

# ATHLETE HANDBOOK



## TRANS CAPE SWIMRUN 2024

(BROUGHT TO YOU BY SOLE TRAILS EVENTS)

## WELCOME FROM SOLE TRAILS EVENTS

We can't believe we're about to hold Trans Cape SwimRun for the fifth time on 9 March 2024. From humble beginnings (and on the cusp of Covid-19) in March 2020 when 74 teams took a chance on entering our inaugural event, this year will see 145 teams taking part in Trans Cape SwimRun.

This booklet contains lots of important and useful material, so please read on to make sure you have all the information you need for a safe and pleasurable day.

We hope you enjoy our event and all that SwimRun offers and stands for - challenge, adversity, interdependence, satisfaction, camaraderie and of course, the superb natural beauty of the landscape.

We're extremely fortunate to have the backdrop of the beautiful and unique Cape Naturaliste bays, trails and beaches to bring you what we hope will be a remarkable experience.

Aaron and Suze



## CITY OF BUSSELTON WELCOME MESSAGE

On behalf of the City, I warmly welcome this year's participants and spectators to the 2024 Trans Cape SwimRun.

The City is once again very proud to support this immensely popular swim-run event which takes in some of the State's most picturesque coastline. We're thrilled to see the Trans Cape SwimRun has sold out, proving the event's popularity with both locals and visitors to the region.

The Meelup Regional Park and surrounds is the perfect setting for this nature and water-based event. It is home to a huge variety of native flora and fauna species and boasts some of WA's most beautiful beaches. The course offers a truly spectacular way to experience the unique beauty of the rugged coastline, run trails and beaches.

Busselton, Dunsborough and Yallingup are friendly and bustling towns offering great shopping, relaxed dining, and fantastic entertainment. You may like to take advantage of the Busselton Margaret River Airport's passenger services - now offering direct flights between Busselton - Melbourne and as of 26 March 2024, Busselton - Sydney. I encourage you to explore the many delights the region has on offer.

I extend my congratulations to event organisers and wish participants and all those involved with the Trans Cape SwimRun a fantastic race day.

Mayor Phill Cronin  
City of Busselton



## ACKNOWLEDGEMENT OF COUNTRY

Trans Cape SwimRun acknowledges the Wadandi and Bibbulmun people as the traditional custodians of this region and pay our respects to elders, past, present and emerging. We acknowledge and respect their continuing culture and the contribution they make to the life of this region.

## TRAIL GUARDIANS

Landscaped by Nature ... Cared for by People

Sole Trails Events believes the sport of SwimRun is for lovers of the natural terrain and is about conserving the environment that we're in. During Trans Cape SwimRun, you'll run our favourite trails within the beautiful Leeuwin-Naturaliste National Park, Cape Ngari Marine Park and the stunning Meelup Regional Park, which is lovingly maintained by the dedicated volunteers - The Friends of Meelup Regional Park.

We're inviting you to be a Trail Guardian. This involves making a commitment to care for and enhance the trails you love to run on.

As a Trail Guardian, you undertake to gift back to the environment by keeping the trails clean of rubbish, running mindfully so as to not contribute to erosion; and treading sensitively to avoid damage to flora and fauna.

Trail running is more a way of life than a pastime and by committing to being a Trail Guardian you can protect these wonderful trails. Spread the word to your trail buddies - even if they're not participating in Trans Cape SwimRun - to join our community of guardians and preserve the trails for the next generation of runners.

Have a look at <http://www.meeluppark.com> to see what the Friends are doing in the Meelup Regional Park to help educate users and protect its 577 hectares.



## TEE OR A TREE INITIATIVE

We're proud to be environmentally conscious and with this in mind, we've given participants the opportunity to be a part of the Tee or a Tree initiative. Previous beneficiaries of this initiative have been the Friends of Meelup Regional Park, the Marri Tree Project and Nature Conservation.

Either by direct donation or by participants forgoing an event t-shirt and having the equivalent amount donated, this year we have supported [Southwest Whale Ecology Study](#).

The Southwest Whale Ecology Study (SouWEST) is a collaborative science program working to ensure the long-term conservation of whales and their critical habitats in the South West. We'll be presenting a cheque for the total funds raised during post event presentations.

## EVENT SCHEDULE

TIME	EVENT	LOCATION
<b>TUESDAY 5 MARCH 2024</b>		
4-7pm	Registration at Tribe and Trail Store for Metro-based participants (one team member will suffice)	Tribe & Trail 235 Railway Pde Maylands
4-7pm	Event partner Fiski Goggles will be at registration, offering a 10% discount to participants on their goggles. If you buy them earlier, enter 'Transcape10' at checkout to receive the discount	Tribe & Trail
<b>FRIDAY 8 MARCH 2024</b>		
4-7pm	Registration at Dunsborough Bay Yacht Club for <b>South West-based participants</b> (one team member will suffice)	DBYC
<b>SATURDAY 9 MARCH 2024</b>		
From 6am	Artezen Café open for athletes and spectators Athlete check-in	234 Naturaliste Tce
7.10am	Buses depart Artezen Café - promptly!!	234 Naturaliste Tce
7.30am	Buses arrive at Cape Naturaliste Lighthouse	Cape Naturaliste
7.30-7.55am	Bag Drop	Cape Naturaliste
7.50am	Pre-Race Introduction	Cape Naturaliste
8am	Trans Cape SwimRun starts	Cape Naturaliste
11.00am-ish	First team expected to cross finish line	DBYC
12pm-4pm	Live acoustic music from Beau Cawse	DBYC
11.30am-2.30pm	Free post-event burger & drink for participants	DBYC
2.00pm-ish	Last team expected to cross finish line	DBYC
2.00pm	Presentations by City of Busselton Mayor Phill Cronin	DBYC
2.30pm-late	Dunsborough Bay Yacht Club hospitality continues	DBYC
2.30-5pm	Shuttle bus service back to central Dunsborough	DBYC-Dunsborough

## EVENT CONTACTS

Race Director	Aaron Milward	0402 561 059
Management Team	Suzanne Watt	0405 042 334

## RACE DAY

### **BUS SERVICE TO START LINE - MEETING POINT**

Included in your entry is a bus service that will take you from Artezen Café in Central Dunsborough (1/234 Naturaliste Terrace) to the start. Parking at Cape Naturaliste Lighthouse is very limited and we ask that you **do NOT drive yourself or get a lift to the start line**. No cars are to be left at the lighthouse for the duration of the event. Athlete buses will leave at 7.10am promptly, so make sure you're not late! Artezen Café will be open early, at 6am, for supporters and athletes who need their caffeine boost and a comfort stop before boarding the bus. Supporters are encouraged to see their athletes off from here and stay as long as they like.

***PLEASE MAKE YOURSELF KNOWN TO THE TRANS CAPE SWIMRUN VOLUNTEERS AT ARTEZEN CAFE, AS THEY WILL BE CHECKING OFF TEAMS AND MARKING YOUR ARM BEFORE BOARDING THE BUS.***

If you don't have a supporter who can drop you off at Artezen Cafe, then please consider other visitors to Dunsborough and park your car away from the main Dunsborough strip to avoid taking up premium car bays for a good part of the day.

### **RACE NUMBERING**

On arrival at Artezen Café, there will be a number of volunteers with large pens to mark your team number on your right arm. Please make sure you have your name checked off and your race number drawn on your arm before boarding a bus.

### **BAG DROP**

If you need to bring a bag with you on the bus to the start line, we will take it back to the Dunsborough Bay Yacht Club to collect when you finish. There will be limited drinking water available at the Cape Naturaliste Lighthouse, so it could be a good idea to bring a **small** water bottle or electrolyte drink to quench any nervous thirst (please try to bring a small bag and drink, as the bags can become very cumbersome and heavy to transport). A bag tag will be provided - please put your team number and your name on it before handing it over.

## OFFERINGS AT AID STATIONS AND CUT OFF TIMES

LOCATION	AID STATION 1 SHELLEY COVE	AID STATION 2 EAGLE BAY	AID STATION 3 POINT PIQUET	AID STATION 4&5 MEELUP BEACH	AID STATION 6 OLD DUNS	AID STATION 7 CENTRAL DUNS	FINISH LINE DBYC
WATER	✓	✓	✓	✓	✓	✓	✓
ELECTROLYTE (BINDI)	✓	✓	✓	✓	✓	✓	✓
ENERGY GELS (KODA)	✓	✓	✓	✓	✓	✓	✓
BANANAS	✓	✓	✓	✓	✓	✓	✓
SOMETHING SAVORY				✓			
ARTEZEN CAFÉ BANANA BREAD		✓					
SURPRISE OFFERING			✓		✓	✓	✓
SUNSCREEN	✓	✓	✓	✓	✓	✓	✓
VASELINE		✓	✓	✓	✓	✓	
HAND SANITISER	✓	✓	✓	✓	✓	✓	✓
CHECK POINT				✓			✓
CUT OFF TIME		9.50AM		11.00AM		1.40PM	2.10PM

### REUSABLE SILICONE CUPS

In your race pack, we have included a reusable, pliable silicone cup. We ask that you carry this with you during the event and stuff it carefully down a top or shorts to use at the aid stations. As they are reusable, we'd like to collect them at the end - please look out for the collection box at the finish line aid station at the Dunsborough Bay Yacht Club.

**Please Note: *THERE WILL BE NO DISPOSABLE CUPS AT AID STATIONS.*** If you accidentally lose your cup, there will be some replacements, but these will be limited in number. Please take care to ensure you don't lose your cup.

### SHUTTLE SERVICE

From 2.30pm, we'll be providing a shuttle service from the Dunsborough Bay Yacht Club back to central Dunsborough. There is a car park outside the Yacht Club, but this may fill quickly. Please tell anyone picking you up to be careful of 'no parking' signage along Geographe Bay Road and to perhaps park (respectfully) in side streets.

## POST-EVENT

### PRESENTATIONS AND PRIZES

We envisage the last team arriving at the Dunsborough Bay Yacht Club just after 2pm. There will be nine prizes in total - First, Second and Third for each team category - Female, Male and Mixed.

Dunsborough Bay Yacht Club are terrific supporters of Trans Cape SwimRun and will be providing country-style hospitality, courtesy of the members and volunteers of the Club. They always go all out to ensure athletes feel welcome. The BBQ's will be fired up from around 11.30am,

providing gourmet burgers to be enjoyed in the beautiful shaded and grassy grounds of the Club. All participants receive a free burger and beverage upon presentation of the vouchers included in the team's race pack.

The inclusive 'down south' atmosphere will be rounded out with live acoustic music performed by local musician, Beau Cawse. There's a lot to stick around for!

## RESULTS

We hope to have results up on our web site (<http://www.soletrails.com.au>) by the end of the day on Sunday March 10. If that's not achievable, we'll get them up as soon as possible and ask for your patience until we do.

## RACE RULES

### GENERAL

- Athletes must participate in teams of two, which can be all male, all female or mixed
- Each team member must be at least 18 years of age on or before race day
- All athletes must agree to read, understand and abide by all the race rules on the Trans Cape SwimRun website
- Teams may change one member of their race team by contacting the event organisers up to 7 days before the race. No changes to team participants will be allowed less than 7 days prior to the event, in which case your team must withdraw
- There is to be no on-selling of race entries

### EQUIPMENT

- Athletes must carry their own equipment at all times
- All equipment that you start the event with must be carried to the completion of the event
- Each team must carry two whistles (one per team member) and one member must carry a compression-type of bandage (good for snake-bite and sprains), preferably in a zip-lock bag or similar to keep it as dry as possible
- Shoes must be worn at all times
- Swim caps must be worn and visible for all swim legs (these will be provided by Trans Cape SwimRun)
- Each team member will be marked with a race number on their right arm. This number must be visible at all times so that safety checks may be carried out
- Trans Cape SwimRun does NOT supply a race vest
- A pliable, reusable silicone cup will be provided to each athlete by Trans Cape SwimRun. Please use these at the aid stations
- Athletes may use a pull buoy, so long as it is no bigger than 77cm in total dimensions (ie length + width + depth)
- Athletes may use hand paddles
- Athletes may NOT wear full wetsuits, but may wear wetsuit 'pants' or a swimrun suit
- Athletes may NOT use flippers or fins
- Athletes may NOT wear headphones

### THE COURSE

- The course will be marked, but it is the athletes' responsibility to know the course
- Participants must follow the marked course and remain on designated trails at all times

- Trans Cape SwimRun will traverse the Meelup Regional Park, which has dieback precautions in place. In order to prevent the spread of dieback, there will be a mandatory stop for all athletes to clean shoes, where a marshal will be present
- Failing to stop at the cleaning station will result in immediate disqualification
- Littering on any part of the course will result in immediate disqualification. Bins will be available at all aid stations
- The course is open to the general public, so please be considerate and give the public the right of way at all times
- There are only two road crossings in Trans Cape SwimRun. Roads will not be closed, but marshals will be in place at these locations - please take care when crossing any roads and give way to traffic
- For the swim legs, you must exit the water after the furthest exit flag (that means you must swim the swim section and not get out early and run it!)
- If the water is shallow, make your way to deeper water so you can swim comfortably - wading the swim sections is not permitted
- Cut off times will be applicable at each aid station, allowing for a maximum pace of approximately 9mins/km running and 30mins/km swimming
- Acceleration points may be used for slower teams, whereby Run 4 is missed and teams continue onto Swim 4 after the aid station and/or missing Swim 9 and running that section instead

## ATHLETE SAFETY

- Hand sanitiser will be available at every aid station - **every athlete must use it** as they arrive, before accessing food and drink
- Participants must help their partner and other teams in case of emergency or if the event organisers or other athletes request it
- It is each athlete's responsibility to ensure they have a high level of fitness and are physically capable of completing the course. Do not underestimate the demands of the course. Please seek medical advice if you are unsure of your physical health condition
- Participants are to ensure they are physically prepared, well-rested and well-hydrated on race day
- Two medical crews will be present during the event
- Athletes who are not current members of Aus Triathlon must pay a one day race licence fee at the time of entry in order to fulfil insurance requirements
- Teams pulling out of the race must notify the nearest marshal as soon as possible
- The two members of each team **must stay together at all times** and cannot be more than 10 metres apart. Officials will be on course watching for non-compliance and there will be a 3 strikes policy. One breach - no penalty; two breaches - 8 minute time penalty; and three breaches - disqualification. No warnings will be given by officials on course, but breaches will be reflected in final results
- Be wary of submerged rocks when entering and exiting the water - NO diving on entering the water
- Athletes must follow road and traffic rules at all times, giving way to all vehicles
- In the event of bad weather or for safety reasons, event organisers may change parts of the course and they have the right to stop or cancel the entire race
- Race numbers must be clearly visible at all times so that safety checks can be made along the course
- Race organisers can prevent a team from continuing if they judge them not capable, due to fatigue or being in poor physical condition
- Trans Cape SwimRun follows the rules set out by ASADA relating to doping in sport. Any athlete found to be doping will be disqualified and reported to police
- Athletes recognise the Trans Cape SwimRun as an adventure activity and participate at their own risk



## **ATHLETE RESPONSIBILITIES**

- Participants must respect all race officials, volunteers, other athletes, spectators, members of the public and local residents. Verbal abuse of marshals, officials, staff or volunteers will result in disqualification
- Participants must respect the environment they are passing through, including not littering and damaging any plants or infrastructure. Littering will result in automatic disqualification
- Athletes must not use unfair means to gain advantage
- Athletes must have no outside assistance - this includes being handed drinks and / or nutrition
- Athletes must follow the instructions of race officials and volunteers at all times
- All athletes must attend the event briefing conducted by the race director or view the briefing video emailed to participants or published on the Sole Trails website

## **IN CASE OF EMERGENCY**

As mentioned above, participants must help their partner and other teams in case of emergency or if the event organisers or other athletes request it. In case of an emergency, follow these steps:

- Make sure there is no danger to yourself or others around you
- Blow your whistle to attract the attention of other athletes or course marshals
- Attend to the person affected as best you can
- While the person is being attended to, send someone make contact with the closest course marshal (if none is already in attendance) so they can call for back-up
- Try to relay information as succinctly as possible, using the four P's:
  - Position
  - Problem
  - People
  - Progress

First Aid Issues you could encounter:

### **DEHYDRATION**

Trans Cape SwimRun is an endurance event. Please make sure you're well hydrated in the days leading up to the event. Make sure you take on plenty of fluids at each of the aid stations and if you're feeling affected by heat, slow down.

### **STINGERS**

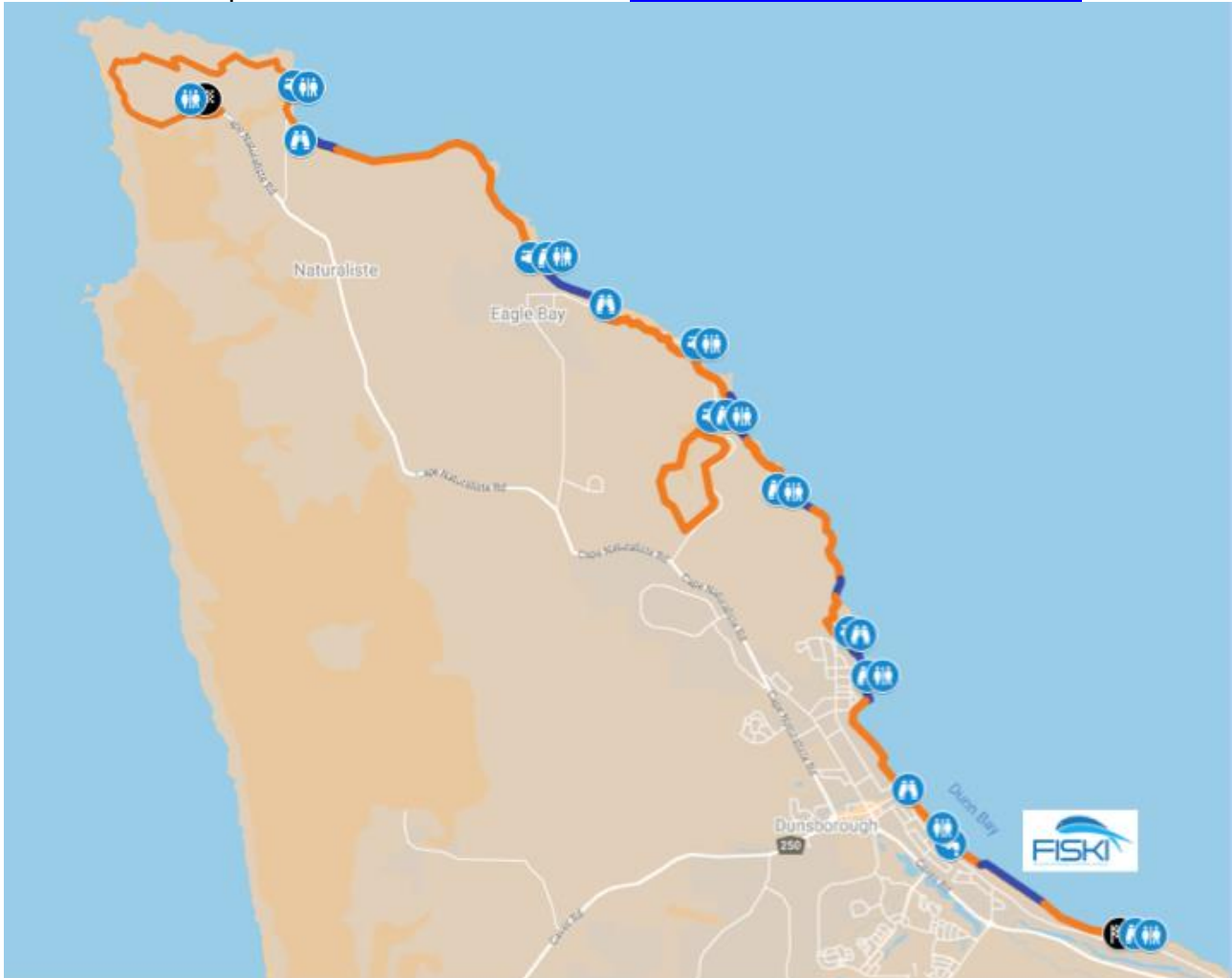
The eastern side of Cape Naturaliste can sometimes attract stingers. These are more of a nuisance and uncomfortable than harmful. If you know that you react badly to stingers, it may help to swim behind your partner, rather than beside them.

### **SNAKE BITE**

As well as treating sprains and possible bleeding, this is a reason you carry a compression bandage. Snakes will normally get out of your way when they hear you coming, but please be careful and be aware of what to do if you need to treat a snake bite. Please watch the video at <https://www.youtube.com/watch?v=lLkw4BXa7pQ> so you know what to do in the case of snake bite.

## COURSE MAP AND DISTANCES

An interactive map can be found on our website: <http://www.soletrails.com.au/map>



### APPROXIMATE DISTANCES (THAT IS: WE CAN'T BE EXACT!)

Run 1 - 5.5km	Aid Station 1 - Shelley Cove
Swim 1 - 530m	
Run 2 - 3.5km	Aid Station 2 - Eagle Bay
Swim 2 - 850m	
Run 3 - 1.5km	Aid Station 3 - Point Picquet
Run 3 (cont) - 0.85km	
Swim 3 - 270m	Aid Station 4 & 5 - Meelup Beach
Run 4 - 3.9km	Aid Station 4 & 5 - Meelup Beach
Swim 4 - 440m	
Run 5 - 0.8km	
Swim 5 - 550m	
Run 6 - 1km	
Swim 6 - 230m	
Run 7 - 0.8km	Aid Station 6 - Old Dunsborough
Swim 7 - 400m	
Run 8 - 0.15km	
Swim 8 - 350m	
Run 9 - 1.4km	Aid Station 7 - Central Dunsborough
Run 9 (cont) - 1.3km	
FISKI Final Swim - 500m	
Run 10 - 1.45km	Finish - Dunsborough Bay Yacht Club

**TOTAL RUN DISTANCE ~ 22.5KM**

**TOTAL SWIM DISTANCE ~ 4KM**

## SPECTATOR INFORMATION

For an interactive map that shows good spectator points and public toilet locations, please head to our web site: <http://www.soletrails.com.au/map>

All of the aid stations are accessible by road and other locations include Bunker Bay, Eagle Bay, Point Piquet, Meelup Beach, Old Dunsborough boat ramp and anywhere along the Dunsborough foreshore to the finish line at the Dunsborough Bay Yacht Club.

## FAQ'S

### EQUIPMENT

**Q Can I use fins or flippers?**

A No. Fins or flippers are not allowed in SwimRun events. You can use hand paddles and pull buoys though.

**Q Can I wear a wetsuit?**

A You can't wear a full wetsuit, but we do allow people to wear wetsuit 'pants' or a SwimRun suit.

**Q Can I take my shoes off for the swim and tie them around my waist or put them in a bag?**

A No. Shoes need to be worn at all times. SwimRun is a transition-free event, moving from swim to run effortlessly. You'll also need to shoes to protect your feet on rocks along the water's edge.

**Q How big can my pull buoy be?**

A You can use a pull buoy, so long as it's no bigger than than 77cm in total dimensions (ie length + width + depth)

**Q There is a lot of trail running in the Trans Cape SwimRun - what sort of shoes should I wear?**

A Make sure your shoes have plenty of grip, suitable for trail running and some rock running.

**Q Are some socks better than others?**

A Some people wear compression socks for SwimRun. Longer socks, even over the ankle, are good because you won't get as much sand in them. And nylon is the way to go rather than cotton. Make sure you do some training in the gear you're planning on wearing on the day.

**Q What equipment MUST we take with us?**

A For safety reasons, both team members must carry a whistle and one member must carry a compression-type of bandage (good for snake-bite and sprains), preferably in a zip-lock bag or similar to keep it as dry as possible.

**Q How will we be numbered?**

A Numbering will be on your **RIGHT ARM**, with a marker pen at the Artezen Café bus pick-up.

**Q How will our time be recorded?**

A Trans Cape SwimRun will use a web-based timing system and results will be posted on the Sole Trails webpage as soon after the event as possible.

### THE COURSE

**Q Can I go ahead of my team partner to make sure we get a good time?**

A No. A big part of the SwimRun ethos is that you stay with your partner. The support you give each other is really important and it's also a safety issue - you have someone looking out for you. You shouldn't be any more than 10 metres apart on either land or in the water. Officials will be on course watching for non-compliance and there will be a 3 strikes policy. One breach - no penalty; two breaches - 8 minute time penalty; and three breaches - disqualification. No warnings will be given by officials on course, but breaches will be reflected in final results.

**Q What if my partner is much faster than me?**

A In SwimRun, you are allowed to be 'tethered' with your partner for both the swim and run. If they're a *lot* faster than you, then perhaps you haven't chosen the right partner, as they could be holding back for you a lot and/or you might feel under pressure to keep up.

Remember: You must be no more than 10 metres apart on either land or water. Teamwork is part of the SwimRun challenge.

**Q Are there cut off times?**

A Cut off times will be applicable at each aid station, allowing for a maximum pace of approximately 9mins/km running and 30m/km swimming. Acceleration points may be used for slower teams, in which case, Run 4 is missed and teams continue onto Swim 4 after the aid station and/or missing Swim 9 and running that section instead.

**Q What will be offered at aid stations?**

A You will be able to pick up water, bananas, Bindi sports drink and Koda (formerly Shotz) energy gels at aid stations - see 'offerings' table above. It's also a good idea to carry your own extra gels just in case. We will also have sunscreen on hand to reapply at all aid stations and before the start. Vaseline will be available at all but the first and last aid stations.

**Q Can I leave my own products at the aid stations?**

A No. If you have specific products you like, then you'll need to carry those with you.

**Q We'll be swimming in Bunker Bay - what about sharks?**

A In reality, whenever you go into the ocean, there's a chance you might come across a shark. All swim legs in the event will have you swimming along the shore and you can choose your own level of comfort by swimming closer to shore if you want to. Water safety will be provided by the Smiths Beach Surf Lifesaving Club. Additional measures will also be in place in Bunker Bay that will provide further layers of safety.

## **RACE DAY**

**Q How do I get from Dunsborough to the Cape Naturaliste Lighthouse for the start?**

A Included in the registration fee, is a bus service that will take you from Artezen Café in Central Dunsborough to the start. Parking at Cape Naturaliste Lighthouse is very limited and we discourage people from driving themselves to the start line. No cars are to be left at the lighthouse for the duration of the event. The buses will leave at 7.10am promptly, so make sure you're not late! Artezen Café will be open early for those who need their caffeine boost and a comfort stop before boarding the bus.

**Q Where do I leave my car in Dunsborough?**

A If you don't have a supporter who can drop you off at Artezen Cafe, then please consider other visitors to Dunsborough and park your car away from the main Dunsborough strip a little, to avoid taking up premium car bays for a good part of the day.

**Q What happens if the weather is bad?**

A We have chosen a time of year where the conditions are usually fairly still and if there is a sea breeze, the swim legs will be protected. We have scope to run any swim legs that might have to be cancelled.

**Q Will there be wave starts?**

A The field will be limited to 145 teams. There will be a mass start at 8am from the Cape Naturaliste Lighthouse. Please seed yourself at the startline and stay further back if you know you will be slower.

**Q Can my supporters take the competitor bus to the start line?**

A Unfortunately that won't be possible, as there will only be room for athletes. Also, the buses will have returned before the start and you'll be stuck out there! Parking is very limited, so we ask people to refrain from driving out to the Lighthouse. Probably best for supporters to wish your team good luck in Dunsborough, and find a nice bay or two - Bunker, Eagle, Meelup, Castle Bay, Old Dunsborough - to cheer you on along the way.

**Q What food and drink will be provided at the finish line?**

A We'll provide water, electrolyte and fruit for athletes. Your race entry fee includes a 'burger and a beverage' at the end of the event on presentation of the vouchers received in your race pack. Food and drinks will be available for supporters to purchase from the Dunsborough Bay Yacht Club.

**Q If I catch the bus to the start from central Dunsborough, how do I get back from the Dunsborough Bay Yacht Club at the end of the day?**

A There is parking for supporters at the Dunsborough Bay Yacht Club and nearby, but we'll have a continuous shuttle service back to central Dunsborough from 2.30pm if you need it.

## PARTNERS AND SPONSORS

Many thanks to the **CITY OF BUSSELTON** for their friendly and supportive help in ensuring we had all our boxes ticked and for providing sponsorship to enable us to bring you Trans Cape SwimRun. They truly live up to their by-line: Events Capital WA.



**DUNSBOROUGH BAY YACHT CLUB** embraced Trans Cape SwimRun from the moment we approached them about coming on board as our finishing post. The management and committee have gone above and beyond in helping to make Trans Cape SwimRun a memorable community event.

Wayne McMurtrie and Sean Kaesler from **TRIBE & TRAIL** have kindly donated prizes from their (very funky) store at 235 Railway Parade Maylands. Tribe and Trail will be the Perth-based registration location on Tuesday 5<sup>th</sup> March, from 4-7pm.



**FISKI** goggles have been worn crossing the English Channel, the Rottneest Channel and the Catalina Channel. They are leak-free, fog-free and perfectly priced for everyone. FISKI has come on board to again be a part of Trans Cape SwimRun and is offering 10% off their range. Visit <http://www.fiski.com.au> and use the code "transcape10" at the checkout.

Ryan Haig signed up for the Trans Cape SwimRun long before he got chatting with Aaron about his Dunsborough business, **ARTEZEN CAFÉ RESTAURANT BAR**. He's agreed to open Artezen at 6am on the morning of Trans Cape SwimRun and will be the pick-up location for buses to the start line. As a bonus, he'll also be stocking Aid Station #2 with delicious banana bread from the Artezen kitchen.

