



FUN RUN WALK

Sunday 8th January 2023

Run: 10km & 6km
Walk: 6km
'Lap of the Lake': 3km
www.surftosurf.org



KEY INFORMATION

Here's some key Surf 'T' Surf info to get race day ready!
Keep your eye on our Facebook page for regular updates or if you have any other questions please contact **0418 339 544**

RACE DAY

Please ensure that you arrive at the start line on Pertobe Road, with plenty of time to spare before the commencement of your race. The outline of the morning's activities is as follows:

6:30am - Registration tent open for last minute enquiries

(NOTE: registrations WILL NOT be available on race morning except for the Lap of the Lake event)

7:00am - Race announcers commence

7:30am - Lap of the Lake registrations close

7:35am - Pre-race warm up

7:45am - Race briefing for all competitors

7:55am - Call to start line for all 10km competitors

8:00am - Sungold 10km Run race starts

8:15am - Specsavers Warrnambool 6km Run race starts

8:20am - Madden's Lawyers 6km Walk race starts

8:25am - Optus 3km Lap of the Lake race starts

9:45am - Presentations

10:15am - Event concludes

PARKING

Pertobe Road and Merri Street between the cutting and Liebig Street will be closed to traffic between 8am and 8:30am. Parking will be restricted along Pertobe Road.

We recommend allowing plenty of time to find a park and walk to the Lake Pertobe start line. Options include Flagstaff Hill, the south end of Pertobe Rd, or near the RSL club off Merri St.

FIRST AID

There is 1 first aid unit on course should you require first aid attention – located at the finish line. Please make yourself known to our marshals if you require first aid attention.

WATER STATIONS

There are 5 water stations on course – 4 on the 10km course, 2 on the 6km course and 1 on the Lap of the Lake Course. Please make use of these to remain hydrated during your run.

PHOTOGRAPHS

The Warrnambool Camera Club will be on hand taking photographs on course. Make sure you keep your smile up - you never know where they might be taking happy snaps! Photos will be published on our website www.surftosurf.org in the week following the race.

PERSONAL ITEMS

There will NOT be a facility to leave personal items securely at the race registration tent. Please leave personal items securely in your vehicle or with a friend or relative.

TIMING

All events will be electronically timed, using a disposable microchip located in your race bib. It is essential that you wear this bib for the race. **Race bibs are disposable - you DO NOT need to return your race bib following the race.**

Official times will be available online at www.surftosurf.org from Monday, 9th January. Results will also be in The Standard

SOUTH WEST SPORTS GRANTS

All participants or volunteers involved in the 2023 Surf 'T' Surf are eligible to apply for sports funding assistance through the Surf 'T' Surf's partnership with South West Sports. Visit www.southwestsport.com.au for more information.

SURF 'T' SURF IS PROUDLY SUPPORTED BY

