



Trailsplus acknowledges and pays respect to the traditional owners of the land we gather on today the wurundjeri people.

You Yang's Trail Running Festival Jul 15th-16th 2023

Race 2 of 5 of the MOUNTAIN TRAIL SERIES

Runners Briefing Notes

THESE ARE IMPORTANT NOTES – PLEASE READ

These notes are very important, they are provided to you to ensure you have a fantastic day at the You Yangs and a memorable experience of trail running. People often make errors when running trails. The very nature of lots of trails combined with effectively 8 races operating over the weekend can create confusion if you don't have a basic understanding of what your specific event consists of, so please in particular check the maps and the notes.

IF YOU ARE UNSURE – SAVE A MAP TO YOUR PHONE FOR REFERENCE

**GPX download files re available on the website
LETS MAKE 2023 AN ERROR FREE RUN FOR ALL**

Most errors occur by not concentrating, or following someone who is not in your event distance. The courses are very simple when viewed as an individual distance, you just need to know where you are distance wise and follow the directions or signage on course. It is a trail run, we don't want to paint white lines for you to follow the whole way, bitumen roads have them and they aren't much fun really. So please look at the maps, print one or save to phone "we don't supply them", carry one with you or look and listen to directions from officials.

The Fast runners likely to place should have been on course, they should know where they are going, wrong course equal DSQ result even if first over the line and you have covered enough Km's, don't risk it, we provide all the tools to safely and easily guide you, so long as you do a little bit of work and pay attention; you will have no issues navigating the course. Most importantly we want you all to enjoy the day.

Welcome to the 15th Running of the You Yangs trail running festival, as always trailsplus events are supporting young people living with cancer. Since 2008 when I ran my first 100mile event as a charity run, we have continued to keep supporting Canteen. Via these races we are able to continue to support CanTeen so thanks to all of you who participate and help. This year we have passed \$70,000:00, such an awesome effort thanks to our supportive running community and volunteers.

Brett & the Trailsplus team

At trailsplus we aim to provide you with a challenging but memorable experience on trails in great locations. We love the You Yang's and the support from Parks Victoria and know you will enjoy a great day and great trails. If current weather trends continue we look like we will have some good July weekend, mild sunny and a couple of showers, well fingers crossed, perfect for running, so let's hope the forecasters have it right this far out. But as always come prepared for any type of weather. The start will be cold even if a perfect clear day awaits us, so bring warm stuff for pre and post-race.

I hope this update finds you fit and well. Time flies when there is so much to do and it always seems to multiply as the race day approaches. I hope I have covered everything you need to know, though I'm certain we will continue to learn and improve our events, just like you learn and improve your race result and experience. As always a massive thank you to all the volunteers who have made time to come out and look after runners and help setup the event, without volunteers we can't put on an event like this.

NEW COURSES SINCE 2021 REMAIN OUR STANDARD COURSES WHERE ALL DISTANCES ABOVE 21KM use the 21km loop course plus some extra sections where applicable.

The 30k and 50km runners will now join the 21km loop course, known as the Miler Loop. We will not be using the mountain bike trails. This means the following will occur, 50km runners do an 8km loop up /down and around flinders peak, then join the miler loop for 2 laps.

30km runners will do a short 500M out and back, then up/down and around flinders peak, before joiner the miler loop for 1 lap.

Saturday Parking will require **42km and 21km** runners to walk 500m to the start line from the lower picnic ground carpark. PLEASE obey marshals and park efficiently so we can fit everyone in.

Sunday Parking FOR ALL runners will also use the lower picnic ground for parking and walk on the 500m walking track to the start line at turntable car park. This will be a tight fit, some may have to park in other carparks nearby if this carpark over flows.

Please allow enough time on the morning to park and walk to the start area, it's a gentle uphill with a few steps, not ideal for prams so please drop those in need at the top and return to park your car.

SUPPORTERS MUST ALSO PARK IN THE LOWER PICNIC GROUND CARPARK

Please note this document is divided into two sections.

The initial section is focused on the Hardcore 105 Mile and 105km event, but still has relevant information throughout for all runners and visitors.

The second section is focused on all other distances.

However, it is still important to read all sections and get an understanding of all aspects of what is happening in the park to make your day an enjoyable one.

WELCOME TO THE



WE ARE DOING OUR BIT FOR THE ENVIRONMENT

PAPER/PLASTIC CUP FREE EVENT

THAT MEANS YOU NEED TO BRING SOMETHING TO DRINK FROM

Bring your own cups or drink bottles

Or purchase one of our reusable

Silicone collapsible cups



We are always asked about Bib Collection or are they posted out before the event

NO WE DO NOT POST OUT BIBS

THEY MUST BE COLLECTED DURING RACE DAY CHECKIN

This is one of our safety check mechanisms and ID checks for BIB owner

SAMPLE RACE BIB



TROPHY AND MEDAL



SCHEDULE OF EVENTS

Saturday 15th July

105km and 105 mile can park at the top overflow area only (NOT MAIN CARPARK) if space available, drive straight to start, Limited space and see map for allowable 100s Parking below in Maps section

- 6:15 am Park Gates Open
- 6:45 am Pre Race Check in Hardcore 105M-105KM
- 7:45 am Pre Race Briefing Hardcore 105M-105KM
- 7:55 am Compulsory Group Photo
- 8:00 am Race Start Hardcore 105M-105KM

42.2km & 21.1km **must park in the lower picnic ground car park and walk 500m** via the walking track to the start line car park marshals will assist with Parking

- 7:45 am Pre Race Check in Bib Collection 42.2KM
- 8:45 am Pre Race Briefing 42.2KM
- 9:00 am Race Start 42.2KM

- 8:45 am Pre Race Check in Bib Collection 21.1KM
- 9:45 am Pre Race Briefing 21.1KM
- 10:00 am Race Start 21.1KM

Sunday 16th July

PLEASE PAY CAREFUL ATTENTION TO TIMES AND ALLOW PLENTY OF TIME TO WALK TO START

- 6:15 am Park Gates Open
- 7:00 am 50km Registration
- 7:45 am 50km Race Briefing
- **8:00 am 50km Race Start**
- 8:00 am 30km Registration
- 8:45 am 30km Race Briefing
- **9:00 am 30km Race Start**
- 9:00 am 15km Registration
- 9:45 am 15km Race Briefing
- **10:00 am 15km Race Start**
- 10:00 am 5km Registration
- 10:45 am 5km Race Briefing
- **11:00 am 5km Race Start**

ALWAYS A GREAT WAY TO ENJOY YOUR DAY BY BEING A LITTLE EARLY

Try and arrive 15 minutes earlier than you think you need to and you will be a lot more relaxed and set yourself up for a very enjoyable day, take care on the roads.

**WATCH OUT FOR KANGAROOS ONCE YOU ARE CLOSE TO THE YOU YANGS
ESPECIALLY ALONG BRANCH ROAD FOR THE EARLY ARRIVALS AND VISITORS ON DUSK**

Approximate Times

Race Presentations – Due to the nature of the finish times being spread out over the longer distance, these are approximate times

Saturday

12:30 – 21km

12:30 – 42km

10:00pm – 100km

Sunday

Approximate times and where possible will flow together

12:00pm – 5km

12:00pm – 15km

1:00pm – 30 km could be earlier if we have podium present

2:00pm – 50 Km could be earlier if we have podium present

3:00pm – 100 Mile could be earlier if we have podium present

If you have placed in your event and need to leave before the Presentation, please ensure you come and collect your winner's trophy from me. Also every runner that finishes the event they started by covering the correct course and within the cut off times, you will receive a custom designed medal for 5km, 15km, 21km, 30km, 42km and the 50km

THIS SECTION (A) mostly relates to the 21.1km loop for 21.1km/42.2km/100km/100mile



Welcome to the 15th You Yangs Hardcore 100 – 2023 (NEW IMPROVED TOUGHER COURSE)

The Hardcore 100 Mile race in Victoria was created to provide an opportunity for the ultra community to challenge themselves over the iconic 100 mile distance.

There are currently 20 registered runners to take on the 21km loop course 8 times 105mile. And 25 to take it on 5 times in the 105Km event, just under 50 if all turn up which is awesome.

Good luck to everyone toeing the line and thank you for being a part of these challenging distances.

About the Hardcore 100s. (**NEW TIME LIMITS from 2023**) extended by a couple of hours

- 105 Miles / 105km
- 8 x 21Km Course
- start time Jul 15th 8am
- finish July 16th 4pm
- cutoff time 32hrs
- minimum 2 aid stations approx. 10km apart
- total elevation gain = 3000 and 5000M
- pacers are permitted from the 5pm to 7am to share the trail during darkness hours and must wear the provided pacer race bib
- a 105Km time will be recorded (separate result noted)
- if 8 full laps not completed you register a DNF or 5 not recorded for 100km, also a DNF
- 100Mile a Custom Designed Buckle will be awarded to all finishers under **32hrs** (Bronze)
- 100Mile a Custom Designed Buckle will be awarded to all finishers under **28hrs** (Silver)
- 100Mile a Custom Designed Buckle will be awarded to all finishers under **24hrs** (GOLD)
- 100km a Custom Designed Buckle will be awarded to all finishers under **24hrs** (Bronze)
- 100km a Custom Designed Buckle will be awarded to all finishers under **18hrs** (Silver)
- 100km a Custom Designed Buckle will be awarded to all finishers under **14hrs** (GOLD)
- Pacers from approx. 5pm Saturday permitted, NO Muling (Carrying any runners needs)
- Drop bags can be left at aid stations, organizer's will deliver them to Aid Station 2 when volunteers are available.
- Poles can be used and dropped after flinders peak ready for next climb, though personally I'd keep them for saddle back track climb ☺

Aid Stations

Located at the base of Flinders Peak and (0-3km point per lap)

The Northern track Branding yard Road Crossing (9 – 12km point per loop)

Aid stations will have the regular trailsplus items available

Chips, Lollies, Cake, Chocolate, while stocks last it's not a never ending pit.

Gels are not provided

Electrolyte in small quantity available

We will have some hot foods during the night time

Pasta, Noodles, Soup

Hot tea and coffee will also be available

Drop Bags

Runner drop bags must be clearly labelled, 100km / Mile runners can leave them at the start finish aid and we will transport them to the Branding Yard aid station for you. They may not be there for your first loop pending volunteer movements. We will endeavour to have all drop bag and personal items returned to the finish line before you leave, but sometimes it's not possible. Please note we will not post any items left behind, it is your responsibility to collect them.

Runner Shelters.

Runners are permitted to setup their own marquee shelters in approved locations. Trailsplus will provide some shelter, but strongly advise runners to have their own, however there is limited suitable ground areas to set up so please consult with race director prior to claiming your turf.

Runner Safety.

As with all trailsplus events participant safety is our number one priority .

If a runner comes across another runner in need you must stop and offer assistance or get assistance. You will find the race directors and other phone numbers on the rear of your bib. Time taken to care for a runner will be deducted from your finish if required.

Road Crossing.



At the park entry you will cross the entry road to the You Yongs via the Pedestrian crossing, please take extra care here while crossing. You will also cross Great Circle Drive in two locations, please look out for cars for crossing the dirt roads.

Sharing the trails.

You may find yourself on the same section of trail as other users it is imperative that we give way to other park users, if a bike comes along just step aside, its easy to do. If you come up on bush walkers please ensure you politely let them know you are there and pass respectfully.

Disqualification

The Race Director, or any member of the Medical Support staff or any Authorised Checkpoint Personnel may prevent any Runner from starting (even after their Entry has been accepted) or continuing in the Hardcore100 if any of the following occurs.

- The Runner, their Pacer, or their Support Crew breach Race Rules.
- It is decided that the Runner may be placing themselves or others at any risk whatsoever.
- Any other reason that may breach the spirit of the event.

Flinders Peak

Summiting Flinders Peak five/eight times is going to be one of the major challenges. Runners must climb the metal platform at the top. We know each and every runner will go all the way before turning back, however we are recording split times at the top to check your progress.

Common Sense Gear

Rather than stating you must have mandatory gear for this event we want you to use your common sense, you rarely go outside at home for a run and not dress for the weather. So on race day be sure to have the gear you may need on hand. We are not in Alpine conditions, but if you roll an ankle and cant move to keep warm you will get cold very quickly. So in particular for the 100Km/Milers be sure to have suitable gear. Temps are often sub zero through Saturday night to early Sunday morning, the cold air is what ends most runners race, so you have been warned, have the right gear.

Walking Poles

Walking poles are permitted, but please take care especially when others are nearby

THIS NEXT SECTION IS WHERE YOU FIND THE *MANDATORY GEAR RULES AND QUESTIONS ANSWERED

None Carried Mandatory Gear - Recommended Gear to have on hand

This is **not mandatory gear** you have to carry with you, but it is a requirement that you have it available at the main aid station.

MANDATORY TO HAVE AT AID STATION MINIMUM (applies to longer distances)

- Sealed seam weather proof jacket
- Sealed Seam weather proof pants
- Headtorch, Spare Torch and Batteries
- Thermal Top
- Thermal Bottoms
- Gloves, more than 1 pair
- Beanies or Buffs
- Mobile Phone (for photos and to call us if you need us)
- *Sense of humour, strong spirit, can do attitude*
- **PACERS MUST ALSO HAVE THE SAME GEAR**

The race director may instruct you to carry any of these items, failure to do so may result in a disqualification.

Remember due to the accessible nature of this course and close proximity to aid stations these are recommended gear items, we expect you to carry all the correct gear if conditions call for it, common sense should prevail.

Car Parking 100km / 100Mile RUNNERS

100km / 100Miler runners will be able to park at turntable car park, but not in the Main car park we will be double parking cars in the overflow car park which is about 100M from the start so it is accessible during the race if needed. Please do not park in the main car park bays. We MUST leave places for PUBLIC PARKING.

Car Parking for Supporters

Please note that during the day supporters are required to park in the lower carpark, it's a pleasant 10 min stroll up a single track, We must not fill the upper turntable carpark or Parks on roadsides risking blocking traffic

100 Mile PACERS

Runners pacers are permitted for safety reasons from Saturday night from approximately 5pm or when ever the runner comes past closest to 5pm whereby they will be on the next lap in darkness. The role of the pacer is to ensure the safety of the runner. A pacer must not assist the runner mechanically to achieve a finish. A pacer must not carry anything for the runner. A pacer must be prepared for the weather conditions just like the runner and not be a burden on the runner. Most of all you must have a sense of humour, your runner just might get a little tired and grumpy, don't take anything personally they might say.

Any physical assistance provided to any Runner outside of a Checkpoint by any person will result in the disqualification of the Runner. Please also note that only OFFICIAL 100mile PACERS are permitted, See definition of OFFICIAL PACERS below. You must only have the official pacer with you identified by a pacer bib. You can have a different pacer on different laps but only one at a time

100 Km PACERS

Runners pacers are permitted if their last lap will be completed in low or poor light, all of the same terms and conditions apply as per the 100 mile pacers. Pacers must wear a pacer bib.

100km – 100mile OFFICIAL PACERS

MUST register BEFORE beginning pacer duties. This requires the runner to sign a pacer sheet acknowledging, they will operate within the rules of the event. That they are fit and healthy and of no risk to themselves or the organising team. The pacer is required to have the same suitable clothing and food stores as the runner. (eg) If the runner has been instructed to wear a sealed seam hooded jacket then the pacer must also wear a sealed seam hooded jacket. The Pacer must have a suitable quality head torch or hand held to safely navigate the course. If a pacer is observed with a runner and has not registered the runner may be disqualified from the event. This means a pacer cannot join a runner mid trail having just arrived, without coming to the HQ location. There must be only one official pacer on course with a runner at any time. Exception to the one pacer rule. Up to 3 registered pacers may do the final leg from Park information office to the finish line to soak up and celebrate those final few km's. Pacers must wear a pacer bib. Except on the last 3km if more than one

Race Numbers

Runners should have their race number visible at all times, this will not only allow us to utilise our back up timing system, but it helps keep tabs of where you are on the course and makes you identifiable as a 100 Miler

Behaviour

We know this won't happen, but if any runner abuses Race Officials or Volunteers, or whose Pacer or Support Crew abuses Race Officials or Volunteers, they will be disqualified, we have zero tolerance to poor, abusive or Bullying behaviour, failure to adhere to officials direction on this matter will result in additional event sanctions, we are here for fun not to be abused or to have unpleasant discussions with runners or supporters.

Rubbish

We operate a leave no trace policy at trailsplus events, that means you leave nothing on the course, please ensure you do not drop gel packets or tear offs on the course, there are bins at aid stations please carry any rubbish to the next aid station and deposit it in the bins provided.

Reminder trail runners have been accused of dropping rubbish in past years by bike groups, though we know it to be incorrect we do not want to be in a position to be accused of this so please even consider picking up rubbish and placing in bins even if not part of our event.

Dropping out of the Race

Runners must only drop out at one of the two aid stations, you **MUST** report to the aid station and ensure you are recorded as dropping from the event. If you walk off course and go home with crew and we don't know where you are. We will invoke a search and the cost will be on you so please ensure you notify officials before leaving.

Course

Runners must follow the specified course, for the 100km/miler being a loop course I am sure you will have it well etched in your mind, especially after a few laps which will make the night time navigation even easier. The 100km / Mile Course will be marked with a combination of Red/White arrows, black arrows on yellow cards and be supplemented with pink and yellow reflective ribbons. Some other instructional signs may be placed to assist. Reflective items may also be placed along the course. (sample only signs below) The KEY to following the correct course is simple.

IF there is an arrow follow it, if there is a sign with distance information, follow your distance, otherwise follow arrows and ribbons, but read signs especially at decision points.



Trail Etiquette

Runners should show respect to all trail users, cyclist, walker or runner and give way at every opportunity. Please be sure to step off track when bikes are approaching or passing, always, regardless of other parties attitude be polite, “ have a great day” works best.

Head Torches

Head torches must be carried from sunset to sunrise. You must have your torch with you at the beginning of the lap that the sun will set, don't get court out without it.

Insurance Cover

The event has public liability cover this does not cover personal accident, please ensure you have you're ambulance subscription up to date, it is very expensive to travel in an ambulance, by road and much more by air.

Pizza and Coffee

Our favourite Pizza and coffee ladies will be with us for the weekend, nothing but the best service and taste from both.

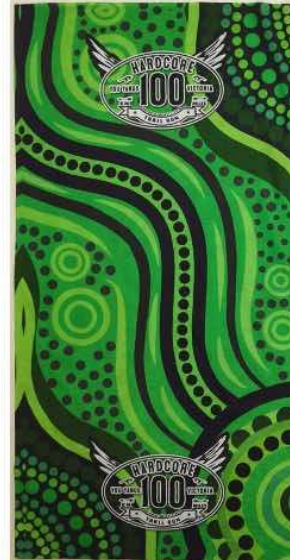
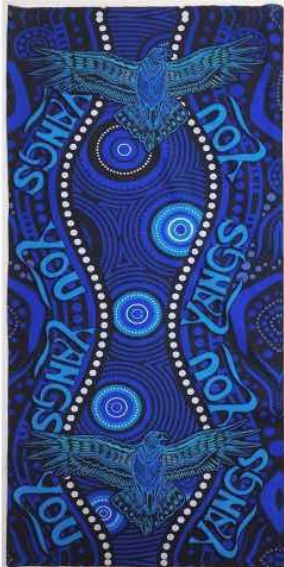
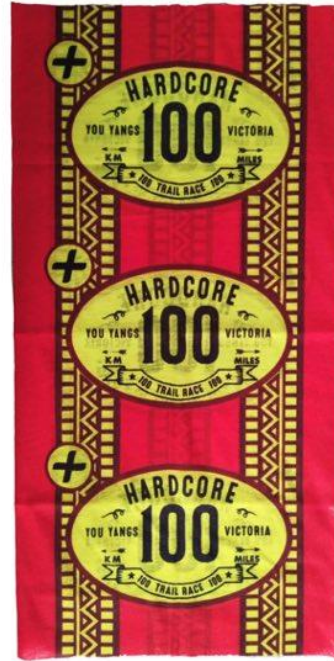
Merchandise

There will be a very limited supply of cotton & tech tee shirts available in a couple of designs, here's a few of them We also have headwear items of various designs



Our 2023 You Yangs Shirts, Series Shirts and Maroondah Shirts

YOU YANGS HEADWEAR DESIGNS



Course Description

The Miler Loop – aka 21.1km Course for 42.2km, 100km, 100M

Starting with a climb up flinders peak you will ascend **1.5km**, climb the metal platform. Walk around the column and return to the Aid Station **3km**. Turn left alongside the car park and take branding yard trail. Continue on branding yard trail without making any turns. When you come to the bottom of saddle back track **4.7km**, turn left and make the big climb to the top of the saddle. **5.6km** Once at the top you will immediately turn right into the Northern Range track continue along Northern range until you arrive at the Aid station. **9km** At the aid station you will cross straight over to the single track between the wooden stumps and continue for approx. 200M, **9.2km** then turn left. Continue on this track, crossing a timber bridge you veer to the right and remain on the single track. You will arrive at Branding yard Road **10.5km** where you turn right and head along the wider road for approx. 1km, be careful here and make sure you take the right hand single track **11.3km** and head past the seat and over the wooden bridge. Continue on the single track as it winds below the large eagle rock formation, go over another small wooden bridge, continue past the T junction **12.3km** that you have previously turned at from the opposite direction continue until you connect with Branding Yard road Aid Station at **12.5km**. Turn right onto the large sandy road and continue to the gate. **12.7km** Go around the gate and cross Great Circle Drive carefully to the fence line, do not exit the park **12.8km**. At the fence turn right and follow the boundary trail with the fence on your left. Continue until you pass the farm house and keep going to the end **14.3km** turn right and run along the branch road boundary fence for 3km almost to the front entry where you make a right turn at **17.3km** then in 100M turn left and head toward the old School House **17.5km**. Cross the park entry road at the pedestrian crossing and continue straight ahead 100M before turning right onto bike track number 17, **17.7km** follow this through the gums staying on single bike tracks, not wide roads and you will arrive at the rear of the Park Office. Continue past the office toward the carpark. At the park office be sure to take the big rock trail **18.5km**, by keeping the car park close to your right side, follow the big rock track around and cross Great Circle Drive the large sandy road **19km**. Continue on and take the left turn **19.4km** and go around under the big rock. Continue around to the front of the rock and turn left at the main access point to the rock. **19.8km** Head toward the car park but don't go into the car park. Turn left off the trail and cross on the grass, keeping the BBQ shelter to your left and the car park to the right **20km**. Where the car park finishes and meets the dirt trail, follow this trail (Contour Track) until you intersect with Rockwell road **20.3km**. At Rockwell road turn right and head to the finish line. You have just completed **21.1km**, you have 1,4or7 more laps to go. Good Luck 😊



100MILE = 24HOURS
100KM = 14HOURS



100MILE = 28HOURS
100KM = 20HOURS



100MILE = 32HOURS
100KM = 24HOURS



**THE ABOVE MAP IS THE HALF MARATHON AND MARATHON COURSE
(1 or 2 LAPS)**

it is also used by the 30km and 50km runners

Please take note 100km,100mile, half and full marathon plus 30km and 50km share the same course. 50k do early 8km section then 2 x 21km loops, 30km do early 9km section then do 1 x 21km loop.

Course Markers

A number of course markers will be used to help you navigate the course, but please remember you may travel on the same section more than once and in a different direction so be mindful and read the signs that are provided.

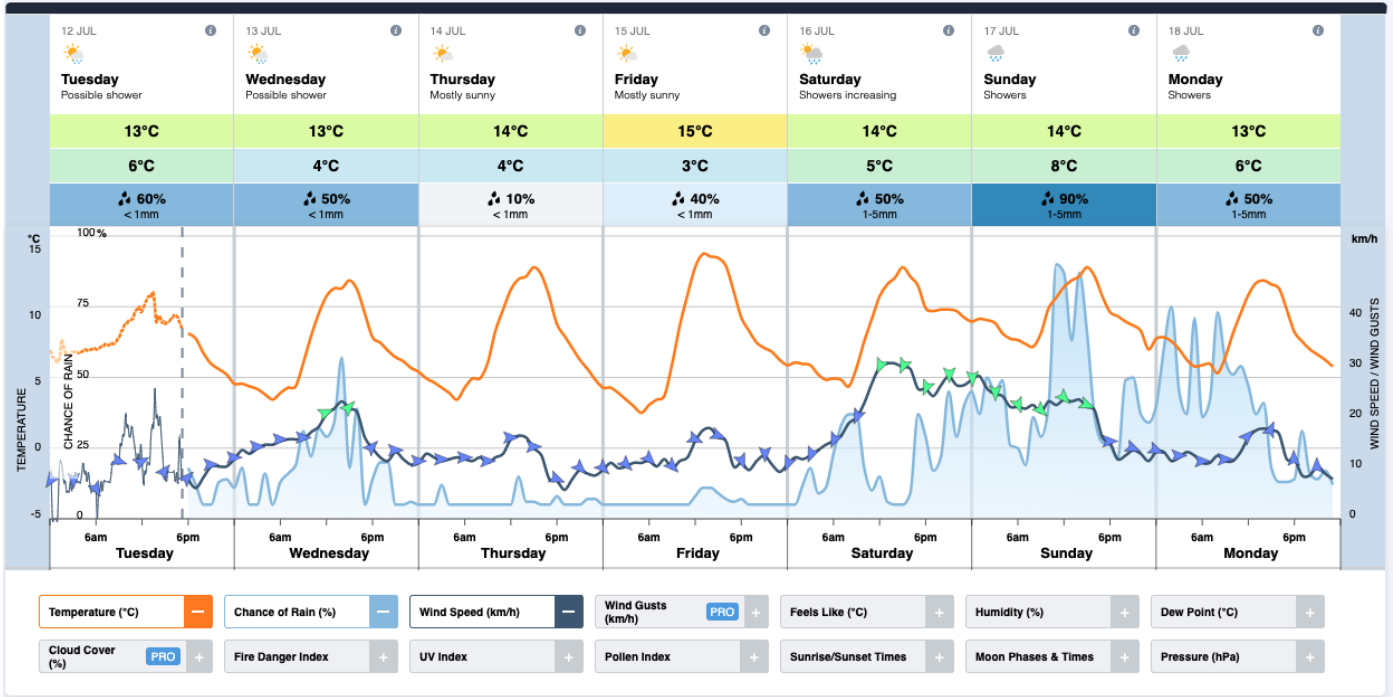
The courses can be marked with a combination of the following markers, Black and Yellow arrows, red/white arrows, reflective orange arrows additionally there will be pink and yellow ribbons, reflective orange ribbons, placed as needed, occasionally there will be custom sign options to direct you. On single tracks we will not place excessive ribbons. For the 100km / 100milers the ribbons have reflective print on them and this will help you during the night.

In some cases we may draw an arrow on the ground with white flour.

The main Loop may have KM markers in approximate locations.



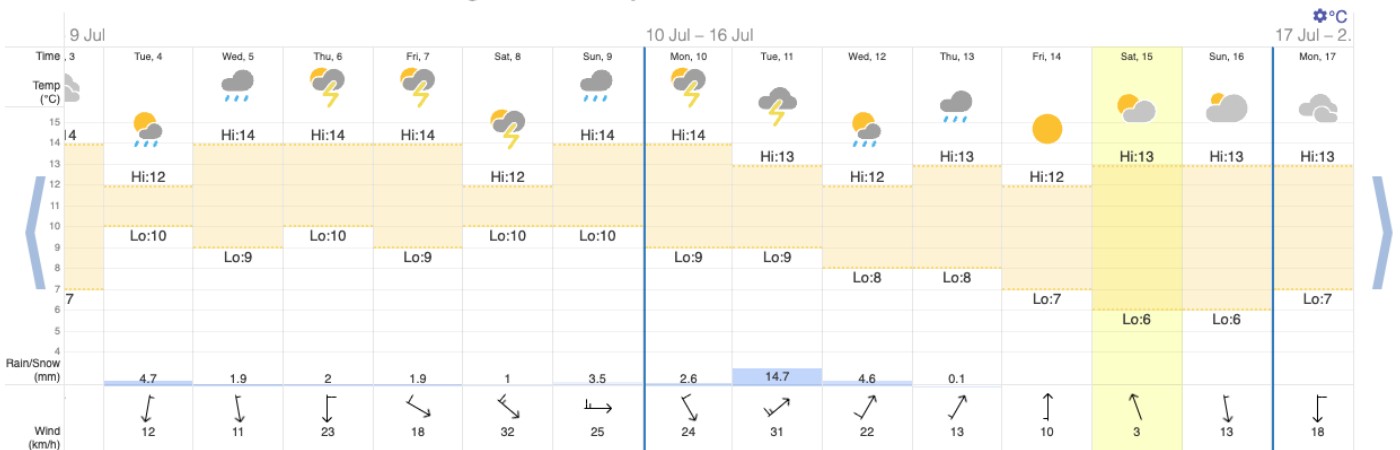
2022 weather chart for reference



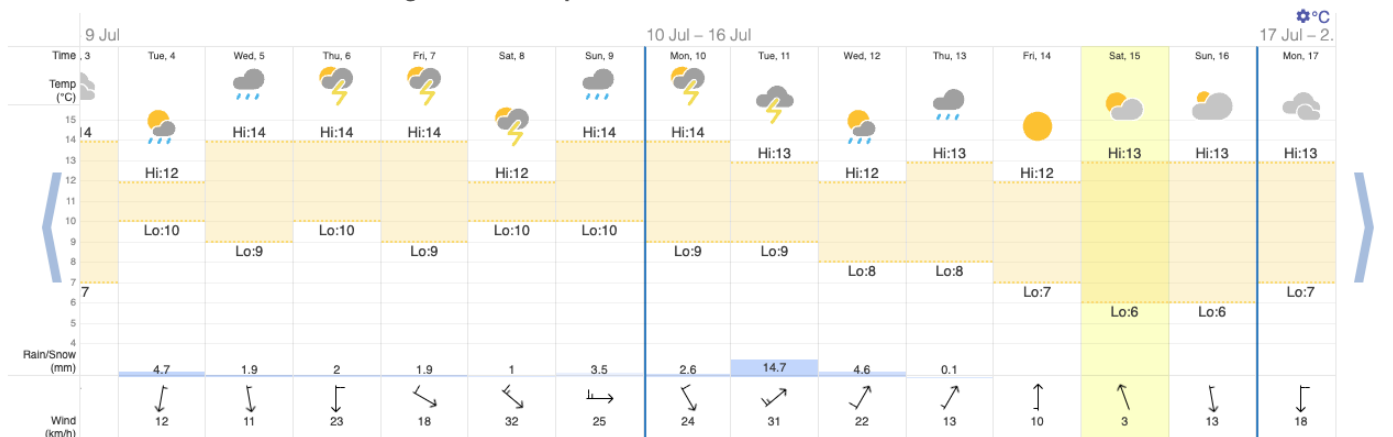
This is 2 week long range forecast to be updated in final week for 2023

Looking better than 2022 weather at this stage at least

Little River Extended Forecast with high and low temperatures



Lara Extended Forecast with high and low temperatures



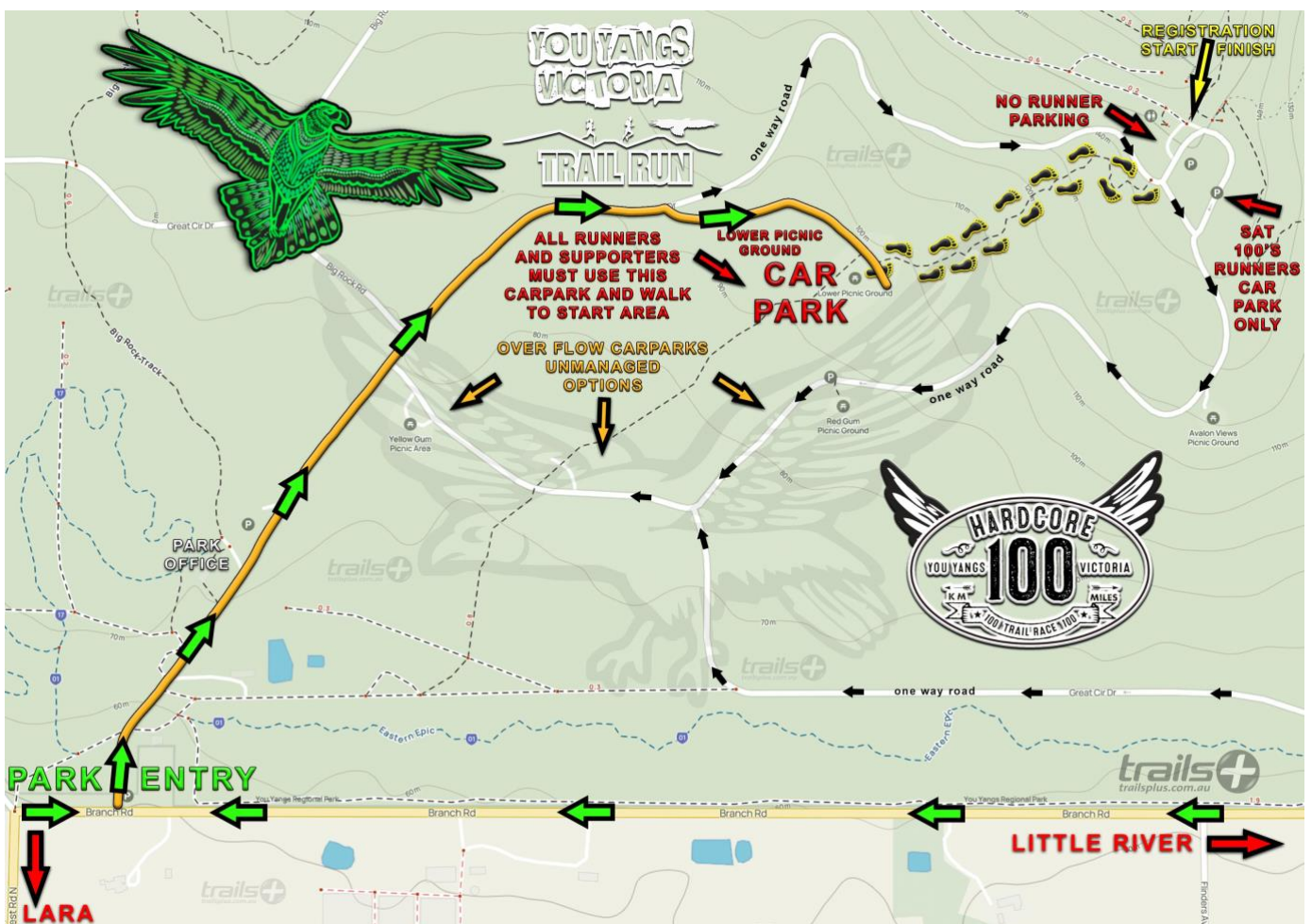
THIS SECTION (B) mostly relates to the 5km/15km/30km/50km events but useful for ALL



CAR PARKING ARRANGEMENTS

Due to the limited car parking space available at Turntable car park we will be implementing a car parking strategy that will involve parking in the lower car parks and making our way to the turntable car park via the new walking trail, the trail is 500M long and a very pleasant stroll with Kangaroos abundant. Please consider car-pooling to limit the amount of cars. Please follow the instructions of parking officials to assist in an efficient start to the event. Only 100 miler and 100km runners are permitted to park at turntable car park overflow area, please ensure you abide by these permit requirements.

The walking trail is not Pram friendly; it has a few steps and for most able bodies it's a walk in the park, however, if someone would not feel comfortable walking it they can be dropped at the top, but the car must not turn off the engine and stop, passengers can get out and driver goes back to picnic ground and park in designated area.



ALL RUNNERS AND SUPPORTERS MUST PARK IN LOWER CARPARKS AND NOT AT FLINDERS PEAK. EXCEPTION IS 100km and 100Mile Runners who can leave their cars in the upper overflow area ONLY.

FUTURE YOU YANGS RUNNING FESTIVAL EVENTS

We enjoy a fantastic relationship with Parks Victoria and work hard to ensure all that we do as a trail running group comply with all the necessary requirements. The future ability to hold this event depends totally on how we as a group conduct ourselves during the course of the event. Our rangers at the You Yangs are as passionate about trail running and activities in the park as they are about the flora and fauna. They put in massive amounts of work to maintain the trails and build new ones.

With the increase in numbers it is even more important that we all do the right things on the trails. It only takes one member of the public to get upset and lodge a complaint and the event may not be allowed to continue. So as always please be respectful and courteous of all other park users and this magnificent park)

PIZZA AND COFFEE

What better way to spend the weekend, Running and relaxing and chatting with friends and enjoying a winters day after your race while cheering your fellow runners over the finish line. There will be postrace food available including, Pizza, Coffee and perhaps a beer.

RESPECT OTHER PARK USERS

Do not startle other park users by charging up behind them, let them know you are coming and would like to pass, slow down when passing and when approaching from the opposite direction

ENVIRONMENT

Do Not Leave any sign of rubbish behind, it is very important that we don't drop rubbish or let rubbish get away from us at the aid stations. In particular our Gel packets please don't drop them on the trail carry them with you to an aid station and drop in the bin provided. It may be windy, please try to keep aid station areas free from rubbish by using the bins, if you do find a gel pack or rubbish on the trail that may have accidentally been dropped by a participant, please collect it and dispose of at the next aid station.

All EVENTS

will have pre race briefings to go over any questions you may have and to provide me an opportunity to quickly cover what is required from us all on the day.

All participants are required to attend their pre race briefing 15 minutes prior to your start time, **YOU MUST BE CHECKED IN AND LISTENING TO THE RACE BRIEF ON TIME**

Notes on the Start finish area

We would like to try and keep the flow of the start finish area as clear as possible for those still on the course. It gets very busy with runners going up and down the peak, We ask that you consider the other competitors during pre race and post race mingling with friends and give them clear paths to keep running. We will provide some basic flagged off areas to help achieve a smooth flow.

Also remember it is highly likely there will be many non race related public in the park and using the trails, please ensure they are also extended the courtesy of clear passage along the trails, do not approach at speed from either direction. As soon as you see them slow and pass safely and say hi, it's amazing how much people respect and appreciate a simple acknowledgement and it shows as trail runners we are very respectful of all park users.

CUT OFF TIMES

We expect all 50km runners will complete the course well inside 9hrs
The official cut off is 8 hrs with discretion and opportunity to finish before 9hrs
Shorter distances do not have cut off times, ONLY applies to 50k, 100k, 100Mile.

SAFETY

It is requirement of entry to the event that you assist any runner in need of help, if you come across an injured or distressed runner please offer assistance or get assistance for them. Runner's health and Safety is a number one priority.
Trailsplus events restrict ipod use therefore we ask that you do not wear ipods or music devices, you will cross roads and have bikes on trails, having all your senses working for you will make for a much more enjoyable day, please leave ipods home.
Your in a fantastic place enjoy your surrounds and be safe.

PERSONAL BELONGINGS

An area will be provided for personal belongings however the race director takes no responsibility for the safe keeping, if you intend to have valuables please consider locking them in your car, or better still leave them at home. We will provide a suitable storage box for your car keys.

EMERGENCY CONTACT NUMBERS

Race Director Brett Saxon – 0418557052
Assistant – Kevin Johnson – 0429 920 096
Timing Official Robyn Saxon – 0419 533 018
Police, Ambulance, Fire 000. 112 from Mobile

CHECK POINTS / AID STATIONS (**RUNNERS SHOULD AVOID SELF SERVICE**)

There will be 2 manned aid stations. The Aid Stations will be stocked with a small amount of, Snakes, Jelly Beans, Chocolate, Fruit Cake, Fresh Fruit, and plenty of water, 32G1 electrolyte will also be available at the aid stations

DROP BAGS (mainly applies to 42k,50k,100k,100m)

If you have your own food and drinks and you would like to leave it at an aid station, then please place in the tub provided at the registration area, typically the aid stations will be The Start Finish Area at turn table Car Park and Branding yard. But be early to drop them as they will go with the aid station people before the race begins.

TOILETS

Are available on course at the start finish area Turntable car park, Branding yard, Big Rock Picnic ground, and the park Information centre, please make use of these facilities and respect the natural bush environment. We have also trucked in 5 portaloos to be located at Turntable car park. **THE BEST TOILETS ARE AT LOWER PICNIC GROUND CARPARK MAKE USE OF THEM BEFORE WALKING TO START**

RACE BIBS MUST BE VISABLE AT ALL TIMES

Race numbers will NOT be mailed out before the event, all race numbers are to be collected prior to the event at registration. Please be sure to allow enough time to register your name as present at the event and collect your race bib. The numbers must be worn on your front torso, not the back or your leg.

An electronic timing chip or 2 will be inserted in the back of your race number.

When you cross the finish line a volunteer will remove the electronic chips from your race number.

If you withdraw from the event please return the timing chip to the post race aid station not to the timing tent as it maybe read and provide an incorrect time.

Timing Chips IMPORTANT URGENT

Timing Chips remain the property of trailsplus, the rear of your race number contains two timing chips, these will be removed by our chip collector immediately on finishing. YOU MUST return the chips, do not leave the finish area until you have had your chips collected. We know who has what chips and if you leave with the chip you must notify us via email within 3 days and place the chips in the post or a \$20 fee will be charged.

Recording your Split Times EXTREMELY IMPORTANT

All races will start under the gantry to give a chip read of the start. It is extremely important that you only ever pass under the finish line gantry in the finish direction, i.e. toward the timing marquee, you should never run down the fenced chute from the aid station. This will falsely read a lap split for those who are doing greater than 21.1km.

We will also have on course tracking devices to monitor other sections of the course and your progress, a minimum of 6 on course timing points will exist.

FINISHERS MEDALS & TROPHIES

All participants that complete the correct course will receive a finisher's medal.

All participants up to 50km distance receive our custom design medals and the 100s receive belt buckles.

If you place in the top 3 of your event please don't leave without your trophy, come up and see me if you have to leave before the presentations. Presentations will take place as soon as practical after the place getters finish; this may mean a small personal presentation pending timing if you need to leave.

PHOTOGRAPHY

We may be lucky to have some running friends who are pretty handy with a camera so keep an eye out for these photographers that may be spotted around the trail, give them a smile and a wave, I might even try to get out and about and take a few shots. We hope to have a finish line photographer also, so be prepared with a big smile and don't look down and stop your watch until after the finish line what's 2 sec



Supporters and car parking (MUST NOT PARK AT THE TOP CARPARK)

Please note that car parking for supporters should be in the lower picnic car parks, during the day. Visitor/ Supporters can access the start area via the 500M walking track, you can drive to big rock, info centre or Kurrajong but limited car parking is available at turn table car park where the start finish area is located, please consult maps.

AFTER HOURS ACCESS IF PARK GATE IS CLOSED

Please advise your supporters they can call the race director (Brett 0418557052) to gain access after hours there may be a delay, but we will eventually get them in

ALL COURSE DISTANCE MAPS

Notes for the 50km and 30km runners. Your main course is the 21km course , however. The 50km runners will do an 8km loop that involves a flinders peak climb and an anticlockwise course around flinders peak. The 30km runners will do the same but prior to the 8km they will do an out and back section to make up 1km along Rockwell road.



5km COURSE





Total Elevation Gain 15km Course 420M

15km COURSE





Total Elevation Gain 21km COURSE 620M

21.1km LOOP







42.2km x2 LOOPS



YOU YANGS VICTORIA TRAIL RUN



