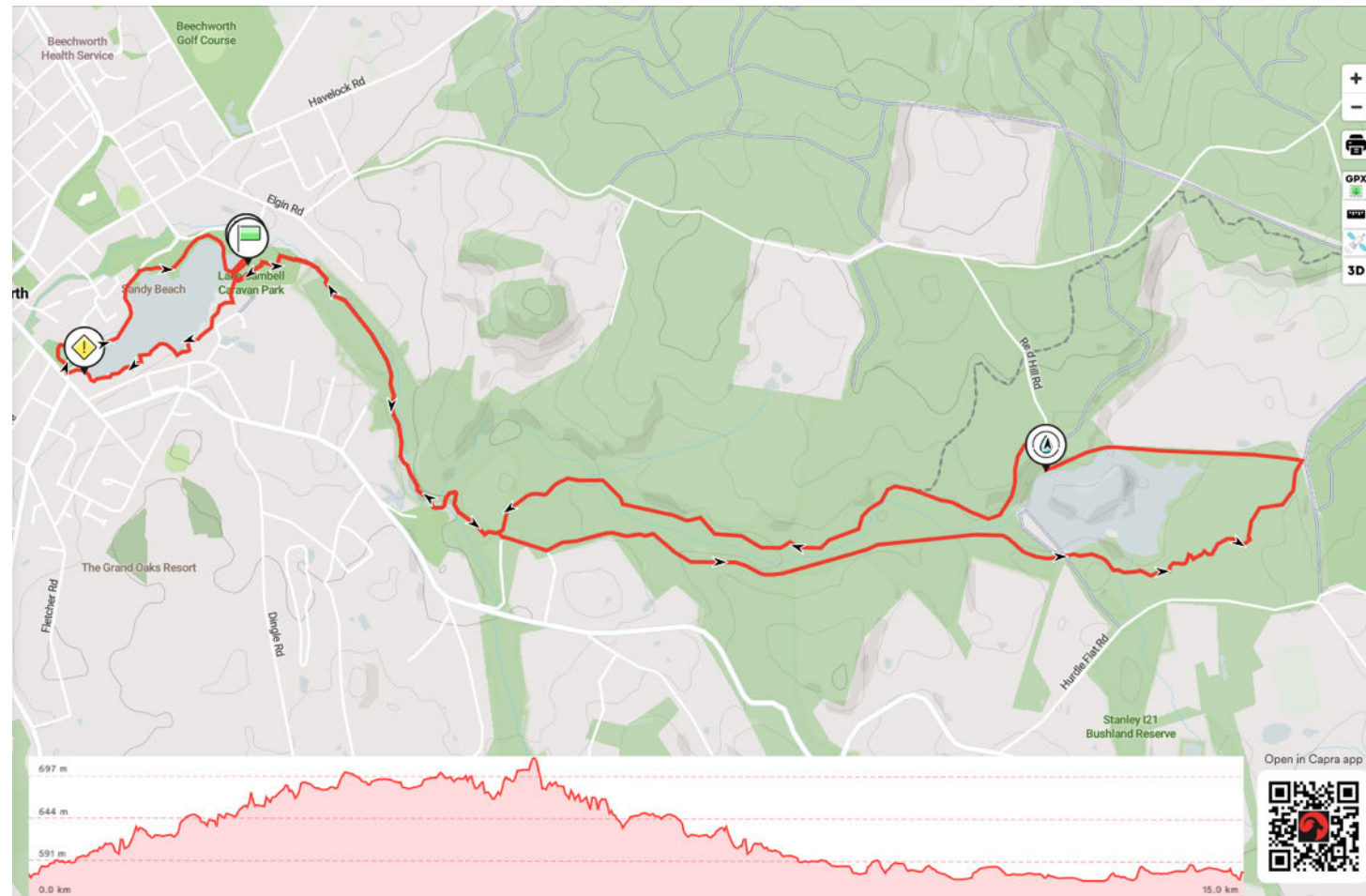
Have fun out there.

And maybe pass on us your GPX to assist with next year's accuracy.

## AID AT:

- 7.5km (+)
- 12km (+)
- Finish

BRIDGE ROAD BREWERS' 'Free Time' non-alcoholic beer on aid stations // TAILWIND & WATER (no cups provided) // snacks





# 5km Quencher

Okay, so we are pretty sure we have the correct distance on this one.

Main thing for participants is to remember that it's TWO Laps of Lake Sambell, and that you are running CLOCKWISE.

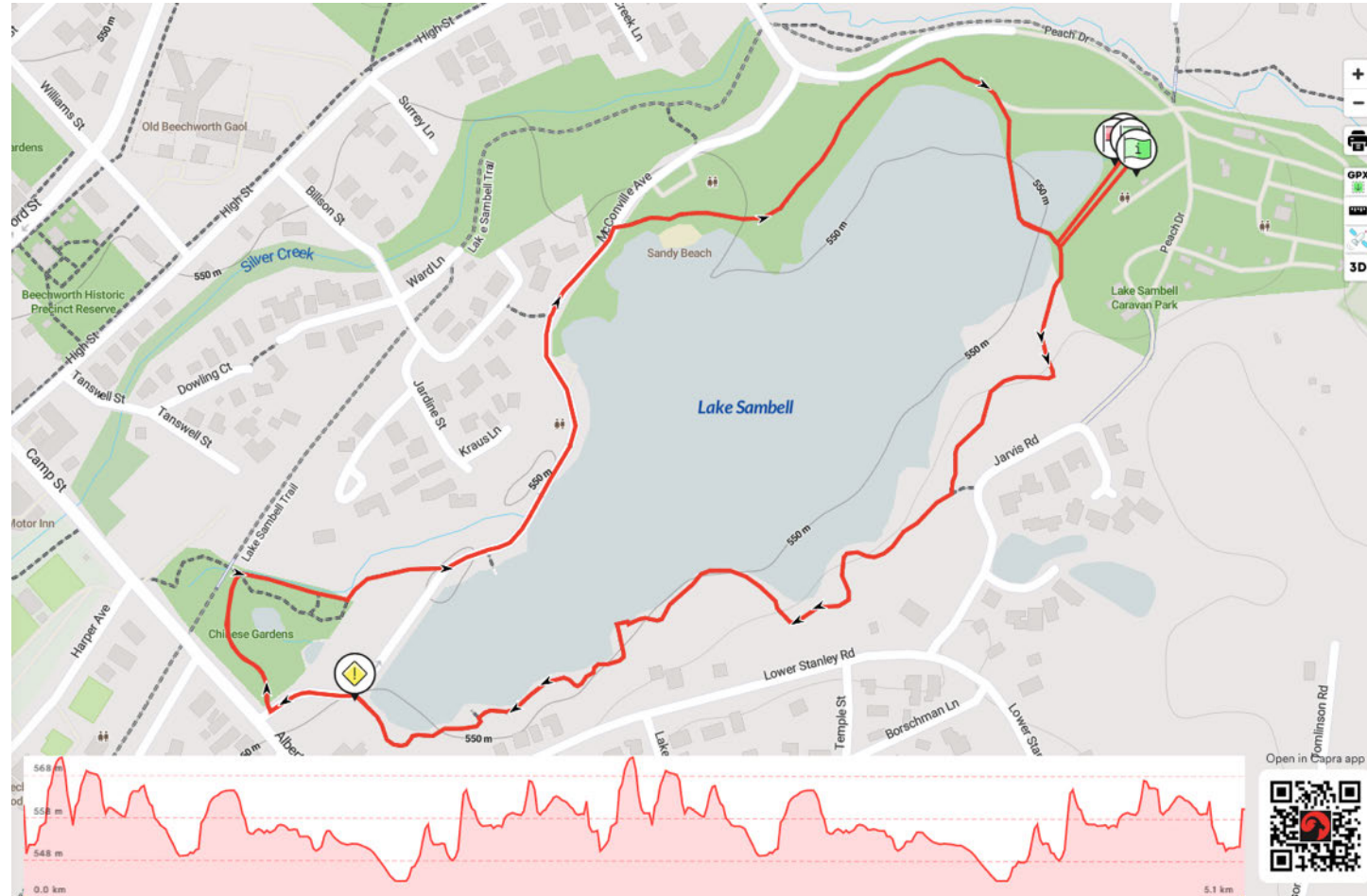
On your first lap, by pass the turn off to the finish for your SECOND LAP.

Important thing to remember also is to be careful at the western end as you approach and cross McConnell Ave and when you re-join the same road for a stretch. The road is open to traffic so please be mindful. NO HEADPHONES for this section.

## AID AT:

- Finish

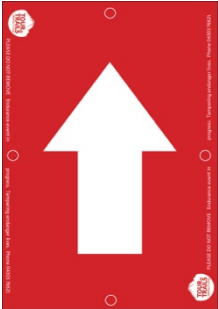
TAILWIND & WATER (no cups provided) // snacks







## IMPORTANT NOTES



### SIGNAGE

On course you will note a range of signs (other than the permanent Indigo Epic signs, which also give you indication of where to run - towards Beechworth). You may also see some bright pink bunting / ribbon - it will be letting you know you are on course. The event specific signs and their meanings:

### A NOTE RE: TRAIL MARKING AND WAYFINDING



Part of trail running is about using the landscape to tell you where you should be going - navigation (albeit we are not talking compass skills here!) is part of trail running. The course will be LIGHTLY MARKED with signage and ribbons only placed at 'decision points' (typically junctions). In between these critical areas, DO NOT EXPECT MARKING.

Be confident that the trail beneath your feet is leading you the right way. There will be long stretches without any marking.

It is YOUR RESPONSIBILITY to have a look at the map online and familiarise yourself with the course to help you navigate. And of course you have downloaded CAPRA, right?

Also, please keep your wits about you and think about what you are seeing in terms of navigation: in other years we have had some signage vandalism on course, including purposely swapped out wrong way and arrow sign that would have sent people in the wrong direction. Be wary. Be sensible. Know the general course before you start running.



### ROAD CROSSINGS

There are numerous road crossings on the courses (all distances). While we appreciate that many of you like to take in a concert or two whole running with headphones, it is MANDATORY that you do NOT have earphones

in when you cross ANY roads. We prefer you to hear the car that is about to hit you. Safety 'n all.



### WITHDRAWAL

If any runners need to withdrawal AFTER you have picked up your bib, you need you to notify the Race Director/s (number on back of your bib), preferably by texting your name and bib number and/or calling/leaving a message.

If you do not, we will think you are out on course and when you do not pass over the finish line, we will send out the search party (this happened at other events and they were visited at 1am by a police divvy van - best you tell us!).

Additionally (but not instead of!) give your name and bib number to a marshal.







## FIRST AID



On course we have the best in the wilderness medical business: Endurance Medical Services. They'll be the ones in the yellow vests.

If you feel at all unwell or are injured in any way, please check in with one of them earlier rather than later. They will do all they can to

keep you on course safely, but also they are there to help you get off course safely and attend to any incidents or injuries.

You and our marshals are not expected to perform any first aid beyond basic care and comfort in the event that a runner has a medical issue. Your first duty is to ensure you are not in any danger. Then ensure the runner is not in any immediate danger and is warm.

Once you are confident that they are stable, for most non-life threatening medical issues (i.e. rolled ankle, torn calf), call or message the Medical Director and/or the Race Director. Numbers are on the rear of your bib.

If the medical incident is a life-threatening emergency (i.e. snake bite) call 000 immediately and follow instructions, ensuring you let them know the incident has taken place as part of an event where Endurance Medical Services is in attendance, and you have a Race Director to report to.

**HUGE THANKS TO EMS FOR KEEPING US ALL SAFE!**



## HYDRATION

Sports hydration will be provided at all checkpoints courtesy of TAILWIND NUTRITION AUSTRALIA.

Each checkpoint will have Tailwind in a dedicated barrel (premixed, one flavour TBC). There will also be water and for the 28km and 15km, non-alcoholic beer.

**THERE ARE NO CUPS FOR TAILWIND OR WATER - THIS IS A BYO HYDRATION RECEPTACLE EVENT!**



[WWW.TAILWINDNUTRITION.COM.AU](http://WWW.TAILWINDNUTRITION.COM.AU)

### BEECHWORTH BEER RUN

Has TAILWIND ENDURANCE FUEL on course!

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CODE: **BEERTAIL15**

**VALID TO 25 JUNE 2024**



**SCAN HERE!**



*\*applies to all non-discounted products*



**Tomato**  
TIMING

## FINISHLINE

### MEDALS

Everyone gets one! Best news: they are a utilitarian keepsake in that they are also a bottle opener. This is a beer run afterall!

Kids - you get a special one...



### PRESENTATIONS - APPROX 2pm

Overall winners, second and third place (male/female) 28km, 15km and 5km be given trophies and prizes.

### SHOWERS

There are limited shower facilities at event HQ available for participants to use. PLEASE be considerate and make showers quick, lest there be queues! No weeing in the shower, yeah?!

### FOOD & DRINK

There will be snack meals coffee and ales (over 18 only) served on a rolling basis throughout the day via our vendors on site.

## RESULTS

Results will be posted on a rolling basis throughout the day. They can be found here:

<https://tomatotiming.racetecresults.com/results.aspx?CId=16&RId=29635>

## AFTER RUN SOCIAL

**BRIDGE  
ROAD  
BREWERS**

Once the running is done and the arvo ales have been tested, we urge you to head on over to Bridge Road Brewers, a short walk away on the main street of Beechworth to join us for a social celebration giving cheers or three to the inaugural Beechworth Beer Run and to bubbly days ahead.





# MERCHANDISE

There will be LIMITED beer run merch in the form of T-shirts that haven't been pre-sold, stubbie holders and an assortment of Tour de Trails general trail running merch.



# PHOTOGRAPHY

Yes - there will be a photographer on course, the fabulous Elise Rowe nailing that perfect stride of yours, that chest out, that strength as you come tearing down the home straight.

She'll probably also capture you tripping over, or with flushed face and sweat dripping off while grimacing - if you're lucky.

Get your memento for social media glory and your mantlepiece at: <https://photos4sale.co.nz>



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**42KM** SOLO OR  
TEAMS OF 2  
OR **21KM**

**15 JUNE 2024**

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if the shoe fits...



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100KM SOLO  
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adventure is running

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**BEAU MILES**

Expressions of interest being taken August 2024/25

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**SOLD OUT**

**TOUR de TRAILS**  
adventure is running

TRAIL RUN TOUR

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COAST 2 COAST

27 MAY - 2 JUNE 2024

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**MAKE YOUR NEXT RUN A BLOODY GOOD ONE. SPOTS STILL AVAILABLE ON:**

**FRANCE, CRETE & TIMOR LESTE 2024.** TAKING BOOKINGS FOR **BALI 2025 COAST TO COAST** NOW.  
TAKING REGISTRATIONS OF INTEREST FOR **ENGLAND PUB TO PUB 2025** NOW. (IT WILL BE OUR LAST ONE EVER)  
SO LOCK IN SEPTEMBER 2025 NOW AND LET US KNOW IF YOU ARE KEEN TO TRAIL & ALE ACROSS ENGLAND!

