



**EVENT
GUIDE**

2024



GARMIN



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Welcome to Maroondah Dam from the Event Team

Welcome to the 2024 Mountain Trail Running Series, Race 1 at Maroondah Dam. The Trail series consists of 5 race locations, with race 2 at the You Yang’s Race 3 at Wonderfalls Lorne, and Race 4 at Mt Macedon, and Race 5 at Marysville)

There are six event distance options to choose from, with 50km – 42.2km – 30km -21.1km and the 10km event. (and the step-up through 10-21-30-42-50km) by race 5.

We hope you are all injury free healthy and looking forward to the challenge ahead. Online entries may close before the weekend, so any friends you know considering registering let them know, a small number of spots will likely be available for some events on the day and for change of event distance. For those wanting to enter the series there are still series spots available which includes Maroondah Dam, You Yangs, Wonderfalls, Mt Macedon and Marysville. Thank you to all runners who are supporting the event. As always events that trailsplus conduct support young people living with cancer this is done by contributions of some funds after the event, thanks to participants at trailsplus events we have now exceeded \$75,000. In donations to Canteen.

We hope to see Kelvin Marshal all the way from Queensland who if he makes it, will continue his unbroken streak of 28 years doing the 50km event. Kelvin will have amassed 1400km by the end of the 50km event in 2024, he has attended all events in the history of Maroondah Dam. (except the 2009 cancelled through fires and 2020 covid cancellation). Kelvin has also completed more than 600 Marathons and Ultra Marathons, such an amazing feat.

Acknowledgement of Country

The event organisers would like to acknowledge the traditional owners of the land we meet and play on this weekend, the Wurrundjeri people, and pay respects to their elders past and present

Volunteers

To all our volunteers we thank you for helping us to create a relaxed friendly and supportive atmosphere, as always, we can't put on events without our wonderful volunteers, please help us thank them while interacting with them at our events.

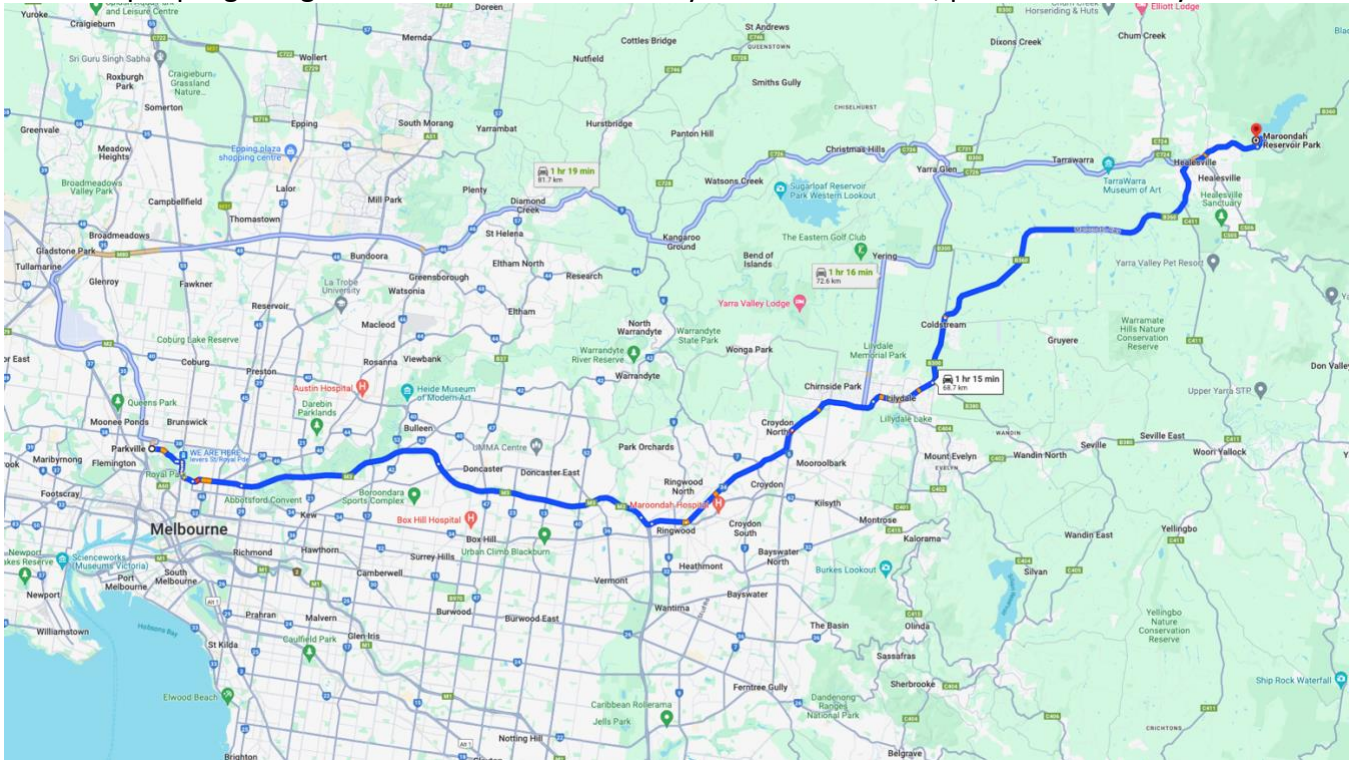
Of course come race day we are often in need of a few extra hands, so if you're running and someone coming along with you is at a loose end, we'd love to have them on the team, just let us know in advance so we can plan ahead.

GOOD LUCK ALL, May Maroondah Dam be a rewarding, challenging and memorable experience, and most of all FUN, even during those painful moments.

Race Director - Brett

Getting to Maroondah Dam Healesville

For most people getting to Maroondah Dam is via Lilydale or Yarra Glen, please drive safely



Where to Park

Parking is in various carparks in Maroondah Dam reservoir park, access to the park is via the main gate or rear gate off McKenzie Ave, **DO NOT** let your GPS take you to Donnelley's Weir Road, access is via Maroondah Highway, there is no dirt road driving required to access the start area.

CFA Volunteers

We have the amazing support of the local CFA who will be providing carparking assistance, please follow the instructions and park safely, thank you 😊.

Coffee and Food

2024 – As always, we aim to have Coffee and Hot Food available at Trailsplus events, however, at the time of update we have coffee confirmed but no food van has been locked in as of yet, so prepare to have PlanB to eat if you were relying on food vans being present.







Check In Registration Race Schedule

Collecting your race bib is at Checkin / Registration area this is located under the rose steps rotunda. We do not post out bibs pre race, they must be collected race morning.

Race Date Apr 7th	Checkin / Bibs	Pre Race Brief	Start
Sunday	OPENS FROM	MUST ATTEND	READY SET GO
50km	06:30	07:45	08:00
42.2km	06:30	07:45	08:00
30km	07:45	08:45	09:00
21km	08:45	09:45	10:00
10km	09:45	10:45	11:00

Merchandise

We have some merchandise available however most has been assigned to pre orders. If you would like any merchandise and it isn't available in your size, you can place an order and pay postage to have it sent to you after the event or collect at next events. Available items will include technical running top, soft casual wear top, headwear buff, plus a variety of past designs and other race shirts from 2023 series and new 2024 series when delivered. These are just samples of items.

Maroondah Tech2023	Mtn Series Tech2023	Trailsplus Beanies	Mtn Series Tech 2024	Unbreakable Cap	Silicone Cup
					

Changing Event

If you want to change events, either stepping up or stepping down distance this is possible. Please note that step down events incur a change event admin fee, regardless of when you entered and the current fee structure. If you step up there is a difference in price fee and an admin fee that applies. The earlier the change of event notification the cheaper the fee, on day change event fees apply.

Event Photos

When available we have a variety of photographers that may be taking photos on the day. These photos will be added to the Trailsplus Gallery a few days after the event, be sure to check your emails for updates or go to the website and select the gallery tab to check yourself in action.

Presentation Process

We aim to hold the presentation within 30 minutes of our podium places being filled, however this can vary on the day. Please note when there are prizes available for podium places you need to be present to receive the prize. If you need to rush off before presentation, please collect your trophy



Event Timing – Results

Live results will be available on the day, a results button will be on the website for you to check your results as soon as you finish. You can choose from a drop-down menu to see who the top 3 are or chose the whole list of finished runners along with other reports.

Trekking Poles

You are permitted to use trekking poles, please be sure to consider others safety around you.

Dogs / Animals – not permitted.

MaroonDAH Dam is located in a National Park therefore, NO ANIMALS are permitted, please leave your dog home for this one.

Your Race Bib – Number

We **DO NOT** post out race numbers, you must collect from check-in area as per check in information. Your race number incorporates electronic timing chips and is the key to monitoring your progress on course and recording your finish time. You must not alter, fold, cut your race number. It must be worn on the front of your torso, not your leg or on your back. Only exception is if wearing a race belt, but must be visible at the front.

Your BIB is colour and distances coded for ease of identification by officials. Occasionally spare bibs are used, and colours may change, depending availability of colour coded bibs.



Timing Chips

Our volunteers will collect the timing chips from the rear of your race BIB after you cross the finish line. This involves a small cut to the plastic pouch on the rear to remove two chips. You must not leave with your timing chips, they remain the property of trailsplus. If you accidentally take them home they must be returned via post within 1 week to avoid cost of replacement



Medals

All finishers receive a medals to commemorate their achievements, on rare occasions we may run out of medals, if this occurs we will post a medal to you after the event. Medals may vary depending distance covered.



Trophies for Podium Places

We like to acknowledge 1st, 2nd, 3rd place male and female. We provide AGE group rankings in the results, however there are no AGE group presentations.

Our Event Medic

There will be an event medical team on site to take care of you in the event of a mishap on course, please be sure to use this service for any reason big or small. Our event medic is EMERGENCY MEDICAL RESPONSE GROUP.

No Cup Event

As long term supporters of our environment we are a no single use paper or plastic cup event at our aid stations. This means if you want to utilise the services provided on course, such as water, electrolyte, or Coke for the ultra runners, you will need a cup or bottle. Your hands are not cups.

Silicone Reusable Collapsible Cups

We have supplies of these great reusable collapsible cups available for only \$5 on the day, however we highly recommend bringing your reusable own cup or bottle to drink, drink from aid stations. (Logos Vary on cups)



Personal Belongings

We provide an area near the start to place your belongings. This area is not secured and should only be for clothing and not valuable items. The event organiser takes no responsibility for any loss that you may incur.

50km – 42.2km – 30km Runners Aid Station Drop Bags

Runners in the 50km, 42km & 30km can utilise the drop bag service where available. A bin marked with the Aid Station description will be placed near check in. You may place a small bag or loose item preferably named in the bins provided. Please note these bins will go with the volunteers soon after the 50km start, therefore 42km-30km runners should place items in early or they won't be taken to location.

50km-42km-30km Runners Drop Bag Locations/Distances

Location	30km	42km	50km
AID#3 – Monda Track	16.5km	16km	16km
AID#4 – Wirra Willa	n/a	20.5 / 23.5km	20.5 / 30.5km
AID#5 – Tanglefoot	n/a	n/a	25km

Aid Station Drop Bag Return

Your drop bags will only be returned to the event hub once that aid station has closed for the day after the sweep has passed through, this can mean faster runners will have a long wait or need to make other arrangements to collect their property. After 2 weeks we dispose of items.

Lost or Left Property

Any property left at the event or not collected will be held for two weeks. It is the responsibility of the owner to arrange collection. After two weeks clothes will be washed and set to the salvo's, food products will be disposed of along with drink bottles/flasks etc.

Safety Requirements

- You must wear you Bib visible on your front.
- You must be the person who registered and not run under another person's name.
- You must render assistance to others in need.
- You must obey all marshal and traffic manager instructions.

- You must adhere to music in ear policy.
- You must advise an official if you don't complete your event to avoid search and rescue fee

Music in Ears

There are runner on road signs for traffic control, please ensure you take extreme care on two sections of gravel road you will be on for short distances. Just prior to Donnelley's Weir ALL runners will be on a gravel road for approx. 800M, also at the Mt St Leonard gate 50km and 42km runners will be on Monda Road for approx. 500M, this is an out and back course so you will be on road both directions. Traffic on both roads is very sparse however, please remain alert and obey normal traffic rules, keep left, give way to cars, NO EARPHONES in on road, in fact we prefer no earphones at all. Volunteer spotters will be on the lookout for breach of ear pod rules and may result in disqualification, it's for your safety, enjoy the natural sounds of nature while you explore this beautiful location.

Recommended Gear Requirements

These are recommended only, please refer to mandatory gear to see if you are required to carry more gear.

- Phone
- Gloves, beanie if cold
- Sealed seam waterproof jacket, if potential for rain, these are mountains over 1000M where weather conditions can change quickly.
- 1000calories food
- 1ltr water
- Snake bandage

On Course Aid Locations

Aid stations are provided at approximately every 5km. These are manned by our awesome volunteers, so be sure to give them a huge thanks, they are there for you. Typically, our aid stations have, Water, electrolytes, Lollies, chips, chocolate, chips, fruit cake, fresh fruit. We do expect that some items of choice will run out, but there will always be water and some type of energy item.

Location of Aid Stations

AID STATIONS	Start	Finish												
10km	N	Y	2.5km Start Pass Through	6km Donnellys Weir										
21.1km	N	Y	4km Start Donnellys Weir	10.6km Road Eleven	17km Donnellys Weir									
30km	N	Y	3km Start Pass Through	7km Donnellys Weir	14km Road Eleven	16.5km Monda Road	20km. Road Eleven	26km Donnellys Weir						
42.2km	N	Y	2.5km Start Pass Through	6.5km Donnellys Weir	13km Road Eleven	16km Monda Road	20.5km. Wirra Willa	23.5km Wirra Willa	29km Monda Road	32km Road Eleven	38.5km Donnellys Weir			
50km	N	Y	2.5km Start Pass Through	6.5km Donnellys Weir	13km Road Eleven	16km Monda Road	20.5km Wirra Willa	25km Tangle Foot	30.5km Wirra Willa	36.5km Monda Road	39.5km Road Eleven	46km Donnellys Weir		

These distances are a guide only and available based on Volunteer numbers.

Runner Crew / Supporters

The Maroondah Dam trail run is staged from below the Dam Wall in Henderson's Picnic ground (also known as Maroondah Dam Reservoir Park) and is an ideal location to support your runner from. Supporters can access aid station at #1 Donnelly's Weir, #3 Monda Road, #4 Wirra Willa and #5 Tangle foot. We prefer crew do not drive to Aid #1 Donnelly's weir as runners use the road for 1km and the less cars the better. If you must please drive at safe speed and wait for runners to clear before passing.

Emergency Response

- First and foremost, if situation is a real emergency call 000
- When appropriate, advise race director of situation, report your location
- Race Director Phone is available on the rear of your bib
- Assistance Race Director can be contacted if Race Director, also on bib

Tracking App

Sometimes we use a tracking App and may invite, or at times require you to install and activate the App as part of the event. You will be advised if this applies to you, this would most likely apply to Ultra Distance runners only.

Transferring or running as someone else

It can't be stressed enough that you are not permitted to give, sell, transfer your ticket to any other runner. For permit and safety conditions under no circumstances can someone run as you, breach of this risks our permit, insurance and will also result in a ban of both parties from future Trailsplus event participation.

DNF – Withdrawing from event

You must advise the race director, timing official if you are pulling out of the event short of the distance you enter. This is a critically important safety requirement, so we know you are safe and well. Failure to advise officials may invoke a search and rescue and costs may apply to you.

Traffic Controllers and Marshals

We utilise traffic management and volunteer marshals in some locations, and it is critically important that you listen, hear, and follow their directions for your safety.

Cut Off Times

We list on the website some cut off times, these are a guide and part of our safety assessment, cut offs are generally only enforced if the runners are excessively late or for your own well-being. All runners must be clear of Aid#3 Monda Rd by 2pm or may be required to catch a ride back to start. Typically, this translates to Aid#3 Monda 2pm, Aid#2 Road11 3pm, Aid#1 Donnelley's 4pm. However, if you see yourself in this time bracket you should start early at 7am.

Early Start Options 50km-42km-30km Only

By prior arrangement only, you may request an early start if concerned about the duration you will be out on course. Ideally, we like to have all runners finished by 4pm.

Course Markers and Signs

A variety of course direction markers and signs will be deployed along the course. Typically we will place more markers around intersections and less along trails, especially when there is nowhere else to turn. Below are a sample of some of our signs and markers used.



Mandatory Gear

Whilst we don't enforce the mandatory gear, we highly recommend that you carry these items as a minimum, especially if you are participating in the 50km and 42.2km events, of course as a 30km runner you should also consider carrying these as you reach the heights of 1000M over Mt St Leonards where exposure can be brutal at times in certain weather conditions.

You should carry the following minimum for your safety (check weather conditions)

- Sealed seam hooded water proof jacket
- Snake bandage (correct type, why mess with your life having non suitable bandage)
- Mobile Phone
- Spare food and water (even though our aid stations are approx.. 5km apart)

Course and finish line pack down

We will start to pack down all nonessential equipment and infrastructure from 2-3pm, we will always maintain the finish line gantry for you to complete your events, though finish chute and other equipment will be pulled down and packed away for the last few to finish.

Navigation

Trail running is a sport that requires some concentration, navigating around the course is quite simple really. It just requires you to observe the signs. You should not automatically follow someone in front of you as they may be doing a different distance. Of course reading this document, checking out the maps or if you have the option, simply load the provided GPX files from the website and you will be kept on track with your electronic device.

Shoe Choice

Maroondah Dam when dry you will get away with your standard road shoe with some extra care taken on the steep downhill section off Mt St Leonard, however if there is any moisture on the ground some of the trails will be quite slippery. It really is a case of wait and see what the weather does or simply come prepared with both shoe types.

Your Medical Declaration

By entering the Maroondah Dam trail run, you declare you are healthy and well and present no risk to yourself. You acknowledge that you are aware of the challenge and exertion required and risks that present during trail running and take full responsibility for your own wellbeing. You

acknowledge you have not been advised by any health professional to not participate for your own safety and wellbeing. If you have been advised to not participate you should withdraw.

Event Insurance

The event insurance policy does not extend to personal injury; it is highly recommended that you have personal insurance cover or at least ambulance cover in time for the event.

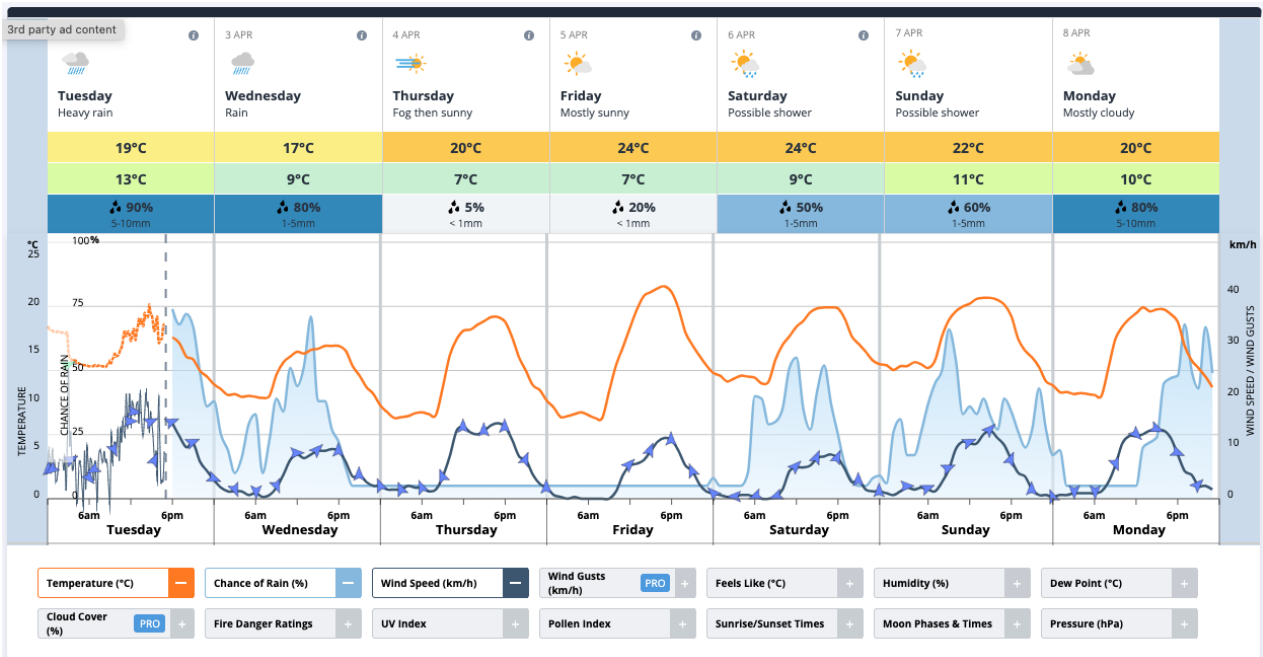
2024 – Special Notice Toilet Renovations

The main toilet block is under renovation / replacement and will be out of order for the race. Parks Victoria have 6 porta-loos in place however we have been told we are not to use them and they are only for general public. We will be hiring our own Porta-loos and ask that you only use the Race Provided toilets else we will be hit with a hefty fine for cleaning and emptying. There are other toilet blocks a short walk from the start, or better still if at all possible, try to go before arriving it may prove a better experience 😊, there is a cleaner toilet block in the centre of Healesville.



Weather Forecast

Maroondah Dam is part of the Yarra Ranges and can provide some of the most amazing weather and scenery you can experience in Victoria. However, it can also change very quickly. It is important to note that the weather forecast provided in this document is a guide only and can change as we get closer to the event. We always endeavour to provide a final update within 2-4 days of the event when weather patterns tend to be a little more accurate and reliable, please keep updated with the latest available weather so you are prepared as best you can for a great day.



The mid-week rain and the possibility of a few showers on the weekend will make the forest fresh and perfect for trail running and perhaps a little slippery in places.

Important Notes 42km – 50km Runners

This section relates to navigating the Tanglefoot / Wirra Willa 3km loop that you must complete.

There are two decision points to ensure you complete the 3km loop.

When you pass Aid#4 Wirra Willa the first time you will be issued a ribbon to wear as a reminder to return it on your second passing, if you don't return it, it means you didn't complete the loop and will be disqualified as not completing the full course. After collecting the ribbon, 42km runners begin the 3km loop at Decision Point A, however the 50km runners continue to Tanglefoot picnic ground and only on the return do they begin the loop at Decision Point B.

DECISION POINT - A Myrtle Gully Track 50KM RUNNERS INSTRUCTIONS

FIRST TIME HERE
GO STRAIGHT UP MYRTLE GULLY TK



SECOND TIME HERE
TURN RIGHT TO TANGLEFOOT TK



DECISION POINT - A Myrtle Gully Track 42KM RUNNERS INSTRUCTIONS

FIRST TIME HERE
TURN RIGHT TO TANGLEFOOT TK



SECOND TIME HERE
TURN RIGHT TO TANGLEFOOT TK



DECISION POINT - B Tanglefoot Track ALL - RUNNERS INSTRUCTIONS

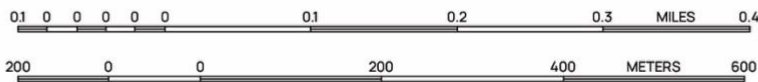
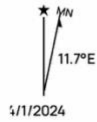
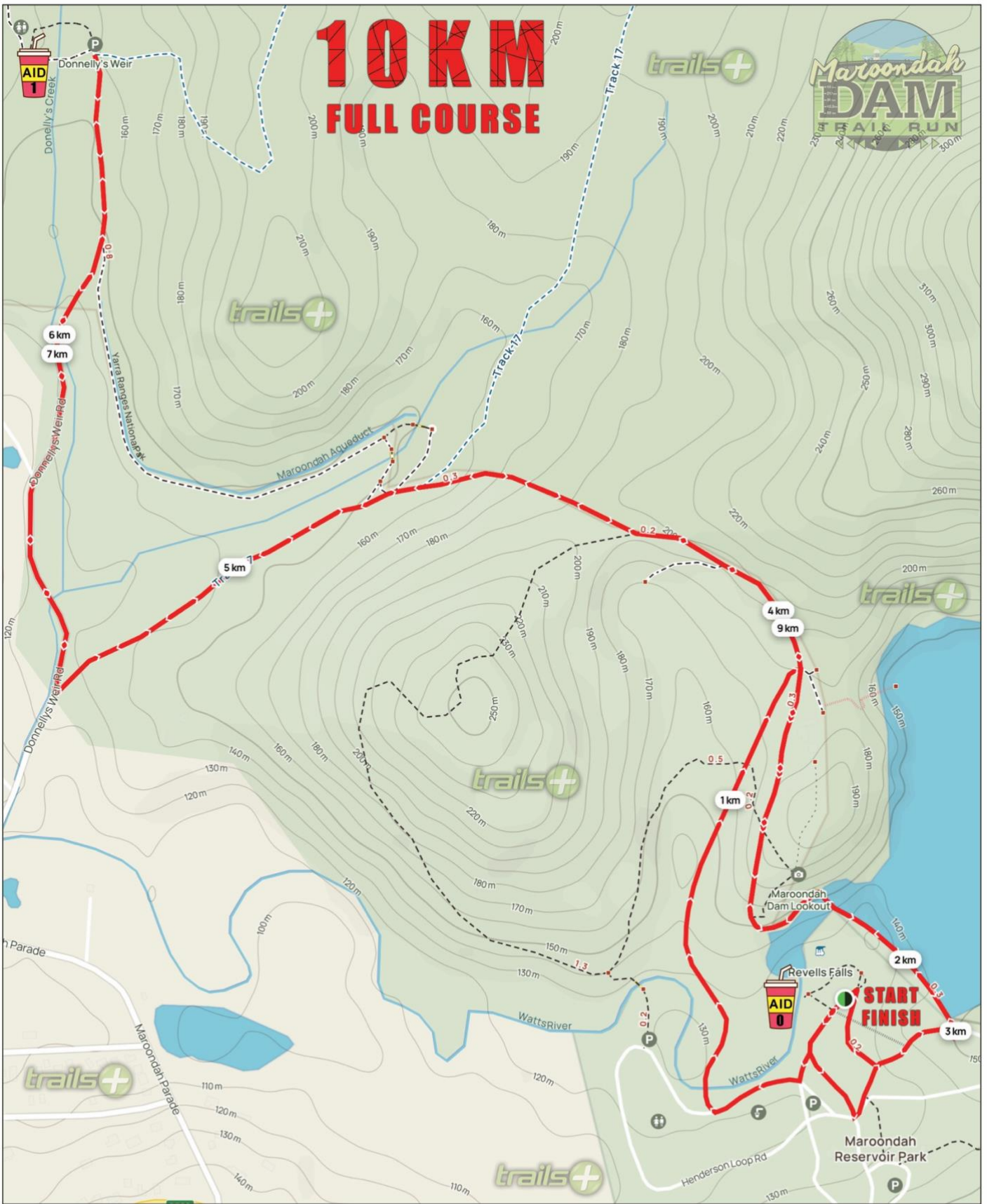
REMEMBER YOU MUST VISIT AID STATION 4 TWICE

FIRST TIME HERE
GO DOWN THROUGH-AROUND GATE



SECOND TIME HERE
HEAD UP TRACK TO THE LEFT



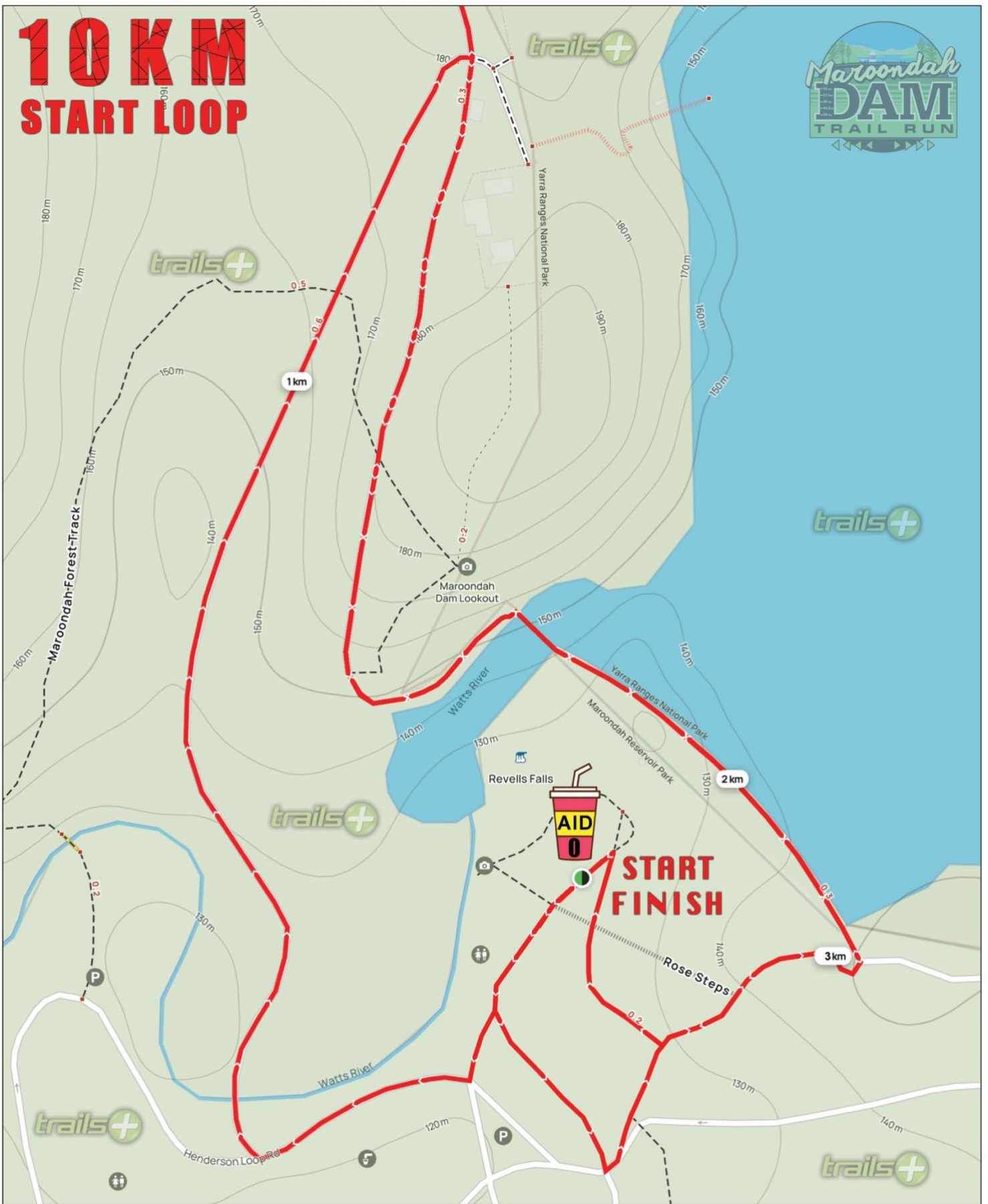


Maroondah Dam 10km
Healesville, VIC

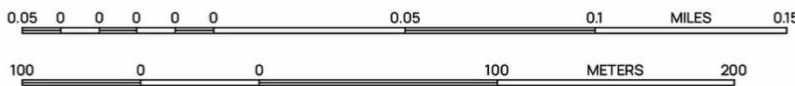
**10km
Full Course**



10 KM START LOOP



4/11/2024
11.7°E



Gain: 334 m Loss: 333 m

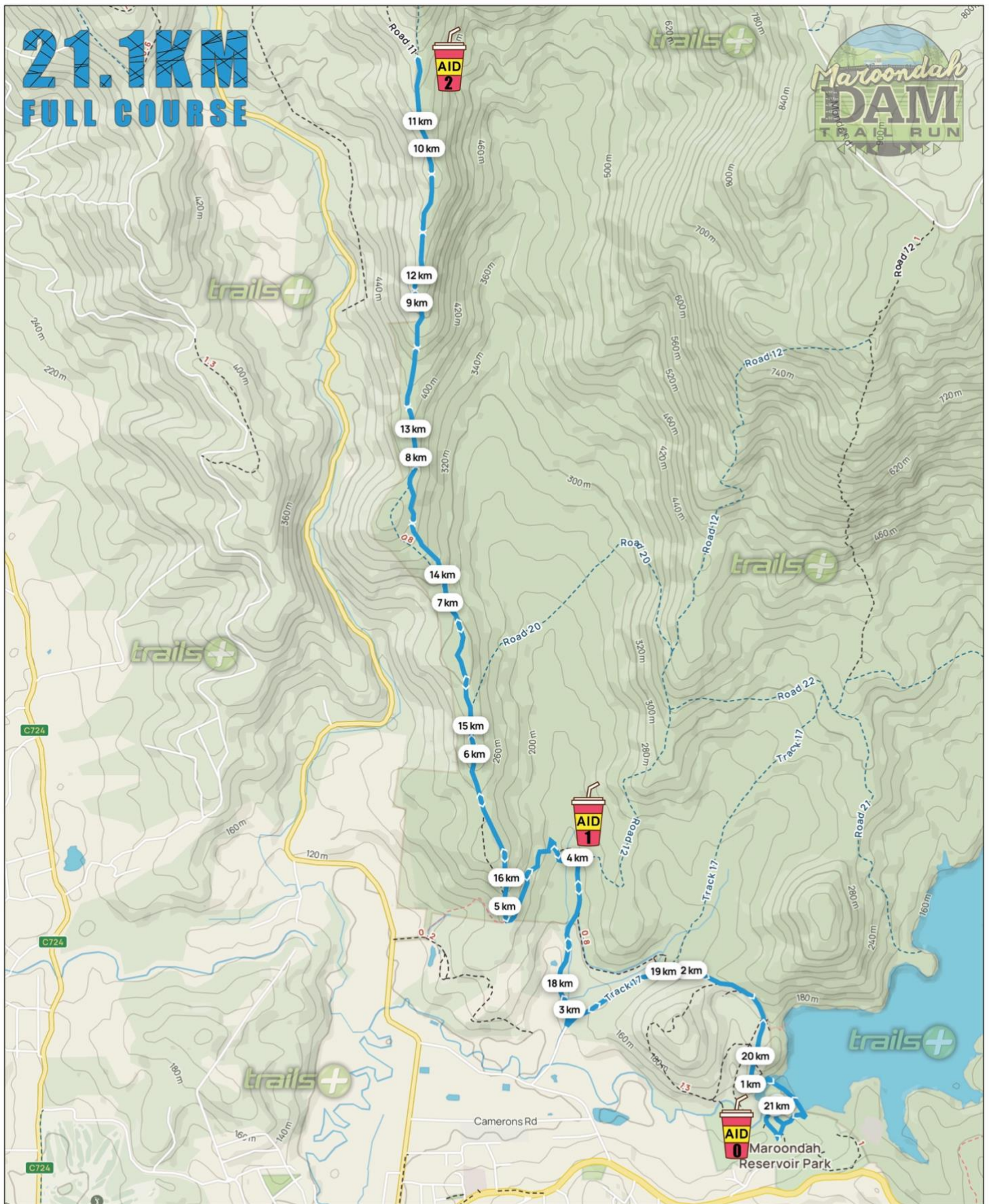


Maroondah Dam 10km
Healesville, VIC

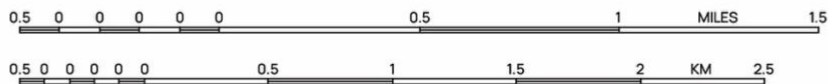
**10km
Start Loop**



21.1KM FULL COURSE



4/11/2024
11.7°E



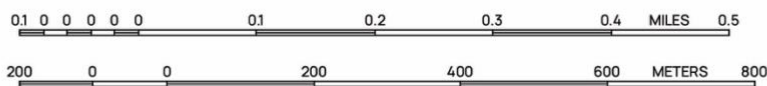
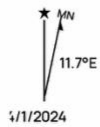
Gain: 809 m Loss: 808 m



Maroondah Dam 21km
Healesville, VIC

21.1km FULL COURSE





Gain: 809 m Loss: 808 m



Maroondah Dam 21km
Healesville, VIC

21.1km
0-5km



30 KM Full Course



4/1/2024
11.7°E



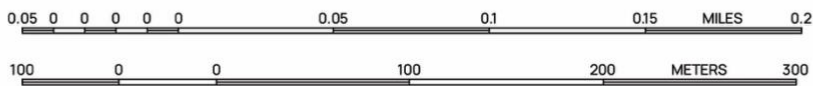
Maroondah Dam 30km
Healesville, VIC

30km Full course





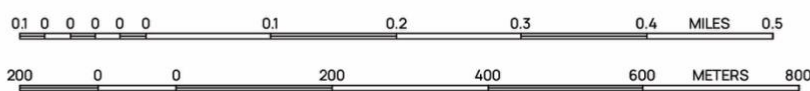
MN
 11.7°E
 4/1/2024



Maroondah Dam 30km
 Healesville, VIC

30km
START LOOP

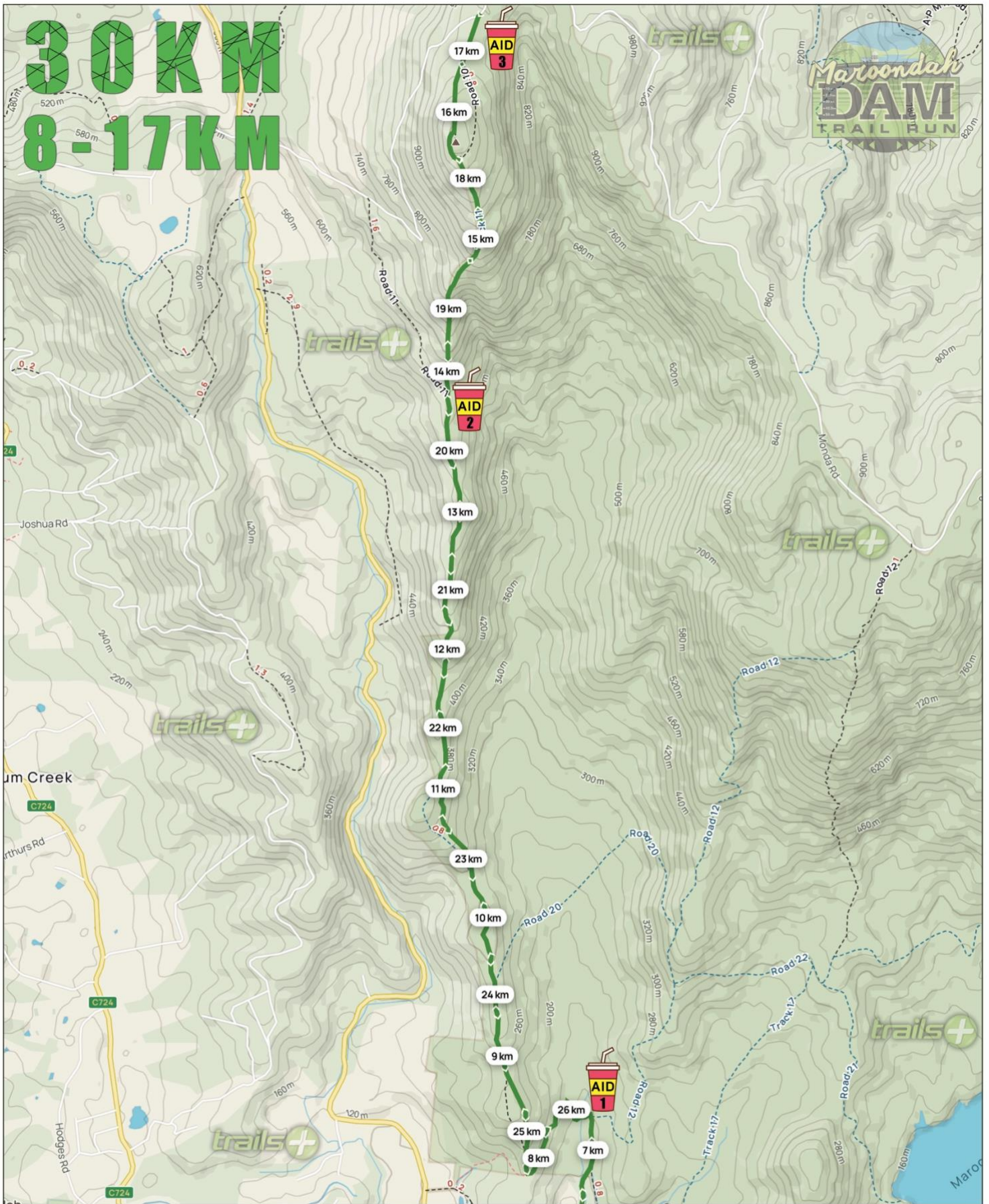




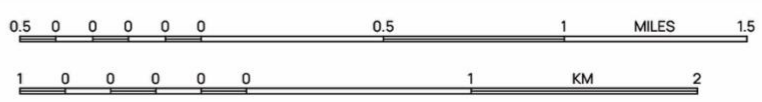
Maroondah Dam 30km
Healesville, VIC

**30km
0 - 8km**





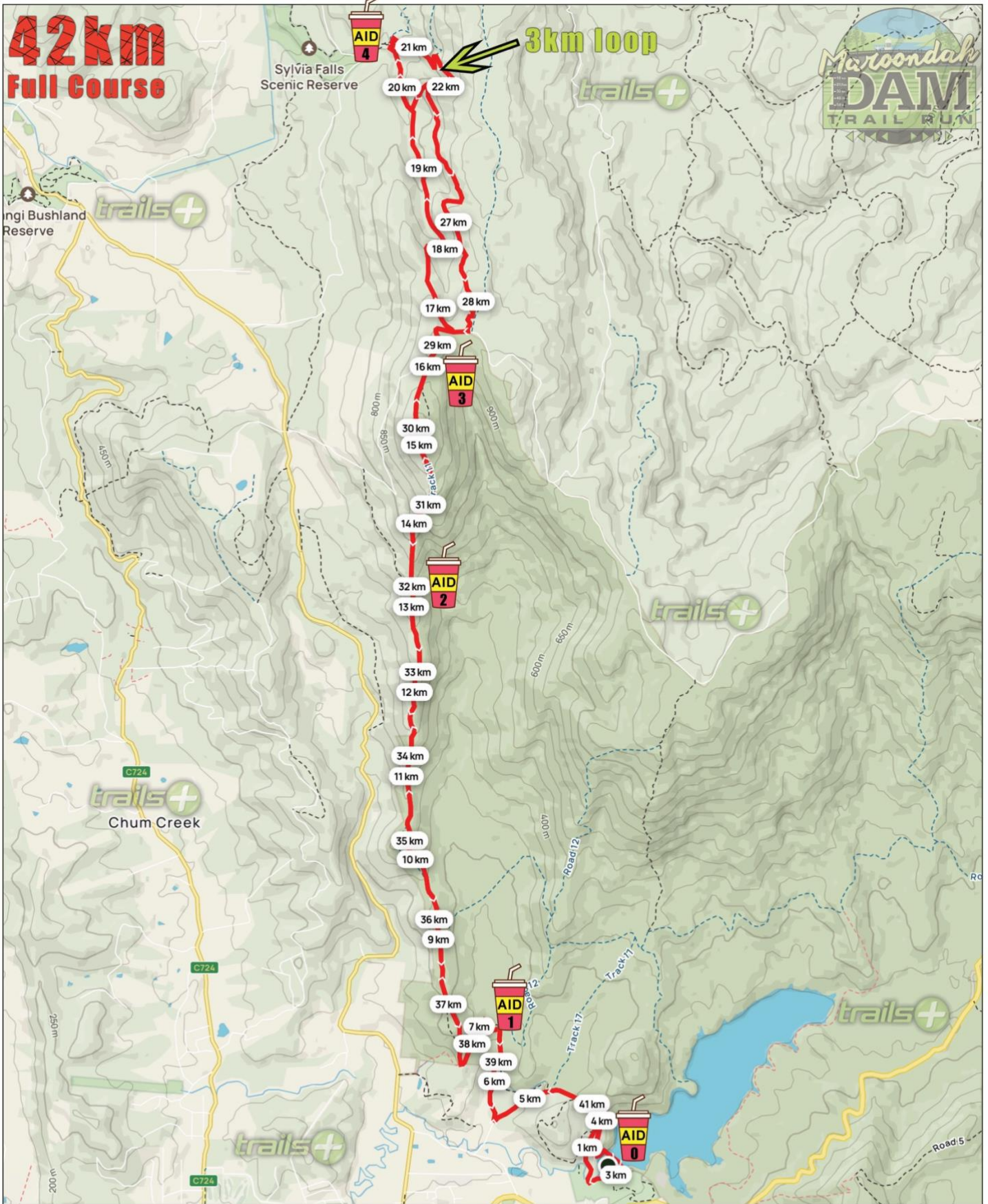
30 KM
8-17 KM



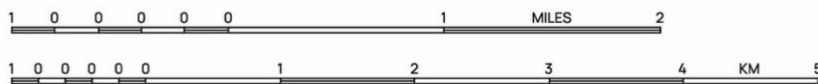
Maroondah Dam 30km
Healesville, VIC

30km
8-17km





4/11/2024
 MN
 11.7°E

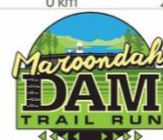


Gain: 2078 m Loss: 2077 m

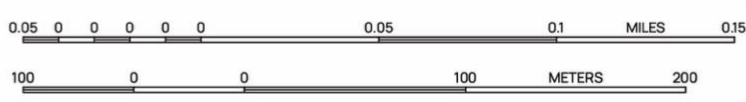
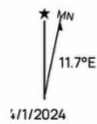


Maroondah Dam 42km
 Healesville, VIC

42km
Full Course



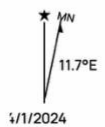
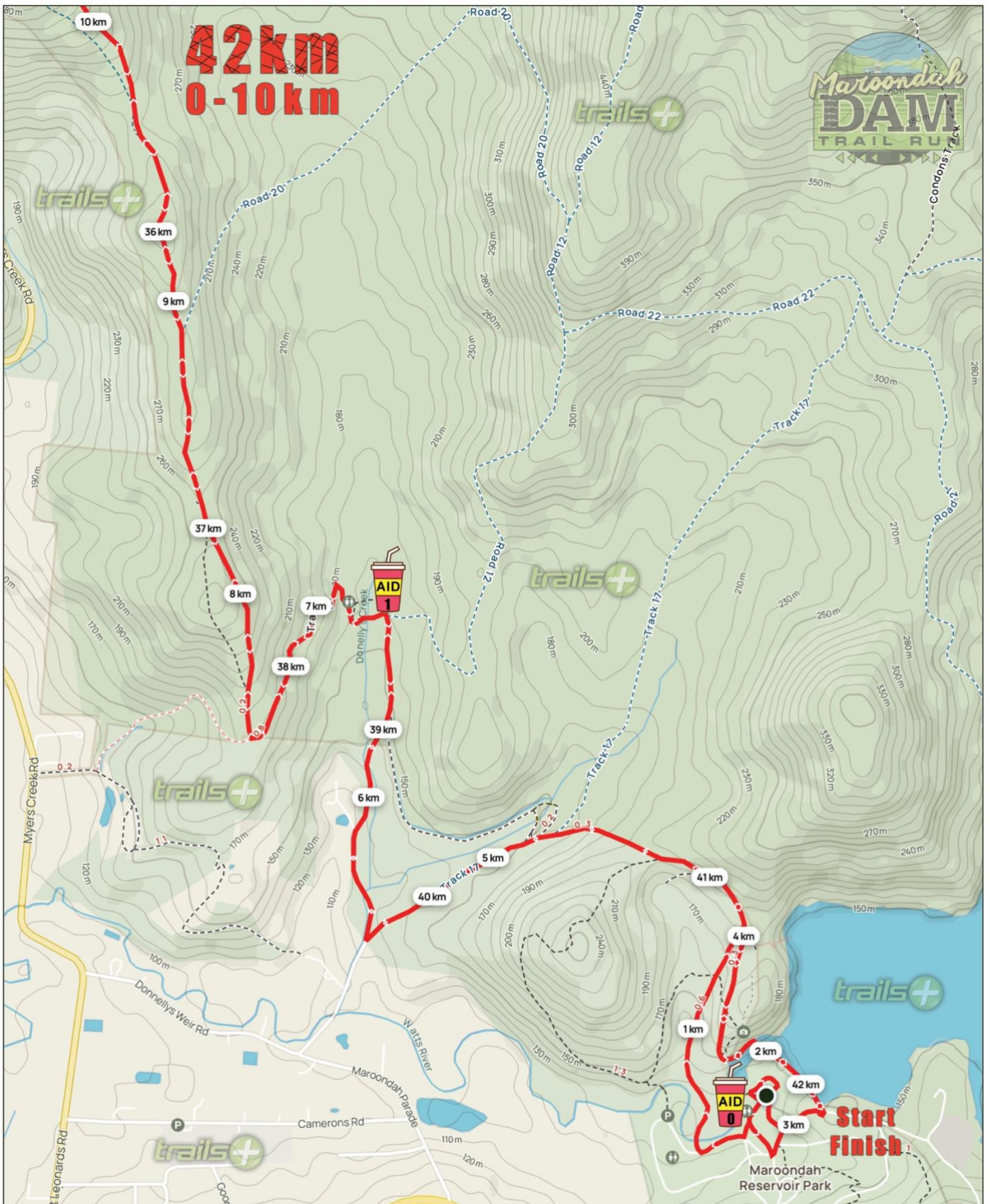
AllTrails



Maroondah Dam 42km
Healesville, VIC

42km
Start 3km Loop





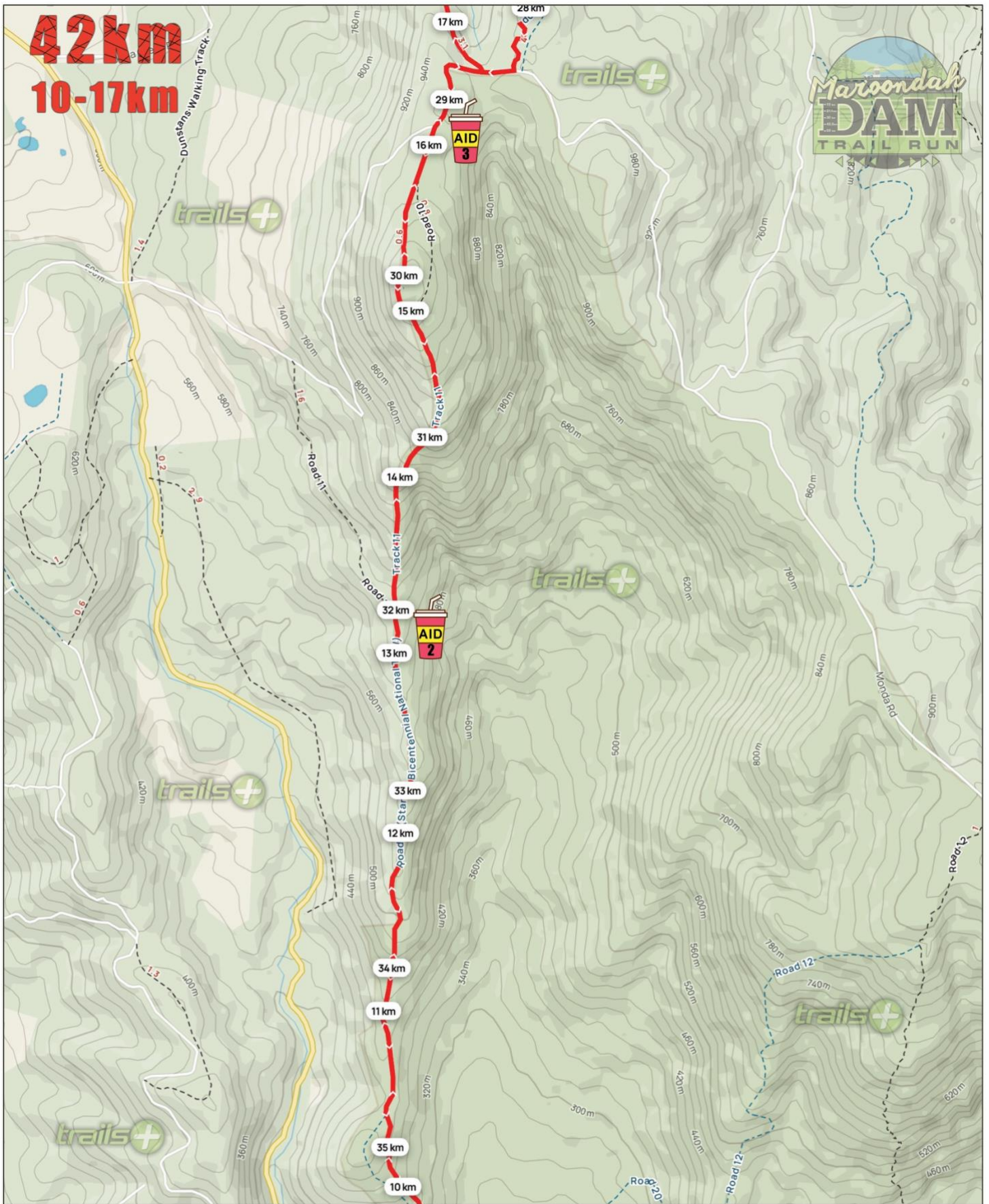
Gain: 2078 m Loss: 2077 m



Maroondah Dam 42km
Healesville, VIC

42km
0-10km





MN
11.7°E
4/1/2024



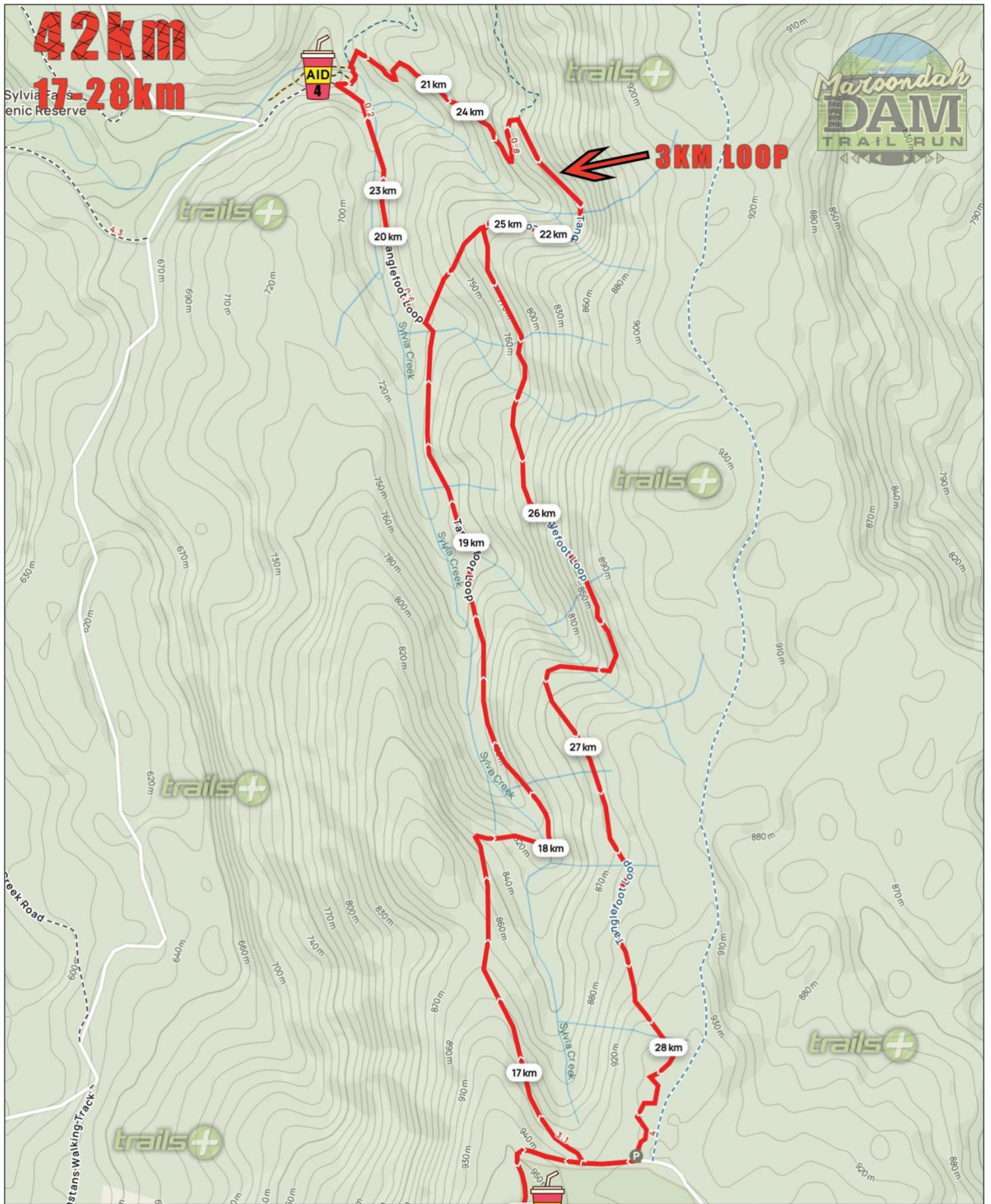
Gain: 2078 m Loss: 2077 m



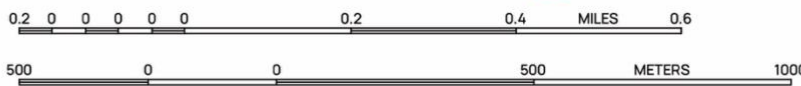
Maroondah Dam 42km
Healesville, VIC

42km
10-17km

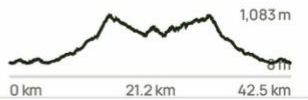




4/11/2024
11.6°E



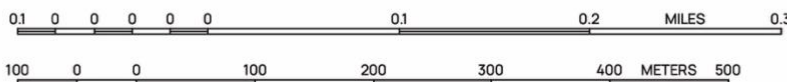
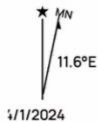
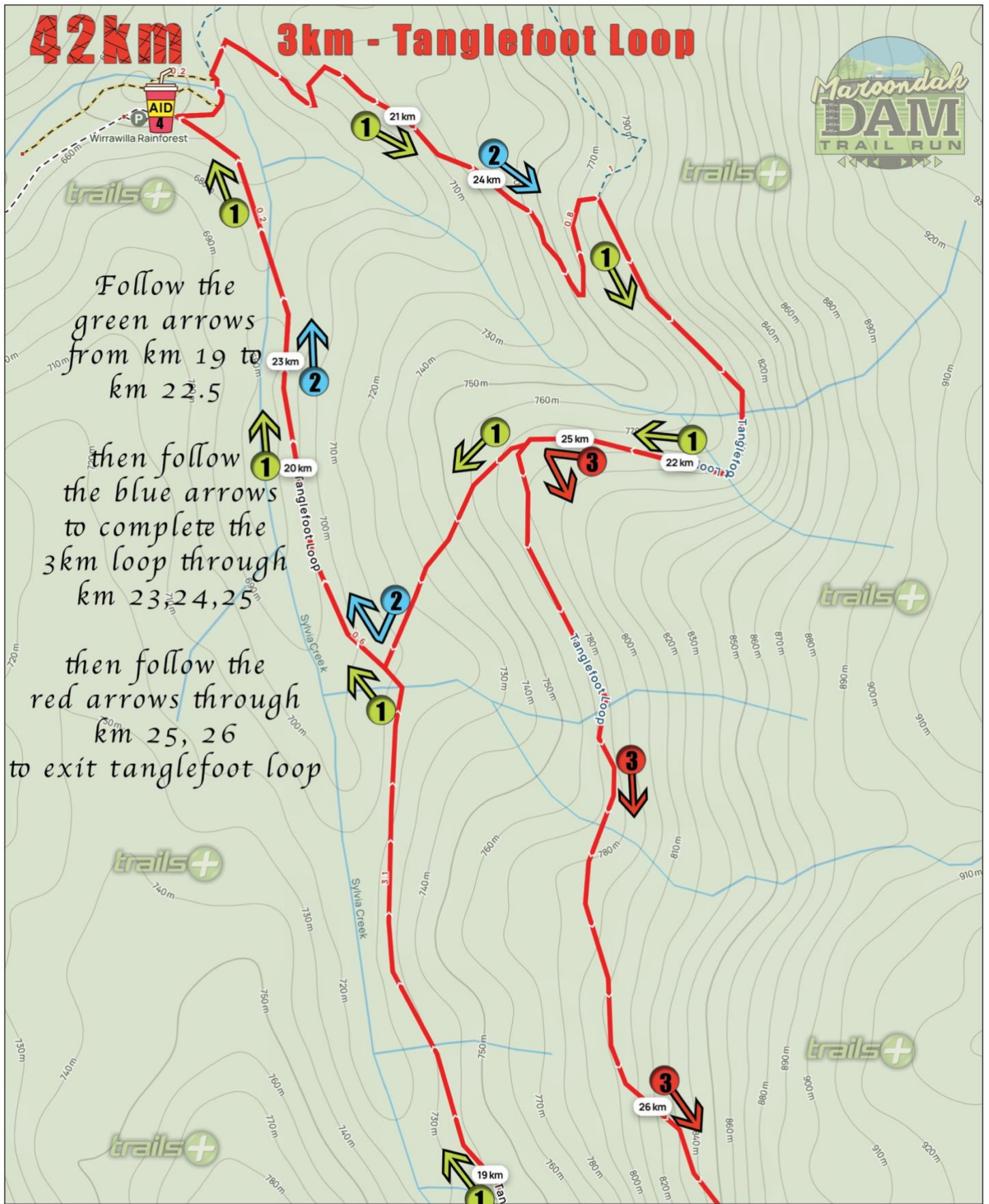
Gain: 2078 m Loss: 2077 m



Maroondah Dam 42km
Healesville, VIC

42km
17-28km



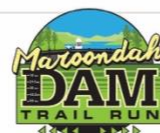


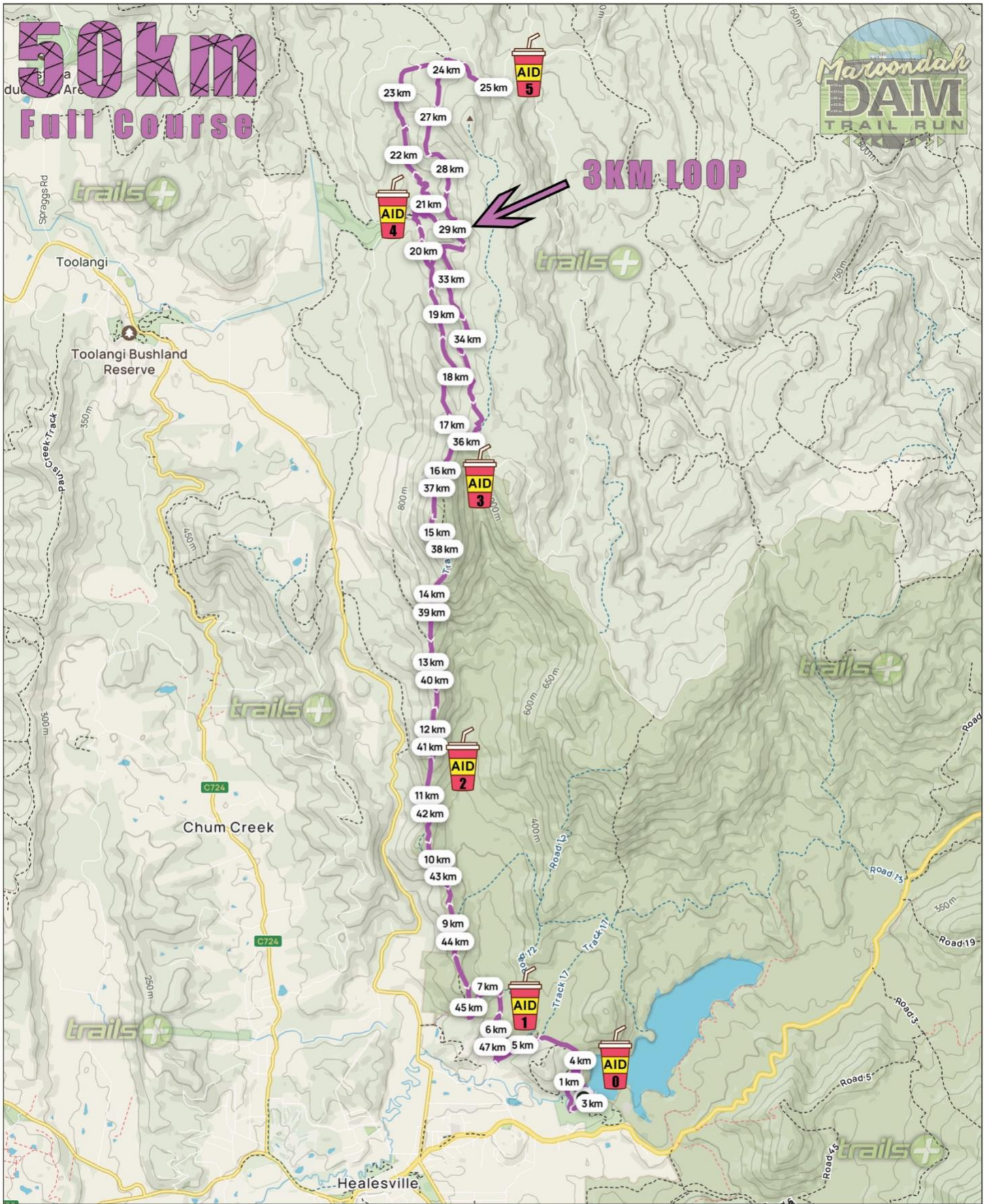
Gain: 2078 m Loss: 2077 m



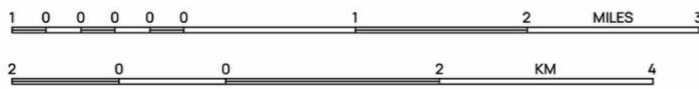
Maroondah Dam 42km
Healesville, VIC

42km
Tanglefoot Loop



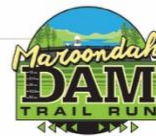


11.7°E
4/11/2024



Maroondah Dam 50km
Healesville, VIC

50km
Full Course

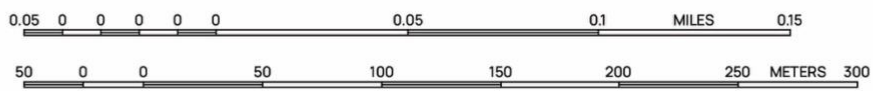


50km

50km Start Loop

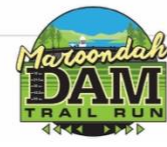


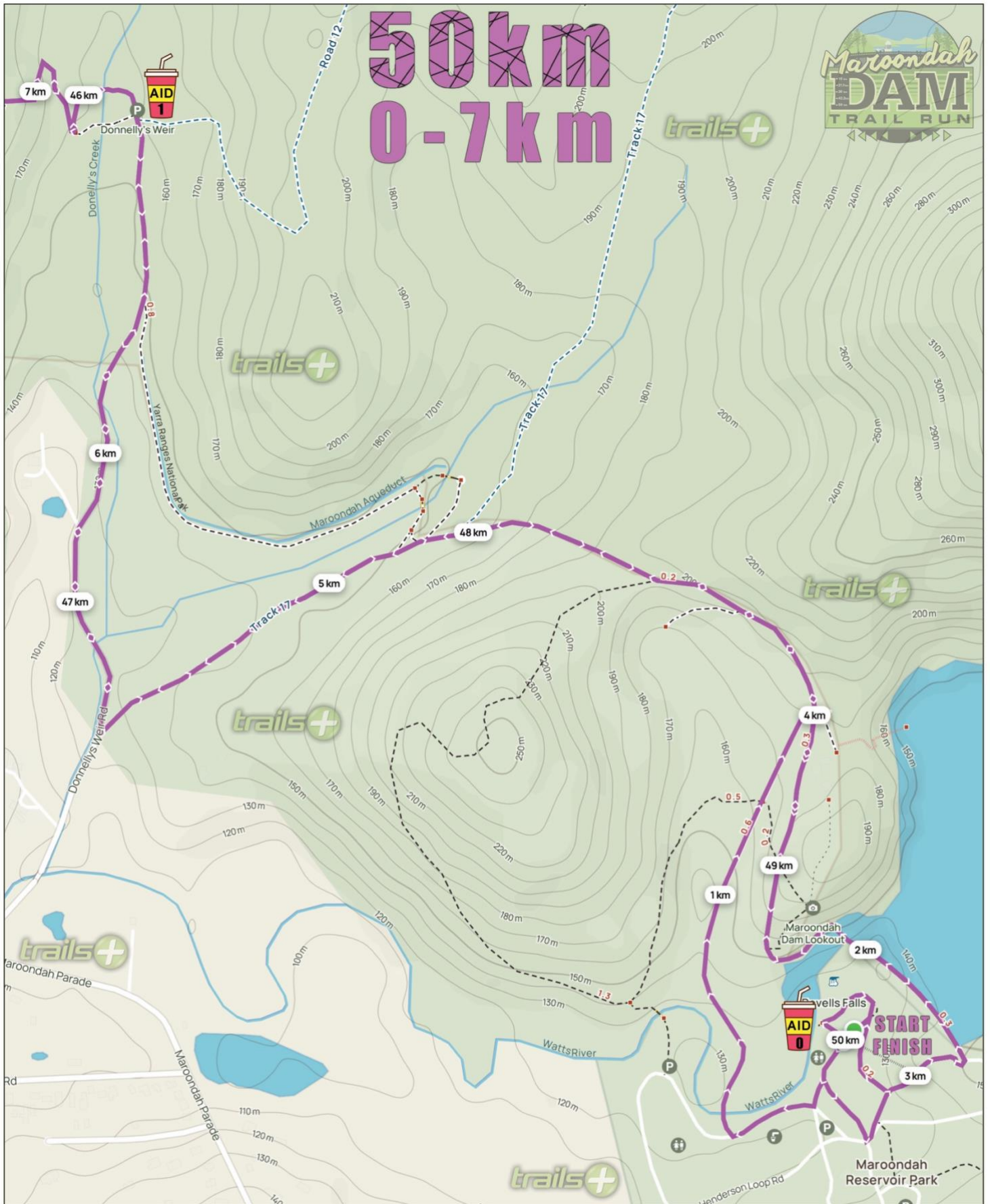
4/1/2024
11.7°E



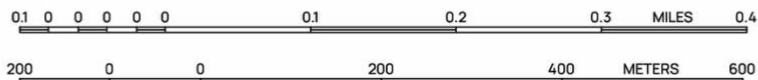
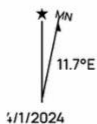
Maroondah Dam 50km
Healesville, VIC

50km
Start Loop 3km





50km 0-7km



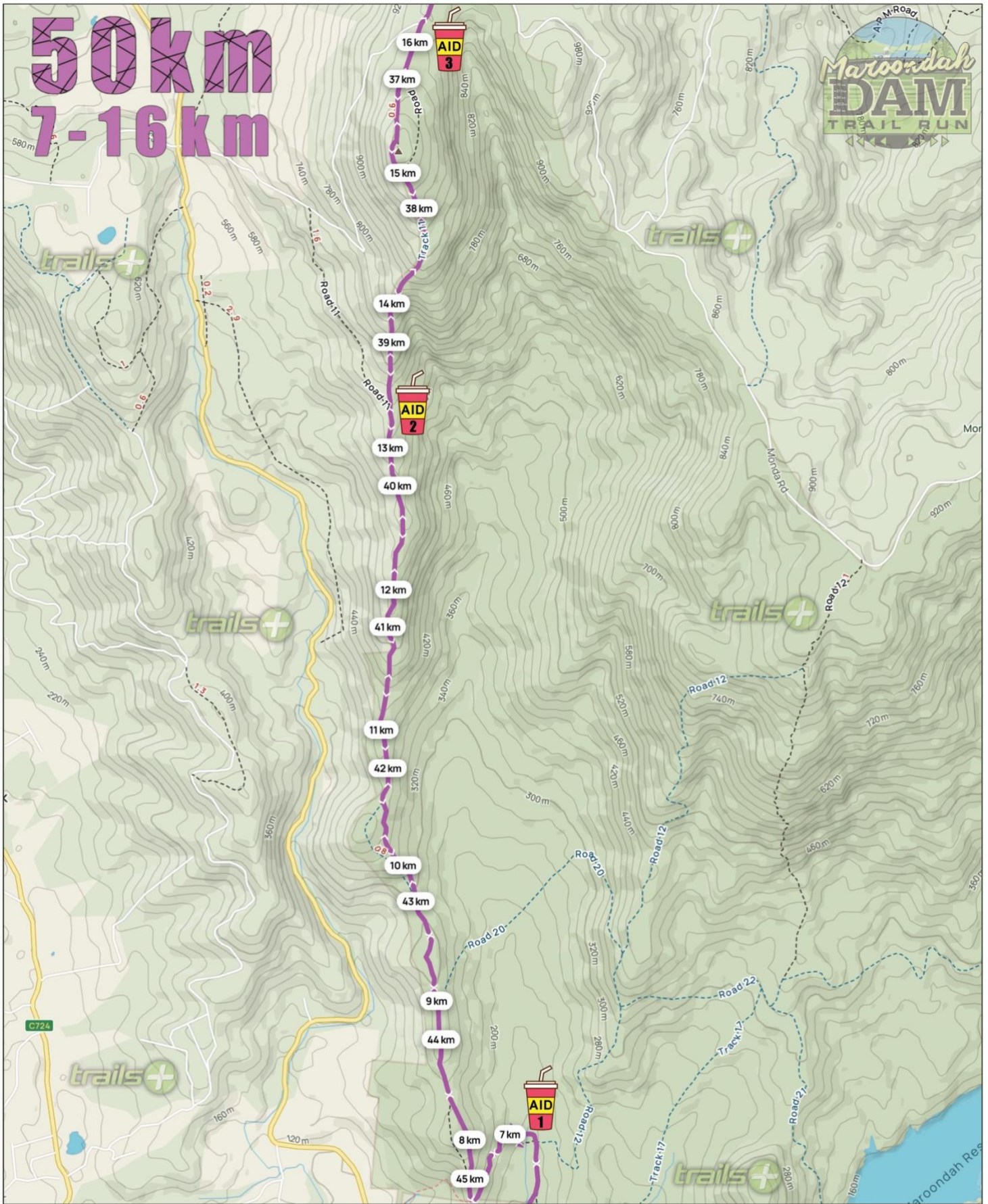
Gain: 2332 m Loss: 2331 m



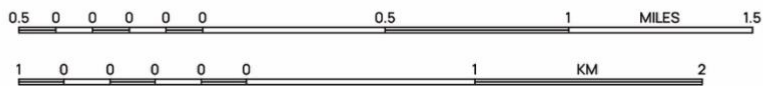
Maroondah Dam 50km
Healesville, VIC

**50km
0-7km**





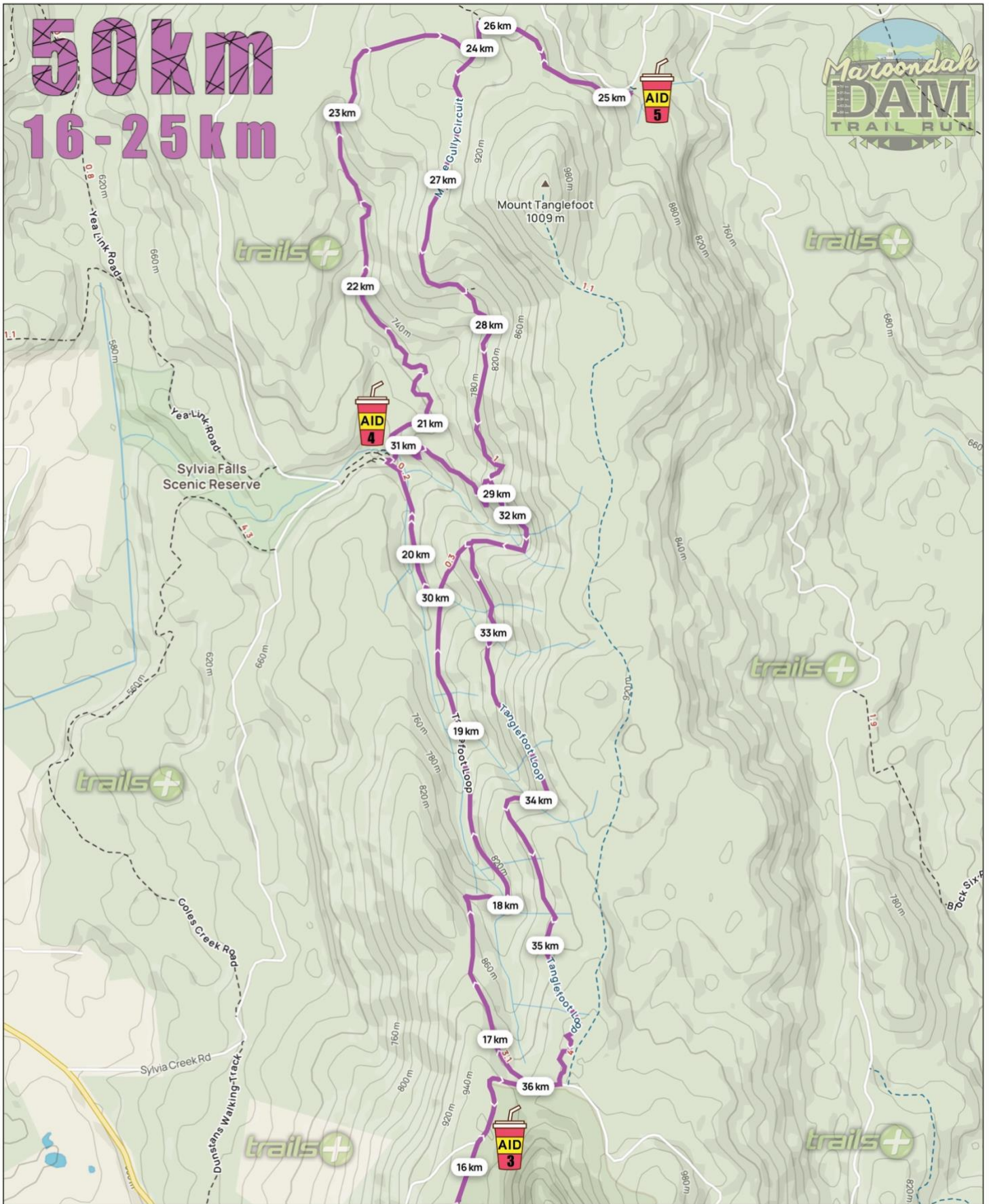
4/11/2024
11.7°E



Maroondah Dam 50km
Healesville, VIC

50km
7 - 16 km





11.6°E
1/1/2024



Gain: 2332 m Loss: 2331 m



Maroondah Dam 50km
Healesville, VIC

50km
16-25km



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