

Bendigo Bank Mountain Challenge (mountain circuit) Safety Information

The Bendigo Bank Mountain Challenge is a strenuous event. It is your own responsibility to ensure you are physically fit enough for this competition and that, where applicable, a licensed medical practitioner has given you clearance to enter and compete in this event. You should not enter this event if you have a medical condition that would affect the safety or wellbeing of yourself, other competitors or the race organisers and support personnel.

All official directions must be obeyed at all times.

All runners must keep to the designated track, remember, we are fortunate to be able to run this race and we need to protect the mountain and surrounds as best we can.

No portable music players or ear pieces allowed.

Entrants DESCENDING the mountain have the right-of-way. Failure to obey this rule can result in instant disqualification.

Rocks may be dusty and slippery.

All safety precautions are to be taken by each entrant, so as not to cause injury to oneself or to other entrants or support personnel. Listen out for instructions from officials as they will guide you during the busier sections.

Competitors are to descend the mountain only at a speed at which they are able to stop in a hurry if they are required to do so.

Water will be provided at the base of the mountain, just prior to the metal stairs on the mountain (Checkpoint A), the top of the mountain and at the finish line.

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