

THE TRAIL RUNNING SERIES



14 NOVEMBER - SILVAN
8KM | 15KM | 21KM

Race program



WELCOME TO THE 2021 TRAIL RUNNING SERIES

Oh... it's so good to be back! Back together and back on the trails doing the things we love! There is no doubt that the last few months have been a real challenge and we really hope you've got through these tough times with good health of body and mind.

So it is with heightened enthusiasm that we look forward to seeing you at Silvan for the resumption of the 2021 Trail Running Series – how good will it be to run free in the hills once again!

The forests and trails at Silvan have had their own challenges since we last raced there in 2019 with several storms felling trees and closing tracks so we've made some changes to the courses and are excited to present some new running routes for this year's race – all equally beautiful and challenging in this magnificent part of the world.

We can't wait to re-unite at Silvan for another round of the 2021 Trail Running Series. See you there.

The Rapid Ascent team

EVENT SCHEDULE

SUNDAY 14TH NOVEMBER

7:00am - 8:45am	Race Registration (race plate collection)
8:25am	HIIT Factory warm up (long and medium course runners)
8:30am	START - MEDIUM COURSE (15km)
8:35am	START - LONG COURSE (21km)
8:52am	HIIT Factory warm up (short course runners)
9:00am	START - SHORT COURSE (8km)
9:35am	Short course winner expected to finish
9:40am	Medium course winners expected to finish
10:05AM	Long course winners expected to finish
11:00am	START - KIDS RUN (2km)
11:30am	Presentations and spot prize giveaways

COVID-SAFE EVENT PLAN SUMMARY:

We take the risks of COVID-19 very seriously and follow the Government's restrictions for events and group gatherings. All event attendees must be aware of and follow these requirements:

ALL EVENT ATTENDEES 16YRS AND OVER MUST BE FULLY VACCINATED on race day 14 November, or have a valid medical exemption.

CHECK IN

- all event attendees – competitors and spectators – must check-in via the Service Victoria QR Code displayed at the check-in-stations and in the event centre
- all event attendees 16yrs and over must SHOW PROOF OF YOUR VACCINATION STATUS to the COVID Marshal when you check in (or have a valid medical exemption)

DO NOT ATTEND THE EVENT if you:

- are aged 16yrs and over and are not fully vaccinated on race day
- 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 at a designated Tier 1 or Tier 2 COVID public exposure site within the last 14 days

DENSITY LIMITS AND MASKS

- the event centre is to be no more concentrated than 1 person per 2sq/m.
- we recommend you wear a mask outdoors if you cannot maintain social distancing
- we request minimal person-to-person contact at the event – such as high 5's, hugging and handshakes. We'd prefer elbow bumps only

PERSONAL HYGIENE

- use the hand wash / sanitisation stations established at the finish and other areas
- respect others and leave toilets, shared surfaces and common touch points clean.
- bring more of your own supplies rather than relying on shared items – such as cups, water bottles...



Additional COVID-safe steps are highlighted in orange text throughout this program

LOCATION & CAR PARKING

EVENT CENTRE AND FINISH LINE

Silvan Reservoir Park, Stonyford Road, Silvan (Dandenong Ranges) - in the parkland on Stonyford Road, below the dam wall. NOTE: This is a dog free park so please do not bring any dogs.

DRIVING DIRECTIONS:

If coming from central Melbourne, drive out on the Eastern Freeway and continue onto Eastlink past Ringwood. Turn left onto Canterbury Rd and follow this through Montrose, then turn right onto York Rd to Mt Evelyn where you turn right onto Monbulk Rd and finally right onto Stonyford Rd at Silvan. This leads to the parkland at the base of the reservoir wall.

CAR PARKING

We recommend people car pool with friends because parking is very limited in the start / finish area. Please follow these guidelines and the directions of parking marshals on the day:

- 1st to fill: Lower car park adjacent the start / finish area at the base of the wall (limited spots, the first ~100 cars will fit)
- 2nd to fill: Upper car park and overflow parking areas on Stonyford Road: Cars will be directed here once the lower car park is full
- 3rd to fill: Along the side of Stonyford Road leading to the start / finish area (last resort parking!): Please park on the LEFT hand side (southern side) only and ensure that TWO WAY ACCESS IS MAINTAINED at all times.

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

SILVAN SITE AND PARKING PLAN



THE EVENT CENTRE

The following competitor services and facilities will be set up at the Event Centre, making a welcoming environment for everyone to enjoy whether you are running or spectating:

- The start and finish line for all races
- Race registration and information marquee (from 7:00am)
- Footpro will have a pop up store with demo shoes, apparel and advice
- Displays and sales by our event sponsors HIIT Factory, 32gi Sports Nutrition
- Free massage and physio advice from sponsor Kieser Gyms
- Event merchandise sales marquee
- Hydration / nutrition station with water and 32gi sports drink and fruit for all race finishers
- First Aid point
- Bag storage area for runners' clothing during the race
- Live music, MC and commentary at the race finish
- Coffee from Melbourne Coffee Ground plus a great BBQ operated by the Silvan Primary School.

COVID SAFE CHECK IN STATION

All event attendees must check in at one of the COVID Safe check in stations on the perimeter of the event centre as soon as you arrive. We will require you to scan the Services Victoria barcode (or write your name on the check-in lists) and PROVIDE PROOF OF YOUR FULL VACCINATION STATUS.

COMPETITOR SERVICES @ THE EVENT CENTRE

NEW SOCIAL CHILL ZONE

To make up for lost time with friends who we've not seen for ages we're creating a new social chill zone with chairs, umbrellas and entertainment so you can catch up after the race. Non-runners and friends welcome too - so grab a seat and hang out!

EVENT MESSAGE

Event sponsor Kieser Gyms will be attending all races in the series to provide FREE MASSAGE and PHYSIO SUPPORT to competitors before / after the race. They will have a number of professional practitioners in attendance who can help heal those weary muscles and give you some expert advice on injury prevention and recovery. For further details on their functional movement recommendations visit: www.kieser.com.au/

BITUMEN IS BORING BACKDROP

We will have a new Bitumen is Boring backdrop with a range of fun placard signs for you to hold up and have fun with. Snap a selfie or grab a photo with some friends to create your own unique event photo.

KIESER
BE STRONG, STAY STRONG



MC AND LIVE MUSIC

There is nothing like the sound of live music to set the scene and we'll have Russ Wood playing for us all in the event centre.

HYDRATION POINT - NO CUPS!!

There will be a hydration station located in the event expo / finish line area that will have water and 32gi available – but you must BRING YOUR OWN CUPS OR BOTTLES...

(There will also be NO CUPS at the water points out on course. Details below)

FREE 32GI SPORTS DRINK

Our 2021 hydration partner 32gi will have a free Endure Hydrate as a premixed sports drink available for all runners after the race so come and fill up your cup. If you like the taste, feel free to buy some from Magnus at the 32gi expo stand.



BAG STORAGE

We will store your bags and keep an eye over them whilst you're out on the trails. Please drop your bags off at least 5-10 minutes before your race start, just make sure all items are in a closed bag with your race number written on the side. Realising that runners may leave their phones in their bags (due to Check in requirements) we will try and take extra special care of them.



All number plates have a removable 'bag-tag' at the bottom. We encourage you to use this to help identify your bag when you leave it with us.

HIIT FACTORY WARM UPS AND EXERCISE STATION

The HIIT Factory will be conducting a warm up for all runners starting 5 minutes before each race start to get you ready to race. They will also be hosting some fun competitions from their marquee and awarding some great prizes to the fastest (and the funniest).

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.

VIP GROUP EXPERIENCE

If you see a group of runners relaxing in their own VIP marquee after the race then chances are they are our winning VIP Group who'll be enjoying a tasty hamper of post race food, comfortable chairs, drinks and a free coffee.

We will award a new VIP Group for each race so put yourself in the running by entering your group name online as part of the entry process. (Minimum 5 people to make a group - and you can log back into your entry and retrospectively add your group name in).



Some favorite features of the Silvan course

COMPETITOR IDENTIFICATION REGISTRATION & PLATES

COMPETITOR NUMBER PLATE COLLECTION

If you entered:

- **before 8:00am Monday 25th October** your number plate has been posted to you - bring it on the day. You do not need to 'report in' to registration or do anything else on race day, just check in with the Service Victoria QR Code, show vaccination status, warm up and go!
- **after 8:00am Monday 25th October** you need to collect your number plate on race morning. Please bring your entry confirmation e-mail with the entry QR code to the registration marquee.

GOLD RUNNERS - please re-use the number plate you received for race 1 and 2 earlier this year. If you have lost it you can collect a new one from the race registration marquee for a \$10 replacement charge.

ON THE DAY ENTRIES - Entries will be accepted on the day at the event. Please enter via your phone and show the QR code to receive your plate. (We will not be doing any paper based entries on race day).

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 doing future races please **KEEP YOUR RACE PLATE** to use it for your future races.



100KM SURF COAST CENTURY

*Confirmed
new date!*

**4 DEC
2021**
Start/Finish:
Anglesea

SHARE THE JOURNEY WITH RUNNING FRIENDS!



TORQUAY

BELLS BEACH

POINT ADDIS

ANGLESEA
START/FINISH

AIREYS INLET

- > NEW ATHLETE SERVICES
- > DIVERSE, ACHIEVABLE COURSE
- > IDEAL FOR FIRST TIMERS AND EXPERTS

100KM SOLO
50KM SOLO
100KM RELAY TEAMS
SURFCOASTCENTURY.COM.AU





**HOME OF THE
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 courses at Silvan often rate as everyone's favourite thanks to the beautiful scenery and sense of satisfaction at the finish line - but it's not easy running out there, so be prepared!

For those runners who participated in Race 1 and 2 you should be aware that all courses at Silvan are harder than the earlier races in the series! It is not that the terrain is any rougher, its more because there are some significant hills that take extra energy and determination to conquer. Each race includes a mix of single and double tracks with many tracks being covered in leaves which can make them a bit slippery if its wet. Don't be afraid... be prepared and you will love it!

We are also thrilled to return with the KIDS RUN as part of the events at Silvan - designed for kids aged up to 12yrs this is a great way to get our youngsters involved in the trail running fun!

RACE DISTANCES (all race distances are +/- 500m)

- Long Course: 20.5km, includes 762m elevation gain / loss
- Medium Course: 15.5km, includes 523m elevation gain / loss
- Short Course: 8.2km, includes 272m elevation gain / loss.
- Kids' Run: 1.8km includes 100m of elevation gain / loss.

THE START

START TIMES:

- 8:30am - Medium course
- 8:35am - Long course
- 9:00am - Short course
- 11:00am - Kids' run

START LINE LOCATION: All races will start in the 'finish chute', approximately 50m forward of the finish arch in Silvan Reservoir Park.

STARTING PROCEDURE: All distances will start racing with a single wave start at the times listed above. There is plenty of space for runners to spread out before you get to the single track and your time doesn't start until you cross over the start mat.

SELF SEEDING: Please place yourself in the start chute according to your honest running ability, with fast runners near the front, recreational runners in the middle and those who are purely here to enjoy yourself towards the back.

It is recommended that runners wear a mask when gathered in the start chute as it is difficult to social distance.

PASSING ETIQUETTE

With a large number of runners sharing a narrow trail there are a few points of common etiquette when it comes to passing another runner. 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 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.

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 also 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!

WATER POINTS

ON COURSE WATER POINTS: Water points on the course will have water and 32gi Sports Drink available but you must BYO your own cup or water bottle to drink from.

- Long course: There will two water points located at the 9km mark and at the 17m mark.
- Medium course: There will two water points located at the 4km mark and at the 11.5km mark.
- Short course: There are no water points on the short course.
- Kids' run: There are no water points on the kids' run.

FINISH LINE WATER POINT: There will be a water station at the finish line but you need to BRING YOUR OWN CUP OR WATER BOTTLE and fill it up from the taps provided. See explanation under Competitor Services.

THE HIIT FACTORY HOME STRAIGHT

The HIIT Factory Home Straight will be a timed 200m segment leading into the finish line where we will record a separate time for each runner as part of your overall race. We encourage everyone to have a crack and the fastest male and female sprinters will receive a prize thanks to our sponsors the Hiit Factory! (Sadly the infamous 'Hill from Hell' is covered in fallen trees and is no longer part of the courses).



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 - 20.5km *(Course goes in anti-clockwise direction)*

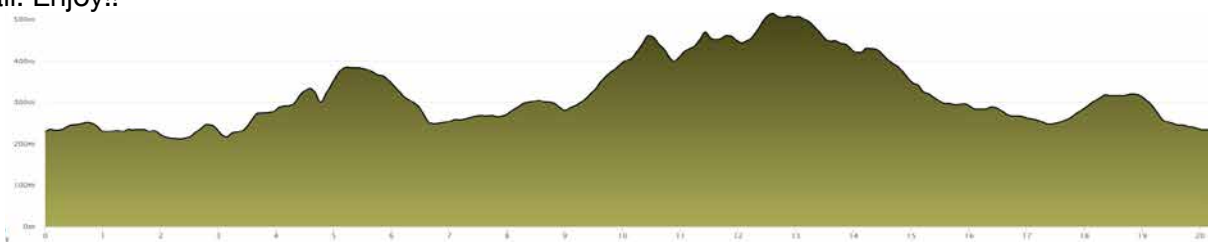
All runners will gather in the start / finish chute in Silvan Regional Park in the wide grassy parkland facing away from the dam wall. Once under way, runners turn left on to Stonyford Road and then turn right to continue along a fast flat 4WD track for approx 3km heading north.

Runners turn left on to Alpina Tk for a steadily climb (the first of many), then a short sharp descent before a longer gradual climb up Richardsons Tk to finally reach the first high point of the course at the 5.2km pt. A steep and fast descent down to Olinda Ck soon follows that will really hammer the quads!

You then have a long, gradual climb on a mixture of grassy 4WD tracks and single track up hill and into the RJ Hamer Arboretum area. Other than a short section up KC Track much of this should be runnable right to the top at the Arboretum car park – which provides great views into the upper Yarra River valley.

From here its anchors-away for a flying descent back down into the Stonyford Valley. There is a final climb to the edge of the reservoir catchment and then its downhill back to the road and into the finish chute at the base of dam wall. Enjoy!!

Long Course elevation profile



MEDIUM COURSE - 15.5km *(Course goes in anti-clockwise direction)*

The medium course is very similar to the long course but just misses some of the earlier sections.

All runners gather in the start / finish chute facing away from the dam wall and once under way, runners turn left on Stonyford Road and soon after turn right on to a flat contouring track where you join the long course route at the 1.8km pt.

After re-joining the long course route you have a long, gradual climb on a mixture of grassy 4WD tracks and single track up hill and into the RJ Hamer Arboretum area. Other than a short section up KC Track much of this should be runnable right to the top at the Arboretum car park – which provides great views into the upper Yarra River valley.

From here its anchors-away for a flying descent back down into the Stonyford Valley. There is a final climb to the edge of the reservoir catchment and then its downhill back to the road and into the finish chute at the base of dam wall. Enjoy!!

Medium Course elevation profile



SHORT COURSE - 8.2km *(Course goes in anti-clockwise figure 8 loop on the map)*

The short course is similar to the first section of the long course and completes a loop to the north.

All runners gather in the start / finish chute facing away from the dam wall and once under way, runners turn left onto Stonyford Road and then shortly after turn right to run along a fast flat track for 3kms heading north.

Runners turn left on to Alpina Tk for a steadily climb, followed by a short sharp then descent then prepare for a longer gradual climb up Richardson's Tk to reach the high point of the course at the 5.2km pt. A steep and fast descent down to Olinda Ck soon follows where runners turn left for the final 1.5km section beside the creek through some lovely tree ferns. Soon you cross the road and then run into the finish chute at the base of the dam wall. Well done.



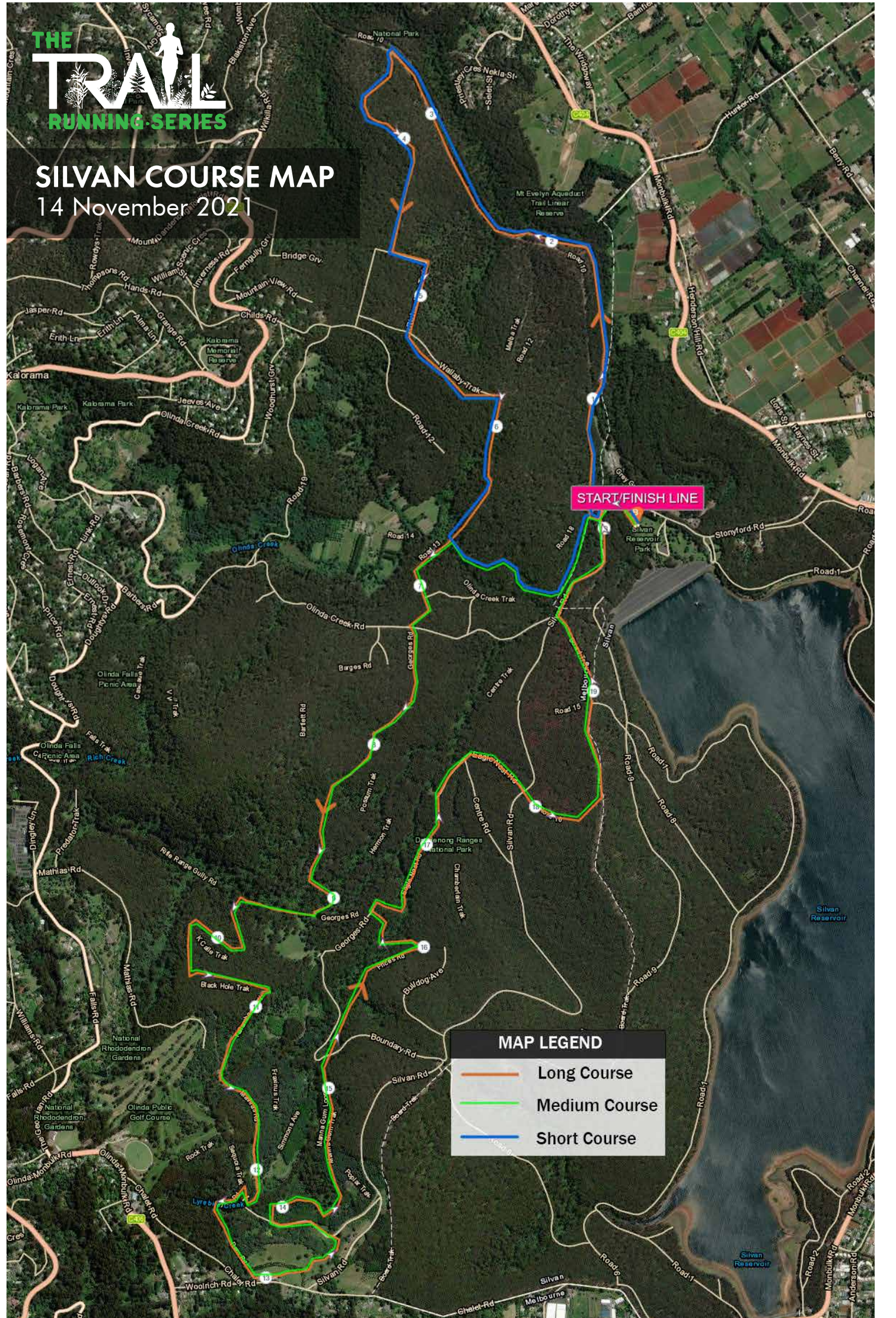
SILVAN COURSE MAP

14 November 2021

START/FINISH LINE

MAP LEGEND

- Long Course
- Medium Course
- Short Course



Build the strength to run with Kieser



Save 50% on an initial assessment with a Physio

Visit www.kieser.com.au to book your initial Physio assessment and let us help you run stronger this year.

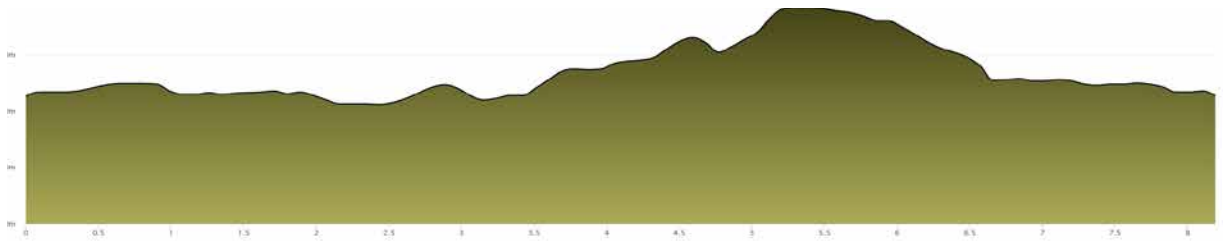
Terms and conditions: Only available to new Kieser clients who are paying privately. Must be registered in the 2021 Trail Running Series to redeem offer. Initial Physiotherapy assessment will be \$54.50 (RRP \$109)

www.kieser.com.au

KIESER

BE STRONG, STAY STRONG

Short Course elevation profile



KIDS COURSE – 1.7km

This is a fun and safe course for kids that will give them a taste for the trail running we all love so much! The course includes a short section on Stonyford Rd (traffic halted by traffic controllers) before returning to the Silvan Reservoir Park where parents can watch and cheer. We recommend that adults / parents do not run with your child but let them experience it for themselves and grow their independence.

Course description: All kids will gather in the start / finish chute facing away from the dam wall. Once under way, kids turn left onto Stonyford Road and then turn left again to return along some single track and back into Silvan Reservoir Park. Once back in the parkland kids complete a loop around the perimeter of the grassed area, tackling the hill to start with and then a fun downhill on the grass to finish under the arch to the cheers of the crowd. WELL DONE!



GREAT SOUTHERN STAGE RUN

A NEW 3 DAY STAGE RACE
THROUGH THE WILD AND RUGGED
GREAT SOUTHERN REGION OF WA

17-19 November 2022. Albany, Western Australia



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 presented 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 OR check out at the results centre at the venue.

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 at Silvan will win.

EVENT MERCHANDISE FOR SALE

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

FREE T-SHIRT COLLECTION FOR GOLD RUNNERS

The first 400 'Gold Runners', (competitors who have entered at least 4 of the 5 races in 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

Endure Sports Drink

* **CLEAN, SUSTAINED ENERGY** - The 32Gi® Endure Sports Drink is designed primarily with a novel carbohydrate, Isomultulose (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
KOSHER

0%
ZERO PRESERVATIVES

NATURAL COLOURS & FLAVOURS

MAIN BENEFITS

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
KOSHER

0%
ZERO PRESERVATIVES

NATURAL COLOURS & FLAVOURS

MAIN BENEFITS

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
KOSHER

0%
ZERO PRESERVATIVES

NATURAL COLOURS & FLAVOURS

MAIN BENEFITS

LOW GLYCEMIC INDEX
STABLE ENERGY SUPPLY

RUNNER FRIENDLY
EASY TO CARRY

CLEAN & DELICIOUS TASTE



RECOVER RANGE

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
KOSHER

NATURAL COLOURS & NATURAL/NI FLAVOURS

MAIN BENEFITS

FAST RECOVERY
MUSCLE RECOVERY
TUMMY FRIENDLY

RICH IN BCAAs
GLYCOGEN REPLENISHMENT

TASTES SUPER YUMMY



RACE RANGE

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
KOSHER

0%
ZERO PRESERVATIVES

NATURAL COLOURS & FLAVOURS

MAIN BENEFITS

RAPID ENERGY
TUMMY FRIENDLY
HIGH CALORIE

CLEAN & DELICIOUS TASTE



HYDRATION RANGE

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

