



HYDRO TASMANIA
**KING ISLAND
IMPERIAL 20**
SUNDAY
10 MARCH 2019

Schedule of Events

SATURDAY 9TH OF MARCH 2019

Fun Run - 4:00 pm at the Boomerang by the Sea

Carbo Dinner - 6:00 pm at the Boomerang by the Sea

SUNDAY 10TH OF MARCH 2019

Bus Departure Times from Currie

6:00 am - Bus for 32 km Walkers

6:45 am - Bus for 32 km Runners

9:40 am - Bus for 8 km Short Course Walkers & Runners.

Race Starting Times

7:00 am - 32 km Walkers

7:15 am - Walking Teams

8:15 am - 32 km Handicapped Runners

8:30 am - Running Teams

10:15 am - 8 km Short Course Walkers

10:30 am - 8 km Short Course Runners, 8 km Relay Teams

Presentation Dinner - from 6:00 pm at the Boomerang by the Sea



Welcome

FROM THE MAJOR SPONSOR...

Starting with the sun on Sunday 10 March, walkers and runners from around Australia will once again take on the challenge that is - 'The Imperial'.

- To:
- the passionate competitors who come back year after year;
 - the rookies who are excited but a little nervous;
 - the tireless volunteers who work so hard to make this event the success it is; and
 - all the islanders who cheer and encourage people along the way;

Thank you for your efforts to make this event the success it is.

The Imperial not only shows off the spectacular scenery of King Island, it also gives people the chance to experience the warm hospitality for which the islanders are renowned.

Good luck to all competitors, well done to all the volunteers and thank you for the opportunity for Hydro Tasmania to again support the event and be a part of the magic that is King Island.

Kate Hickey

Community Coordinator
Hydro Tasmania



Welcome

MAYOR'S MESSAGE

Having lived on the Imperial 20 route for 24 years, I have always been amazed with the broad age range and competitive nature of those that compete in this unique event. With credit to those who come to the Island especially to do the coast to coast run. Volunteers are the backbone of most organisations here on the Island. The Imperial 20's are second to none. To those competing this year: I hope you run like the wind here blows (which normally is at a great km/h rate).

David Munday
Mayor



KING ISLAND COUNCIL

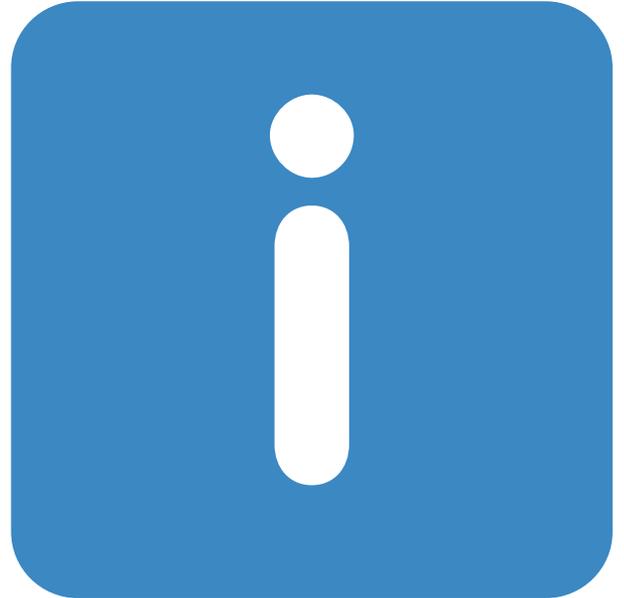
Visitor Information

IF WE CAN HELP

We do hope this information guide answers many of your questions. However, if there is something else you would like to know please do not hesitate to contact us. A committee member will be at the airport to meet most incoming flights leading up to the event. Have a chat to one of the friendly committee members or contact us using one of the methods detailed below.

President: Gary Strickland - 0407 157 501
Race Director: Ian Allan
racedirector@kingislandrace.org.au

Website: www.kingislandrace.org.au



MARKET

The unique Produce of King Island Market will be held at the Town Hall, George St Currie. The market will be held between 10 am and 12:30 pm on Saturday. Lunch is available as well as all the other offerings at the market.

PHONE COVERAGE AND WIFI

Telstra is the only mobile phone network that operates on the island. Even if you do have a Telstra phone you may find it difficult to get reception in many areas.

Several cafés offer free wifi





CRAYFISH

King Island has a well-deserved reputation for producing gourmet produce, particularly Crayfish. An event sponsor, Foodworks, will be selling Crayfish over the event weekend. Orders need to be placed by Friday 8th of March. Prices at market rate. To place an order contact Rose at kingisland@stores.foodworks.com.au

Extra Events

FUN RUN

For the very first time the predicted time fun run/walk will follow a track through the picturesque Currie Golf Course. To take part, make your way to the Boomerang by the Sea at the end of Owen Smith Drive. The event starts at 4 pm on Saturday and follows a 3.2 km course. The entrant who predicts closest to their predicted time will take home some fine JBS King Island Beef.

Following the JBS Predicted Time run will be the famous and notorious JBS Meat Run. This event, formally known as the Free Willies Dash for Cash, is a short sprint along the 15th fairway. Entries on the day and the first prize is a cryovac of prime JBS King Island Beef.



Scan this code to view the Fun Run Course



CARBO DINNER

Watch the sun set over Bass Strait while carbo loading in preparation for the big race. The Carbo Dinner held at the Boomerang by the Sea event begins on Saturday at 6:00 pm. Book online via the website.

PRESENTATION DINNER

HYDRO Tasmania is proudly hosting this year's Presentation Dinner. The function, often regarded as the highlight of the weekend, is held on the Sunday evening.

The menu features fresh King Island produce. The dinner provides an ideal opportunity to kick back, relax and get together with fellow competitors. And if you are lucky you could be one of the prize winners. This event will be held at the Boomerang by the Sea, at the end of Owen Smith Drive Currie. The doors will swing open at 6:00 pm . To book a ticket follow the links on the event website.



Course Information

DRINK STATIONS

Drink stations will be located approximately every four km across the course. There will be an additional drink station 2 km from the finishing line.

All drink stations provide cups of genuine King Island rain water, as well as sports drinks. A personal drink services is also available. Details follow.

If you need a sugar hit at the drink stations, feel free to snack on jelly beans. Chafing and blisters are the curse of all endurance athletes. To ease the discomfort, the drink stations will have Band-Aids and Vaseline on hand.

Race organisers request that if competitors are not able to find a rubbish bin to dispose of a cup or drink bottle, then they simply drop it by the side of the road. Please do not throw any litter off the road, as this makes it harder to clean up.



COOLING STATIONS

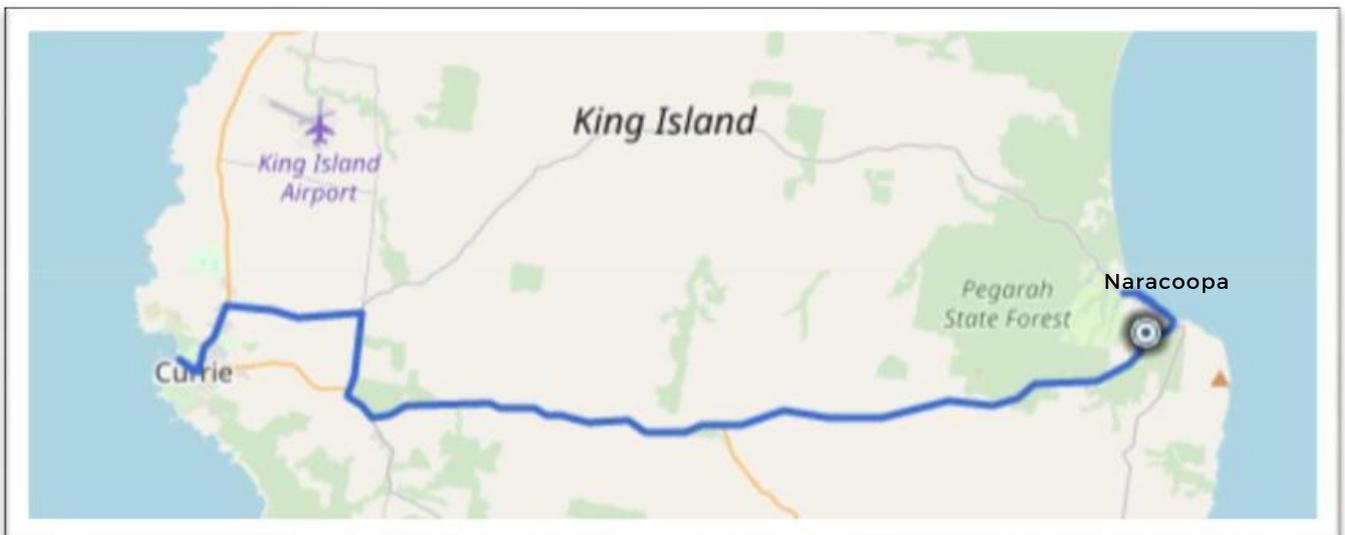
In case any runners or walkers are finding the conditions warm and uncomfortable, cooling stations will be located at or near the 10 km, 14 km, 18 km, 22 km, 26 km, 30 km and finishing line. At these cooling stations water, spray bottles and shower buckets will be on hand to cool the body.



COURSE DESCRIPTION

The race begins on the east coast at Naracoopa. After starting on the lawn outside Baudins, the course initially heads NW for 700 m before making a u - turn and returning past the starting line. Runners and walkers then have the opportunity to appreciate the majestic views of Sea Elephant Bay on the left before turning into Forrest Street to begin the trek across the island. After turning onto Pegarah Rd, the first challenge is a short but sharp climb up the Naracoopa Hill. The course then gradually climbs for the next 6 km before reaching the highest point being about 11 km into the race. The course continues along Pegarah and Grassy Roads through majestic King Island Farm land.

COURSE MAP



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COURSE DESCRIPTION

Just after the 22 km mark runners and walkers will catch a view of Hydro Tasmania's wind generators. After moving past the generators, the first glimpse of the western coast will come into view. This is only short lived as the course then turns right to heading north on Wicks Rd for 2 km before then turning west into Fraser Rd for the final 6 km to the finish. With 3 km to go the course turns into Main St heading towards the township of Currie.

After a short but sharp climb past the Catholic and Anglican Churches the course heads down hill into the CBD. Then there is a cruel twist. With the finishing line tantalizingly close there is still another 1500 m to go. After waving good bye to the finishing line the course heads down Wharf Rd to Currie Harbour on the western shore of the island only to then take a u-turn to head back up Wharf Hill to the finish.



COURSE DESCRIPTION - 8 KM EVENTS

The course for the 8 km events begins at the Hydro Tasmania Power Station, which is close to the corner of Wicks and Grassy Rds. From there the course follows the final 8 km of the course from Naracoopa

ROAD CLOSURES

All competitors are reminded that there is only a partial road closure for the event. Runners and walkers must only use the right hand side of the road. The only exception is at the start, when competitors will be on the left hand side of the course for the first 1500m. As the day progresses the roads will be opened to normal traffic movement. There are not any stringent cut-off times. Competitors who are still on the course after the roads are opened will be offered transport to the finishing line or may continue on the course but at their own risk. If a competitor opts to continue on the course after the roads have been opened, they must stay off the road at all times.



COURSE RECORDS

32 km Running Event

Female Record - 2.03:47.3

Amelia Aslanidis (2017)

Male Record - 1.37.48

Steve Moneghetti (2002)

32 km Walking Event

Female Record - 2.52:54

Claire Tallent (2016)

Male Record - 2:36:33

Jared Tallent (2016)



Jarred Tallent

Race Information

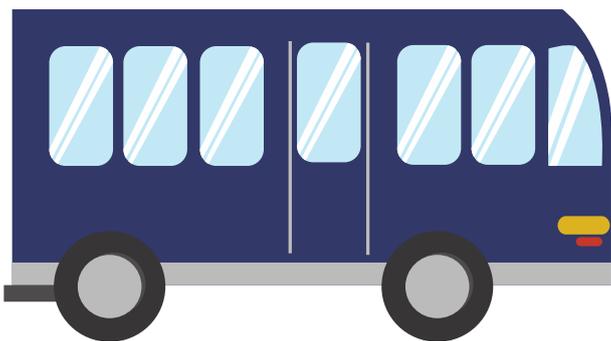
RACE NUMBERS

Race numbers will be distributed at starting lines. Race numbers will also be available for collection at TK's Cafe (Harbour Rd Cafe, Edward St) on Friday and Saturday from 10:00 am to 12:00. . Race numbers must be worn throughout the race, especially in order to activate the timing system at the finish.



GETTING TO THE STARTING LINE

The course between Naracoopa and Currie will be closed to traffic for the event. If you are driving to the start we suggest these detours; from Currie via Fraser Rd, from Grassy via Yarra Creek and Millwood Rds. Drive with care, the detours are unsealed and the sun rise may cause glare.



Buses will depart Currie for the starting lines at either Naracoopa (for the 32 km events) or the Power Station (for the 8 km events). All buses will be departing Currie from the cnr of Edward St and Netherby Rd. If you intend to leave a car at the finishing line, please avoid parking in Main St. Refer to the schedule for details of the departure times

HANDICAPPING



Rod Griffin - Handicapper

Entrants in the 32 km running event will receive two results, one based on time and the other based on handicap. In order to determine a handicap entrants are required to submit details of previous performances. Based on this information each entrant is allocated a handicap. In past years runners have started at different times depending on their handicap. This year all runners will start at the same time with the handicap result determined after the event. The handicap winner will be announced at the presentation dinner.

GEAR TRANSPORT

A van will be located at the start to transport competitors' bags and clothing to the finishing line. All gear will be available for collection close to the finishing line.

The race organisers will endeavour to look after all possessions, but will not accept responsibility for the loss or damage of any of these possessions.

BREAKFAST

A light continental breakfast will be on offer at the starting line at Naracoopa. No need to book.



EXTREME WEATHER

Over the previous 25 years the Imperial 20 has been held, it has been fortunate that the event has never been cancelled. King Island is typically windy and the temperature could be best described as mild. However, if the weather conditions are extreme, the race may be modified or even cancelled. The safety of the competitors and volunteers is paramount.



PERSONAL DRINKS

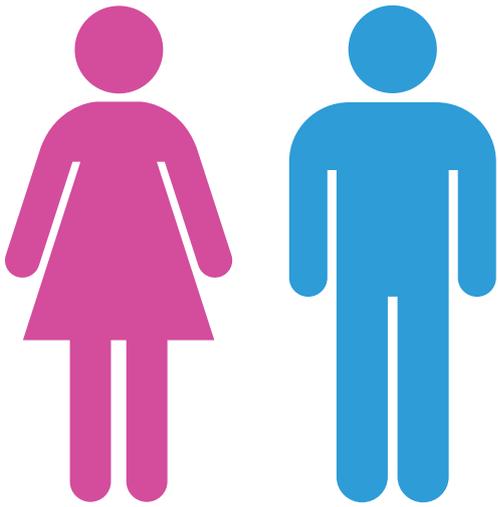
The race organisers offer a personal drink service for those entered in the 32 km individual events. To take advantage of this service simply bring your special drinks or potions to the starting line and place them in the specific container. The drinks will then be transported to the requested drink station location.

Please take note of the following details:

- The drink will need to be clearly labelled with your race number and location.
- Competitors are responsible for placing the drink in the correct container.
- Drinks must be dropped in the bins at the starting line prior to 6:45 am for walkers and 8:00 am for runners.

These drinks will be placed on the first table at the drink stations. Competitors are responsible for finding their own drinks, however, the volunteers will do their best to assist.





TOILETS

Toilets will be available at the following locations:

- At the starting line
- Near the 8 km, 16 km and 24 km Drink Stations
- Currie Harbour 31.3 km
- At the finishing line

CHEESE BAGS

All entrants in a 32 km individual event are eligible to receive a “Cheese Bag” from the King Island Dairies stand, located near the finishing line. To collect a cheese bag simply show the volunteers your race number.

RESULTS

All the results, times, places and individual certificates will be available live online. Either follow the links from the event website or scan these QR Codes



Sunday Event



Saturday Fun Run

PRIZES AND AWARDS

32 km Running Event

Handicap Winner
Fastest Male & Female
Age Group Prizes
Handicapper's Award

32 km Walking Event

Fastest Male & Fastest Female

Larkey Prize

First King Island Male & Female

Momentum Energy

Young Adult Community Leadership
Award

Team Walking Event

First Female, Male and Mixed Teams
First Sporting and Corporate Teams

Team Running Event

First Female, Male and Mixed Teams
First Sporting and Corporate Teams



MASSAGES

The massages are back!!!
Running can hurt.
Avoid the pain and take
advantage of a free massage at
the finishing precinct.

WALKING JUDGING

The walking events are not
judged. Walking entrants please
take care to maintain a walking
action at all times.

TARGET TIMES

There will not be any strict cut off
times. It is hoped that all
entrants will finish by 12:30 pm.

FOOD

The King Island Lions Club will once again be serving their much sought after steak sandwiches. The King Island Bakehouse is conveniently located close to the finishing line, and is a popular stop for those wanting to sample local pies, salad rolls, coffee and a range of other treats. Harbour Rd Cafe is an ideal location to cheer on the runners as they begin the final 50 m to the finish. Elle's Beef and Reef Cafe serves a range of food and drinks.



Relay Events

SUPPORT VEHICLES

Each team will need to organise a support vehicle to transport team members across the course. Drivers of support vehicles will need to collect a road access permit, race numbers and instructions from the Race Day Coordinator at the starting line in Naracoopa.



ROAD ETIQUETTE



We request that the support vehicles do not follow the participants, but instead drive ahead to the next checkpoint. The speed limit on the course is 20km per hour. Please slow down when travelling past competitors. Drivers need to be aware that only a partial road closure is in place, and that there will be other vehicles on the roads, travelling in either direction.

RELAY CHANGES

Relay Change Zones will be in the vicinity of the 8 km, 16 km and 24 km markers. Drivers must park in the area as indicated by the course signage or as directed by a course marshal. The relay change location is also indicated by course signage. Team members must wait off the road until the incoming team member is close. To complete the change the runner or walker must tag the next team member.



RELAY FINISHING

It is a tradition for relay teams to cross finishing line together. A good meeting place to get the team together would be outside Harbour Rd Café. The team member who is covering the final leg will need to finish slightly ahead of the rest of the team. We do request that all teams are considerate of other competitors finishing at the same time.

Naming Sponsor



Hydro Tasmania

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