



Where : You Yangs Regional Park (not inside the regular entry)
Western Plantation off Sandy Creek Road (see map)

When: Last Saturday in October

Time: From 3pm onwards, rego opens at 2pm

What: night time trail running with scary theme

The Halloween Howler forms part of a 3 race series of night runs in the You Yangs Regional Park. Each race in the series will be carried out on a 5km loop at three different locations within the park precinct.

Race 1 – Halloween Howler, Western Plantation

Race 2 – New Years Eve, Turntable Carpark – *entries now open*

Race 3 – Australia Day, Kurrajong Carpark – *on holidays at moment, may not happen*

Races and Time Schedules

SCHEDULE AND DISTANCES NEW FOR 2018

Registration / Check in opens 1hr before the start of your race

Please ensure you have completed check in and registered 15 minutes before race start time so you can attend briefing.

We will have between 150 – 200 runners, over 100 in the 5km and 10km events

3:00pm - 50km Start

4:00pm - 42.2km Start

5:00pm - 5km Start

7:00pm - 21.1km Start

6:00pm - 10km Start

1st, 2nd, 3rd male and female receive trophies, all finishers receive medals of sorts!!!

Presentations shortly after completion of various events.

Please note this is a low key grass roots event, not too many bells and whistles

Just a celebratory fun night on the trails, though its changing as people bring a renewed spirit along, and yes, we mean SPIRIT as in SPOOKY, so bring it with you.

AID STATIONS

Being a closed loop course there will be a central staging. Runners will pass through here each lap so food, fluids, gear and first-aid will all be located in one spot keeping it simple and fun. This will also be a great place for your crew to hang out and enjoy the camaraderie and cheer you on. There will be chips, chocolate, fruit cake, lollies, fresh fruit

CUPS POLICY

Trailsplus is doing all we can to make a difference, as a result we are going cup free at our events, that means to have a drink from our well stocked aid station you need to buy one of our environmentally friendly reusable silicone cups or bring your own. Help us and support the no cup policy, Cups are \$2:00 plain if available - \$2:50 printed various race logos or branding.

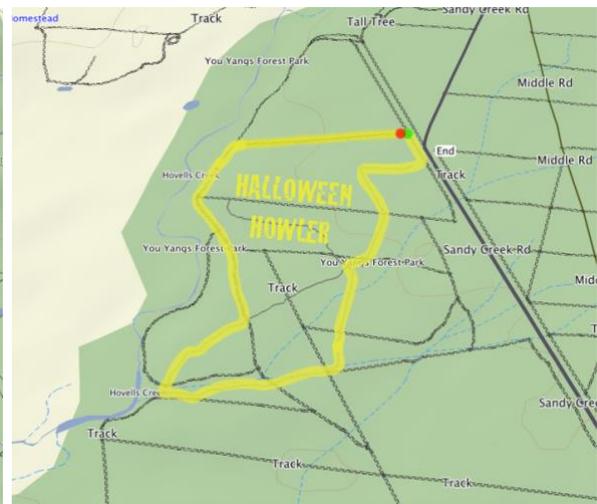
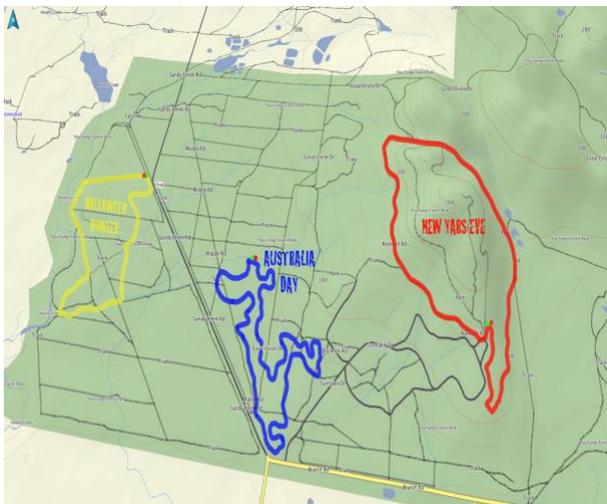


COURSES

These are locations and guides only, exact course will be as marked on day.

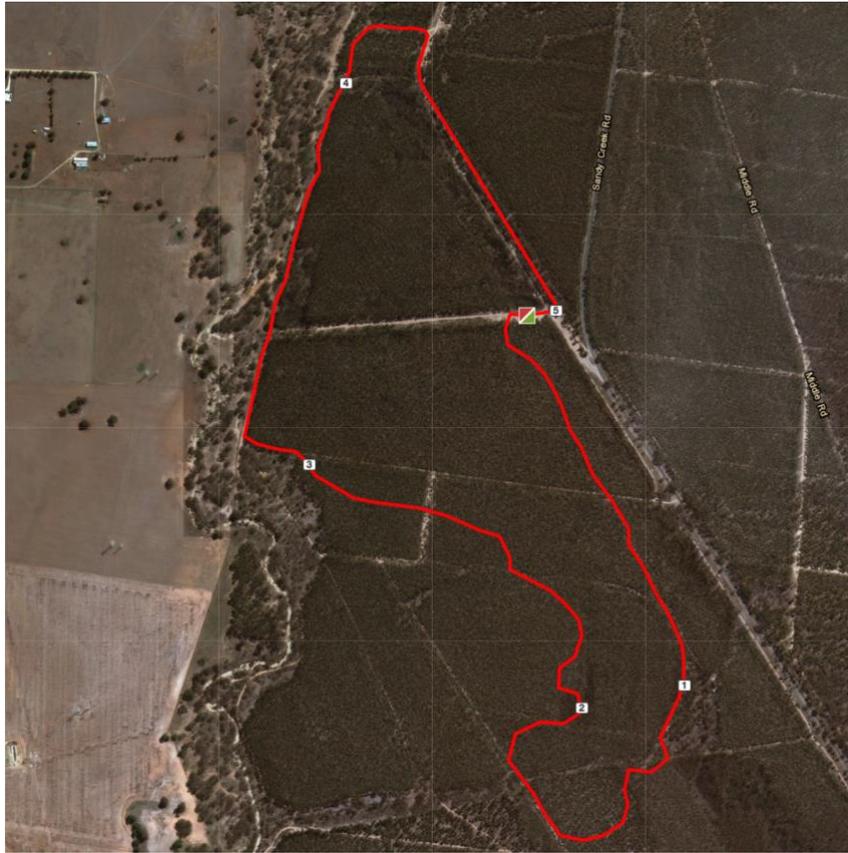
Race 1: the Halloween howler will be held in the western horse paddocks section of the You Yangs regional park just off Sandy Creek Road. A flat fast course that will wind its way among the grey gums and wider perimeter access trails. Be prepared for some trick or treating and a little spooking as you make your way through the woods under head torch for the events that go into the night

MAPS



Maps are indicative and may have minor changes, course will be well marked.

5 Km Loop and Marathon 2.2km Initial Loop
½ Marathon do 550M out / back before starting 4 x 5km loops



BELOW IS THE 2.2Km Loop Marathon Runners do first up



DROP BAGS

You can leave your gear in the gear-marquee at the start/finish area. While we provide a space for your drop bag, we cannot take responsibility for your gear. There will be basic first aid available on course at start finish. Depending how fast or slow you run your laps, you can decide if you need to carry any food or fluid with you.

GEAR

There is no mandatory gear!!! but, and there is always a catch, you will need a headlamp or handheld torch and good idea to have a back-up. If your batteries go flat it could be an early night. No-one runs without a light. Being at night in Victoria it can get very cold and wet so better toss in a jacket and some warm clothes like a beanie and gloves. You don't have to wear them unless you feel the need. And if you have a tendency to trip on roots a pair of bike gloves could save you some major dramas.

TIMING BIBS

Race bibs must be on your FRONT CHEST and very clearly visible as we will record your lap splits and finish time manually

RULES

Must come to enjoy, must bring a sense of humor

All races are a closed loop, follow the markers and don't cut corners or go off track

No mechanical propulsion is allowed (no poles) its flat

Absolutely no littering. Absolutely no excuses.

Follow all directions from organisers or Parks staff

If you fall ill or get injured and the organisers deem it necessary to call an ambulance you will be responsible for costs. If you are not an Ambulance Victoria member it is better to join the ambulance in advance, it is not a free service in Victoria.

SAFETY

Play it safe.

If you find an injured runner you must help them out. That is the trail runners code.

If there is an emergency situation that requires evacuation, then follow the directions of the organisers or Parks Vic staff or the emergency services in attendance.

Hypothermia can be a serious problem. Keep your food and fluid intake at the correct and required levels and dress for the weather. It can sneak up on you, especially if you are wet or stop moving.

Hyponatremia is a serious consideration in any event like this. Know the signs and symptoms. Avoid over-drinking. Too much water is as bad as not enough.

Drink to thirst. Don't take ibuprofen (Nurofen or similar NSAIDs).

Ipods are allowed but you will miss so much of the fun if you choose to use one. They must be out or off at the checkpoint so you can hear volunteers. And be aware of passing runners. If you can't hear them coming up behind you be prepared for a tap on the shoulder. And at night that could scare the crap out of you! Especially being Halloween. You are going to be tired when you finish. Good idea to car-pool and have a designated driver. Otherwise have a nap before driving and have some warm clothes ready to throw on.

IT'S DIFFERENT

For the Halloween event it will be a little different, the bling will be minimalist, (well it used to be, 2018 sees the intro of some cool bling, we don't know if there will be 50, 70 or 100 of you, well actually that was the last 3 years, we know its 150-200 potentially and hopefully that's the trend for this fun night on the trails, its different so expect the same care, challenge, support and encouragement, who knows perhaps your reward will be popping a cork and celebrating, they do make sports drinks with corks, don't they.

THE BLING

2018 sees the introduction of some new bling, we will have a medal for those who want one, if you don't want one don't take it, just tell us when we go to give it to you. We have some special little custom wine labels as an alternative medal, let us know if you prefer that.



WINNERS GET

Some super coffee mugs for 1st, 2nd, 3rd place



VOLUNTEERS

While this event follows a pretty simple formula with a closed loop course and a single staging area, volunteers are always welcome. The main roles will be helping out around the aid station with keeping runners fed and watered. anyone with medical or first-aid qualifications and experience is always welcome to help with the first-aid.

FUN AND CELEBRATION.

These are events to enjoy your fellow trail runners company, we'd love to see lots of people join us for coffee and a Pizza, sit around a fire and chat or if running enjoy the company on the trail. Coming along in a costume or something representing the theme of the day is always great too, lets get together and enjoy some summer evenings on the trails, we aim to reward the best outfit with a prize. Bring the wallet and enjoy the best pizzas and coffee, at the Youies



TRAVELLING HOME

If driving home after the alter events please take care watch for kangaroos or hang with us, rest up and recover, especially if you have had a long run and feeling tired.

WEEKEND WEATHER

It is going to be a cloudy with some sunny breaks, a great running day but the evening might get cold so please bring the right clothing for the conditions, see forecast below, maybe toss in a spray jacket, in case we get a drop of rain.

Saturday 27 October



Min **7** Max **20**

Cloudy.

Possible rainfall: **0 to 0.2 mm**

Chance of any rain: **30%** ■■■□□□□□□□

Geelong and Surf Coast area

Cloudy. Slight (30%) chance of a shower in the morning and afternoon. Winds westerly 15 to 25 km/h turning south to southwesterly 30 to 45 km/h in the early afternoon.

Sun protection recommended from 9:30 am to 4:40 pm, UV Index predicted to reach 8 [Very High]

Sunday 28 October



Min **8** Max **19**

Partly cloudy.

Chance of any rain: **5%** □□□□□□□□

Geelong and Surf Coast area

Partly cloudy. Winds south to southwesterly 15 to 25 km/h turning southeasterly 15 to 20 km/h during the morning.

Sun protection recommended from 9:30 am to 4:40 pm, UV Index predicted to reach 8 [Very High]

CAR PARKING

