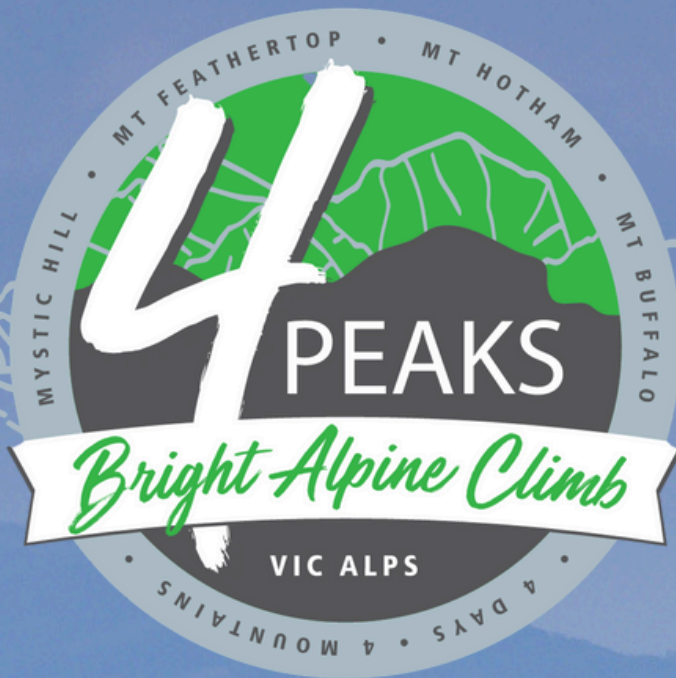




LA SPORTIVA®



ATHLETE HANDBOOK 2024



skcratch



**FIND
YOUR FLOW.**



#citizensofthemountain

Gill Fowler, Victorian Alps.

Photo credit: Phillip Sage



PRODIGIO | XFLOW

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Registration

Participants can register at the Alpine Fitness Centre from 4-7pm on Friday 1st November. It would be appreciated if you could register early to reduce workload on the morning of Day 1.

Alpine Fitness Centre [20 Hawthorn Ln, Bright VIC 3741](#)

Timing

We have electronic timing for this event. This system is also used for safety (so we know you're on the race course) and we ask you wear your bib on the front of your person with no straps across it, and be easily readable and not covered up.

For competitors completing more than one day, the same race bib will be used each day. If you lose, or forget your race bib, then please report to the registration tent to receive a replacement.

Course marking

All 4 days will be marked with signs, and streamers. Please take care to look for markers when you reach an intersection. Most of the courses are on established walking trails and when there is not intersection there will be markers approximately every 500m.

Transport

Day 1 Mt Buffalo and Day 3 Mt Hotham are both road accessible to the top so there will be shuttle buses rolling back to the start/carpark.

These buses will depart when they are full and return until all competitors are off the mountain. Please be patient if you need to wait for a bus and ensure you have some warm clothing to put on while you wait.

Day 2 Mt Feathertop finishes at the top, and runners and walkers then backtrack down the way they came along Bungalow Spur to Harrietville.

Day 4 Mystic Hill finishes back where it starts- you run back to your car.

Emergency Number

Please put this phone number in your phone prior to the event 0427 038 432.

Results

Results will be listed every day on the 4 Peaks website.

Merchandise

Pre-ordered shirts can be picked up at registration. A limited number of shirts will be available for purchase at the event.

On the day entries

If you haven't entered yet, or have curious friends, entries can still be taken on the day. Please turn up at least 30 mins before the start of your event. You will still be asked to enter using your phone or computer and use credit card to pay. Cash and paper will only be used as a last resort.

Bag drop

Transport of bags to the finish of Day 1 and 3 is available for participants who are utilising the shuttle bus service. Look for the drop off location and leave your bag prior to starting. Please keep bag to change of clothes, food, shoes and leave the kitchen sink at home.

Competitor Safety

- Each runner is responsible for their own wellbeing and basic first aid and should carry their own blisterpads/band-aids, body lubricant, sunscreen, and strapping tape.
- Please be aware of the effects of dehydration, hypothermia, and fatigue.
- If you pass an injured runner, please stop to assist them. Record how long you stopped to assist and notify the Race Director at the finish line and they will organise to adjust your time accordingly.
- Participants are responsible for any costs incurred as a result of a medical incident. The Ambulance service is not a free service in Victoria. It's your responsibility to check your health cover and ensure you are covered for ambulance cover in the case of an emergency. To arrange cover with Ambulance Victoria, visit <http://www.ambulance.vic.gov.au/>
- Sweepers will be deployed onto the course with the aim of ensuring there's no one left on the course unaccounted for. If you leave the trail at any time, please leave your pack in the middle of the trail so the sweeper doesn't go past you.

Mandatory Safety Gear

This gear is mandatory on Day 1,2,3. YES! And mandatory means mandatory.

- Waterproof Jacket with hood
- Thermal top
- Water - 1L minimum (at least 2L recommended)
- Phone
- Whistle
- Space blanket/bag/bivvy bag (bag preferred)
- Snakebite bandage
- Personal Medications (eg: EpiPen and Asthma)
- Race bib (with any medical conditions written to back of bib)

Day 4 - Mystic Hill

Waterproof Jacket with hood, Water, Phone, Whistle, Snakebite bandage, Personal Medications, Race bib

In previous years, a few runners have turned up and insisted that we were being unreasonable with these gear requirements because they had run the route before and needed no gear. We sincerely hope you do not need the gear however we also have enough experience to know that if you do - it may save your life.

We ask you to respect the rules of this event and come prepared. Having this gear is mandatory for us to be given permission to operate the event.



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hydration
SPORT DRINK MIX

Hydrates faster than water

- drink when thirsty
- dont drink when not thirsty

lemon + lime *90% of electrolytes in sweat is sodium*

real athletes.
real food. *always*

We use science to inform what will help **your body perform its best.** We use nature to make it taste as good as possible so you'll enjoy it. Nobody knows your body better than you. But nobody knows sports nutrition better than us. The human body is complex but the solutions to help it perform aren't. We follow this rule when we create products that **solve problems** and simple ingredients that each have a purpose!

w: skratichlabs.com.au - p: 02 9417 5755

Day 1- Saturday 2nd November, Mt Buffalo

Distance: 10.6km

Elevation Gain: 1340m

Maps: COURSE MAP is [HERE](#) (2mb pdf)

GPX FILE: [Download HERE](#)

Where to start: At [Eurobin Creek Picnic Area](#), Mt Buffalo Rd, Mt Buffalo.

On the day Registration: opens 6.15am

Car Parking:

Change for 2024 – To reduce overload of available parking at the start location, we will now be offering free buses for competitors from Porepunkah and Bright.

Participants with family/friends driving to the event will be able to be dropped off at the start, however cars will then need to proceed to the finish, or find another location to spectate. This is important to allow the buses room to turn around and continue to pick up later participants.

Bus Transport

Buses are available to transport athletes from Porepunkah to the start at Eurobin Picnic Ground. Porepunkah Rec Reserve/Hall [google map link](#)

Please follow the instructions of bus attendants and queue in an orderly manner.

Please be respectful of local residents when you are parking and don't park in any no parking areas. There is plenty of space down at the park near the river.

There will be **one** bus only from Bright, which will depart the Centenary Park Carpark ([google map link](#)) at 6.15am and arrive at Eurobin at 6.45am. This bus will depart Mt Buffalo Chalet (finish) at 11.15am and arrive at Bright at 12pm.

To secure a booking on the Bright bus, [please book here](#)- or indicate you interest at Registration on Friday night.

Toilets:

Public toilet in the picnic ground and Portaloos.

Start Time:

Change for 2024 – With the growing number of participants – both runners and walkers- we are trialing a change for Day 1- Mt Buffalo. Rather than the traditional walkers first, runners second, we will start competitive runners from 8am.

Start: 8am – “Runners”

Competitive runners should be ready to start at 8am.

All other runners and walkers will start over the next 30mins until 8.30am. Times will be calculated based on CHIP TIME, which means your time will start as you cross the timing mat.

The Course:

Starting at the Eurobin Creek Picnic Area – runners depart the lower end of the picnic area onto The Big Walk. The Big Walk winds its way up Mt Buffalo and finishes at the Old Mt Buffalo Chalet. Take a camera – the views and landscapes are amazing.

Trekking Poles

While we support the use of trekking poles, for Day 1 Mt Buffalo we will restrict the use of trekking poles until after the first road crossing. The course is steep and congested during the first 3km so please wait to use your poles.

Road Crossings:

There are 4 road crossings where the Big Walk crossed Mt Buffalo Road. Please take care to look for cars and follow instructions of any officials manning these crossings.

Aid along the way:

There is a water stop only for the Mt Buffalo Event. This is at Mackies Lookout which is approximately 8km into the stage.

Expected Performance for Walkers:

Walkers need to reach to summit by 1pm. This gives slow walkers 4.5- 5 hours. A minimum pace of approx 25mins/km.

You need to set out with the intention of being self-sufficient for the duration of time you will be out on the course. Any walkers not able to reach the summit by 1pm may be asked to stop at Mackies Lookout Aid Station and given a lift to the finish.

Finish

The finish time is taken at the top of the steps at Buffalo Chalet. Water and fruit are provided.

Shuttle Bus

We provide a free shuttle bus from the finish line at Mt Buffalo Chalet back to Porepunkah township. Please note, this is a 60 minute round trip minimum and while we will have several buses in service please wait patiently if no bus is immediately available.

Where possible, please car pool and offer rides back down to anybody in need to ensure everybody gets home as promptly and safely as possible.

BUFFALO VK

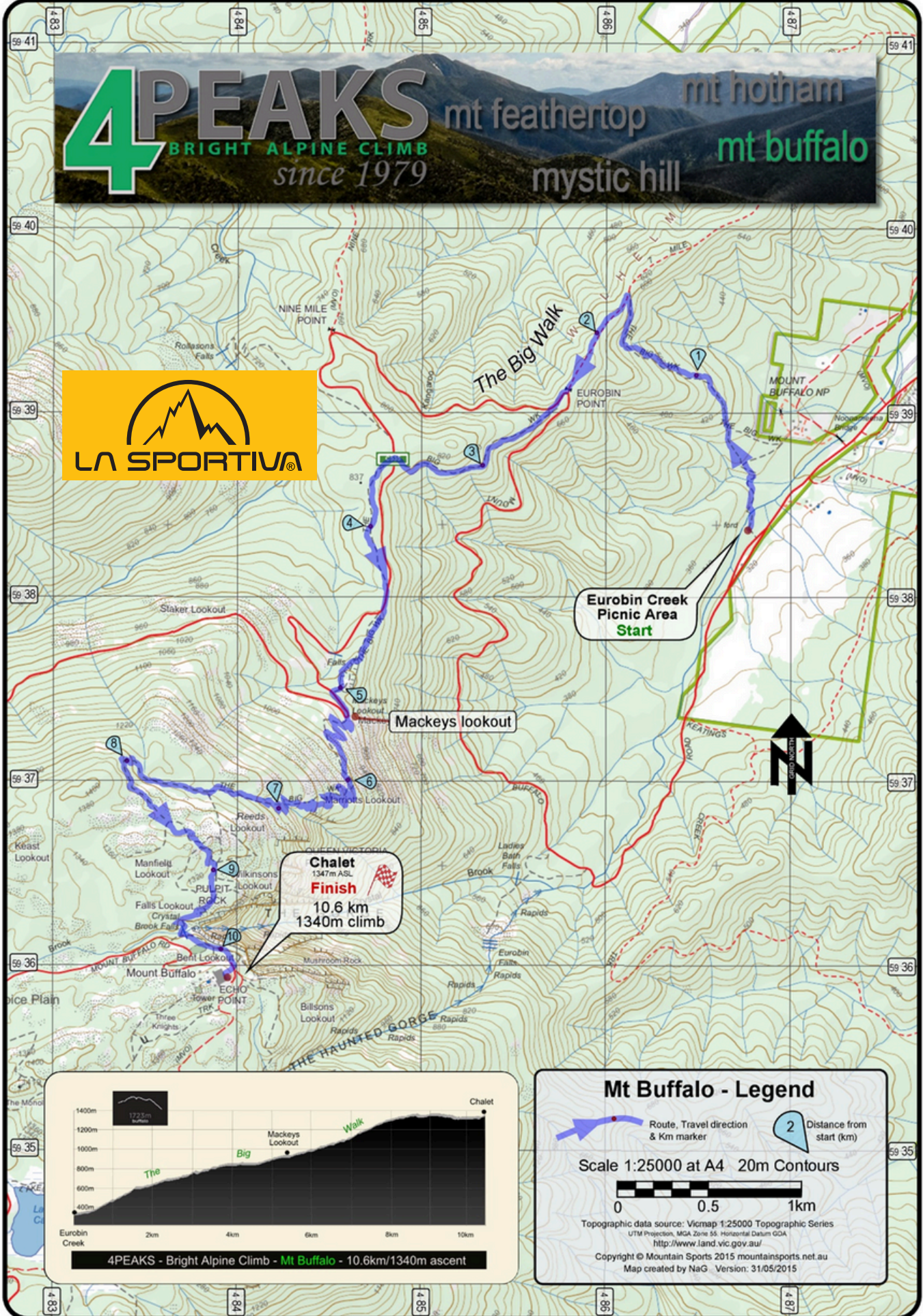
New for 2024 - we will include an intermediate timing point where the course reaches 1000m elevation gain- that is 1 Vertical Kilometer- hence the name. This is 8.11km into the race.

After passing the timing point (marked by La Sportiva banners) please continue on to the finish to receive your full time, which will count to you Day 1 and 4 Peaks results.

4PEAKS

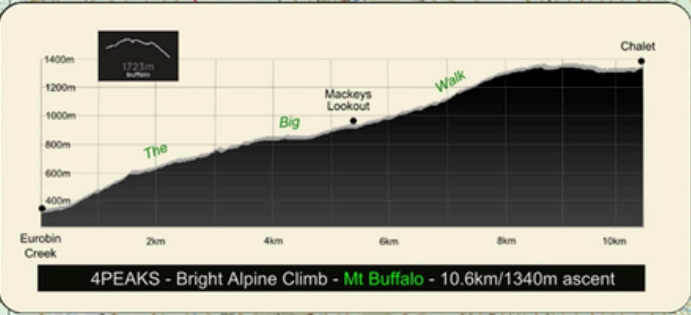
BRIGHT ALPINE CLIMB
since 1979

mt feathertop mt hotham
mystic hill mt buffalo



Chalet
1347m ASL
Finish
10.6 km
1340m climb

Eurobin Creek Picnic Area
Start



Mt Buffalo - Legend

- Route, Travel direction & Km marker
- Distance from start (km)

Scale 1:25000 at A4 20m Contours

Topographic data source: Vicmap 1:25000 Topographic Series
UTM Projection, MGA Zone 55, Horizontal Datum GDA
<http://www.land.vic.gov.au/>
Copyright © Mountain Sports 2015 mountainsports.net.au
Map created by NaG Version: 31/05/2015



NEW EVENT PARTNER: BOGONG EQUIPMENT

We are proud to have **Bogong Equipment** sponsor the Bright Alpine Climb- 4 Peaks.

Bogong is your one stop trail running shop for shoes, clothing, hydration, sport nutrition and more.

Bogong store founder Neil Blundy has a lifetime of bushwalking and outdoor experience and also a recent trail running convert. We already have two Bogong sponsored athletes competing - Matt Crehan and Sia Kindberg.

Now is the time to be purchasing any new gear you need, like La Sportiva shoes and @Skratch Labs nutrition.

Use the discount code **BGB4P2024** in-store or online for 10% OFF trail running gear.

Promotion ends December 1. Get in quick!

<https://www.bogong.com.au/trail-running.html>



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374 Little Bourke Street
Melbourne VIC 3000




skratch LABS & more!

Day 2 – Sunday 3rd November 2024 – Mt Feathertop

Distance: 12km

Elevation Gain: 1652m

Maps: COURSE MAP is [HERE](#)

GPX FILE: [Download HERE](#)

Where to start: At Tavare Park, Harrietville.

On the day Registration: opens 6.15am

Car Parking:

It has been requested by the Harrietville locals to ensure there is no parking in Pioneer Park (next to the Great Alpine Road), which is adjacent to Tavare Park. (See side image RED X = no parking) We request cars are parked adjacent to Tavare Park, along Feathertop track. (See side image Green TICK - Parking)

Toilets:

Public toilet on otherside of footbridge, Portaloos.

Services:

A coffee van will be open from 6.30am outside Mountain View Retreat across the footbridge from Race HQ.

Start Time:

The Bright Alpine Climb is a staggered start. This is due to both the nature of the trails being run and the diversity of speed that participants travel.

Participants can self-select start time from 6.30am- 8am.

Please note if you are a very competitive athlete, and want to be eligible overall titles, you must start in the final 8am start. Each year we have runners starting early- if you reach the summit before our safety and timing staff- you will not have a time recorded.

Start Period 1: 6.30-7.30am – "Walkers" (yes we are allowing early starters compared to previous years)

Start Period 2: 7.30-8am – "Runners"

Participants are required to check in at the start line and will have their number recorded as they start.

The Course:

Starting at the Tavare Park in Harrietville – runners make their way up via Bungalow Spur Track to the summit of Mt Feathertop passing Federation Hut on the way.

Bad Weather options

In case of bad weather, the course will be shortened to finish at Federation Hut at 11km mark.

Expected Performance for Walkers:

Walkers need to aim to the summit by Midday. This gives slow walkers 5 hours. A minimum pace of approx 25 – 30 mins/km.

If you intend to descend Mt Feathertop via a different route (NW Spur/Razorback) you must SMS Race Director on 0403296516 to indicate your plans and you will be marked safe by event staff.

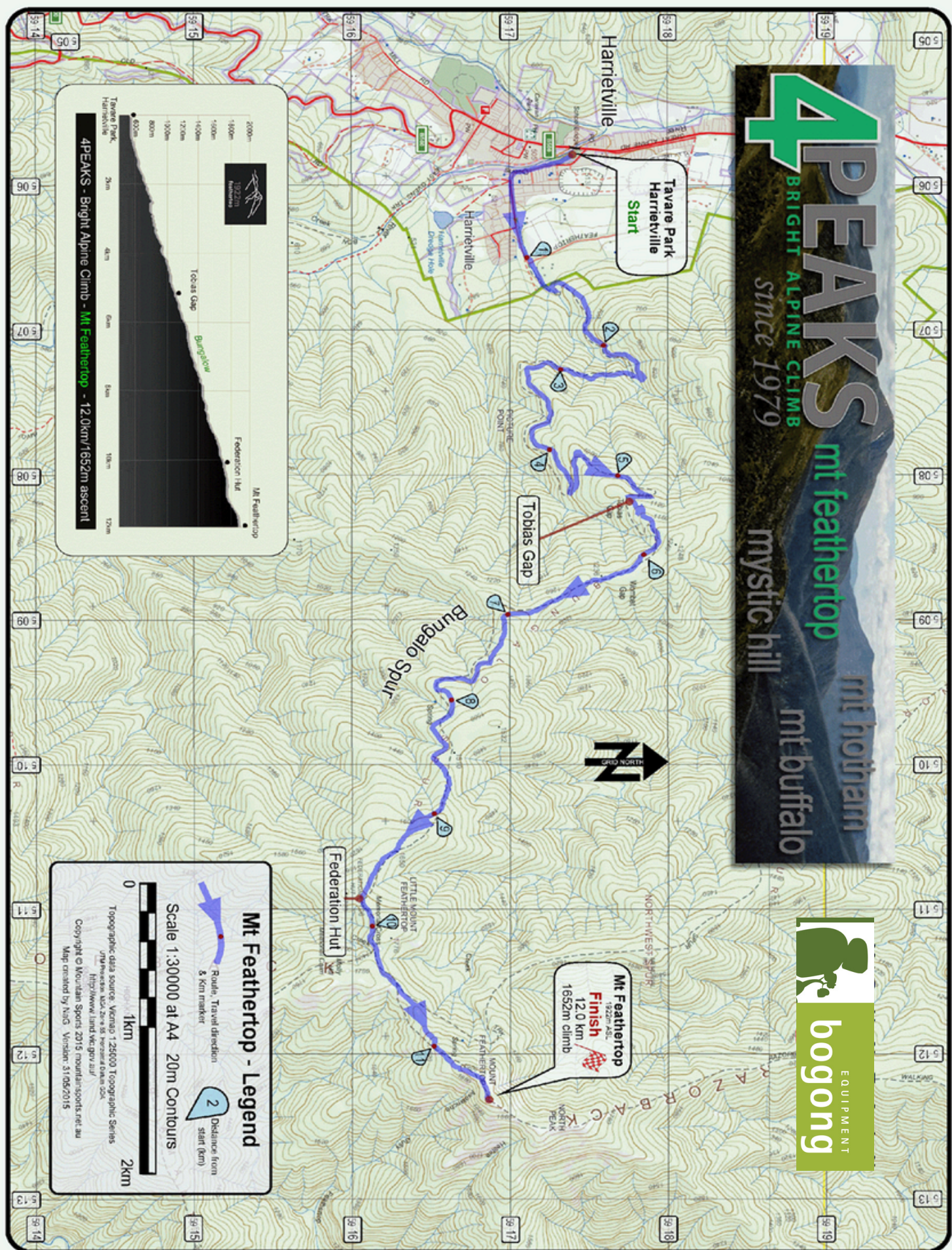
Aid along the way:

There is no provided water or food on the course for the Mt Feathertop event. Water can be accessed from the Federation Hut tank but is untreated and used with caution. You need to set out with the intention of being self-sufficient for the duration of time you will be out on the course. For slow walkers, this could be in excess of 7-8 hours. Please manage your nutrition and hydration closely.

Finish:

Please check-in at the Event start/HQ when you return to Harrietville so we know you are safely off the mountain.





Day 3 – Monday 4th November 2024 –Mt Hotham

Distance: 15km

Elevation Gain: 1867m

Maps: COURSE MAP is [HERE](#)

GPX FILE: Download [HERE](#)

Where to start: At Tabare Park, Harrietville.

This is the same start as the Feathertop – Day 2 event.

On the day Registration opens 6.15am

Toilets:

Public toilet on other side of footbridge, Portaloos.

Services:

A coffee van will be open from 6.30am outside Mountain View Retreat just across the footbridge from the Race HQ.

Start Time:

The Bright Alpine Climb is a staggered start. This is due to both the nature of the trails being run and the diversity of speed that participants travel.

Participants can self-select start time from 7am- 8am.

Please note if you are a very competitive athlete, and want to be eligible overall titles, you will need to start in the final 8am start.

Start Period 1: 7-7.30am – Walkers

Start Period 2: 7.30-8am – Runners

Participants are required to check in at the start line and will have their number recorded as they start.

The Course:

Starting in Harrietville, participants leave the Tabare Park cross the Ovens River and proceed up Bon Accord Track, this trail follows the river for 6km and then leaves the river and climbs steeply up Bon Accord Spur to the Bon Accord Hut Ruins. There is another steep climb until you finally pass the treeline and onto the Razorback and then a further undulating kilometre to the finish at just prior to the Alpine Highway at Diamantina Hut.

Bad Weather options:

If the weather at Mt Hotham is determined to be unsafe for runners, the course will be changed to be an out and back course on Bon Accord Track. This will be communicated to participants prior to the start, but if conditions change quickly you may be asked to turn around by race staff after you have started.

Bad weather turn around location will be at 10km mark – near summit of Bon Accord Hill.

Expected Performance for Walkers:

Walkers need to aim to summit by 1pm. This gives slow walkers 6 hours. A minimum pace of 25 – 30mins/km.

Aid along the way:

There is NO AID on the course for the Mt Hotham event.

You need to set out with the intention of being self-sufficient for the duration of time you will be out on the course.

Finish:

The finish time is taken at Diamantina Hut site, prior to reaching the Alpine Highway. Please be careful when crossing the road to the Diamantina Hut, or when meeting your supporters or shuttle bus.

At the Finish:

At Diamantina Hut there will be water and fruit available some aid to sustain you for a return trip.

A shuttle bus from the finish line at Diamantina Hut back to the starting line at Harrietteville.

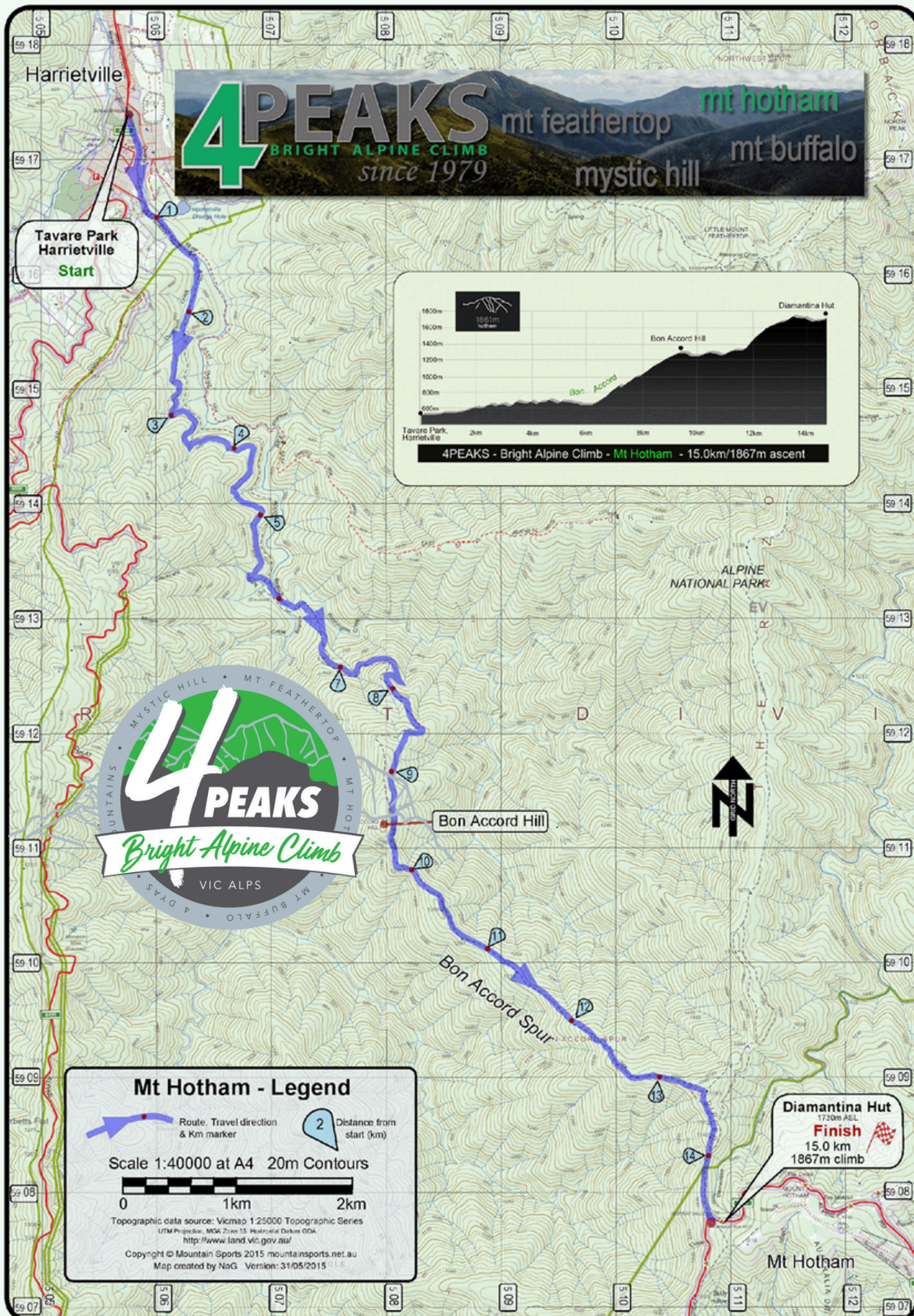
Please note, this is a 90 minute round trip minimum. Where possible, please car pool and offer rides back down to anybody in need to ensure everybody gets home as promptly and safely as possible.

Parking:

If you are being met by family or friends at the Day 3 finish near Diamantina Hut, we request drivers travel past the finish and turn around at the Mt Lock Carpark before heading back downhill and parking on the South side of the road. Conducting a U-turn directly at the Diamantina Hut site is dangerous and not worth attempting just to save a few minutes driving.

Please obey the parking signs and be courteous of any other public using this area.





Day 4 – Tuesday 5th November 2024 – Mystic Hill from Nightingales

Distance: 12km

Elevation Gain: 562m

Maps: COURSE MAP is [HERE](#)

GPX FILE: Download [HERE](#)

Where to start: At Nightingales Bros Alpine Produce, Wandiligong.

Parking:

Please follow the parking attendants' instructions to park near Nightingale Bros Alpine Produce- 675/695 Morses Creek Rd, Wandiligong VIC 3744. You may be required to park on a road edge so please move off the road as far as possible and look out for other cars when walking to the event centre.

On the day Registration opens 6.15am

Start Time:

The Bright Alpine Climb is a staggered start. This is due to both the nature of the trails being run and the diversity of speed that participants travel.

Participants can self-select start time from 7am- 8am at 5min intervals.

Start Period 1: 7-7.30am – Walkers

Start Period 2: 7.30-8am – Runners

Participants are required to check in at the start line and will have their number recorded as they start.

The Course:

Starting within the lush green lawn of Nightingale Bros Alpine Produce, the course does a lap within apple orchard before heading into the pine plantations. The first 4 km is undulating on fire roads before taking a steep turn uphill. The climb to Water Reserve track has the same start as previous events, but then continues straight up to the top of the ridge. The descent is steep and slippery- probably the hardest section of the whole event. Then one last small climb before heading back in the gate and through the apple orchard again.

Expected Performance for Walkers:

Walkers need to aim to be finished by 11am. This gives walkers 4 hours. A minimum pace of 20-25mins/km.

Aid along the way:

No aid stations are provided for Day 4.

Finish:

In the same place you started for the Mystic Hill event (no shuttle bus required).

At the Finish:

At the finish there is Fruit, Water. And lots of apples 🍏 Food and coffee for sale inside the Alpine Produce Store.

Presentations:

Will take place at 11am at Nightingales with prizes for 4 days winners.



NEW YORK

Bright Alpine Climbs - 4 Peaks
4 PEAKS
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