

30th Cohuna Bridge to Bridge

Sunday, March 5

Ride / Run / Walk

Apex Park, Island Rd. Cohuna



- Mawson's Kids K
- thegannawarra.com.au 6.5km Fun Run/Walk
- North Central CMA 12.5km Trail Run
- Cohuna Auto Electrical 21.1km Trail Run
- AWMA Water Control Solutions 6.5km Junior Cycle
- 25km Cycle
- 50km Cycle
- Virtual options for each event



Major fundraiser for the



with proceeds going towards an upgrade to the outdoor area for the aged care residents in the nursing home.



Organised by the Bridge to Bridge Committee and Cohuna Neighbourhood House.

www.bridgetobridge.org.au for full details and to enter
ONLINE REGISTRATIONS CLOSE ON: Saturday, March 4 at 3:00pm

No registrations taken on the day.

Contact us: cohunabridge2bridge@gmail.com

Welcome to Cohuna!

Welcome to the 30th Cohuna Bridge to Bridge – we're so excited to be bringing this event to you. We want you to have a great day running, riding or walking, and enjoy the beauty of the Cohuna district, all while raising vital funds for the Cohuna District Hospital.

It's a great feat for a small-town community event to be running for so long. That's pretty darned good for an event that had its beginnings with a practical joke between Mick Farrant, Ron Stanton and John 'Straw' Ely in 1992; when Mick swam solo from Dalton's Bridge to the town bridge in 3.5 hours. They didn't realise it at the time, but that became the 1st Cohuna Bridge to Bridge. The second was in 1994 and it has been held annually ever since.

GOT A FRIEND WHO CAN'T MAKE IT? Let them know all events can be done virtually. They can find out more at <https://bridgetobridge.org.au/virtual-12-5km-and-21-1km-runs>

Event Schedule

Saturday, March 4

1.00pm – 4.00pm Bib collection at Cohuna Neighbourhood House, 29 Market St.

Sunday, March 6

6.00am	Bib collection opens
7.15am	Shuttle bus service begins
7.45am	Race briefing half marathon
8.00am	START – HALF MARATHON
8.05am	Race briefing 12.5km run
8.15am	START – 12.5KM RUN
8.20am	Race briefing 6.5km junior cycle
8.30am	START – 6.5KM JUNIOR CYCLE
8.35am	Race briefing 6.5km run/walk
8.45am	START – 6.5KM RUN/WALK
9.15am	Race briefing 25km and 50km cycle
9.30am	START – 25KM AND 50KM CYCLE
9.45am	Presentations – 6.5km junior cycle and run/walk
10.00am	Race briefing Kids K
10.10am	START – KIDS K
11:00am	Presentations – 12.5km, half marathon runs and 25km and 50km cycle

Location and Facilities

Admin: The admin tents will be located in Apex Park, on Island Rd. Bib collection and general enquiries will be located here from 6am.

Parking: There is plenty of parking on the fire brigade track and in King George and Market Streets, plus the surrounding streets. We advise you not to park in the supermarket carpark, please leave that for its customers. Island Road will be blocked and closed from the roundabout so there is no access to the carpark behind the stage or the Apex Park carpark.

Toilets: Toilets are located in Apex Park, at the Gateway Visitor Centre in Garden Park and next to the Memorial Hall in King Edward Street. There will be portaloos adjacent to the start line of the running events and junior bike event, at Daltons Bridge.

On course, toilets are located at the ski run on Island Road and for the trail runs, at the first oval inside the Recreation Reserve. A portaloos will be made available at the 6.3km point of the 12.5km trail run and the 15.4km point of the half marathon course. We discourage the use of off-road toileting in the bush for obvious reasons. Please be respectful of our area; plus, you don't want to be caught with your pants down!

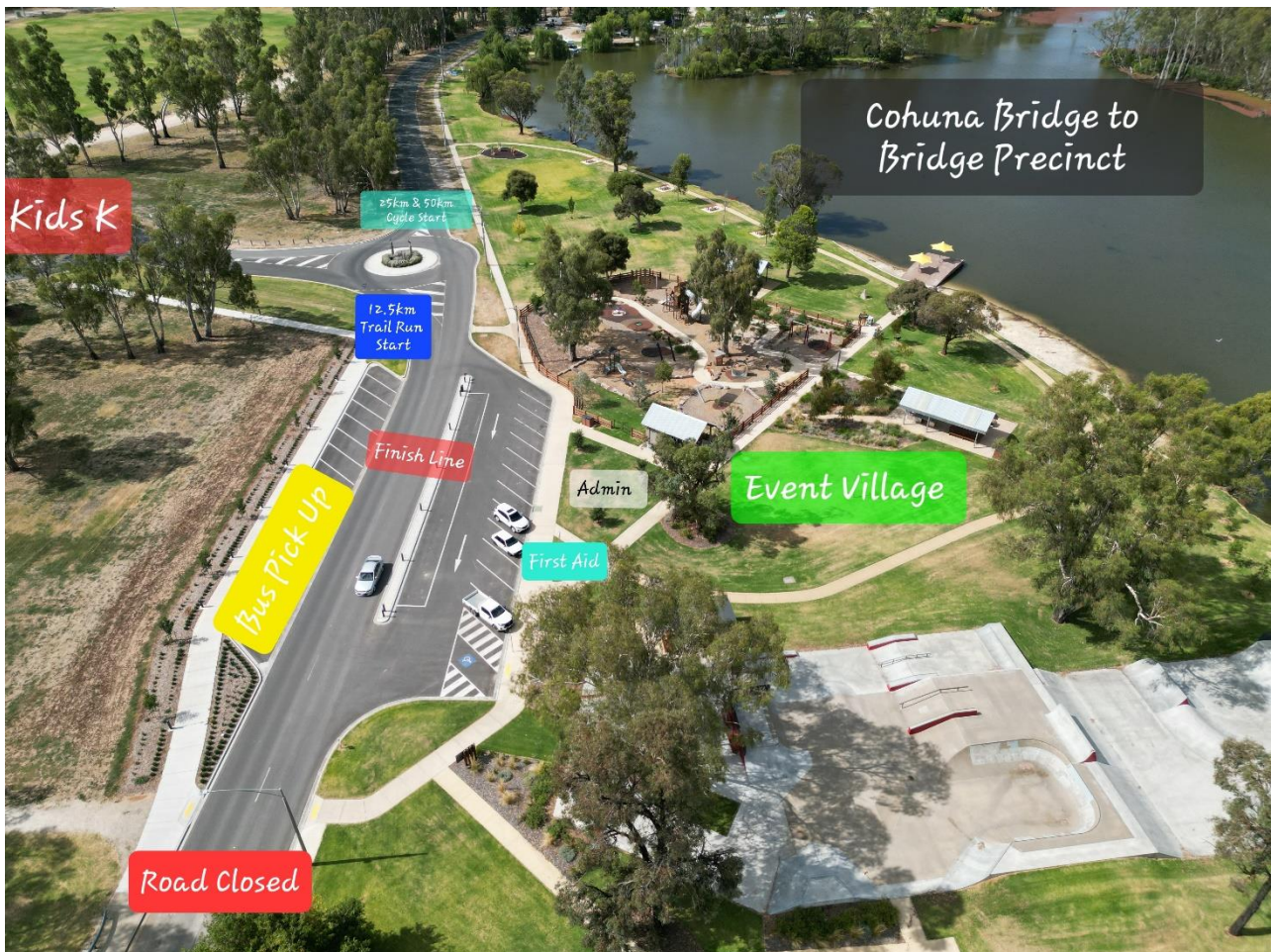
Event Village: While you're waiting for your family and friends to finish their events, and once they are back, enjoy the atmosphere of our event village, located in Apex Park. There will be coffee, hot food, music and stalls to keep you busy as well as temporary tattoos, face painting and games. Cooked breakfasts will be available throughout the morning – perfect if you've been travelling in the car for hours, and the Leos will have donuts and chips on offer.

Cohuna ROCKS: Keep the kids entertained by searching for Cohuna Rocks in the surrounding park areas – Apex Park, Garden Park and Gilrue Park (across the weir). Search Cohuna Rocks on Facebook.

Post-event massage: Look forward to a massage after your run or cycle event is over. Once you're through the finish line, head to Apex Park for a massage. Kylie from Kookaburra Massage will be in attendance to provide some welcome relief. Gold coin donation accepted with all proceeds going to the Cohuna District Hospital. Thank you to Kylie for being at our event.



Bridge to Bridge precinct



Lucky Duck

Our Lucky Duck competition is back. If your duck is the LUCKY DUCK, you'll win \$100! Tickets are \$5 per duck and can be bought at bib pick-up Saturday afternoon or in the event village on Sunday morning.



Registrations

If you've received this booklet, it means you've already registered. 😊 If you have friends or family who are yet to register, our online registrations will be open until 3.00pm Saturday, March 4. They can enter at <https://bridgetobridge.org.au/enter/>

There will be NO ENTRIES ON THE DAY.

Entries are not refundable. If you would like to transfer to a longer distance event, you will be asked to pay the difference. If you are transferring down, there will be no refund. We would appreciate early notice of transfers to avoid long waiting times at the admin tent.

Race Bibs

All competitors will receive a race bib as part of their entry which must be worn on the front of your body and be visible throughout the event, or on the front of your bike in all cycle events. Pins and cable ties will be provided. Race bibs are to be worn by the registered participant only and are not transferable to another entrant. Race bibs will have a timing chip which is activated when you cross the start line, then again when you cross the finish line. Please do not remove the timing chip or you will not have a time registered.

Replacement race bibs are available on the day for a fee of \$5.00.

Kids K race bibs do not have timing chips as the event is not timed.

Bib collection is available at Neighbourhood House, 29 Market St. from 1pm to 4pm on Saturday 4th, and from 6am on event day from the admin tent in Apex Park.

Baggage Drop

Bags can be left at the baggage drop area at the admin tent prior to your event. Each bag must be clearly labelled with your bib number. Upon collection of your bag, your bib must also be presented. We will not be responsible for loss or damage of personal items.

Bus travellers: Before getting on the bus, you may leave any valuables with the bus marshal. You will be given a resealable bag to write your name and bib number on. After your event, these can be collected from the baggage drop area near the admin tent. If you forget to leave your belongings, you will need to take them with you during your event.

Getting to the Start Line



Our buses are a FREE service. A massive thank you to Ron Stanton and Cohuna Car Sales who are providing the buses, and to the drivers who are providing their time completely FREE for the day. Be sure to give them a big smile and thank you as you board the bus.

6.5km fun run/walk and 21.1km trail runs: You are welcome to make your own way out to the start line; however, you will need to make arrangements to pick your car up after the event. We will operate a free shuttle bus from town to the start line at Daltons Bridge for the 6.5km fun run/walk and half marathon trail run only. Prams can be transported in the luggage compartment of the bus. You are responsible for making sure you leave enough time to pick up your bib, walk to the bus loop and to get out to the start.

If you are going to drive out yourself, see the directions for the 6.5km junior cycle below.

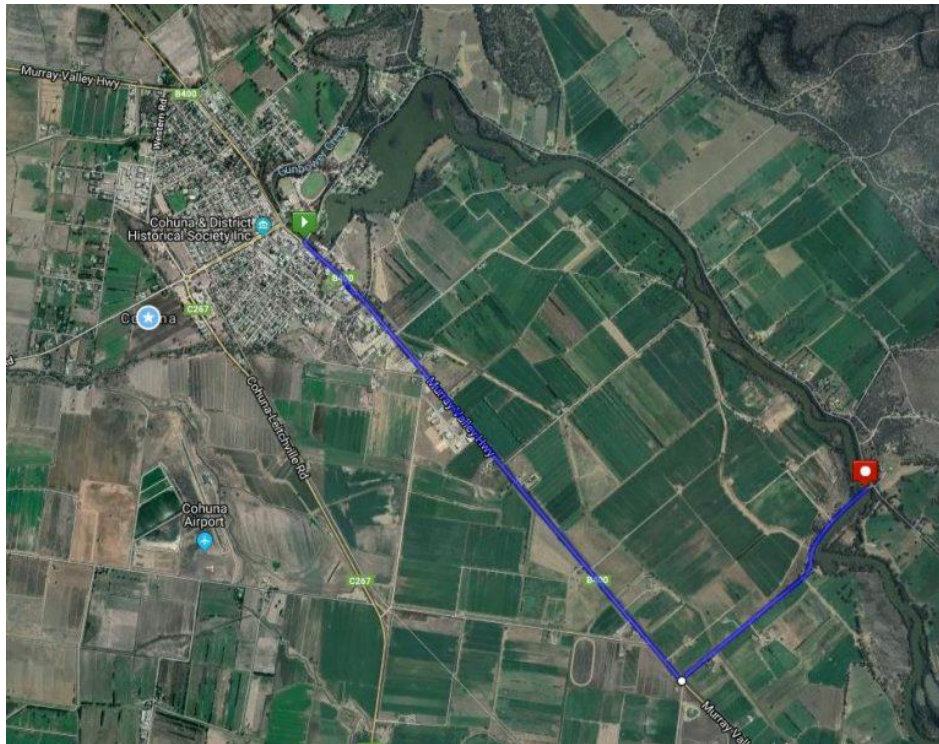
12.5km trail run entrants – alternative course for 2023 – start line is in town.

Location: The bus pick-up point is adjacent to the marshal tent, in the car park area across from Apex Park. This road is closed to traffic, so you will need to park your car elsewhere and allow time to walk to the bus. See precinct map on page 4.

Times: The first bus leaves at 7.15am and is for entrants in the half marathon only. The first few buses will be for the half marathon start, followed by the 6.5km events, with the last bus leaving shortly after 8.20am. Please allow plenty of time to catch a bus. We thank you for your patience and understanding.

Valuables: Before getting on the bus, you may leave any valuables with the bus marshal. You will be given a resealable bag to write your name and bib number on. After your event, these can be collected from the baggage drop area near the admin tent. If you forget to leave your belongings, you will need to take them with you during your event.

6.5km junior cycle: Entrants in the 6.5km junior cycle will need to be transported out to the start line at Daltons Bridge. Please ensure you take everything your rider needs with you and be there in plenty of time. It can be congested at the drop off point so be alert and allow extra time. From town, drive out along the Murray Valley Highway and turn left onto Daltons Road (about 4.5km from the town roundabout). Drive along Daltons Road until you're almost at the end (you will see part of the road near the bridge is blocked). Take note; Daltons Road is a narrow road and you will also have school buses using the same route. Island Road will be closed so you will not be able to drive out that way. See map below.



25km and 50km cycle: Entrants in these cycle events will need to park in the main street and walk their bikes to the start line, which is near the Cohuna Recreation Reserve entrance. Your courses are out and back (50km do two laps), so you will finish back at the town bridge.

Kids K: Entrants in the Kids K can walk across the bridge to the start line inside the Recreation Reserve (look for the Mawsons banners). The finish line will be the same location.

Why Are We Here?

We're here to have fun, of course, but our ultimate aim is to raise money for an upgrade to the outdoor area of the nursing home at Cohuna District Hospital. All proceeds from the day, and any donations that have been made, will be given to the hospital following the event.



COHUNA
DISTRICT HOSPITAL

Heat, Safety and Water

The forecast temperature for Sunday is low to mid 20s, and we strongly encourage you to think about your health and safety.

Heat/sun: Apply sun cream before your event. There will be plenty of shady spots but you'll also be in full sun at times. Wear a hat or visor (doesn't apply to cyclists). Consider wearing a shirt instead of a singlet.

Mozzies: Mozzies have been known to be a bit hungry. Apply mosquito repellent before your event, and throughout the morning.

Safety: Be aware of others around you. If you're going to pass someone, use some etiquette and call out that you're passing on the right/left. We recommend that you don't use headphones so you can hear the directions of marshals, or you can hear that cyclists are approaching. You must follow the direction of marshals, particularly at the junction of the Second Oval gate and Island Rd where the trail runners enter Island Rd (marshals are only looking out for your safety and the safety of other participants). Be prepared to stop while cyclists go past. Only cross when the marshals have directed you to.

Trail runners, be alert and scan the track ahead. We want you to enjoy the view, but the track is unpredictable with pot holes, stumps, rocks, sticks, holes, low hanging branches and so on. You need to be scanning constantly. Do not stray from the track. You may see kangaroos and emus. Do not approach them. Wear bright coloured clothing so if you have ducked off the track for any reason, we can find you. Follow your ribbons and signs (outlined in your event details elsewhere in this booklet).

In the event of a serious injury that requires an ambulance, dial triple zero (000). Alternatively, if it is not serious but you need attention, dial the event director, Kirstin on 0428 564 103. Some of the marshals in the bush are nurses and senior first aiders, so you are well covered. If you come across someone who is injured, stop and assist. Call for help if required, and wait for help to come to you.

12.5km trail runners your drink stations are located at the 1.4km, 4.3km, 6.3km, 8.3km and 11.1km marks.

21.1km trail runners your drink stations are located at the 5.9km, 10.8km, 13.7km, 15.4km, 17.1km and 20km marks.

If you can't finish the event, let a marshal know. If you don't, and we cannot account for you at the close of the event and have to call emergency services, there may be a cost passed on to you.

Water: Ideally, we'd like to see everyone carrying their own water. It will be warm and you will get thirsty, plus it's refreshing to throw some water down your back! Water stations will be located along the route of all events, except the 25km and 50km cycle events. For the 6.5km run and junior cycle events, your water stop is at the ski run.

12.5km trail runners, while you'll have water stops at the 1.4km, 4.3km, 6.3km, 8.3km and 11.1km marks, we encourage you to carry your own water. You can refill your drinkers at the checkpoints if needed.



21.1km trail runners, while you'll have water stops at the 5.9km, 10.8km, 13.7km, 15.4km, 17.1km and 20km marks, we encourage you to carry your own water. You can refill your drinkers at the checkpoints if needed.

There will also be water provided at the finish line.

Merchandise

Wrist bands are available for purchase during bib collection times and on Sunday morning. **Cost is \$2.** Limited numbers available so, first in, best dressed! Correct cash appreciated (no EFTPOS).



Thanks to our volunteers!

A massive thank you to our volunteers. The event could not take place without the dedication and hard work of the committee, and the generosity of everyone you see on the day helping out. We are all volunteers who have given up time and other commitments to bring the event to you. Please give our volunteers a high five and thank them for their time.

A massive thank you to our event sponsors:



Thanks to these sponsors:



Thanks also to:

Ron Stanton

Cohuna Car Sales

Event Details

Cohuna Auto Electrical half marathon trail run:

NOTE: Due to flooding in the Gunbower State Forest and Gunbower National Park, we are utilising an alternative course for 2023. Runners will follow an alternative course into town before joining the 12.5km course. See map and details below.

The start line is on Island Road, near the Cohuna Clay Target Club and adjacent to Daltons Bridge (see Event Info page for directions). The course enters the Gunbower National Park on Nursery Track, veers left onto Wee Wee Rup Track then loops around to join Richardsons Road, before exiting right onto Island Road and heading towards town. Island Road is bitumen. After reaching the ski run, follow the signs to veer left onto the walking track that meanders along the Gunbower Creek. As you reach the squash courts, look for the signs that direct you back onto the road towards the roundabout.

At the roundabout on Island Road, it turns right into the Cohuna Recreation Reserve. The course runs through the Cohuna Recreation Reserve before entering the Gunbower State Forest off Mill Road. You will wind your way along the tracks beside the Gunbower Creek for 6.25km before turning around and following the same route back, emerging onto Island Road at the Second Oval gate (opposite the caravan park entrance). Island Road is bitumen and this will take you to the finish line at the town bridge. See below for a map.

Apart from the Island Road section, the course is a mix of dirt vehicular bush tracks and single tracks and as such, can be uneven. If it has rained it can be wet, slippery and boggy in places. There will be the odd pothole, stump, stick, branch and stones, and even kangaroo and emu poo, so runners should be mindful to look at the road surface as they are running, as well as enjoying the surrounds.

When emerging onto Island Road, a marshal will direct you to cross to the left-hand side of Island Road. Participants still on the Island Road section of the course at 9.30am will need to stick to the very left of the road, as the cycling events begin. Please listen to and follow marshal instructions for your safety and that of other participants.

Aid stations: Aid stations are located at the 5.9km (toilet), 10.8km, 13.7km, 15.4km (toilet), 17.1km and 20km marks.

Cont...

Course markings: We will have some marshals on course, but most of the course will be marked using pink surveyors tape hanging and tied to trees. It will be placed periodically along continuous sections of track, as well as at intersecting tracks to indicate which turn to take. Red and white tape will be placed across roads that are out of bounds. Do NOT cross any red and white tape. From the 13.4km mark, your course is the same as the 12.5km course, so you will see runners in that event completing their course.

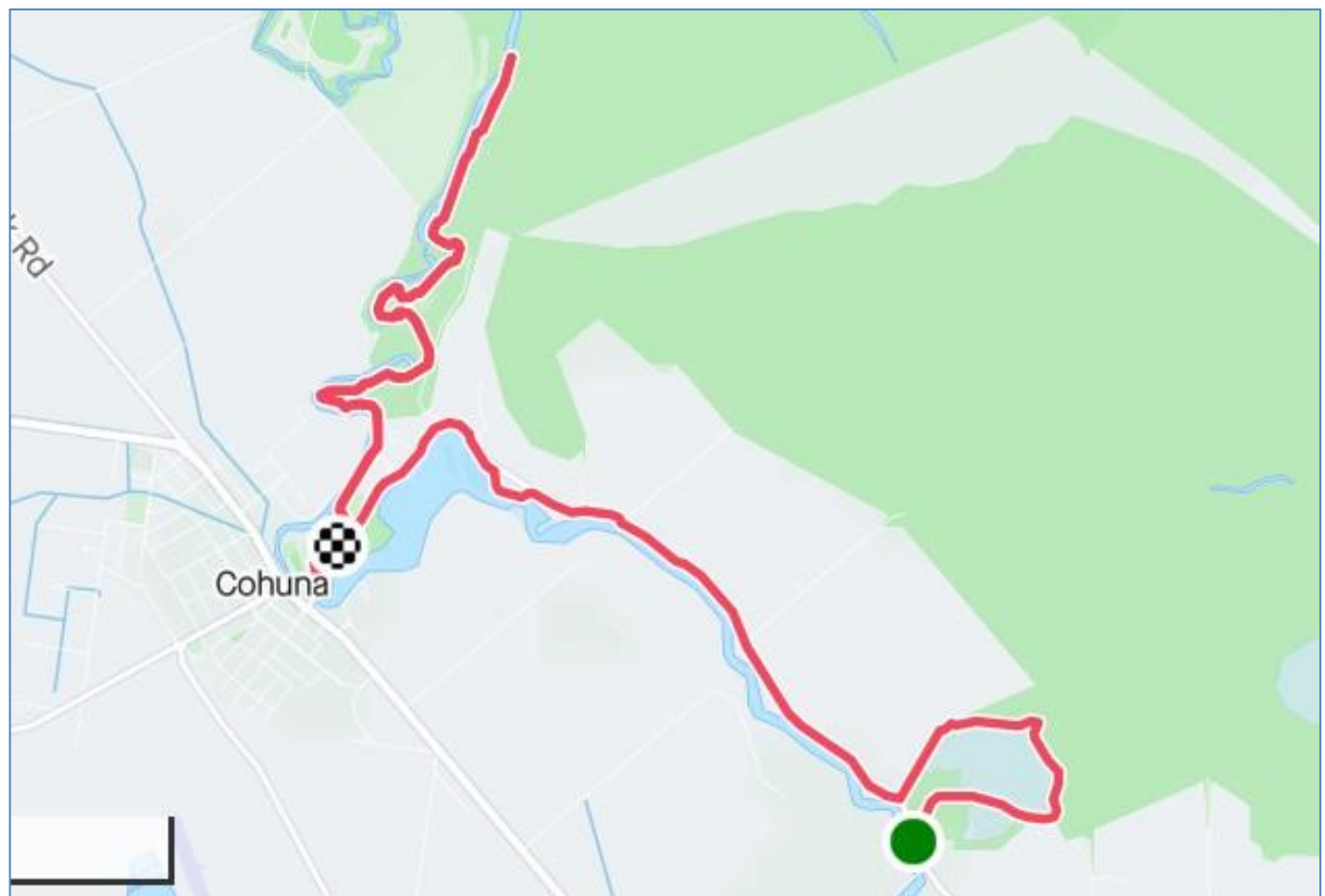
Look for these course markings:

- Pink arrows and pink crosses
- Pink tape strung from trees
- Red and white tape across no access areas



In case of emergency, dial 000 (triple zero)

Event Director: Kirstin 0428 564 103



21.1km half marathon trail run course (altered course for 2023)

North Central CMA 12.5km trail run

NOTE: Due to flooding in the Gunbower State Forest and Gunbower National Park, we are utilising an alternative course for 2023.

The start line is at the roundabout on Island Road, near the entrance to the Cohuna Recreation Reserve. The course runs through the Cohuna Recreation Reserve before entering the Gunbower State Forest off Mill Road. You will wind your way along the tracks beside the Gunbower Creek for 6.25km before turning around and following the same route back, emerging onto Island Road at the Second Oval gate (opposite the caravan park entrance). Island Road is bitumen and this will take you to the finish line at the town bridge. See below for a map.

The course is a mix of dirt vehicular bush tracks and single tracks and as such, can be uneven. If it has rained it can be wet, slippery and boggy in places. There will be the odd pothole, stump, stick, branch and stones, and even kangaroo and emu poo, so runners should be mindful to look at the road surface as they are running, as well as enjoying the surrounds.

When emerging onto Island Road, a marshal will direct you to cross to the left-hand side of Island Road. Participants still on the Island Road section of the course at 9.30am will need to stick to the very left of the road, as the cycling events begin. Please listen to and follow marshal instructions for your safety and that of other participants.

Aid stations: Aid stations are located at 1.4km, 4.3km, 6.3km (toilet), 8.3km and 11.1km marks

Course markings: We will have some marshals on course, but most of the course will be marked using pink surveyors tape hanging and tied to trees. It will be placed periodically along continuous sections of track, as well as at intersecting tracks to indicate which turn to take. Red and white tape will be placed across roads that are out of bounds. Do NOT cross any red and white tape. From the 4.9km mark, your course is the same as the 21.1km course, so you will also see runners in that event.

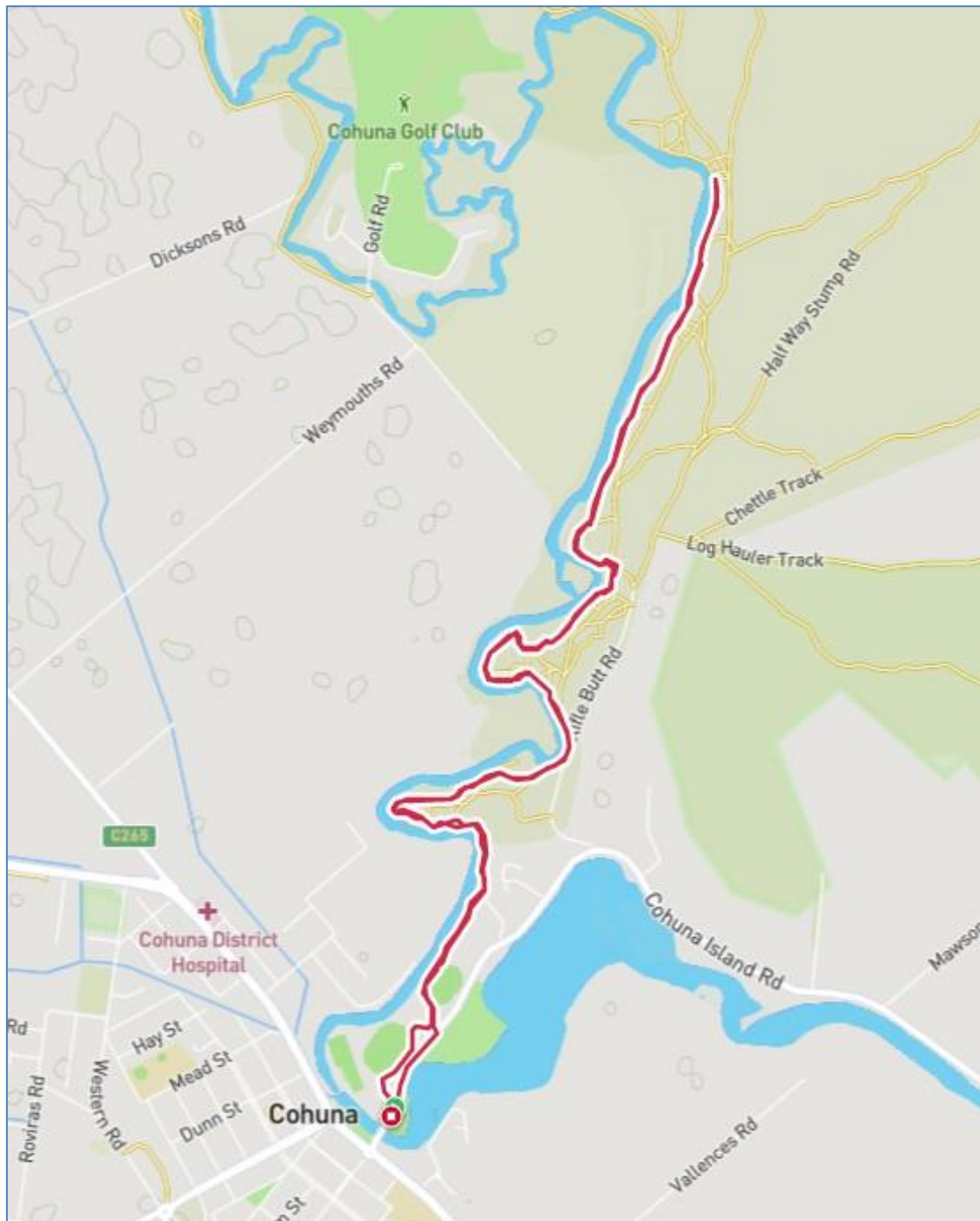
Look for these course markings:

- Pink arrows and crosses
- Pink tape strung from trees
- Red and white tape across no access areas

In case of emergency, dial 000 (triple zero)

Event Director: Kirstin 0428 564 103

Cont...



12.5km trail run course (altered course for 2023)

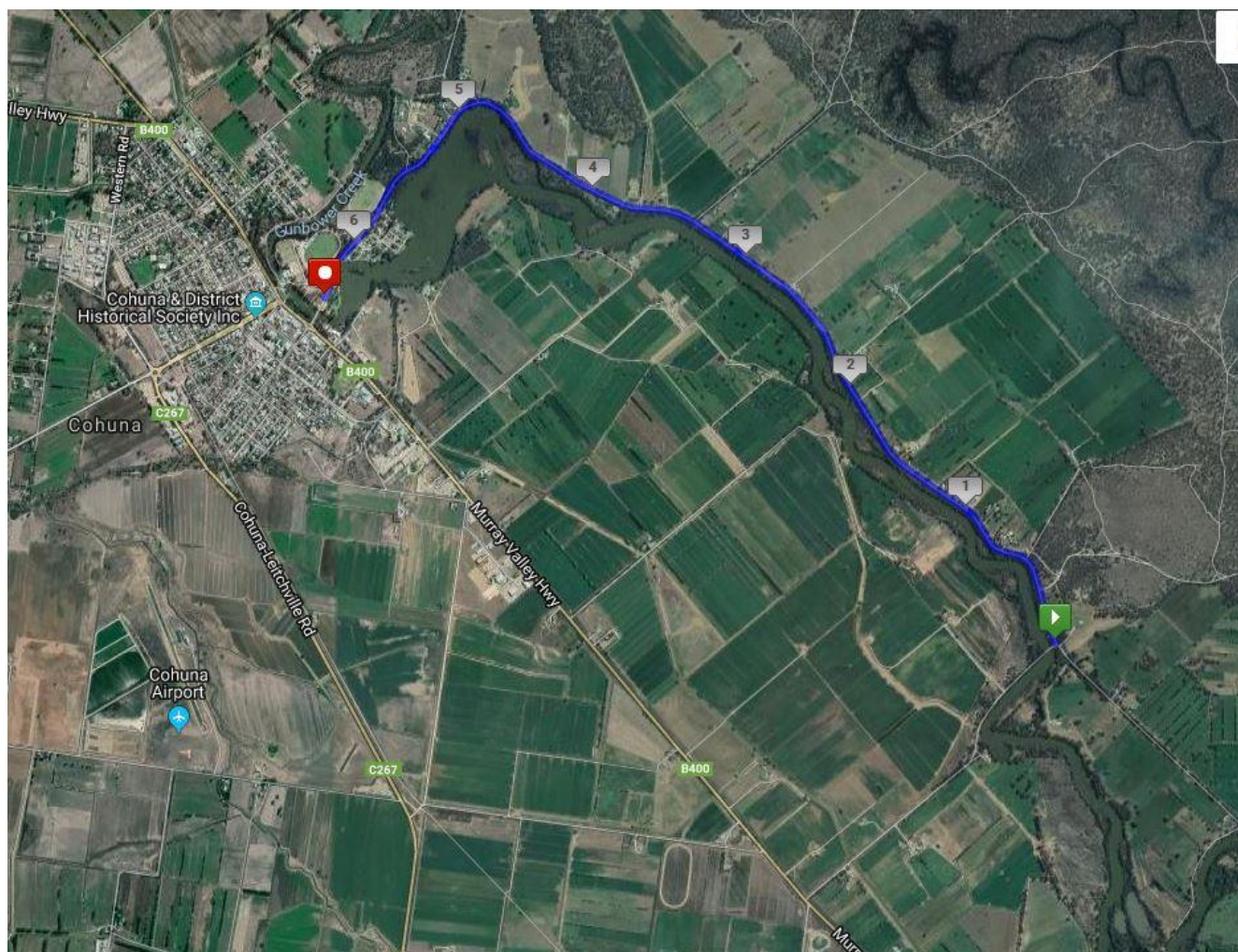
thegannawarra.com.au 6.5km fun run/walk: The start line is on Island Road, near the Cohuna Clay Target Club and adjacent to Daltons Bridge. The course follows Island Road into the finish line at the town bridge. Island Road is fully bitumen and is suitable for all weather conditions.

If you stay on the road, there's no chance of getting lost, but you will see some marshals on course as you approach the township. Participants still on course at 9.30am will need to stick to the very left of the road, and may even be directed onto the gravel walking track, as the cycling events begin. Please listen to, and follow, marshal instructions for your safety and that of other participants.

Course directions and map

- Start point, Island Rd (adjacent to Daltons Bridge and the clay target club)
- Follow Island Road towards town
- Finish line at town bridge, Cohuna

Check out the video at <https://bridgetobridge.org.au/6-5km-run-walk/>



Mawsons Kids K: NOTE: We are back to using the first oval at the Recreation Reserve.

Starting at the entrance to the Recreation Reserve, the course runs clockwise around the outside of the oval. Upon reaching the gate onto the oval at the Second Oval end (a marshal will be here), runners will enter the oval and complete 3/4 of a lap anti-clockwise on the inside of the oval. Runners will exit the gate adjacent to Apex Park (a marshal will be here), turning right and finishing back at the start point.

Marshals will be placed along the course and lead runners will run this course to assist with directions.

We have new medals for the Kids K, and Mawsons has supplied squishy toys too.



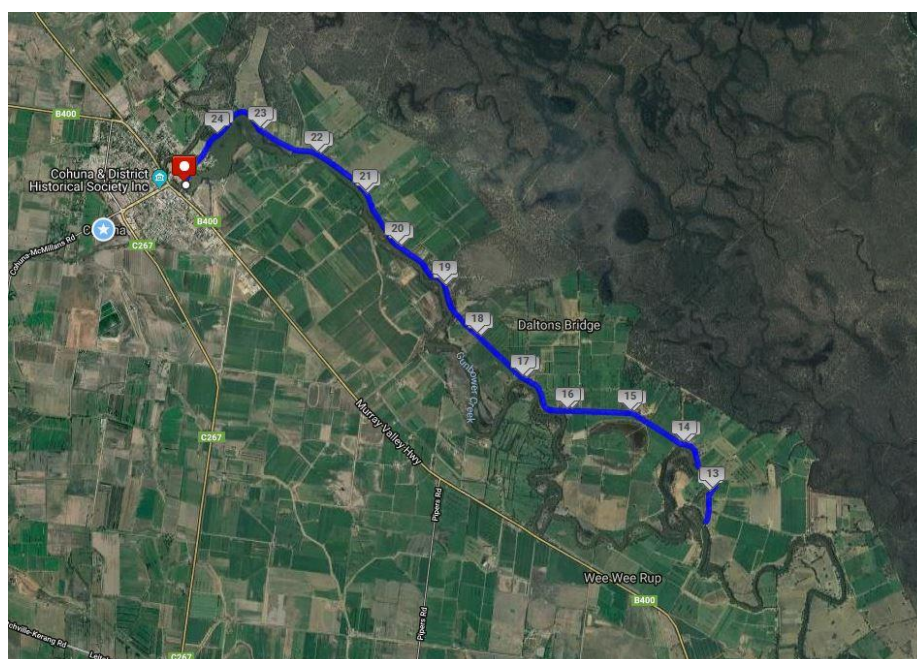
25km cycle: The start line is on the island side of the town bridge in Cohuna, at the roundabout near the entrance to Cohuna Recreation Reserve. The course follows Island Road 12.5km out to Burkes Bridge where the turnaround point is located. From Burkes Bridge, riders will return into town where they will cross the finish line at the town bridge. Island Road is fully bitumen and is suitable for all weather conditions. It is a windy road and riders will need to be aware of other riders using the road in both directions.

Course obstacles

All riders must be aware that there will be runners, walkers and return cyclists heading into town along Island Road. Runners in the 12.5km and half marathon events will be exiting the Second Oval gate (opposite the caravan park entrance) and crossing the road with the assistance of marshals. Always be on the lookout for other participants and take necessary precautions to ensure your own safety and the safety of others.

Course directions and map

- Start point, Island Rd near the Cohuna Recreation Reserve entrance
- Follow Island Road out 12.5km before turning around at Burkes Bridge (do not cross Burkes Bridge)
- Return into town along Island Road
- Finish line at town bridge, Cohuna



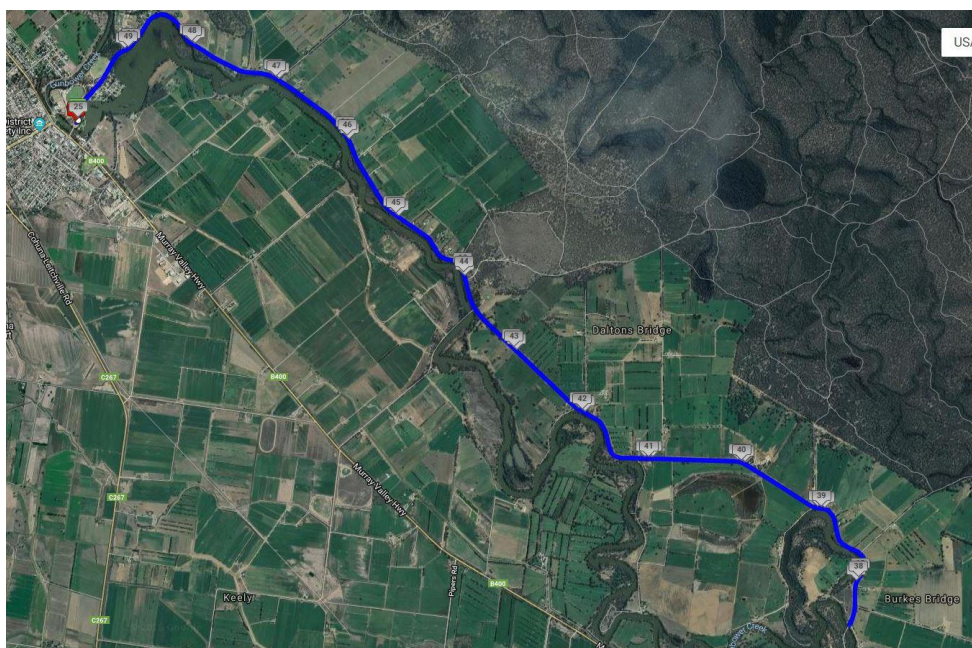
50km cycle: The start line is on the island side of the town bridge in Cohuna, at the roundabout near the entrance to Cohuna Recreation Reserve. The course follows Island Road 12.5km out to Burkes Bridge where the turnaround point is located. From Burkes Bridge, riders will return into town where they will reach their second turnaround point at the roundabout near the entrance to the Cohuna Recreation Reserve. Repeat the course out to Burkes Bridge and head back into town where you will cross the finish line at the town bridge. Island Road is fully bitumen and is suitable for all weather conditions. It is a windy road and riders will need to be aware of other riders using the road in both directions.

Course obstacles

All riders must be aware that there will be runners, walkers and return cyclists heading into town along Island Road. Runners in the 12.5km and half marathon events will be exiting the Second Oval gate (opposite the caravan park entrance) and crossing the road with the assistance of marshals. Always be on the lookout for other participants and take necessary precautions to ensure your own safety and the safety of others.

Course directions and map

- Start point, Island Rd near the Cohuna Recreation Reserve entrance
- Follow Island Road out 12.5km before turning around at Burkes Bridge (do not cross Burkes Bridge)
- Return into town along Island Road
- Turn around at the roundabout near the entrance to the Cohuna Recreation Reserve and complete a second loop
- Finish line at town bridge, Cohuna



AWMA Water Control Solutions 6.5km junior cycle: The start line is on Island Road, near the Cohuna Clay Target Club and adjacent to Daltons Bridge. The course follows Island Road into the finish line at the town bridge. Island Road is fully bitumen and is suitable for all weather conditions.

Adults may accompany children in the junior cycle (no cost) and act as marshals on course. Please register online as an Adult Supervisor when registering your child.

Course directions and map

- Start point, Island Rd (adjacent to Daltons Bridge and the clay target club)
- Follow Island Road towards town
- Finish line at town bridge, Cohuna

Check out the video at <https://bridgetobridge.org.au/6-5km-junior-cycle/>

