

PARTICIPANT INFORMATION GUIDE



2KM | 5KM | 10KM | KIDS DASH
HOPWOOD GARDENS, ECHUCA

SUNDAY 6 OCTOBER 2024



EVENT INFORMATION

ACKNOWLEDGEMENT TO COUNTRY

We acknowledge the Yorta Yorta peoples 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 years Sweat vs Steam Run Event! We have a new course this year, bringing runners back closer to the river after the past 2 years affected by floods - and we hope you enjoy this new scenic route along the banks of the Murray River and through the historic port of Echuca while chasing the PS Pevensey to the finish line!

While you are here, we encourage you to enjoy the day (or weekend!) exploring Echuca/Moama, it's surrounds and supporting local business in the area - many who are sponsors of this event.

We hope you enjoy this years event and we look forward to having you back again next year!

Sarah Mulkearns

Event Director - Sweat Vs Steam



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 5PM SAT 5 OCT 2024

Online entries remain open until 5PM
Saturday 5 October 2024.

NO on the day entries available.

So grab your your last minute entry
online

ENTER NOW

EVENT TIMETABLE

SATURDAY 5th OCTOBER 2024 (pre event)

3:00-5:00PM	Registration and race bib collection from Hopwood Gardens
5:00PM	Online entries close. NO on the day entries available. Enter now.

SUNDAY 6th OCTOBER 2024 (event day)

7:00-7:45AM	Registration and race bib collection from 7am at the Rotunda, Hopwood Gardens, ECHUCA.
7:45AM	Welcome and acknowledgement
7:50AM	National Anthem
7:55AM	10KM Pre Race Briefing
8:00AM	10KM Race Start. From start/finish line
8:02AM	2KM Pre Race Briefing & Race Start. From start/finishline
8:20AM	5KM Pre Race Briefing
8:25AM	5km Race Start. Just down from start/finish line
9:15AM	(approx.) Kids Dash Start
9:30AM	(approx.) Presentations ! Hopwood Gardens
10:00AM	5&10KM road cut off. If participants haven't completed the course by this time they will be allowed to complete on footpaths only.
10:30AM	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 - 10:00am on Sunday 6th October 2024. Traffic Management Plans can be viewed on the **[Sweat Vs Stream Website](http://www.sweatvssteam.com.au)**.



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' at Riverboat Dock. On course there are public toilets at Aquatic Reserve, as well as Victoria park should you require while on course.

BAG DROP Bag drop will be at the registration area in Hopwood Gardens. We request that you bring a small plastic bag or bag/back pack and make identifiable with your race/bib number for ease of collection. Please don't leave any valuables at the bag drop, we cannot accept responsibility for valuables that are lost or stolen.

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, including one of our event sponsors The Odd Captain Cafe.



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COURSE INFORMATION, AWARDS & RESULTS

RACE THE PADDLESTEAMER Both the 5km and 10km events will be 'racing against the 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. 45min after the 10km race start! So if you are in the 5km event, you are aiming for 25min !

DRINK STATIONS There will be a drink station located on course and at the finish line. The on course drink station will be accessible at approx. the 3km and 8km mark of the 5/10km course.

FINISHLINE All participants in the 5km and 10km events will receive a specially designed Sweat Vs Steam finishers medal. Juniors in the Moama Bakery 2km Junior Run will collect a Moama Bakery Voucher and all kids in the 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 10am. 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 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 \$150.00, 2nd \$100.00, 3rd \$50.00

Overall 5km Male & Female:

1st \$75.00, 2nd \$50.00, 3rd \$25.00

AWARDS

5km & 10km - 1st place

Under 18 Male & Female

Open (18-34yrs) Male & Female

Masters (35-54yrs) Male & Female

Veteran (55-69) Male & Female

Legends (70+) Male & Female

Moama Bakery 2km Junior Run

1st place

8-10yo Male & Female

11-12yo Male & Female

RESULTS Results will be available LIVE via **Fast Finish 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

SWEAT vs STEAM 2024

10KM **1**

SWEAT vs STEAM 2024

5KM **251**

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2KM **432**

SWEAT vs STEAM 2024

DASH **432**



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 Echuca Moama Triathlon Club Sweat Vs Steam Sub Committee. A small committee of members who have volunteered their time to bring this amazing event back to the area in 2024!

A big thank you to: Sarah Mulkearns, Alice Gronow, Luke Barlow, Matt Sullivan, Phil Powderly, Pam Trevarton, Jane McMullan, Britt Allman, our extended organising and set up team, Campaspe Shire Council, along with our event Sponsors and many volunteers.



UPCOMING EVENTS

Morley Auto Group **2025**

TRIATHLON

MULTISPORT WEEKEND | ECHUCA MOAMA

SAVE THE DATE

18-19

DAY

01

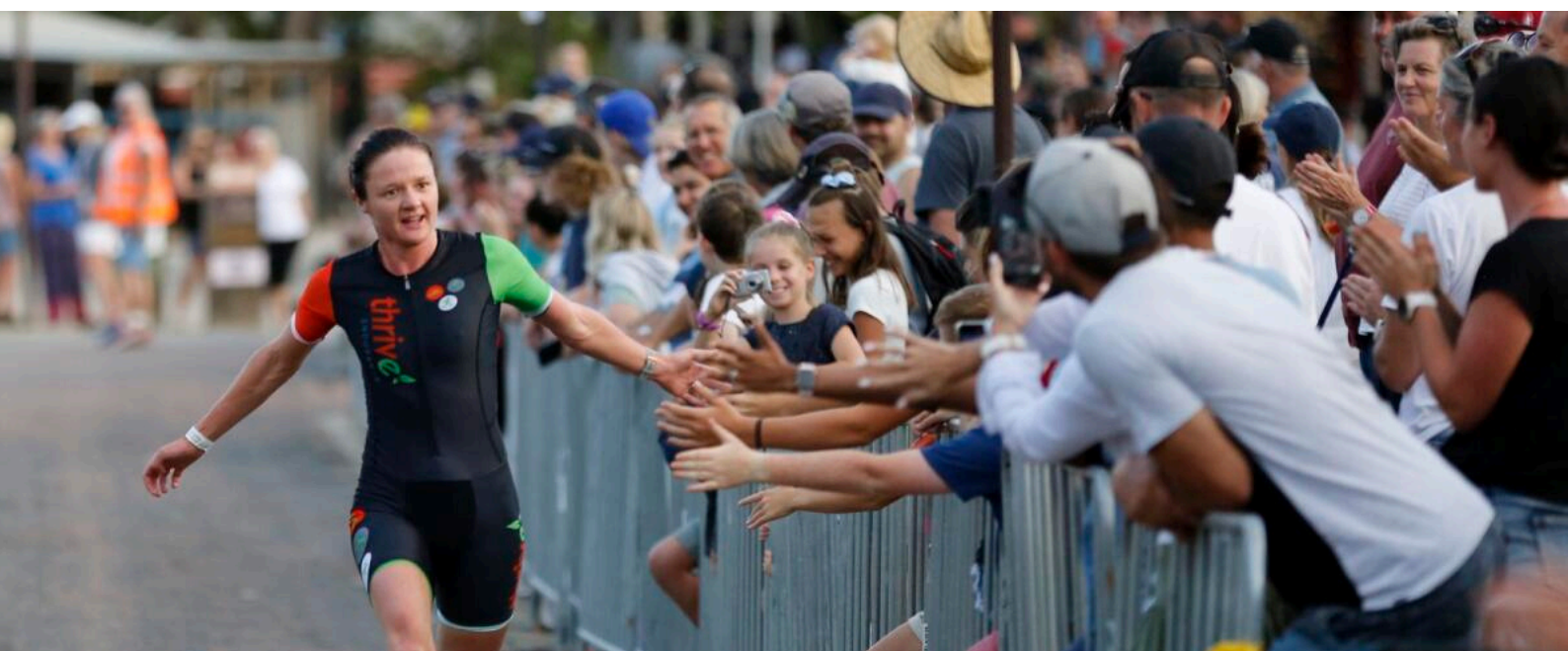
MONTH

25

YEAR

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

www.echucamoamatriclub.com



www.sweatvssteam.com.au

EVENT SPONSORS & SUPPORTERS

2024 ECHUCA MOAMA SWEAT vs STEAM

