



FREQUENTLY ASKED QUESTIONS

WHERE IS ILLAROO?

Summit Shoalhaven is held in the Shoalhaven region 2 hours south of Sydney. Event central is located at 1390 Illaroo Road.

- From the Princes Highway turn onto Illaroo Rd at the Nowra Bridge (right from Sydney) after the Nowra Bridge (left from South)
- Continue along Illaroo Rd and veer left at Tapitallee but stay on Illaroo Rd.
- Summit Shoalhaven event site is approx 13kms from the Nowra Bridge turnoff

WHAT ARE THE PARKING OPTIONS?

Parking will be available on site – please pay attention to any parking marshal directing you on the day.

WILL THERE BE AID STATIONS?

Yes there are limited aid stations.

- 54km - 2x Refill Points: 11.9km / 19.5km / 27.2km / 40.5km / 48.2km
- 36km - 2x Refill Points: 11.9km / 19.5km / 22.9km / 30.6km
- 21.1km - 1x Refill Point: 11.9km - 15.6km
- 11km - 1x Refill Point: 5.5km

WHAT NUTRITION WILL BE ON COURSE?

The refill stations will have water, chips and lollies. Competitors will need to be self sufficient with race food, electrolytes and anything else you might require. You are encouraged to bring your own food and nutrition. Food stalls will be on-site.

IS THERE A MINIMUM AGE?

The minimum age for the 11km is 15 years at day of event, due to its hazardous and physically taxing nature.

The minimum age for the 21.1km, 36km and 54km is 18 years at day of event.

WHAT DO I HAVE TO CARRY?

The bare minimum you will need to carry is: For the 11km: There is no mandatory gear list for the 11km, however we recommend that you take fluids, particularly if it is a hot day, and carry a hydration pack.

For the 21.1km:

- Capacity for 1.0L water
- Space blanket
- Mobile phone (we recommend downloading an app called Emergency+ beforehand).
- Your own race nutrition
- If the weather is bad we recommend packing additional items:
 - * Rain jacket - needs to be waterproof, not water-resistant

For the 36km and 54km:

- Capacity for 1.5L water
- Space blanket
- Mobile phone (we recommend downloading an app called Emergency+ beforehand)
- Whistle
- Compression bandage
- Emergency snack (above and beyond your nutritional requirements)
- If the weather is bad we recommend packing additional items:
 - * Rain jacket - needs to be waterproof, not water-resistant

Decisions regarding rain and wet weather items will be made on the morning of the event.