

Bargara by Night Daytime run notes

Points to note/safety notes:

Runners should be aware;

- Kangaroos are present in the reserve & on the oval in great numbers. It is possible they may not move off, clapping your hands loudly and/or yell loudly. Do not approach kangaroos they can be aggressive. If they come toward you and clapping does not drive them/it away, drop to the ground and protect your head and body until it moves off.
- It could be possible that snakes are coming out of hibernation and maybe found on or crossing the trail. Please stay away from snakes. If bitten do not move, wait for another runner who can go and get assistance for the bitten runner. Bandage the limb/leg tightly above and below the bite
- Spiders and biting insects are possible. Do not stand still on ant mounds for any reason, avoid spiders if bitten stay still and get someone to get help.
- Fallen branches, divets/holes in the trail can result in twists or sprains, watch where you place your feet.
- The trail could be wet from rain, runners may get wet shoes/feet.
- To avoid getting lost or going off the trail, review the trail notes below and follow the trail, marked with arrows and pink ribbon in the trees
- We will place arrows at turn points and a bright pink coloured ribbon tied in the trees to show you are following the trail

Bargara by Day n Night BYU Day time run notes

Run north along the path, continue along the path past the surf club and along the path toward Mon Repo (volunteers to direct at carpark crossings).

Run past the tennis courts and continue on the trail past the water treatment plant (& potentially pat the nasty smell), continue on the asphalt trail Run over the first bridge and turn left through the gate into Barolin Reserve.

Take the first left immediately passing through another gate and follow the gravel trail beside the barbed wire fence until you reach a U turn sign about 100m on this trail, return back to the gate and turn left, follow the path past the steel bridge on your right, the trail winds around for a comfortable distance, turn left on the first gravel trail on the left. Follow this trail as it winds along, you will come up another open gate, do not go through it, turn right and follow the trail through an open straight trail section, you will reach trees again, follow the gravel trail, until you reach a fork in the trail, turn right at the end of the flagging (there's a rope holding the flags up, so only turn right at the end of the flagging). Continue on the trail past the burnt grassy section on the left. Turn right and follow the gravel trail along the creek, which will be on your left. Follow the trail past to the junction where you originally turned left, it will be on your right. Continue past the trail leading to the steel bridge, that will be on your left. Continue on the gravel trail back toward the asphalt path through the gate, turn right over the bright at the asphalt path and return past the water treatment plant, past the tennis court, past the athletics oval, past the surf life saving club to the finish arch. You've done it, you've completed your first lap of 6.71km, congrats, repeat this course 5 more times starting on each hour. From 6pm the course will change to the night trail. Refer the night notes.