

PARTICIPANT INFORMATION GUIDE

SWEAT vs
2025 STEAM



ECHUCA MOAMA **DASH | 1KM | 5KM | 10KM**
SUNDAY, NOVEMBER 16, 2025

5KM | 10KM | KIDS DASH
HOPWOOD GARDENS, ECHUCA

SUNDAY 16 NOVEMBER 2025



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 have taken on the management of this iconic event and would like to acknowledge the incredible work and support of the Echuca Moama Triathlon Club over previous years. This year, we're proud to have a new beneficiary – Echuca Regional Health – and we look forward to supporting them with all profits from this year's event.

We're also thrilled to introduce a new course, which brings runners back around Scenic Drive. We hope you enjoy this stunning route along the banks of the Murray River and through the historic Port of Echuca as you chase the PS Pevensy to the finish line! My Strava tells me I've run Scenic Drive 687 times, so please trust me when I say – take in the scenery and the views!

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

We hope you have a great run and enjoy this year's event – we can't wait to welcome you back again next year!

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

THERE'S STILL TIME TO ENTER

Your friends and family can still join you on the start line! (no on-day entries though)



ENTRIES CLOSE 1PM SAT 15 NOV 2025

Online entries remain open until 1PM
Saturday 15 NOV 2025. Unless sold out
NO on the day entries available.

ENTER NOW

EVENT TIMETABLE

SATURDAY 15th NOVEMBER 2025 (pre event)

3:00-5:00PM Registration and race bib collection from Hopwood Gardens

SUNDAY 16th NOVEMBER 2025 (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



ROAD CLOSURES

The Sweat vs Steam Committee has worked with the Campaspe Shire Council to develop Traffic Management Plans to run the course as safely as possible while minimising disruption to local businesses, residents and members of the community. During the event, the following Roads and footpaths will have changed traffic conditions:

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

Changed Traffic Conditions from 7:00am - 11:00am on Sunday 16th November 2025.

Traffic Management Plans can be viewed on the [Sweat Vs Stream Website](#).



EVENT DAY

START LINE / EVENT VILLAGE

Hopwood Gardens, Echuca.

At Hopwood Gardens start/finish line area you will find registration, public toilets, **Let's Do Coffee van**, Post race **Breakfast BBQ by Kiwanis Echuca**, 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) and also at the Victoria Park Sports Complex off Crofton Street. 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, a Breakfast **BBQ by Kiwanis** to purchase, plus you are within walking distance to a number of cafes that will be open Sunday morning.



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 2026 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 2026 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.

RACE BIBS



432

432



KIDS



DASH



IOK



432

VERVE RUNNING 5K



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.

This year's event is proudly supported by Moama Bowling Club, Campaspe Shire, Coolabah Turf, Echuca Printers, The Port Ice Creamery, Echuca Foot and Ankle Clinic, O'Neill's Motor Body Works and Verve Running.

WWW.RUN2PB.CO
RUN2PB
ONLINE RUN COACHING



• EVENT SPONSORS & SUPPORTERS

2025 ECHUCA MOAMA
SWEAT vs STEAM



UPCOMING EVENTS

Morley Auto Group

2025

TRIATHLON

MULTISPORT WEEKEND | ECHUCA MOAMA

SAVE THE DATE

**SATURDAY 17 AND SUNDAY 18
JANUARY 2026**

**JUNIOR TRIATHLON | SPRINT TRIATHLON
1.5&3KM WHARF TO WINERY SWIM**

www.echucamoamatriclub.com

