

THE TRAIL RUNNING SERIES



RACE 1 - 20 JUNE - YARRA BEND
5KM | 10KM | 15KM

Race program

WELCOME TO THE 2021 TRAIL RUNNING SERIES

We made it!! The race is going to happen and YOU ARE PART OF IT!! We can't tell you how excited we are to proceed with race #1 of the Trail Running Series after the challenges we as a society have faced over the last 16 months (and the last 4 weeks!).

After cancelling all in-person races as part of The Series last year and rescheduling this one from June 6th means this event will have the most enthusiastic vibe ever!

The format for race #1 has been modified to ensure we keep everyone safe and comply with the latest Government restrictions, but the spirit of the event remains the same – to allow us all to enjoy a magnificent trail run through a wild, nature filled landscape.

We thank you for your persistence and for sticking with us as we made a way for the event to proceed. See you there!

The Rapid Ascent team

EVENT SCHEDULE

SUNDAY 20TH JUNE

7:30am	Event centre opens
8:00am – 9:40am	Long course wave starts - wave start groups uploaded to the website on Friday arvo
9:40am – 11:10am	Medium course starts - wave start groups uploaded to the website on Friday arvo
11:10am – 12:35pm	Short course wave starts - wave start groups uploaded to the website on Friday arvo
1:30pm	Last runner finishes
8:00pm	Race presentations live on the Trail Running Series facebook page

Please arrive at the venue no more than 20 minutes before your wave start
More detail on the start process is included below...

COVID-SAFE EVENT PLAN SUMMARY:

We take the risks of COVID-19 very seriously and require everyone to be aware of and follow these steps.

DO NOT ATTEND THE EVENT if you:

- display any COVID symptoms or are awaiting the results of a COVID test
- have been in contact with a COVID case or suspected COVID case within the last 14 days
- have been to a Tier 1, 2 or 3 exposure site within the last 14 days who has not fulfilled the Government's requirements for visitors to that site
- are not a competitor. We strongly request that no spectators or non-runners attend the event centre

FOLLOW SOCIAL DISTANCING

- all attendees are asked to social distance and remain at least 1.5m apart and be no more concentrated than 1 person per 4sq/m. If you are unable to social distance then please wear a mask
- we request minimal person-to-person contact at the event – such as high 5's, hugging and handshakes. We'd prefer elbow bumps only.

CHECK IN

- all event attendees must check-in via the Service Victoria QR Code displayed at the event centre
- runners are asked not to arrive at the event centre more than 20 minutes before your race start, and to leave the event centre no more than 30 minutes after finishing

PERSONAL HYGIENE

- use the hand wash / sanitisation stations established at the finish and other areas
- respect others and help leave toilets, shared surfaces and common touch points clean. Use the gloves and disinfectant provided to help staff keep things clean and safe
- bring more of your own supplies rather than relying on shared items – such cups, water bottles, pens...

Additional points regarding the COVID safe aspects of the event are highlighted in orange throughout this document.

(WHY / HOW EVENTS CAN PROCEED:)

The Race #1 event format has been modified so it complies with all Victorian Government restrictions, especially those that relate to outdoor events:

- Maximum group size of 20 people together at one time
- Maximum of 150 people at an outdoor venue - being the event centre / finish line
- Minimum of 100m between 'groups'
- Density quotient of 1 person per 4sqm

Additionally, events like the Trail Running Series are categorised under what is called the Public Events Framework and permitted to proceed because:

- It is a ticketed event (we know who attends and can trace back to them if needed)
- A COVID-safe event plan has been prepared and assessed
- It requires a permit from local stakeholders and land managers to proceed (Parks Victoria)
- It has QR code check in requirements
- It is at a defined time and location, and is organised / facilitated event by an event manager



GET TRAIL RUN READY

TRAIL RUNNING SHOES, APPAREL & ACCESSORIES

\$30 Off footwear online & instore code:
TRS2021FP30



footpro

STORE 121 GLENFERRIE ROAD, MALVERN VIC WWW.FOOTPRO.COM.AU
PHONE (03) 9509 9199

LOCATION & CAR PARKING

EVENT CENTRE AND FINISH LINE

Deep Rock Rd - Yarra Bend Park, Fairfield (the same location as for our night races over the last few years). The event centre will be located on the open grassy space adjacent the W J Cox Oval at the end of Deep Rock Rd. (This is on the northern side of the Yarra River, opposite side from the Studley Park Boathouse)

CAR PARKING:

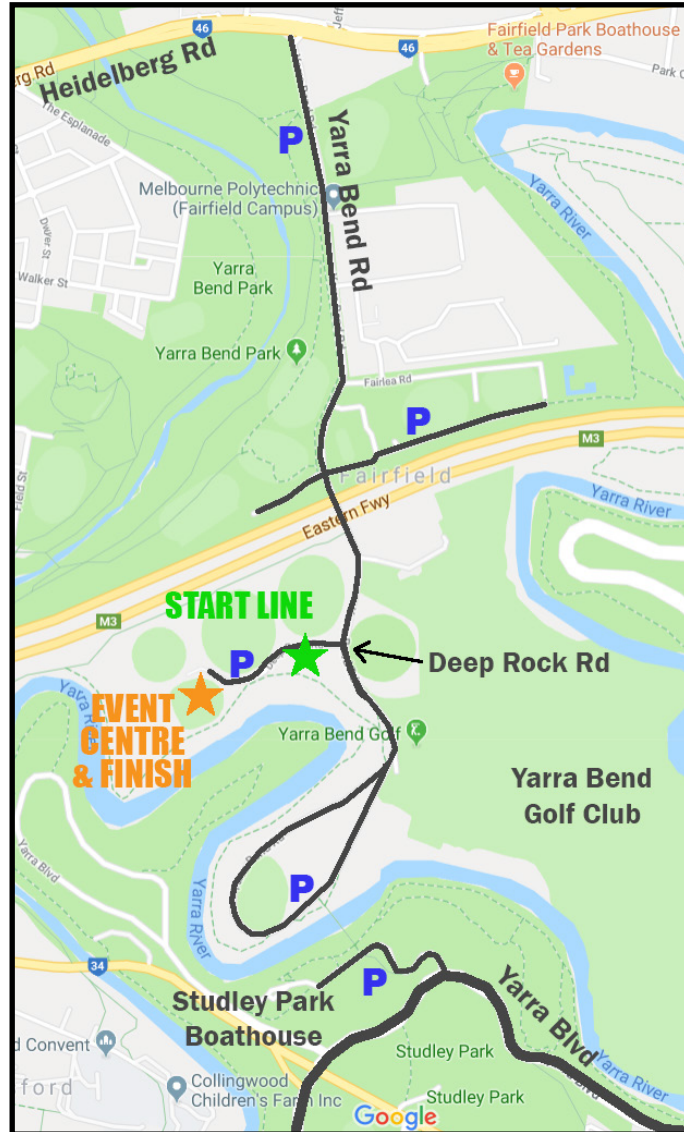
There are a range of parking locations in Yarra Bend Park:

- On Yarra Bend Rd and adjacent parking areas on the north side of the river (access off Heidelberg Rd).
- Studley Park Boathouse, accessed off Yarra Boulevard (cross the swing bridge and walk ~800m to the start / finish)
- Yarra Boulevard (cross the swing bridge and walk 1km)

THE EVENT CENTRE

The following competitor services and facilities will be set up at the Event Centre. **Competitors are asked to pass through the area promptly and not gather in groups of more than 20, or 150 people in the total area:**

- The finish line for all races (the start line will be 100m away adjacent the E.O McCutchen Oval)
- Race registration and information marquee (from 7:30am)
- Footpro pop-up store
- 32gi Sports Nutrition pop-up store and samples
- Water station - BYO cup
- Medical team base
- Bag storage area for runners' clothing during the race
- Coffee from Melbourne Coffee Ground and burgers, egg+bacon rolls, soup and more from the food van



COMPETITOR SERVICES @ THE EVENT CENTRE

We have been forced to substantially reduce our competitor services for race #1 to comply with current regulations. Please do not linger in the event expo / finish precinct for more than 30 minutes after finishing.

MC AND VERBAL HIGH 5's!

We will have our new event MCs Peter James and Nathan Fenton calling all finishers over the line in the expo and giving you a verbal high-5 in recognition of your run (we can't do real high-5's sorry!). Tune in to their chatter as these two know a lot about running and will keep us educated as well as entertained and informed.

BAG STORAGE

There will be a secure area where you can store your bags and warm clothing while you run. This will be a non-touch area where you place your bag in the enclosure and you collect it again afterwards.

Please attach the 'bag tag' from the bottom of your number plate to your bag before dropping it off, then you can prove you are collecting your own bag by presenting your number plate at the end.

HYDRATION POINT - NO CUPS!!

There will be a hydration station located in the event expo / finish line area that will have water and 32g available. **Only the volunteer is to handle the water taps - so we minimise common touch points - they will help you fill your water vessel - BRING YOUR OWN CUPS OR BOTTLES...**

THE HIIT FACTORY HOME STRAIGHT

The HIIT Factory Home Straight is a short timed section of each course that leads into the finish line. We will award a prize to both the fastest male and female sprint to the finish line - so save up a bit of energy and have some fun with it!!

JOIN THE TRAIL RUNNING SERIES FACEBOOK GROUP

In case you haven't found it already, there is a great Facebook group for The Series where we post a whole bunch of updates, competitions and more, so connect to social media and follow us on Facebook at [The Trail Running Series](#).

RACE PRESENTATIONS - ONLINE 8:00PM SUNDAY 20TH JUNE

Race presentations will be held online at the [Trail Running Series Facebook](#) page at 8:00pm Sunday 20th June. We will read the results and pass on our congratulations to the podium getters in each category in each race distance.

Medals will be available for collection at Race #2. If you are unable to attend race 2 then please get in touch via email events@rapidascent.com.au

Although runners are not all starting together (as per a normal mass start), results will still be determined by your individual time around the course, irrespective of what wave start you are in.

100KM SURF COAST CENTURY

11 SEPTEMBER
ANGLESEA
VICTORIA 2021

ULTRA RUNNING AT ITS BEST!

- > IDEAL FOR FIRST TIMERS AND EXPERTS
- > GREAT OCEAN ROAD REGION
- > DIVERSE, ACHIEVABLE COURSE
- > NEW ATHLETE SERVICES



TORQUAY

BELLS BEACH

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START/FINISH

RIREYS INLET

100KM SOLO
50KM SOLO
100KM RELAY TEAMS

COMPETITOR IDENTIFICATION

REGISTRATION & PLATES

COMPETITOR NUMBER PLATE COLLECTION

If you entered:

- **before 9:00am Friday 4th June** your number plate has been posted to you - bring it on the day. Then come to your designated wave start time and commence your run. **Please arrive at the event venue no more than 20 mins before your wave start time.**
- **after 8:00am Friday 4th June** you need to collect your number plate on race morning. Bring your entry confirmation e-mail with the QR code to the registration marquee in the event centre and we will issue your plate. **Please arrive at the event venue no more than 20 mins before your wave start time.**

FORGOTTEN RACE PLATES - If you forget to bring your number plate there will be a \$10 replacement charge.

ON THE DAY ENTRIES - Entries will be accepted on the day at the event as follows:

- enter via your phone and show the QR confirmation code to receive your plate. (We will not be doing any paper based entries on race day).
- on the day entrants will start in waves after pre-entered runner wave starts as follows:
 - 9:25am – 9:40am On the day entrants wave starts - Long course
 - 10:50am – 11:10am On the day entrants wave starts - Medium course
 - 12:20pm – 12:35pm On the day entrants wave starts - Short course
- (so please arrive within 20 minutes of these on-the-day wave start times)

NUMBER PLATES

- All competitors must race with their race plate attached to the front of your t-shirt / top (and not on your shorts or leggings) so it is clearly visible from the front during the race.
- If you have a GOLD race plate and are doing at least 4 of the 5 races in the Series, please **KEEP YOUR RACE PLATE** to use it for your following races in The Series.

WAVE START ORDER EXPLANATION

All races will commence in separate wave start windows of 15 runners every 5 minutes. The start order will be Long course then Medium course then Short course, proceeding in alphabetical order by surname within each race distance (A surnames first...).

Start lists will be generated according to the entry list at 9:00am Friday 18th June and uploaded to the website soon after. Entries received after that time, including on the day entries, will be included after the last name in that particular race start (after surname Z). Please contact us via events@rapidascent.com.au if you have a good reason to request a different wave start.

The final wave start lists will be uploaded to [the website](#) and e-mailed directly to runners on Friday afternoon.





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30 MINUTE WORKOUT**

Getting runners faster since 2013

PLYOMETRICS - HIIT - STRENGTH - YOGA

Train at our studios or with The HIIT Factory
Livestream and let us come to you!

**YARRAVILLE - BAIRNSDALE - ESSENDON - WERRIBEE
NORTHCOTE - MORNINGTON - MELTON**

WWW.THEHIITFACTORY.COM.AU/LIVE

THE RACE COURSES

The trails beside our beautiful Yarra River are the starting point for the 2021 Series and we're looking forward exploring this beautiful 'inner-city' wilderness once again.

You'll weave along the flowing, non-technical trails beside the Yarra River in these popular and accessible courses – a great way to get some fresh air and freedom this winter!

RACE DISTANCES

- Long Course: 15km, 310m elevation gain / loss
- Medium Course: 10.3km, 270m elevation gain / loss
- Short Course: 5.2km, 95m elevation gain / loss.

THE START

START LINE LOCATION: All wave starts will commence from the same start line, located 100m away from the Event Centre and finish line. Start line will be on the grass adjacent the E.O McCutchen Oval, beside Deep Rock Road.

STARTING PROCEDURE:

We have made significant changes to the start process for Race #1 compared to the 'normal' mass starts we traditionally use. Please read the following race start explanation carefully:

- All races will commence in separate wave start windows of 15 runners every 5 minutes.
- Runners are allocated to a specific wave start window and runners MUST start in their allocated window. We will check names of runners starting to ensure we don't exceed the group size maximum.
- The list of names in each wave start will be uploaded to [the website](#) and e-mailed directly to runners on Friday afternoon.
- The designated 15 runners can start at any point within their allocated 5 minute wave start window – so you can be spread out as you start. Your race time will start when you cross the timing mat at the start.
- All runners must start from the official race start line and pass over the timing mats.
- Runners only need to wear a face mask if standing less than 1.5m apart

These steps have been set in place to secure the safety of runners, volunteers and the event as a whole. Please be aware of and respect these start process.

WATER POINTS

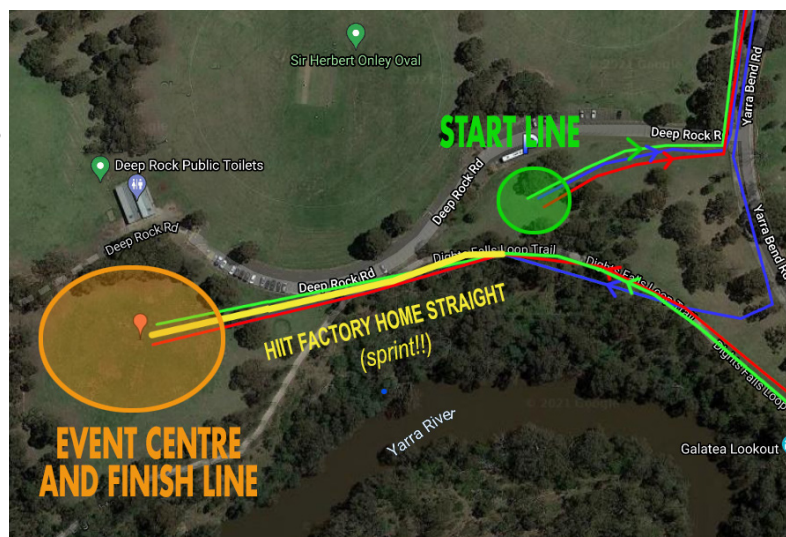
There will be no water points on any of the courses at Race 1 due to the COVID constraints.

PASSING ETIQUETTE

With runners of different speeds starting at different times there is likely to be some passing of one another on the trails. Please respect all other trail users (runners and walkers...) and pass with the following etiquette.

If you are a faster runner who wants to pass a slower runner on a narrow bit of track:

- Let the slower runner know you are there and want to pass. Say something like, "Can I go past when there's a chance..." or even "Track please" then wait for a wider section of track – don't just barge through
- The slower runner can then say, "OK, go past on the right" or "just up here it's a bit wider, go there". But it's good to acknowledge that you heard them and give direction for when they can go past.
- It's also nice for the faster runner to say, "Thank you, keep going" once you're past – share the love!
- If you are going to pass, then make sure you are actually faster, don't pass if you are pushing 120% effort to get around them and then slow down afterwards
- Slower runners - don't feel like you need to totally stop and bow down as a faster runner comes through, make space but keep trotting along as well.
- Also see 'Headphones section below



THE HIIT FACTORY HOME STRAIGHT

The HIIT Factory Home Straight will be a timed section over the last ~100m leading to the finish line. We encourage you to get into the spirit of the sprint and empty the tank over the last 100m in a quest for glory!

Your HIIT Factory Home Straight times will be published in the results and we'll award a small prize to the fastest to add to the fun!



HEADPHONES

We strongly recommend that runners DO NOT WEAR HEADPHONES and listen to music during the race. This is primarily for your safety, so that other runners and marshals can communicate with you. The courses pass through some magnificent eucalypt bush land filled with birds and other wildlife that is all part of the trail running experience and if you're pounding away to music you can't hear that either!

COURSE MARKING - IMPORTANT!!

The course will be clearly marked with the colours listed below. Note that you need to keep an eye out for and follow the course markings, there will not be marshals every 100m ready to direct you!

LONG COURSE:

- **red and/or orange arrows** (pegged into the ground and fixed to trees or bushes)
- **fluoro pink coloured** plastic surveyor's tape (tied to trees or bushes)

MEDIUM COURSE:

- **green arrows** (pegged into the ground and fixed to trees or bushes)
- **green coloured** plastic surveyor's tape (tied to trees or bushes)

SHORT COURSE:

- **blue arrows** (pegged into the ground and fixed to trees or bushes)
- **aqua blue coloured** plastic surveyor's tape (tied to trees or bushes)

The colours of these course markings match the colour of the race plate for runners in that particular course distance (except Series Entrants who have a GOLD race plate).

TRACK INTERSECTIONS: All track intersections will be clearly marked. Surveyor's tape will be placed immediately following a track junction to confirm you are on the correct track. Unless otherwise marked or directed, competitors should follow the most major track at all intersections. If there is no arrow at a minor track junction then continue along the major track.

COURSE DESCRIPTIONS

LONG COURSE - 15.3KM (Course goes in a clockwise direction on the map):

All wave starts will commence on the grass beside Deep Rock Road heading east, then turn left onto the gravel footpath beside Yarra Bend Road and then left again just before the freeway bridge to descend down towards Dights Falls. Just above the Falls you turn right to go under the freeway bridge and then run up a double track beside the Merri Creek before crossing over Yarra Bend Road and descending to the Yarra River to complete an 800m loop that involves a section of two-way traffic where runners must keep right. From here, the course continues beside the Yarra before heading up some steps to cross the river at the 'Pipe Bridge' at the Fairfield Park Boathouse at the (approx) 4.9km mark.

After a short climb, continue along the footpath beside Yarra Boulevard for 400m and then turn left to descend down some steps at the 6.1km point. Turn right onto the main Yarra Trail upstream for approximately 800m and then turn left to pick up some flowing single track beside the river and come back past the base of the stairs at the 7.8km point.

The next ~6km of running is almost all along the narrow single tracks that follow the Yarra River with some superb trail running through beautiful bushland, broken only by a short 1km stretch on the sealed footpath



RACE 1 COURSE MAP

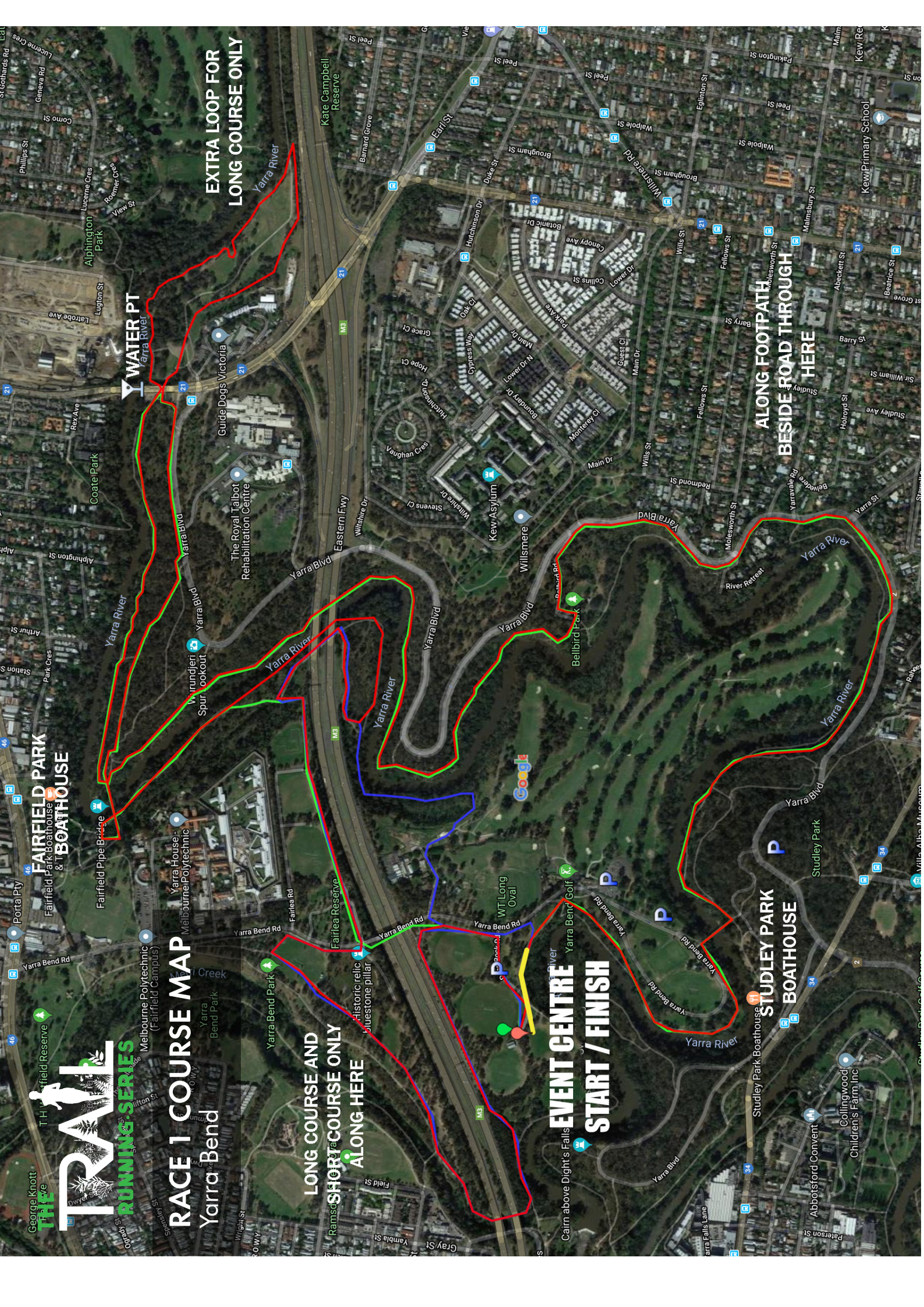
Yarra Bend

LONG COURSE AND SHORT COURSE ONLY
ALONG HERE

EXTRA LOOP FOR LONG COURSE ONLY

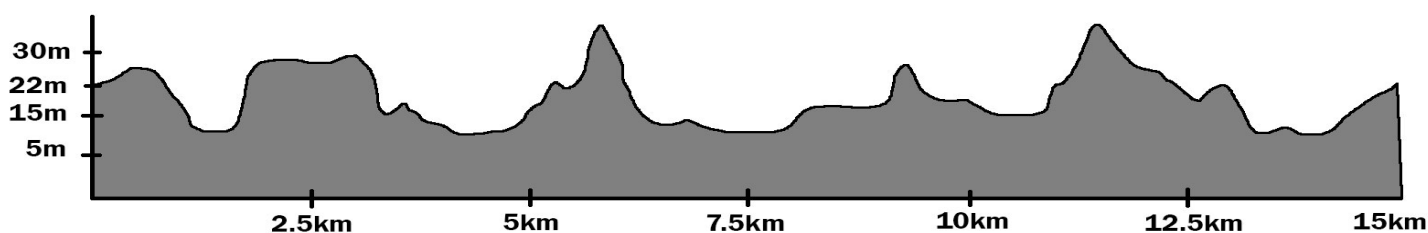
EVENT CENTRE START / FINISH

ALONG FOOTPATH BESIDE ROAD THROUGH HERE



beside the Yarra Boulevard. At the 13.7km point runners cross over the Yarra on the 'Swing Bridge' adjacent the Studley Park Boathouse and then turn left to continue on single track through to the finish in the event expo.

Long Course elevation profile

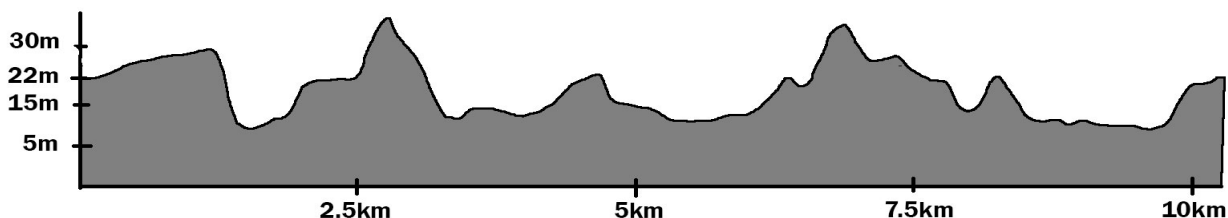


MEDIUM COURSE – 10.3KM (Course goes in a clockwise direction on the map):

The medium course is very similar to the long course but just omits some additional 'loops'. After starting on grass beside Deep Rock Road, runners turn left onto the gravel footpath beside Yarra Bend Road for 400m and then cross over Yarra Bend Road to descend to the Yarra River on a fast moving double track. From here, the course continues upstream beside the Yarra before heading up some steps to cross the river at the 'Pipe Bridge' at the Fairfield Park Boathouse at the (approx) 2km mark.

After a short climb, continue along the footpath beside Yarra Boulevard for 400m and then turn left to descend down some steps at the 3.2km point. Turn left onto the Yarra Trails and enjoy the next ~6km of running that is almost all along the narrow single tracks that follow the Yarra River providing some superb trail running through beautiful bushland, broken only by a short 1km stretch on the sealed footpath beside the Yarra Boulevard. At the 9km point runners cross over the Yarra on the 'Swing Bridge' adjacent the Studley Park Boathouse and then turn left to continue on single track through to the finish in the event expo.

Medium Course elevation profile

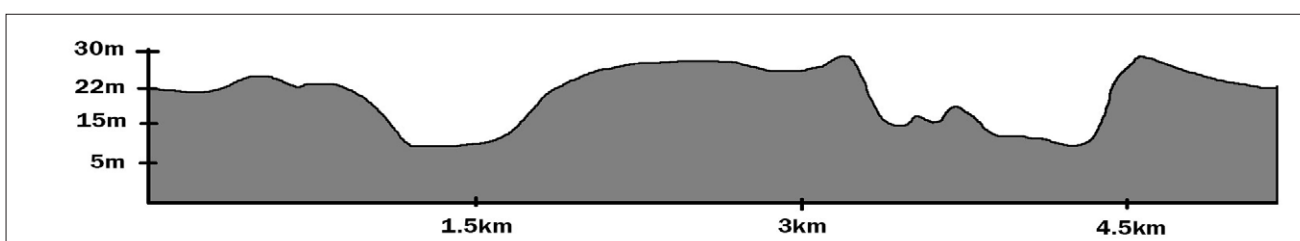


SHORT COURSE – 5.2KM (Course goes in a clockwise direction on the map):

The short course basically completes the first section of the long course before taking a 'short cut' back to the event centre. All runners start on Deep Rock Road heading east, then turn left onto the gravel footpath beside Yarra Bend Road and then left again just before the freeway bridge to descend down towards Dights Falls. Just above the Falls you turn right to go under the freeway bridge and then run up a double track beside the Merri Creek before crossing over Yarra Bend Road and descending to the Yarra River.

Short course runners turn right to go under the Freeway bridge and then continue on single track beside the river before a short climb to cut through the RMIT Surveying Station, crossing over the Yarra Bend Road (take care when crossing the road) and then running into the finish line in the event centre.

Short Course elevation profile





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Terms and conditions: Only available to new Kieser clients who are paying privately. Must be registered in the 2021 Trail Running Series to redeem offer. Initial Physiotherapy assessment will be \$54.50 (RRP \$109)

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KIESER

BE STRONG, STAY STRONG

CATEGORIES & PRIZES

ENTRY CATEGORIES

The following categories will be recognised at each of The Trail Running Series races.

- Under 15 Male and Female – Short Course only
- Under 20 Male and Female
- 20-39yrs Male and Female
- 40-49yrs Male and Female
- 50-59yrs Male and Female
- 60-69yrs Male and Female
- 70+yrs Male and Female

Categories will be determined by your age on race day.

RACE MEDALS AND AWARDS

Medals will be awarded to 1st, 2nd and 3rd in each category in each race distance at each race location. And a prize will be awarded to the fastest male and female runners in the HIIT Factory Home Straight.

RESULTS AVAILABLE:

Available from the event website post-race www.trailrunningseries.com.au.

RACE RULES

- Juniors only - (under 18 on race day) must have have a parent or guardian to read and sign an authorisation and indemnity during registration.
- Competitors must follow the complete course as marked and directed. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors will result in disqualification. It is the competitor's responsibility to ensure that the correct course is followed.
- Your race number must be visible at all times on the outside of your clothing (at the front).
- Competitors shall not receive any external assistance on the course.
- One competitor cannot provide assistance in forward progression through physical pushing / pulling / towing, or the provision of food or drinks to a competitor except in emergency circumstances.
- Australian Road Rules apply at all times on all roads, tracks and trails.
- Any competitor who withdraws from the race MUST notify an official. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged.
- Rapid Ascent has sole discretion to alter or amend the race rules in order to increase the safety of participants or for any other reason deemed appropriate.
- If the race is cancelled or called off after it has started, it is each competitor's responsibility to get themselves to the start / finish area as soon as you have been notified of the cancellation.

GOLD RUNNER REQUIREMENTS (Competitors doing 4 or 5 races in the 2021 Series)

To receive an overall ranking and result in the 2021 Trail Running Series runners must:

- Compete in at least 4 of the 5 races in the 2021 Series, entering either individually for each race, OR be entered as a 'Gold Runner'
- Runners must compete in the same distance event at each race – i.e. all long course events or all short course events
- If a runner changes category during the course of the series (i.e. because of a birthday) for the purposes of the series they will be ranked in the category they competed in for their first race (Race 1 or Race 2).
- Points will be awarded according to your overall place in your category at each race, the runner with the lowest number of points wins
- If points are tied between two or more runners, then the runner with the best result in Race 3 will win.



EVENT MERCHANDISE FOR SALE

All event merchandise is available to purchase on line before / after the event. All pre-purchased items should be collected from the merchandise marquee.

FREE T-SHIRT COLLECTION FOR GOLD RUNNERS

'Gold Runners', competitors who have entered at least 4 of the 5 races held as part of The 2021 Series, receive a free event shirt as part of their entry package. Please present your gold number plate at the merchandise marquee to claim your shirt.

(Shirt sizes for gold runners will only be set aside for collection at Race 1 or Race 2. If not collected at these races we cannot guarantee we will have your size unless you contact us separately to keep yours aside).



Bitumen is Boring socks \$25

'Bitumen is Boring' is loud and proud on these high performance technical running socks by Geelong based business Steigen. 'Half' length with elasticated midfoot and cuff, these once size fit all socks keep the you blister free!

COMPRESS SPORT EVENT T-SHIRTS \$30

We have just 80 event shirts for sale - so get in quick: they are made of a high performance sports fabric by Compress Sport and are great for running. Free for Gold Runners or purchase for \$30 from the merchandise marquee. Womens, mens & kids' sizes.

Bitumen is Boring hoodie \$75

Our new Event Hoodies are definitely a must have item with black fleecy fabric and striking coloured print. With tunnel pocket and hood for those cold mornings they are the perfect item.



Running Visor \$20



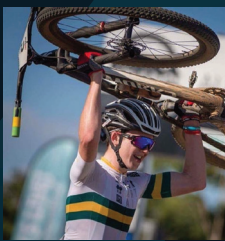
Headtorch \$29

A small but very bright headtorch to keep you on the trails through winter's darkness. 300lumens, rechargeable, 3 light strengths + SOS strobe.



Running waist belt \$15 A comfortable, light weight waist belt that fits all sizes of mobile phone and your keys.

THE PERFECT WAY TO DISCOVER 32Gi® SPORTS NUTRITION



SEIZE THE ADVANTAGE

Each product is designed with an intended purpose. Initially tested in real competition by Elite Athletes, and then Weekend Warriors - only then going to market...

SO THAT YOU CAN receive a functionally tested product that delivers on its promise, taking into account Performance, Comfort, Health & Taste with zero compromises on quality.

ENDURE RANGE

32Gi®

Endure Sports Drink

*** CLEAN, SUSTAINED ENERGY** - The 32Gi® Endure Sports Drink is designed primarily with a novel carbohydrate, Isomaltulose (Palatinose™) which results in a stable and controlled release of glucose. It's low GI mitigates energy peaks and troughs and provides a prolonged and sustained supply of energy.

KEY FEATURES

Multi-Transportable Carbohydrates
Palatinose™ Fructose Maltodextrin

HALAAL **0%** **KOSHER**
ZERO PRESERVATIVES
NATURAL COLOURS & FLAVOURS

MAIN BENEFITS

LOW GI **LOW GLYCEMIC INDEX** **REPLENISHES ELECTROLYTES**
PROMOTES FAT BURNING **STABLE ENERGY SUPPLY**
CLEAN & DELICIOUS TASTE



Sports Chews

*** 2-HOURS OF STABLE LOW GI ENERGY** - Energy-dense calorie packed in each portable Chews packet helps to sustain stable energy demands of long duration activities.

KEY FEATURES

Multi-Transportable Carbohydrates
Glucose Sucrose Palatinose™

HALAAL **0%** **KOSHER**
ZERO PRESERVATIVES
NATURAL COLOURS & FLAVOURS

MAIN BENEFITS

LOW GI **LOW GLYCEMIC INDEX** **WILL NOT BLOCK AIRWAYS**
NO MELTING OR FREEZING **GREAT ALTERNATIVE TO GELS**
CLEAN & DELICIOUS TASTE



Endure Tabs

*** ALTERNATIVE TO GELS** - Easy to carry & consume. Endure Tabs are the perfect companion for the run, bike, or anywhere on the go.

KEY FEATURES

Multi-Transportable Carbohydrates
Palatinose™ Maltodextrin Fructose

HALAAL **0%** **KOSHER**
ZERO PRESERVATIVES
NATURAL COLOURS & FLAVOURS

MAIN BENEFITS

LOW GI **LOW GLYCEMIC INDEX** **STABLE ENERGY SUPPLY**
RUNNER FRIENDLY **EASY TO CARRY**
CLEAN & DELICIOUS TASTE



RECOVER RANGE

32Gi®

Pure Plant Protein

*** FULL AMINO ACID PROFILE - FORMULATED** with the cleanest, purest non GMO Pea and Rice Protein Isolate Blend.
*** CONTAINS WELLMUNE®** - Clinically proven to help athletes stay healthy, so they can train more effectively. This unique immune-supporting ingredient triggers human immune defences.

KEY FEATURES

Rich Protein Source
Plant-based Blend
High Quality Multi-Protein Source
Immune System Health
Clinically Proven Beta Glucan

FULL AMINO ACID PROFILE **CONTAINS wellmune**

MAIN BENEFITS

MUSCLE STRENGTHENING **IMMUNE SYSTEM STRENGTHENING**
RICH IN BCAAs **VEGAN**
PURE PROTEIN!



Recover 3:1

*** POWERFUL 3:1 RECOVERY FORMULA** - A science-based formula that will aid muscle protein synthesis and glycogen replenishment speeding up your recovery time. Great for all athletes who have pushed a hard or long session - cycling, running, all endurance sports - as well as many more disciplines.

KEY FEATURES

Optimal 3:1 formula
18 g Protein per serving
High-quality Plant Protein

HALAAL **0%** **KOSHER**
NATURAL COLOURS & NATURAL/NI FLAVOURS

MAIN BENEFITS

FAST RECOVERY **MUSCLE RECOVERY** **TUMMY FRIENDLY**
RICH IN BCAAs **GLYCOPEN REPLENISHMENT**
TASTES SUPER YUMMY



RACE RANGE

32Gi®

Race Pro

*** SINGLE-SOURCE ENERGY** feed nothing else needed.
*** SAY GOODBYE TO GI DISTRESS** - Immediate energy with one of the highest gastric emptying rates of all carbohydrates.
*** PROTEIN SOURCE** - Aiding the prevention of gluconeogenesis and muscle fatigue.

KEY FEATURES

Simple Fuelling Strategy
Super Carb Cluster Dextrin
Reduced Muscle Fatigue
Great Tasting Flavours
HALAAL **KOSHER**

SINGLE-SOURCE FEED

MAIN BENEFITS

FAST ENERGY WITH BALANCE & STABILITY **TUMMY FRIENDLY**
FINISH FEELING STRONG NOT DRAINED



Sports Gel

*** FAST ACTING** - 21 g of fast-acting carbohydrates to use on the go. 32Gi® Sports Gels help you achieve your fuelling needs for cycling, running - all endurance sports!

KEY FEATURES

21 G FAST-ACTING CARBS
59 MG SODIUM PER GEL
HALAAL **KOSHER**
PURE BROWN RICE SYRUP **NATURAL FLAVOURS**

MAIN BENEFITS

FAST ENERGY **TUMMY FRIENDLY**
PATENTED SNAP PACK **SAVE THE PLANET NO TEAR OFF**
NO MESS NO FUSS



G-Shot

*** FAST ACTING CAFFEINE JOLT** - We use pure Guarana to immediately deliver 60mg of caffeine when consumed.

KEY FEATURES

Potent, Small & Convenient
Pure Guarana
60 mg of caffeine
Take control of Caffeine intake
HALAAL **KOSHER**

MAIN BENEFITS

FAST ENERGY **EQUIVALENT TO A SINGLE ESPRESSO**
PATENTED SNAP PACK **SAVE THE PLANET NO TEAR OFF**
FEEL THE KICK



Race Sports Drink

*** ENERGY RICH** - 32Gi Race is a fast acting isotonic high carbohydrate energy blend.
*** POWER YOUR PERFORMANCE NUMBERS** - By fuelling your effort correctly with immediate energy when the going gets tough.

KEY FEATURES

Multi-Transportable Carbohydrates
Palatinose™ Maltodextrin Glucose Fructose
HALAAL **0%** **KOSHER**
ZERO PRESERVATIVES
NATURAL COLOURS & FLAVOURS

MAIN BENEFITS

RAPID ENERGY **TUMMY FRIENDLY** **HIGH CALORIE**
CLEAN & DELICIOUS TASTE



HYDRATION RANGE

32Gi®

Hydrate

*** ZERO CALORIE ELECTROLYTE-RICH SPORTS HYDRATION DRINK TABLET** - Enhanced with electrolytes and bursting with a natural, zero-calorie fruity flavour. Mix with water for a hydrating beverage to keep you powering through your next workout.

KEY FEATURES

337 mg Sodium
20 mg Magnesium
74 mg Potassium
Vitamin B Blend
128 mg Vitamin C
NATURAL COLOURS & FLAVOURS

MAIN BENEFITS

REPLENISHES ELECTROLYTES **CRAMP PREVENTION** **FEEL GREAT**
ZERO CALORIES **ENHANCES HYDRATION** **TASTES GREAT**



Cramp Assalt

*** MAXIMISE FLUID ABSORPTION** - Stay properly hydrated. Cramp Assalt is a simple snap and consume gel, to be taken with water or your favourite 32Gi® Energy Drink.
*** SCIENTIFICALLY-PROVEN CAPSICUM ANNUUM** - Acts as a neuro-muscular trigger (which has been shown to reduce or stop muscle contractions and spasms when they occur).
ELECTROLYTE LOADED - To help replenish lost minerals due to sweat and reduce the risk of dehydration and cramping.

KEY FEATURES

184 mg Sodium per gel
6 Minerals & Vitamins
Capsicum annum for cramp prevention
HALAAL **KOSHER**

MAIN BENEFITS

PREVENTS CRAMPS **PATENTED SNAP PACK** **TUMMY FRIENDLY** **ENHANCES HYDRATION**
SAVE THE PLANET NO TEAR OFF **ELECTROLYTE GEL** **NO MESS NO FUSS**

