PARTICIPANT INFORMATION GUIDE

SWEAT VS STEAM 2026

ECHUCA MOAMA

DASH | 1KM | 5KM | 10KM

SUNDAY, NOVEMBER 15, 2026

5KM | 10KM | KIDS DASH

HOPWOOD GARDENS, ECHUCA

SUNDAY 16 NOVEMBER 2026



EVENT INFORMATION

ACKNOWLEDGEMENT TO COUNTRY

We acknowledge the Yorta Yorta people as the traditional owners of the land in which we meet to run on, and extend our respect to their elder's - past, present and emerging as the Traditional Owners of this country.

We are inspired by the strength and endurance of the world's oldest living culture, and we draw on and pay homage to this as we participate in our running event.

MESSAGE FROM THE EVENT DIRECTOR

Thank you for joining us and supporting this year's Sweat vs Steam Fun Run!

We're super excited to be managing this iconic event once again and would like to extend a massive thank you to our incredible local community, volunteers, and sponsors—we truly appreciate your ongoing support in making this event what it is.

This year, we are thrilled to announce record entrant numbers as we welcome more runners and walkers to the start line than ever before! We're also proud to continue supporting our event beneficiary—Echuca Regional Health—and look forward to directing profits from this year's event toward their vital healthcare work in our region.

While you're in town, we encourage you to enjoy the day (or the whole weekend!) exploring Echuca-Moama and getting behind our fantastic local businesses.

We hope you have a great run and enjoy this year's record-breaking event—we can't wait to see you out on course and welcome you back again next year!

Brady Threlfall
Co-Race Director – Sweat vs Steam
Co-Owner – Run2PB



EVENT TIMETABLE

SATURDAY 15th NOVEMBER 2026 (pre event)	
3:00-6:00PM	Race bib collection from The Echuca Hotel Location: https://shorturl.at/ItIoG

SUNDAY 16th NOVEMBER 2026 (event day)	
6:45-7:45AM	Registration and race bib collection from 6:45AM at the Rotunda, Hopwood Gardens, ECHUCA.
7:45AM	Welcome and acknowledgement
7:55AM	10KM Pre Race Briefing
8:00AM	10KM Race Start. From start/finish line
8:55AM	5KM Pre Race Briefing
9:00AM	5KM Race Starts
9:50AM	1km and 500m Junior Dash
10:30AM (approx):	Presentations. Hopwood Gardens. / Event Concludes



EVENT DAY

START LINE / EVENT VILLAGE
Hopwood Gardens, Echuca.
At Hopwood Gardens start/finish line area you will find registration, public toilets Coffee van, , finish line refreshments, water and sponsor activities and entertainment. We will have an announcer to ensure you know where to be and when for your event. And don't forget to bring your family and friends!

PARKING Just like most events, parking at the venue will always be busy on event morning and some roads will be closed. There is however ample off-street parking in the area with just a short walk to the event village (please check parking restriction signs) . Again please note any road closure information.

PUBLIC TOILETS The closest public toilets are right near the start/finish line in the Port Discovery Centre. These are clearly marked. There is a second set of public toilets just down from the Discovery Centre attached to the Star Hotel via Murray Esplanade, as well as at the 'Kiosk' just out the front of Watson St Pavilion at Riverboat Dock.
On course there are public toilets at Aquatic Reserve, Vic Park Boat Ramp as well as Victoria Park should you require while on course.



FIRST AID Rich River First Aid response crews will be on stationed at Hopwood Gardens / near the finish line.

REFRESHMENTS We will have Let's Do Coffee at the event village.



COURSE INFORMATION, AWARDS & RESULTS

RACE THE PADDLESTEAMER Both the 5km and 10km events will be 'racing against the PS Pevensey Paddlesteamer!' The river flow and how well the engine is stoked with wood depends on how fast she makes her way over the course, but previous years has the PS Pevensey hitting the finish line approx. 50min after the 10km race start! So if you are in the 5km event, you are aiming for 20min !

DRINK STATIONS There will be drink stations located on course for the 10km and the 5km. There will also be water provided at the finish line. The on course drink station will be accessible at approx the 3.5km mark of the 5km and 1.5k/6.5km/8.3k mark of the 10km course.

FINISH LINE All participants in the 5km and 10km events will receive a specially designed Sweat Vs Steam finishers medal. Juniors in The Port Ice Creamery Kids Dash will receive a voucher from the The Port Ice Creamery, Echuca! Light refreshments will be available at the finish line for all participants.

CUT OFF TIME Due to road closures, we have a cut off time of 10:30am. You will however still be permitted to finish after this time, you may just be asked to move off any roads as required.

PRIZES & AWARDS Prize Money or voucher will again be on offer for the overall podium place getters in the 10km and 5km events! We see this as a great way to support runners at the top of their game over these distances.

Overall 10km Male & Female: 1st $150, 2nd $100, 3rd $50 Plus free entry to the 2027 event

Overall 5km Male & Female:
1st $100 Verve Running Voucher,
2nd $50.00 Verve Running Voucher,
3rd $25.00 Verve Running Voucher,
Plus free entry to the 2027 event.

RESULTS Results will be available LIVE via Tomato Timing so you can look up straight away how you went and share online! As well as all entrants will receive an SMS of their results after their event.

Please note that the Kids Dash is not a timed event, however, each child will have a race bib.

2026 Race Bibs

SWEAT vs STEAM 2026
SUPPORTING ECHUCA REGIONAL HEALTH

VERVE RUNNING 5K

Campaspe Shire Council | MOAMA | The Riv Riverine Herald

SWEAT vs STEAM 2026
SUPPORTING ECHUCA REGIONAL HEALTH

10K

Campaspe Shire Council | MOAMA | The Riv Riverine Herald

SWEAT vs STEAM 2026
SUPPORTING ECHUCA REGIONAL HEALTH

KIDS THE PORT ICE CREAMERY DASH

Campaspe Shire Council | MOAMA | The Riv Riverine Herald



The Echuca Hotel x Sweat Vs Steam Pre Race Pasta Party
A message from Echuca Hotel:

BIB COLLECTION & PASTA PARTY

Join us on Saturday 14 November to collect your race bib between 3.00-6.00pm in the beer garden of the Echuca Hotel, enjoy a hearty pasta meal at a special Sweat vs Steam price, and soak up the atmosphere with live music as we build the excitement ahead of race day.

PASTA SPECIAL

We're serving up a full-sized pasta meal with four delicious options to choose from, giving you the perfect opportunity to fuel up before the big event. The regular main menu will also be available.

LIVE MUSIC & PARTY VIBES

Make a night of it! Catch up with fellow entrants, enjoy live music, grab a meal and a drink, and get amongst the Sweat vs Steam atmosphere before the action begins.
A few things to remember:

Present your Sweat vs Steam race bib when ordering to receive the discounted pasta meal.
Maximum of two discounted meals per bib presented.

Bib collection details and times:
The Echuca Hotel Beer Garden Saturday 14th November 3: 00pm - 6pm

With strong interest expected, we recommend booking a table by Wednesday 11th to secure your preferred dining time. Sittings times available at 5.00pm, 6.30pm and 8.00pm.

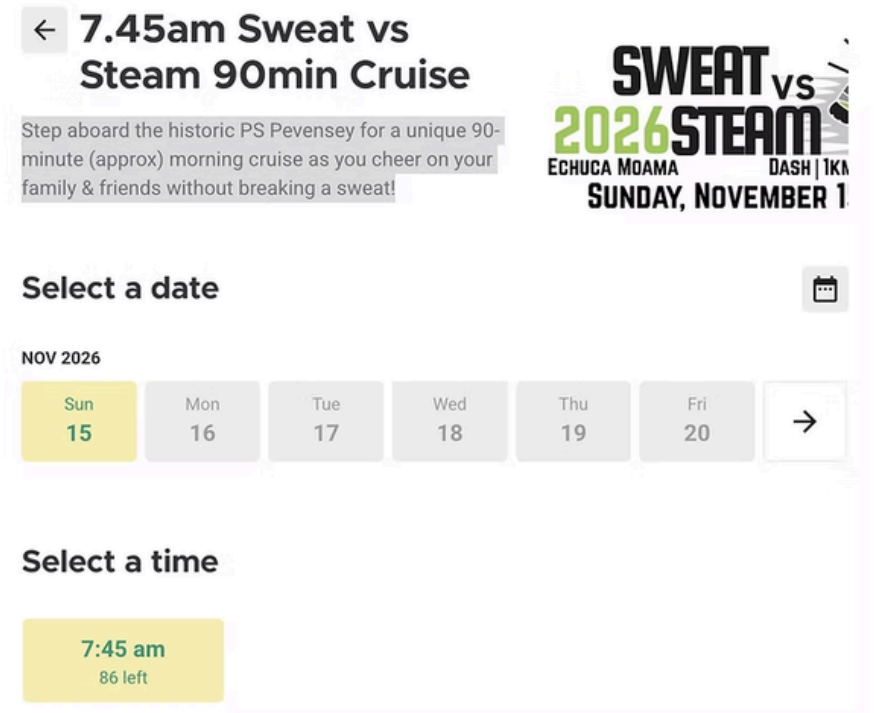
THE ECHUCA HOTEL
EST. 1874

Book your table
Online: https://www.echucahotel.com.au/eat-drink/
Phone: (03) 5482 1087

PS PEVENSEY PADDLESTEAMER TICKETS

ALL ABOARD!
If you aren't running and instead want to get front-row seats to all the action from the river, then you will want to jump on board the PS PEVENSEY. She will be fired up (literally!) to beat our runners to the finish line in this year's Sweat Vs Steam!

DETAILS:
COST: $20.00 per adult (normally $35!) and just $10.00 for kids (normally $15)
Tickets booked online MUST be picked up in person PRIOR to Sunday from the Port of Echuca Discovery Centre. You must have a physical ticket to board.
Boarding is from the Port of Echuca Discovery Centre approx 7:30am, please check confirmation details when you book.
Disembark approximately 9:00 am





https://www.sweatvssteam.com.au/paddlesteamertickets

PUBLIC NOTICE

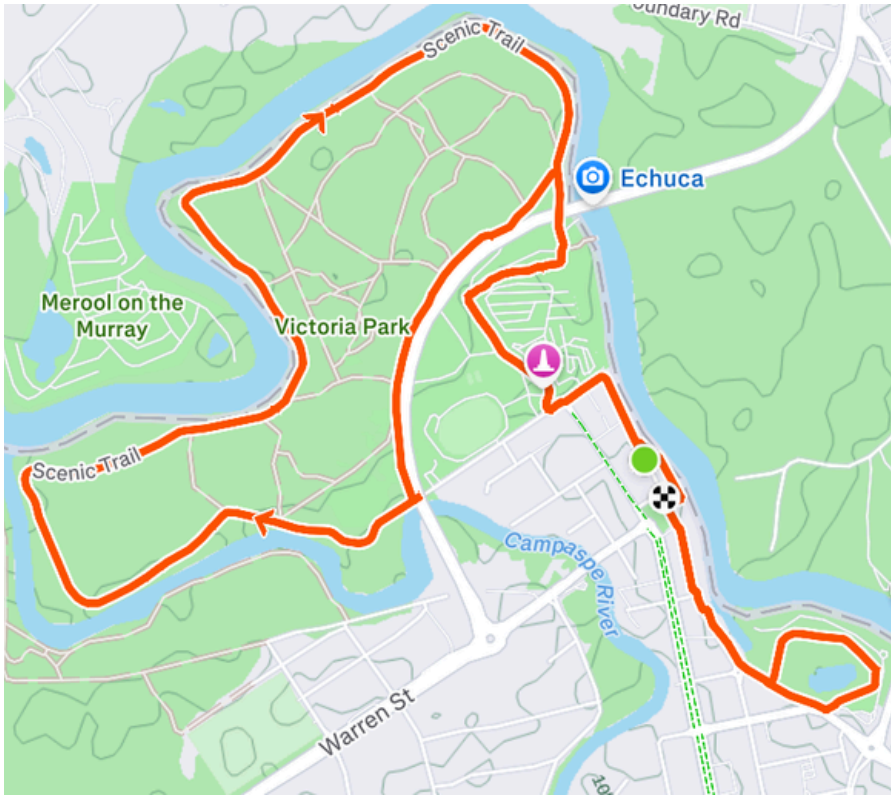
ROAD CLOSURES AND CHANGED TRAFFIC CONDITIONS

SUNDAY 15 NOVEMBER 2026

On Sunday 15 November 2026, between 6:30-10:30am, the roads detailed in the accompanying map will be subject to traffic management for the conduct and running of the annual Sweat vs Steam Run events. As a result, there will also be an increase in the number of patrons in the area around the Riverboat Dock, Port of Echuca and Hopwood Gardens from 6:30 -10:30am.

The event will have impact on traffic movement in the Echuca Port Area whilst participants complete in the event, namely:

- Watson Street
- Crofton Street
- Leslie Street
- Law Court Place
- Hopwood Place
- Scenic Drive (Vic Park Access)
- Port of Echuca
- Various Footpaths around Aquatic Reserve, Murray Esplanade, Watson Street, Victoria Park and Scenic Drive



There will be no access to vehicular traffic to Riverboat Dock or the Vic Park Boat Ramp/Carpark during the duration of the event. Traffic management personnel and course marshals will be on course directing vehicular movement in the impacted areas.

All roads will be re-opened at 10:30am or at the earliest opportunity prior. Please take our event into consideration with your planned movements in the area, to minimise any inconvenience.

We greatly appreciate your support and understanding in relation to the staging of our sporting event.
More information including traffic management plans: www.sweatvssteam.com.au/road-closures

ADDITIONAL INFORMATION

CONTINGENCY PLANS In the event of an extreme weather event including (but not limited to) extreme heat, wind, rain, thunder/lightning, river levels/flooding, we have contingency plans in place and will communicate if any contingency plans including course changes are required to be activated due to safety. Please continually check our website & Facebook page for any updates and we will keep participants informed of any changes if required.

ABOUT THE ORGANISERS The Sweat Vs Steam event is proudly organised by the Run2PB and big thank you to this years Partners.

