

PORTSEA TWILIGHT 2024



#PortseaTwilight2024

PARTICIPANT INSTRUCTIONS

5.5K | 9.5K | NEW 2.2K KIDS

6 JANUARY 2024

Point Nepean National Park, Portsea

 SOLE MOTIVE

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 RUNNER'S
WORLD

INFORMATION

Welcome to the year of running for 2024! We couldn't be more excited to start the year with you all at Portsea Twilight on 6 January.

We're thrilled to return to our event village location at the Quarantine Station, with the same unbeatable views and summer vibes as last year.

New in 2024 is the added Kids 2.2K distance, which means there is now a distance for everyone and that the whole family can join. We're also excited to have Red Hill Estate and Escape Brewing serve up the post-event beverages in the bar for the first time.

Take the time to read through these Participant Instructions as they will give you all the information you need in the lead-up to, and on, race-day, including start times, parking info, Event Village info, and more.

We can't wait to bring in the new year with you at Portsea Twilight 2024.

Team Sole Motive

EVENT VILLAGE

Information Centre (Parade Grounds), Point Nepean, Portsea.
Point Nepean National Park, Portsea.

HOW TO ENTER

ONLINE ENTRIES: You can enter online up until 30 minutes before each race start [here](#).



RACE DAY COLLECTION

RACE BIB COLLECTION

NEW UPDATE: FOR PRE EVENT COLLECTION ONLY (POSTAGE PARTICIPANTS DO NOT NEED TO SHOW THEIR ETICKET ON SITE) An e-ticket will be sent out to you in the week before the race. This e-ticket contains entry details and a QR-code. You will need to show this at the Race Bib collection area to collect your race bib (this can be printed or on your phone).

Note: If a friend/family member collects your bib, they must have your e-ticket with the QR code and registration information upon collection.

EVENT VILLAGE: Race pack collection is available from the event site - all participants can collect their Race Pack on Saturday 6 January 2024 from 9am.

HAT COLLECTION: To collect your free Portsea Twilight cap please head to the Race Bib collection marquee with your hat tear-off strip from your race bib.

Please note: There are no caps for the kids 2.2K race. 2.2K participants will receive a finisher medal as they cross the finish line.

WAVE START TIMES

Each wave has a maximum capacity of approximately 400 runners. Wave starts as per below:

5.30pm:	Kids 2.2K
5.45pm:	5.5K Wave 1 & 2 (including Priority)
6.00pm:	5.5K Wave 3
6.30pm:	9.5K Wave 4 & 5 (including Priority)
6.45pm:	9.5K Wave 6
7.00pm:	9.5K Wave 7



EVENT TIMETABLE

Saturday 6 January (race day)

TIMING	WHAT'S HAPPENING
9:00am	On-site race bib collection opens in front of the Point Nepean Information Centre (please note: no parking is available at Jarman Oval at this time. Please park at the Information Centre).
11:00am	Sole Motive Race Ready store and Event Merchandise opens
From 4:00pm	Event parking opens on Jarman Oval Event Village opens - Kids entertainment, food vans, bar area with Red Hill Escape and Escape Brewing, and more
5:00pm	Main stage - Music entertainment begins
5:15pm	Start line opens for kids 2.2K event
5:30pm	2.2K Kids event starts
5:45pm	5.5K Wave 1 & 2 (including Priority)
6:00pm	5.5K Wave 3
6:30pm	9.5K wave 4 & 5 (including Priority)
6:45pm	9.5K Wave 6
7:00pm	9.5K Wave 7
7:30pm	Presentation of the op 3 placegetters (men/women) of the 5.5K and 9.5K events
7:15pm	Start line closes
9:00pm	Entertainment concludes Event village closes



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PERFORMANCE MEDICINE



Come in and see us in the event village at the Portsea Twilight run for a free massage before or after your run.

Our physios and massage therapists will be there soaking up the sun so come and say hi!

We love SoleMotive runners.

We want to share with you a discount voucher to use in our Melbourne/Naarm clinic.

BOOK ONLINE FOR A GAP-FREE PHYSIO TREATMENT (or 20% off)

AND

\$20 OFF YOUR FOLLOW UP PHYSIO

OR

\$20 OFF YOUR FIRST TWO MASSAGE APPOINTMENTS

Use the code '**PMPORTRUN**' in the description of your booking, or scan the QR code!

The Gateway, Ground Floor, 312 St Kilda Rd, Southbank VIC 3006

info@performancemed.com.au 03 9686 2373

www.performancemedicine.com.au

[@performancemed](https://www.instagram.com/performancemed)

SCAN ME



*offer valid until Feb 29th 2024

MERCHANDISE

All pre-ordered Portsea Twilight merchandise can be collected from the Sole Motive race ready store on 6 January between 11am-9.30pm.

Merchandise will also be available to purchase on-site Saturday from the Sole Motive store.

Singlets: \$49.95 Male and Female



\$49.95



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COURSE INFORMATION

FIRST AID

There will be a first aid station located at the finish line in the Event Village. There will also be a roving First Aid team out on the course.

TOILETS

Will be located in the Event Village.

GETTING THERE

Allow additional time to arrive at the event, as there is a high volume of participants expected and increased traffic due to summer school holidays. Please allow an extra 30-60 mins.

EVENT PHOTOGRAPHY

Smile for the camera!

RaceAtlas will be on the course capturing your race day achievements. Look for their cameras in the most scenic spots and be sure to show your race number and smile. Images can be found [HERE](#) after the event.



COURSE MAP



CAR PARKING

BY CAR

Drive to the end of Point Nepean Road, Portsea and into the entrance of Point Nepean National Park.

Please follow the directional signage past the Visitor Centre, and continue along Defence Road. Sole Motive event marshals will direct you to park your car on Jarman Oval.

CAR PARKING

If you are collecting your race pack between 9am-3pm the only parking available is at the visitor's centre. There is no parking on Jarman Oval until 4pm.

From 4pm, please allow around 15-20mins to park your car. Please expect there will be queues when parking at the event and plan accordingly.

PLEASE NOTE: There is no parking on Defence Rd - parking fines are enforced.





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HOT WEATHER CONTINGENCY

In the event of excessively high temperatures, Sole Motive reserves the right to delay the race start in the interest of all participants safety.

In the event of a Code Red Day, where extra extreme fire

danger is expected, Parks Victoria will close the park. This is a decision that is made by the Department of Sustainability and Environment and is in place to ensure the safety of all park visitors and Portsea Twilight event participants.

SEVERE WEATHER CONTINGENCIES ARE IN PLACE & WILL BE COMMUNICATED THE WEEK OF THE EVENT

Predicted weather	Good Forecast	Extreme Forecast	Code Red Forecast
What it means	Event to proceed as planned	Potential delay of start times and distances reviewed	Possibility of postponing the event to Sunday morning

WHERE TO FIND INFORMATION

Date	Good Forecast	Extreme Forecast	Code Red Forecast
Tue 2 January	<ul style="list-style-type: none"> Sole Motive website Facebook Event Post 	<ul style="list-style-type: none"> Sole Motive website Sole Motive email to your inbox Facebook Event Post 	<ul style="list-style-type: none"> Sole Motive website Sole Motive email to your inbox Facebook Event Post
Thu, 4 January Weather Update	<ul style="list-style-type: none"> Sole Motive website Facebook Event Post 	<ul style="list-style-type: none"> Sole Motive website Sole Motive email to your inbox Facebook Event Post 	<ul style="list-style-type: none"> Sole Motive website Sole Motive email to your inbox Facebook Event Post
Fri, 5 January Weather Update	<ul style="list-style-type: none"> Sole Motive website Facebook Event Post 	<ul style="list-style-type: none"> Sole Motive website Sole Motive email to your inbox Facebook Event Post 	<ul style="list-style-type: none"> Sole Motive website Sole Motive email to your inbox Facebook Event Post
Sat, 6 January Weather Update	<ul style="list-style-type: none"> Sole Motive website Facebook Event Post 	<ul style="list-style-type: none"> Sole Motive website Sole Motive email to your inbox Facebook Event Post SMS 	<ul style="list-style-type: none"> Sole Motive website Sole Motive email to your inbox Facebook Event Post SMS

EVENT VILLAGE MAP



SOLE MOTIVE RACE READY STORE

TRADING HOURS: Saturday, 6 January
from 11am - 9.30pm

We're your ultimate destination for all your running needs on race weekend - whether it's helping you to look and feel your best, run in and comfort or for speciality gear that won't let you down.

SUMMER RUNNING ESSENTIALS

Running hats, visors & sunglasses
Lightweight summer running apparel
Nutrition to replace electrolytes

SPECIAL DEALS

Steigen socks 3 for \$60
Up to 50% off footwear and apparel



CELEBRATE

ENJOYING A WEEKEND AWAY

Time to celebrate with family & friends, here's your [GUIDE](#) to the Mornington Peninsula.

FOOD & BEVERAGE

We're excited to have multi-award winning wine producer **Red Hill Estate** provide the wine for our post-race bar this year.

Specialising in acclaimed cool climate wines from local vineyards they offer a true taste of the Mornington Peninsula.

See more here: <https://www.redhillestate.com.au/>

Brewed with passion and located in Rosebud, independent craft brewery, **Escape Brewing**, will be pouring a selection of their beer styles at the event!

Remember to check out their brewery and taproom before leaving the peninsula!

Read more here: **Escape Brewing:** <https://escape.beer/>

Wood Fired Pizza Van

Back due to popular demand the Wood Fired Pizza Van returns to Portsea Twilight for 2024.

<https://www.facebook.com/woodfiredpizzavan.au>

Chef Calamari

Or why not a delicious seafood meal next to the ocean! A food Truck specialising in seafood & homemade lemonade.

<https://www.facebook.com/chefcalamarifoodtruck/>

Pre-Booked Bar area: Go to the Bar Marquee and get your name ticked off the list to receive your drink tokens and reserved table.

➔ Remember to check out the fun, family friendly activities and games!

SHARE & WIN

Share your race day photos on Instagram and use the hashtag #PortseaTwilight2024 and tag @solemotive to go into the draw to WIN a \$50 Sole Motive voucher* Entries close midnight Wednesday 10 January 2024.

*T&C's Apply.

MEDALS

Place getter medals will be presented to the first three male and female runners across the finish line. Winners are based on net time, not gun time due to the wave start times. The Medals will be presented to place getters from the stage at 7:30pm. Participants in the Kids 2.2K event will receive their finisher medal at the finish line.

RESULTS

Preliminary results are available immediately on race completion [HERE](#).

Official results are available from 9:00am Sunday 7 January 2024.

FUNDRAISING

Want to make your Portsea Twilight run really count in 2024? Create a fundraising page for your favourite charity through our online fundraising partner Grassrootz.

[**START FUNDRAISING NOW**](#)



PARTNERS

PAIN AWAY

Pain Away Performance & Recovery Packs

Train, perform and recover better with the quality range of Pain Away high potency pharmaceutically listed pain relief topical and oral products. As Australia's No 1 joint and muscle spray and cream topical pain relief brand containing arnica and naturally derived active ingredients, Pain Away also supports the community, junior and elite sporting athletes and teams.

www.painaway.com.au

PICKLE JUICE

Originally developed in 2001 with the dual purpose of relieving muscle cramps and replenishing electrolytes lost during strenuous exercise, Pickle Juice has evolved to become one of elite sports best kept secrets and is now available to muscle cramp sufferers everywhere, every day. The Pickle Juice Company's unique formula has been strenuously tested and refined for over a decade to develop the most effective formula possible, and is sugar free, caffeine free, GMO free and gluten free.

<https://picklejuice.com.au/>

TEELIXIR

Teelixir passionately promotes potent, regenerative food sources worldwide. Their blends merge ancient healing wisdom into consciously crafted formulas, revitalising vitality, creativity, and overall well-being. Convenient and delicious, the products cater to home, office, and on-the-go consumption. Teelixir upholds unwavering integrity in ingredient selection, aligning with health-conscious choices and transformative well-being.

RUNNER'S WORLD

We're your inside source into all things running! We provide the best tips and trips for your running journey, so that you can keep doing you. From great knowledge about how to combat those running hurdles like knee pain or maxing out your speed, we've got all the scoop.

<https://runnersworldonline.com.au/>

Special offer for Portsea Twilight participants:

6-issue subscription to Runner's World magazine PLUS FREE pair of Brooks socks and FREE Pain Away Bath Salts for only \$59 - for those wanting to take themselves to the next level. Offer Ends 6/01/2024.

VOLUNTEERS

We are extremely grateful to all our volunteers who have donated their time to help make Portsea Twilight a success, and support you in your run/walk. Please be friendly and courteous to our volunteers, as they will be to you. If you would like to volunteer for future Sole Motive events, please go to the volunteer page on our website and fill in your details.

<https://solemotive.com/pages/volunteers>

ABOUT THE ORGANISER

As innovators in the running and fitness lifestyle space, Sole Motive have built on our history and prior success to inspire and empower people to get moving and be active. Whether that's through the events we manage, our retail stores in Melbourne CBD and Hawthorn, or through the *Runner's World* Magazine we publish - we do it all with the understanding that, "No matter how fast or far, running is always a step in the right direction".

Check out all Sole Motive has to offer via our website www.solemotive.com

Carman's Fun Run Hamper Competition

Head to the Information Booth in the event village and leave your details to go in the draw to win a **Carman's Fun Run Hamper** filled with goodies! The winner will be drawn at 7.45pm at the main stage.





SUNSET SERIES

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RACE 1 MELBOURNE ZOO 4.7km & 7.7km 7 FEB 2024	RACE 2 PRINCES PARK 4km & 8km 21 FEB 2024	RACE 3 THE TAN 4km & 8km 6 MAR 2024
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3 EVENT SERIES ALONG MELBOURNE'S FAVOURITE RUNNING TRACKS.

FREE EVENT SINGLET for series participants



Carman's FUN RUN

LET'S RUN TOGETHER

Proudly supporting Breast Cancer Network Australia



Register now

carmansfunrun.com.au

18 FEBRUARY 2024
 21.1K | 10K | 5K | 5K Pink Lady Walk



2024 RUN THE ROCK

HANGING ROCK
 MACEDON, VICTORIA

Register now!



SATURDAY 20TH APRIL 2024
 22K / 13.5K / 5K / KIDS 2K



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EVERYONE CAN RUN MELBOURNE!

RM RUN MELBOURNE

PRESENTED BY **asics**

Grand Slam Oval, Melbourne & Olympic Parks

21 JULY 2024

Registrations now open at runmelbourne.com.au

