



2020

**RUNNERS PRE RACE
INFORMATION PACK**

Inc. COVID 19 ADDENDUMS

Prepared by Race Director Brett Saxon

Welcome and thank you for supporting the 7th running of the Brimbank Park Running Festival. In this difficult time not only locally but globally we are extremely mindful of the stress in all our lives and getting outside in fresh air while maintaining social distancing can only help those struggling with the current environment. Our goal at Trailsplus is to provide a safe, friendly, encouraging opportunity for people to connect with trail running and enjoy the outdoors and our local parks, trails and mountains. Whether a first timer or experienced runner, we see everyone as an important individual on his or her own journey. Participants have several options to choose something that suits their level of fitness, ranging from 2km, 5km 10km 21.1km, 42.2km or 50km. One person achieving a 5km finish is as equally challenging and rewarding as someone who finishes a 50km run. These are all great personal results and we want to help you achieve them.

Since 2007 Brett and Trailsplus events have been supporting CanTeen, the organisation for young people living with Cancer. We have raised well over \$55,000 for charities since 2007.

Brimbank Park is a hidden location of the west on the Maribyrnong River. It hosts many joggers, cyclist and family fun activities. You will be sharing the track with these people on race day. I'm sure they will be intrigued by your efforts and commitment to run long or short distances. Please ensure the running community is well represented and respected by the way we conduct ourselves. You may find they walk two or three wide, please be patient and make your way past them safely and politely.

Most of all, come and have a safe and great day.

Thanks again for supporting the event.

Brett Saxon

Trailsplus - Race Director

CORONAVIRUS - SPECIAL NOTES

THE FACTS

Coronavirus is transmitted by the virus germ coming out of one person's mouth and entering another person's mouth. This may occur through the air, or by touching a contaminated surface then touching your face. The virus remains in the air only for seconds. The virus may remain on hard surfaces for days. This information helps you to think about what is and isn't safe.

PLEASE OBSERVE THE FOLLOWING:

Avoid personal contact

Maintain an arms distance between you and others

Avoid touching your face with your hands

Wash hands thoroughly when you arrive, before you run and after you finish

Washing hands with soapy water for 20 seconds, then drying, is the most effective cleaning

Hand sanitiser is an alternative when soapy water is not available

MONITOR YOUR HEALTH

If you feel unwell, please STAY HOME.

If you know you have been in contact with someone who has been unwell, or if you have recently arrived in Australia, please STAY HOME.

HAND WASHING

There is a **toilet block** as part of the main building at the start/finish area. We will monitor soap supplies at the basins.

Trailsplus will provide an **additional hand washing station**.

Limited numbers of **hand sanitiser pump packs** will be placed at aid stations and start/finish area.

BRING YOUR OWN WATER BOTTLE

There will **NOT BE ANY CUPS FOR PURCHASE** on Sunday. All runners are to bring their own water bottle full of water, NOT JUST A CUP.

There will be water available at aid stations and after the finish, but we want to minimise their use.

IF YOU DON'T HAVE A WATER BOTTLE, YOU WONT BE ABLE TO DRINK FROM AID STATIONS.

AID STATIONS

RUNNERS MUST NOT HELP THEMSELVES TO FOOD OR DRINK.

Volunteers with gloves will serve you.

The aid stations will have water available, but we ask that you bring your own filled water bottle to minimise use of aid station supplies. Some aid stations will have electrolyte.

There will be no cups at aid stations. Runners must have their own water bottle.

There will be a limited amount of food at each aid station. You may have to wait to be served. Please consider bringing your own supplies to minimise access to the aid station food.

DROP BAGS

There will be no drop bags.

Runners may leave their own supplies in their own space near the start/finish area, but Trailsplus will not be responsible for them. Volunteers will not manage these.

LUMBAR & Co. CAFÉ

Fraser will be operating his café on Sunday. Please continue to observe safe practices while making use of this facility.

MEDALS

A volunteer with gloves will hand you a medal after you finish. They will not place it over your head. Please resist the temptation to hug or high five. Please avoid all personal contact. You may cheer and leap in the air to celebrate your achievement!!

TIMING CHIPS

You will be asked to **remove your own chip** from the back of your bib. There will be a single chip in a plastic sleeve which has an opening at the top. Simply slide the chip out and drop it in the tub provided.

If you forget, you may return it later, by post:

TRAILSPLUS
PO BOX 119
KEILOR VIC 3036

FINISH AREA ONCE YOU HAVE COMPLETED YOUR EVENT

It is important to maintain social distancing once finished, as soon as you can please move away from the finish chute.

PRESENTATIONS

Presentation will take place as soon as we can establish results for a race. Expected presentation times are shown in the Race Schedule section below. Please note they are expected times and may change.

RACE SCHEDULE

MAIN PARK GATE OPENS AT 6AM

Please note this has changed from the original schedule

The changes are designed to reduce crowding

	CHECK-IN	START	PRESENTATION
42km	6:00-6:55	7:00	11:30
50KM	6:00-7:25	7:30	12:40
21km	7:30-8:25	8:30	10:30
5KM	8:30-9:25	9:30	10:00
10KM	9:30-10:55	11:00	12:00
2KM	11:00-11:55	12:00	12:20

There will be NO RACE BRIEF before your race.

Please READ THIS DOCUMENT THOROUGHLY so you know your course and all race details.

PRESENTATION TIMES ARE ESTIMATES ONLY AND MAY CHANGE.

REGISTRATION TAKES PLACE IN THE PARK CAFÉ CONFERENCE ROOM.

Please maintain an arms length between you and others while waiting for check-in. Please be patient. There is plenty of time.

CAR PARKING

We will be using car parks A, B and C

Please follow the instructions of the Marshal who will direct you to the car park that is best for the event and the public at the time of your arrival.

We must not overflow any one car park and therefore it is important we spread ourselves across all of them as evenly as possible leaving room for the public. Please accept the marshals directions when advised which car park to use.

COURSE NOTES AND SAFETY

PROTECTING THE FUTURE OF THIS EVENT

The future ability to hold this event always depends totally on how we as a group conduct ourselves. Parks Victoria does not guarantee we can continue to hold this event. It only takes one complaint from a member of the public jeopardise the race's future. Please abide by the guidelines below to ensure the future of this event.

RESPECT OTHER PARK USERS

Do not startle people by charging up behind them, let them know you are coming past or take a wide birth, remember there will be small children and people with dogs. No doubt some on long leads that will want to run under your legs. They have just as much right to use the paths and trails as we do, so please respect them and be tolerant, try to predict what might happen as you approach and avoid any issues. They may be on the line you wish to take, if so please pick another line even if it is a little longer then you had planned. Under no circumstances should a runner make contact with a member of the public not even the slightest contact brushing past them. They may be wearing ear phones with music and not hear you coming, please be mindful of this when approaching them.

ENVIRONMENT

LEAVE NO TRACE

Do not leave any rubbish at all on the trail. It is very important that we don't drop rubbish or let rubbish get away from us at the aid station, particularly our Gel packets and tear off tabs. Please don't drop anything on the track, carry them with you to the aid station or drop in the bins provided.

REFUNDS

As per our refund policy, your entry fee is not refundable or transferable. You may view the refund policy on your registration acknowledgement and the Trailsplus website (under Terms and Conditions).

HELPING RUNNERS IN NEED

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 our number one priority. We will take into account the time (in regards to your finish time) you spend with a runner in need if you are then able to continue on with the event and finish.

PERSONAL BELONGINGS

If you intend to have valuables please consider locking them in your car and out of sight. As this is a highly public accessible area and we cannot guarantee the security of your personal effects. There will be an area to place your bags but we strongly advise to secure your valuables, as we cannot watch over the bag area all the time.

DOGS IN THE PARK

Dogs are permitted on leads, you are welcome to bring your pooch along to join you in your event, but please ensure it is kept on a short lead and does not cause a hazard to other park users or participants.

MUSIC DEVICES

Whilst we understand many runners like to run with music, It is a requirement of our permit due to the none exclusive use of the track that **you always have one ear open to the surrounds**. It is also extremely important that you hear instructions from officials and warnings from other runners. Remember many runners will be offering you encouragement and so will supporters, so please consider how you may be able to hear and acknowledge the support you will receive. Also it is extremely important you are aware of your surrounds and other trail users. These may be other runners or cyclist warning you they are coming. Please understand and don't put organisers in the difficult position of

disqualifying runners for breach of this rule. By breaching the rule, you also put the future of the event in jeopardy due to the potential risks and possible complaints from the public. You are with lots of people and in a great location, listen and enjoy the surroundings.

FINISH LINE

We have electronic chip timing on the start finish gantry with timing clocks and camera recording of the event all day. The cameras on the gantry will record the entire event, so make sure your finish looks good on film. Also try to avoid looking down and stopping your watch as you approach the finish line. We hope to take a finish line picture of you so cross the line with your arms raised and celebrate, then stop your watch 1 second later 😊

RACE NUMBERS – WE DO NOT POST THEM OUT

All participants must CHECK-IN AND COLLECT THEIR RACE BIB.

Please ensure your bib is clearly visible for the duration of the race.

ON COURSE AID STATION PLACEMENT CHANGES

We have decided to remove two aid station for the course.

The one located at the pedestrian crossing is now a marshal point only.

The Afton St aid station impacting the 50km runners will not be in use.

These changes mean that the maximum distance for the 42km and 50km runners will be 8km while generally aid stations are around the 5-6km apart in other places.

ROAD CROSSING AND PATH MERGING



There is one road crossing in Brimbank Park for runners, this is located high on the escarpment. The crossing is configured as a Pedestrian Crossing and crosses the main entry road into the park. The speed limit is 20km/h. However we will still have a Marshal stationed here to ensure you safely cross the road. Although vehicles by law should give way, we assume they don't. Therefore, don't assume right of way and be sure to listen to the marshal.

OUR PERMIT REQUIRES THAT WE STOP RUNNERS

WE MUST NOT STOP TRAFFIC

PLEASE EXERCISE DUE CARE HERE

TREAT IT LIKE ANY PEDESTRIAN CROSSING WITH CARE

PLEASE FOLLOW THE INSTRUCTIONS OF MARSHALS AND OFFICIALS

COURSE NAVIGATION

Navigating the course “EASY”. It really is!

Please observe the arrows and Pink and Yellow Ribbons and other notices that will be placed on the course.

HERE ARE EXAMPLES OF SIGNS YOU MAY SEE .

YOU WILL SEE SEVERAL SIGNS SIMILAR TO THESE.

ONLY READ THE ONE WITH YOUR DISTANCE AT THE TOP or NEXT to the distance you are running. Remember you may arrive at the same intersection more than once and go a different way.

If there is no distance then it applies to everyone

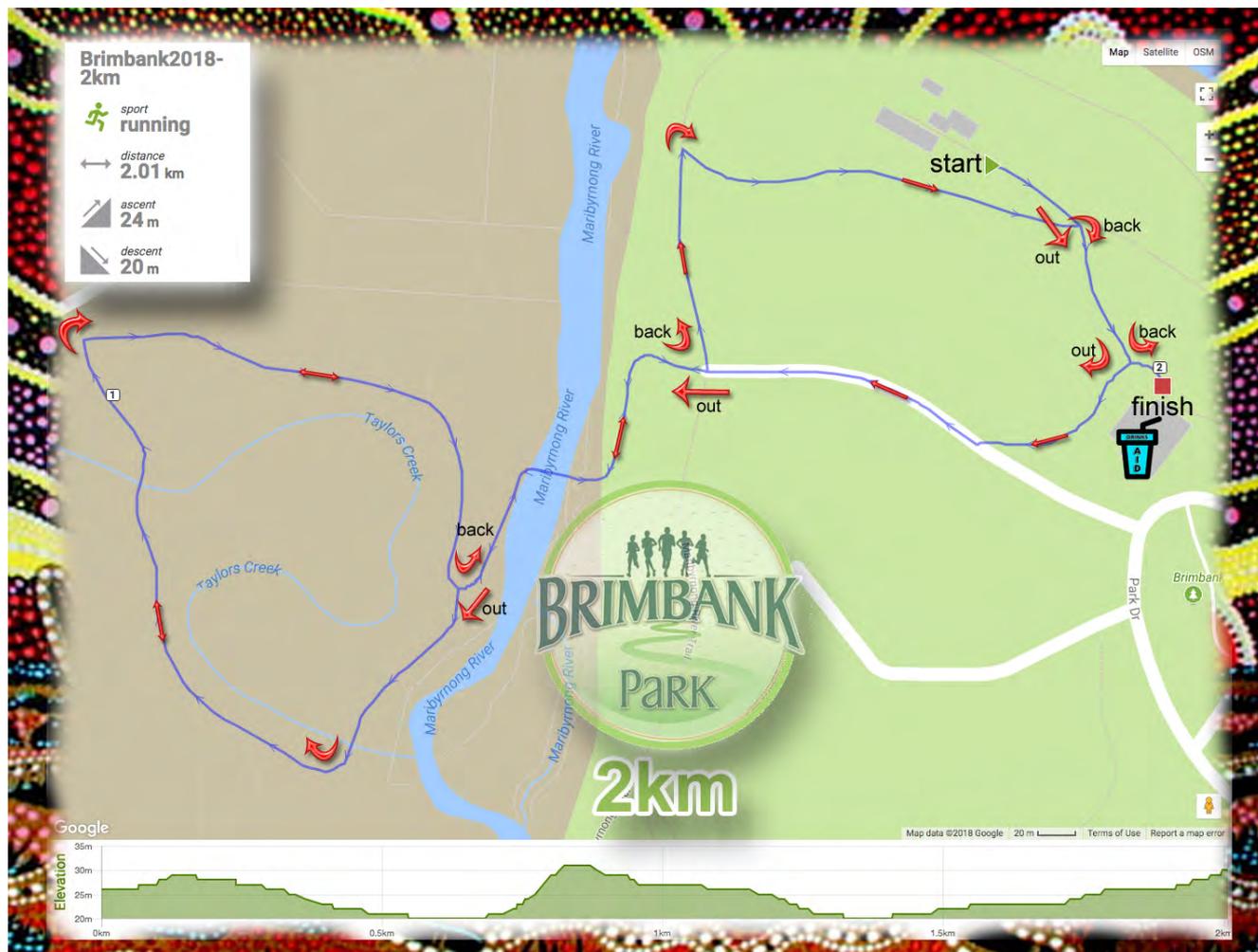


WE ALSO USE SMALL ARROWS AND RIBBONS LIKE THIS



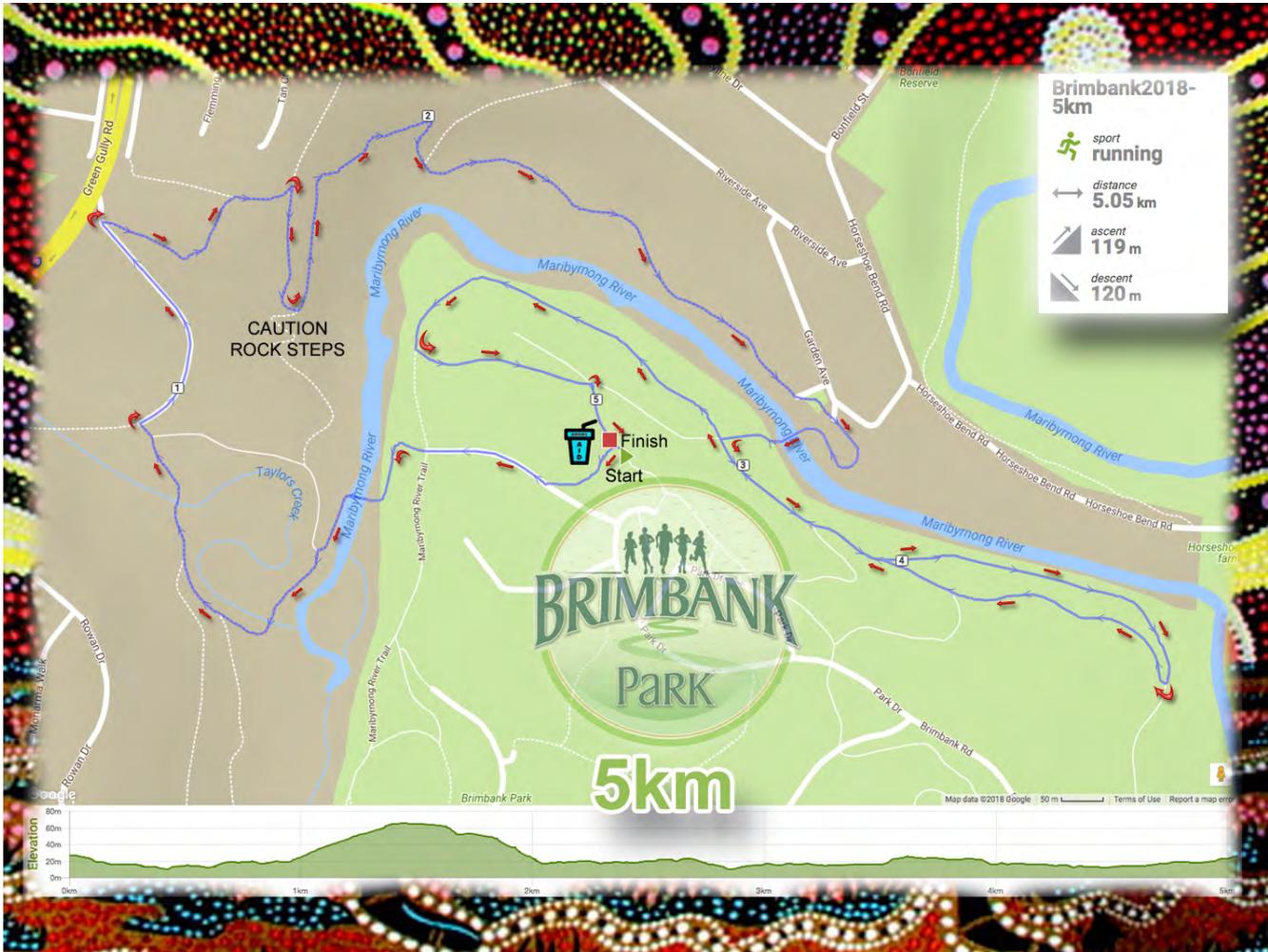
THE FOLLOWING MAPS REPRESENT THE 2020 COURSE.

FOLLOWING ARE ALL THE INDIVIDUAL MAPS



The **2km** course Starts a short walk from the main start / finish area down near the entrance to the Dodd Homestead. Participants will then head toward the finish line but take the right hand path below the café and continue around to the right. Merging with another track you continue straight ahead and will see several signs, YOU go straight ahead at the crossroads and wind down and cross the river. PLEASE take care the surface is rough blue stones. Once you do the short climb out from the river crossing you take the left hand dirt trail and cross the wooden bridge over Taylors creek. You now do a clockwise loop, crossing a small concrete causeway then arrive at a junction where you turn RIGHT, all other distance events will go straight ahead up the hill. Once you go to the right (**1KM**) stay on the bitumen path and head back to the river crossing. Again take care on the rough surface. Once you come out from the river crossing you will do a LEFT turn at the cross roads, continue about 100M and turn RIGHT, this will take you back to where you started and this time you cross under the finish line. (**2KM**)

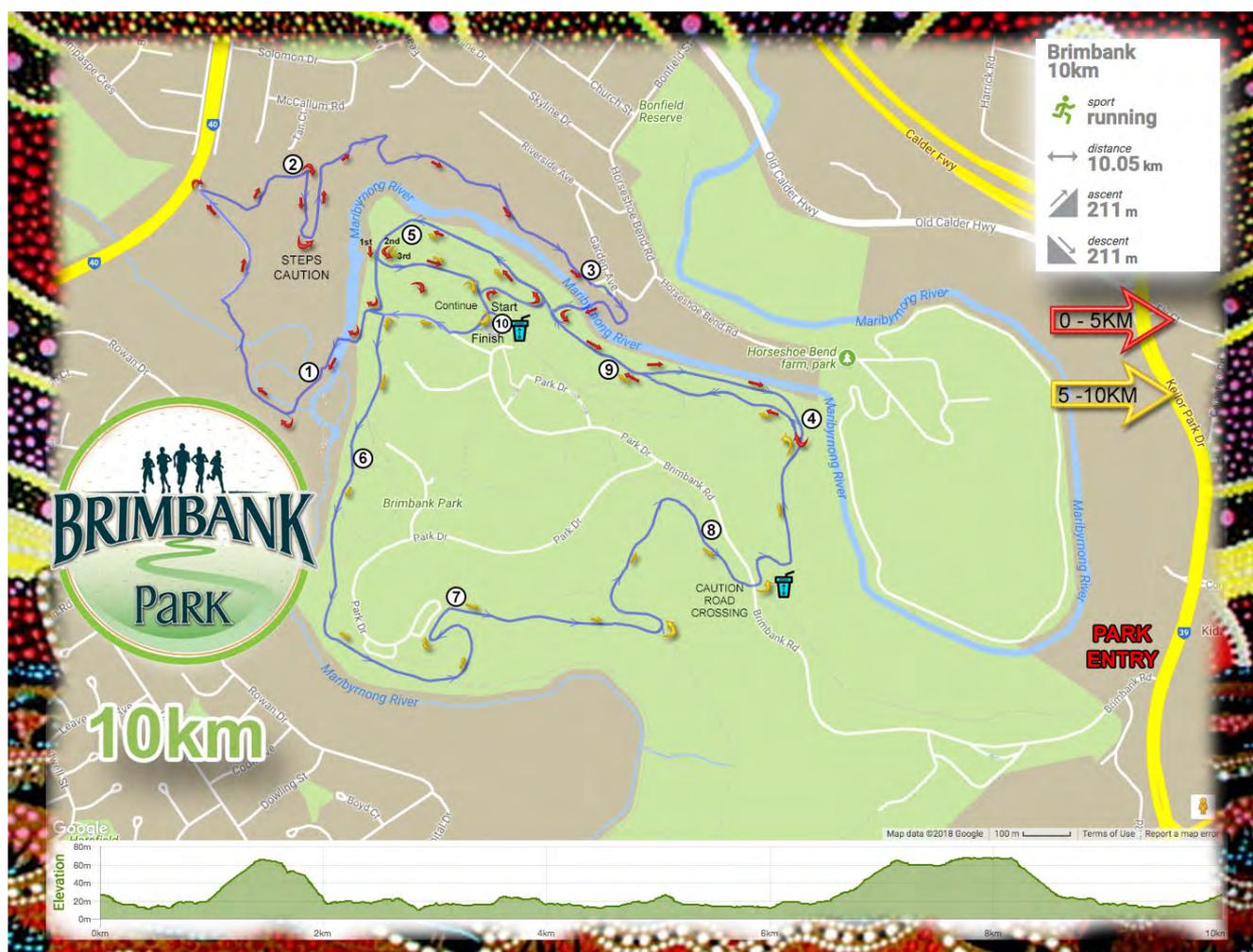
CONGRATULATIONS collect your medal enjoy the post race café environment, while supporting others finishing or continuing on for another loop.



The **5km** course Starts below the cafe. Participants will go left then veer right and merge with another track, you continue straight ahead and will see several signs, YOU go straight ahead at the crossroads and wind down and cross the river. PLEASE take care the surface is rough blue stones. Once you do the short climb out from the river crossing you take the left hand dirt trail and cross the wooden bridge over Taylors creek. You now keep right, crossing a small concrete causeway then arrive at a junction, **(1KM)** you will go straight ahead up the hill. Wind up the hill and across the high escarpment (enjoy the views over the park) once up high you will keep the houses on your left and do a hard right turn at the last house. (You never leave the Park Boundary) You will descend a short set of stairs made from rocks, PLEASE TAKE CARE, at the bottom of the stairs you turn left along the trail then descend down to the flats, watch out for the sharp turn on the descent, its tricky. **(2KM)** Once on the flat keep houses on left and river on right, at the end

of the houses the dirt trail merges with the rear entry road, join the road and wind down and cross the river. When you climb out of the river crossing you will take the left turn **(3KM)** follow the flat bitumen trail keeping left at each of the next two junctions, keeping the river close to you. After a short sharp climb you will do a hook turn on the upper river trail, now head back in the direction you came but on the higher trail. You will soon descend to the lower trail you were on earlier **(4KM)** keep going straight on this trail keeping the river on your right, continue straight past the junction you came out from the river crossing earlier, keeping the river on your right continue through the dip and up around the sweeping bend. At the top of the sweeping bend you turn left and head for the finish line, it's a gentle up hill grade, be sure to dig deep for a great finish, cross under the finish gantry. **(5KM)**

CONGRATULATIONS collect your medal enjoy the post race café environment, while supporting others finishing or continuing on for another loop.

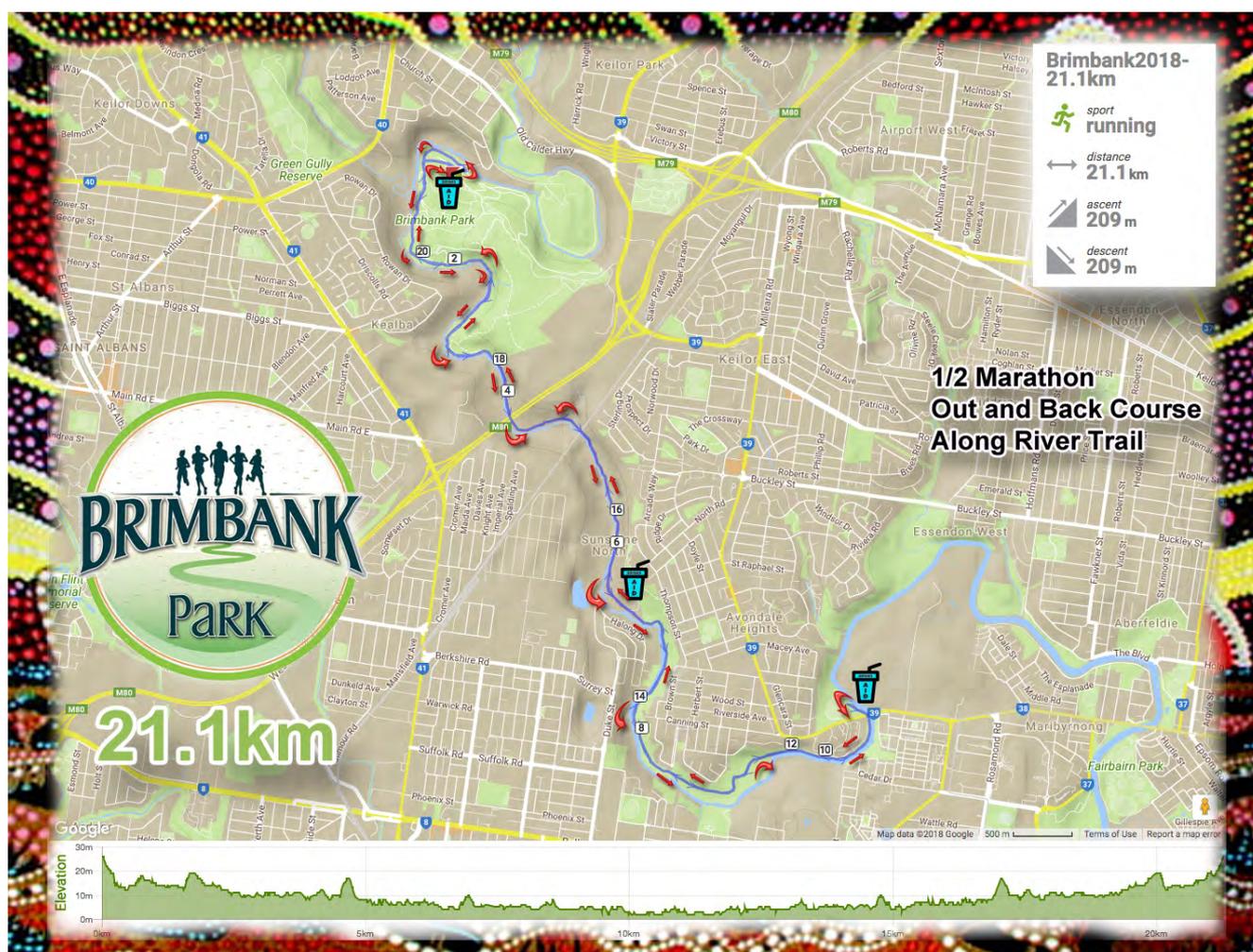


The **10km** course Starts below the cafe. Participants will go right and then sharp right down the hill then hook left, you continue straight ahead staying on the

bitumen trail until you get to the right turn to cross the river, YOU wind down and cross the river. PLEASE take care the surface is rough blue stones. Once you do the short climb out from the river crossing you take the left hand dirt trail and cross the wooden bridge over Taylors creek**(1KM)**. You now keep right, crossing a small concrete causeway then arrive at a junction, you will go straight ahead up the hill. Wind up the hill, bitumen at first then dirt and across the high escarpment (enjoy the views over the park) once up high you will keep the houses on your left and do a hard right turn at the last house. **(2KM)** (You never leave the Park Boundary) You will descend a short set of NEW wooden stairs, PLEASE TAKE CARE, at the bottom of the stairs you turn left along the trail then descend down to the flats, watch out for the sharp turn on the descent, its tricky. Once on the flat keep houses on left and river on right, at the end of the houses the dirt trail merges with the rear entry road, **(3KM)** join the road and wind down and cross the river. When you climb out of the river crossing go straight then take the left turn follow the flat bitumen trail keeping left at each of the next two junctions, keeping the river close to you. After a short sharp climb **(4KM)** you will do a hook turn on the upper river trail, now head back in the direction you came but on the higher trail. You will soon descend to the lower trail you were on earlier keep going straight on this trail keeping the river on your right, continue straight past the junction you came out from the river crossing earlier, keeping the river on your right continue through the dip and up around the sweeping bend **(5KM)**. At the top of the sweeping bend you turn left and head for the finish line, it's a gentle up hill grade as you approach the finish be sure to stay right for your next 5km section. This time you head below the café, keep right then at the cross roads turn left and head down past the gazebo **(6KM)** you head straight past the oval with powerlines overhead continue on path keeping river on right side at the corner climb the short steep hill continue on the bitumen path around the playground **(7KM)** and then up the long straight bitumen hill, At the very top of the hill do a sharp left remain on bitumen DO NOT GO ON DIRT TRAIL. Continue along the path enjoying the views of the whole park below you left, follow path around right to the aid station / pedestrian crossing. **(8KM)** TAKE CARE crossing the road. Once you safely cross the road you turn left and go down hill, enjoy but don't get out of control. Near the bottom take the first path to the left, you have been here before at your 4Km distance, now you do exactly as you did earlier. You will soon

descend to the lower trail you were on earlier (**4KM**) now (**9KM**) keep going straight on this trail keeping the river on your right, continue straight past the junction you came out from the river crossing much earlier, keeping the river on your right continue through the dip and up around the sweeping bend. At the top of the sweeping bend you turn left and head for the finish line, it's a gentle up hill grade as you approach give it your all you are almost done, cross under the finish line. (**10KM**)

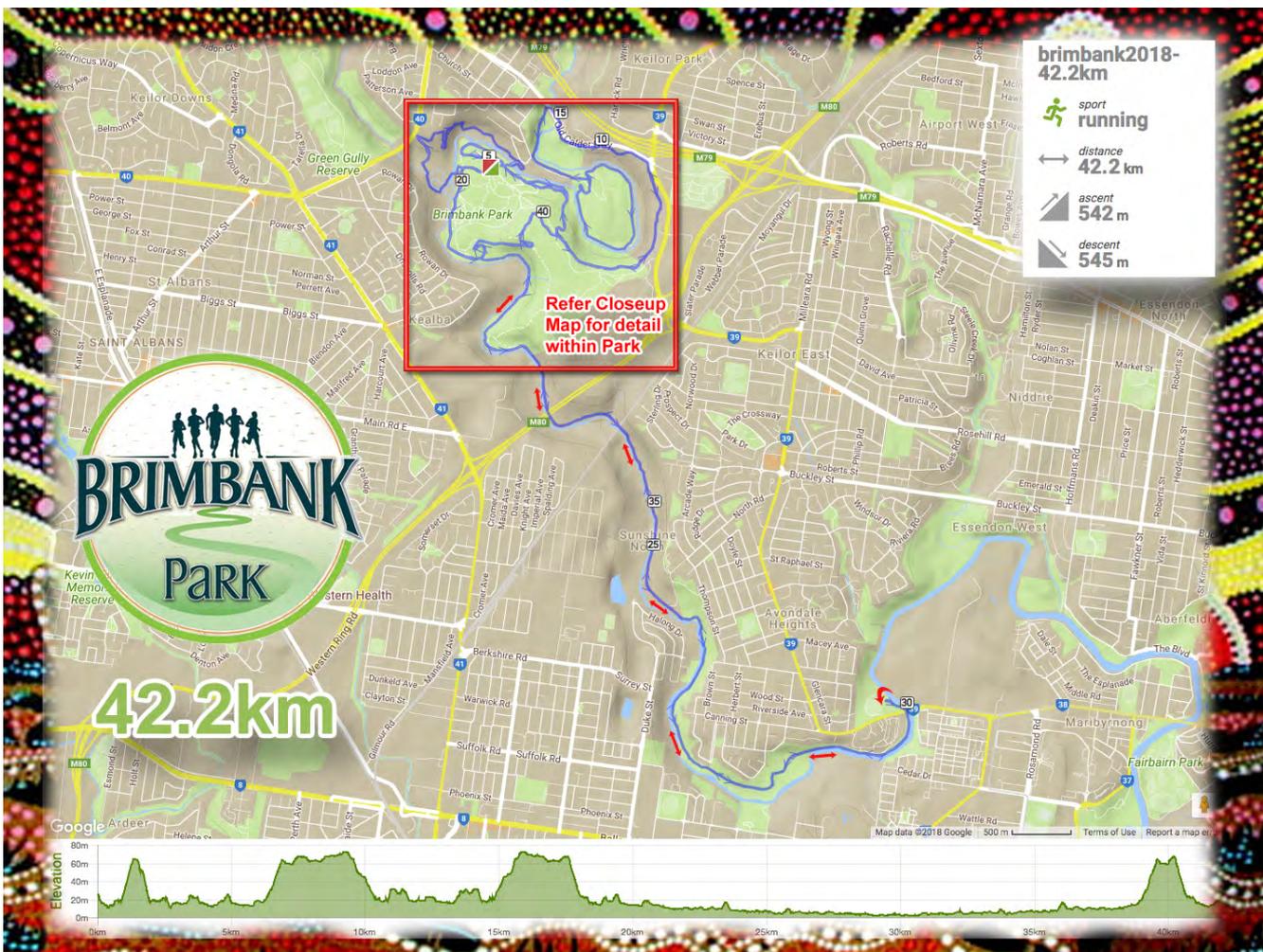
CONGRATULATIONS collect your medal, return your timing chips enjoy the post race café environment, while supporting others finishing or continuing on for another loop.



The **21.1km** course Starts below the cafe. Participants will veer right and do a hairpin turn downhill to the 4 way track junction, take the first left and follow the river path for approximately 2km always keeping the river over on your right. As you approach the playground, you veer right onto the dirt river trail, a short

downhill drop. You will remain on the river trail for approximately 9km, having passed under the Western Ring Road, The trestle railway bridge then later on the Water Pipe bridge and then Maribyrnong road where you arrive at the Rotunda Aid Station. At this point refuel and retrace your footsteps back to the finish line. The final 500M is different to the first 500M, it will be signed as required. You turn right off the river path and head to the finish line, the finish has a slight uphill, pass under the gantry. **(21.1KM)**

CONGRATULATIONS collect your medal enjoy the post race café environment, while supporting others finishing or continuing on for another loop.





The **42.2km** consists of 3 x sections, Section 1 is the 5km course (5km), Section 2 takes in Horseshoe Bend Farm (15km) and Section 3 takes in the river trail to canning reserve and back (20km). Please refer to both maps above. The course Starts below the cafe. Participants will go left then veer right and merge with another track, you continue straight ahead and will see several signs, YOU go straight ahead at the crossroads and wind down and cross the river. PLEASE take care the surface is rough blue stones. Once you do the short climb out from the river crossing you take the left hand dirt trail and cross the wooden bridge over Taylors creek. You now keep right, crossing a small concrete causeway then arrive at a junction, **(1KM)** you will go straight ahead up the bitumen road hill. Wind up the hill and across the high escarpment (enjoy the views over the park) once up high you will keep the houses on your left and do a hard right turn at the last house. You will descend a short set of stairs made from rocks, PLEASE TAKE CARE, at the bottom of the stairs you turn left along the trail then descend down to the flats, watch out for the sharp turn on the descent, its tricky. **(2KM)** Once on the flat keep houses on left and river on right, at the end of the houses the dirt trail merges with the rear entry road, join the road and wind down and cross the river.

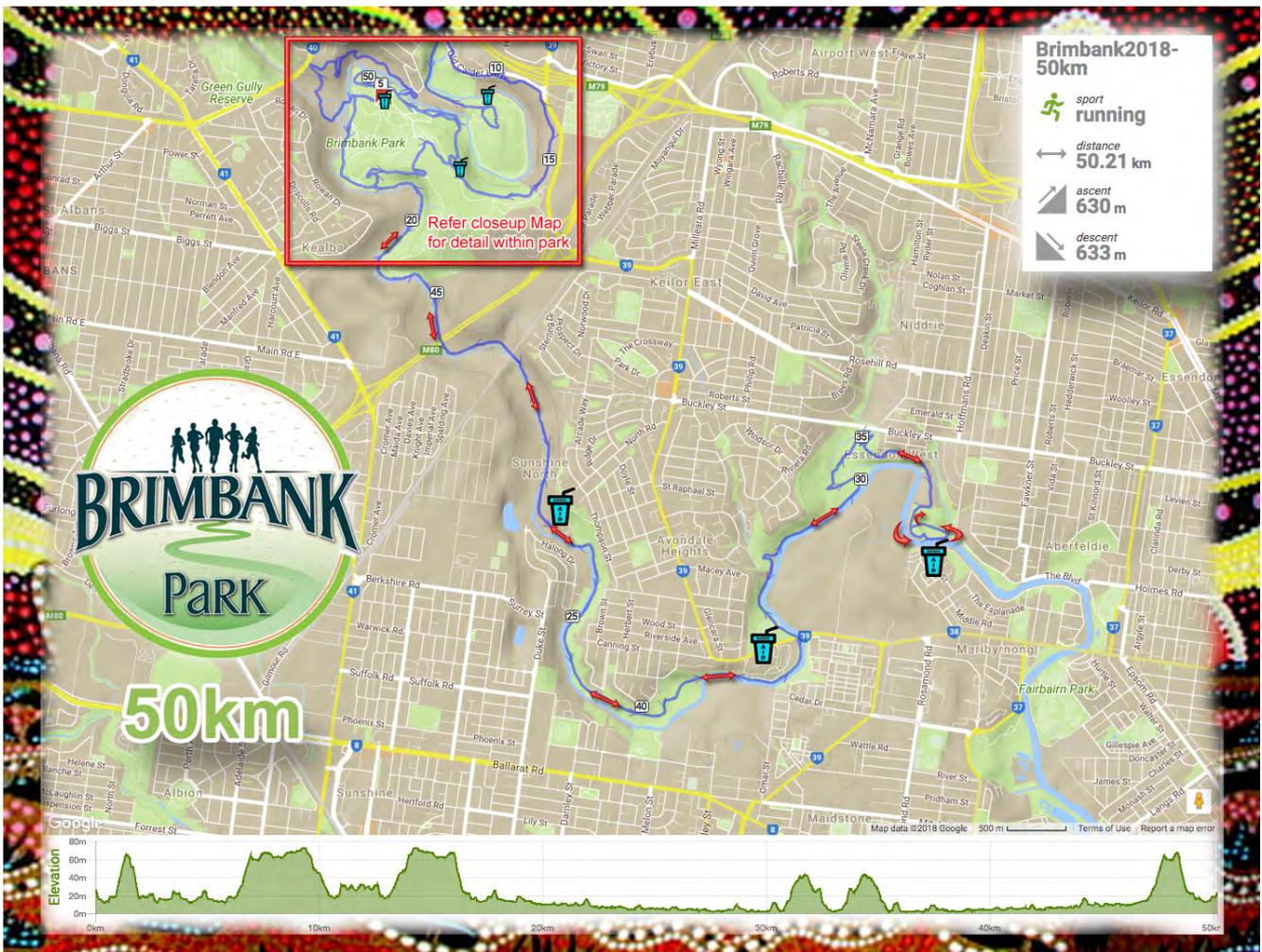
When you climb out of the river crossing you will take the left turn **(3KM)** follow the flat bitumen trail keeping left at each of the next two junctions, keeping the river close to you. After a short sharp climb you will do a hook turn on the upper river trail to your right, now head back in the direction you came but on the higher trail. You will soon descend to the lower trail you were on earlier **(4KM)** keep going straight on this trail keeping the river on your right, continue straight past the junction you came out from the river crossing earlier, keeping the river on your right continue through the a dip and up around the sweeping bend. At the top of the sweeping bend you turn left and head for the finish line, it's a gentle up hill grade as you approach the finish be sure to stay right for your next 15km section. **(5KM)** This time you head below the café again, but at the cross roads turn left and head down past the Gazebo, continue on path keeping river on right side at the corner climb the short steep hill **(6KM)** continue on the bitumen path around the playground and then up the long straight hill, At the very top of the hill **(7KM)** keep left on the bitumen and wind around to the pedestrian crossing and aid station. At the aid station **(8KM)**

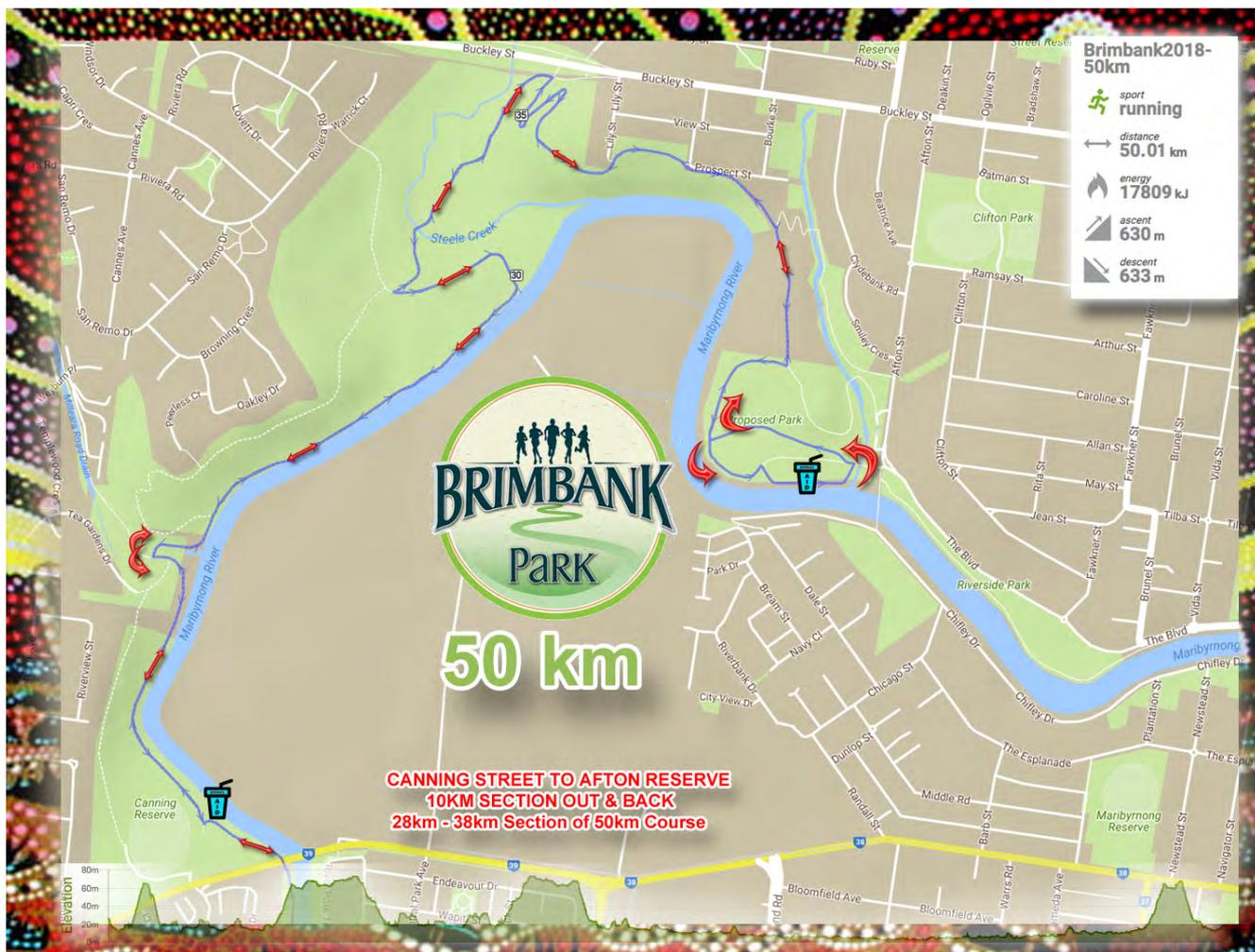
NOTE FOR 2020 THIS AID STATION WILL NOT BE AVAILABLE

take the right hand path, follow this path all the way around the perimeter of the Park, Pass the entry gate and car park **(9KM)** continue toward the traffic lights. Descend the hill and cross under the Highway **(10KM)** and turn left over the old arch bridge, descend the new concrete path and go back under the Highway. Head over through the park gate follow the single dirt trail to the wooden stairs **(11KM)**. At the top of the Stairs veer left alongside the river below, continue to the end of the trail and exit the gate onto the entry road into Horseshoe Bend Farm. Enter the farm via the gate, continue straight ahead to the aid station. Go straight past the aid station and follow the road around through the old buildings and past the toilet block **(12KM)**. Follow trail back up the hill then take a sharp left hand turn and wind down onto the river trail. Complete an anti clockwise loop of the river trail through **(13KM)** and **(14KM)** then arrive back at the aid station. Turn right at the aid station and exit the Farm. Retrace your steps back toward the wooden steps, descend the steps with care **(15KM)**, follow the single trail back to the gate and head under the highway bridge and on the new concrete path then onto the old arch bridge. Turn right off the arch bridge and under the

highway and backup the hill **(16KM)**. Continue up to the traffic lights remaining in the park follow the trail all the way around passing the old car park **(17KM)** on your left. Head through the gate and for the Aid station **NOT AVAILABLE IN 2020** near the pedestrian Crossing **(18KM)**. Descend the winding hill to the right, take care it's a fast decent, at the bottom take the upper left path, you were here much earlier now head for the finish line, rejoin the lower river trail **(19KM)** and continue straight ahead until the sweeping rising bend, where you turn at top hard left and head toward the finish with a slight uphill, don't pass under the gantry veer right at the aid station **(20KM)** and prepare for the river trail section approx. Just like the first 300M of the race leave the cafe aid station and head to the 4 way junction, take the first left and follow the river path for approximately 2km **(22KM)** always keeping the river over on your right. As you approach the playground, you veer right onto the dirt river trail, a short downhill drop. You will remain on the river trail for approximately 9km, having passed under the Western Ring Road, The trestle railway bridge then later on the Water Pipe bridge and then Maribyrnong road where you arrive at the Rotunda Aid Station. **(31KM)** At this point refuel and retrace your footsteps back along the river trail. On arrival back to the bitumen path and play ground **(39KM)** take a hard right turn and wind up the bitumen path to the top. **(40KM)** At the very top of the hill remain on bitumen **DO NOT GO ON DIRT TRAIL**. Continue along the path enjoying the views of the whole park below you left, follow path around right to the aid station / pedestrian crossing. **TAKE CARE** crossing the road. Once over the crossing turn left and head down hill, enjoy but don't get out of control. Near the bottom take the first path to the left, you have been here before at your 3.5Km distance now at **41KM**, now you do exactly as you did earlier. You will soon descend to the lower trail you were on keep going straight on this trail keeping the river on your right, continue straight past the junction you came out from the river crossing much earlier, keeping the river on your right continue through the dip and up around the sweeping bend **(42KM)**. At the top of the sweeping bend you turn left and head for the finish line, it's a gentle up hill grade as you approach give it your all you are almost done, cross under the finish line. **(42.2KM)**

CONGRATULATIONS collect your medal enjoy the post race café environment.





The **50km** consists of 3 x sections, Section 1 is the 5km course (5km), Section 2 takes in Horseshoe Bend Farm (15km) and Section 3 takes in the river trail to canning reserve, Afton Street and back (30km). Please refer to three maps above. The course Starts below the cafe. Participants will go left then veer right and merge with another track, you continue straight ahead and will see several signs, YOU go straight ahead at the crossroads and wind down and cross the river. PLEASE take care the surface is rough blue stones. Once you do the short climb out from the river crossing you take the left hand dirt trail and cross the wooden bridge over Taylors creek. You now keep right, crossing a small concrete causeway then arrive at a junction, **(1KM)** you will go straight ahead up the bitumen road hill. Wind up the hill and across the high escarpment (enjoy the views over the park) once up high you will keep the houses on your left and do a hard right turn at the last house. You will descend a short set of stairs made from rocks, PLEASE TAKE CARE, at the bottom of the stairs you turn left along the trail then descend down to the flats, watch out for the sharp turn on the

descent, its tricky. **(2KM)** Once on the flat keep houses on left and river on right, at the end of the houses the dirt trail merges with the rear entry road, join the road and wind down and cross the river. When you climb out of the river crossing you will take the left turn **(3KM)** follow the flat bitumen trail keeping left at each of the next two junctions, keeping the river close to you. After a short sharp climb you will do a hook turn on the upper river trail to your right, now head back in the direction you came but on the higher trail. You will soon descend to the lower trail you were on earlier **(4KM)** keep going straight on this trail keeping the river on your right, continue straight past the junction you came out from the river crossing earlier, keeping the river on your right continue through the a dip and up around the sweeping bend. At the top of the sweeping bend you turn left and head for the finish line, it's a gentle up hill grade as you approach the finish be sure to stay right for your next 15km section. **(5KM)** This time you head below the café again, but at the cross roads turn left and head down past the Gazebo, continue on path keeping river on right side at the corner climb the short steep hill **(6KM)** continue on the bitumen path around the playground and then up the long straight hill, At the very top of the hill **(7KM)** keep left on the bitumen and wind around to the pedestrian crossing and aid station. At the aid station **(8KM)**

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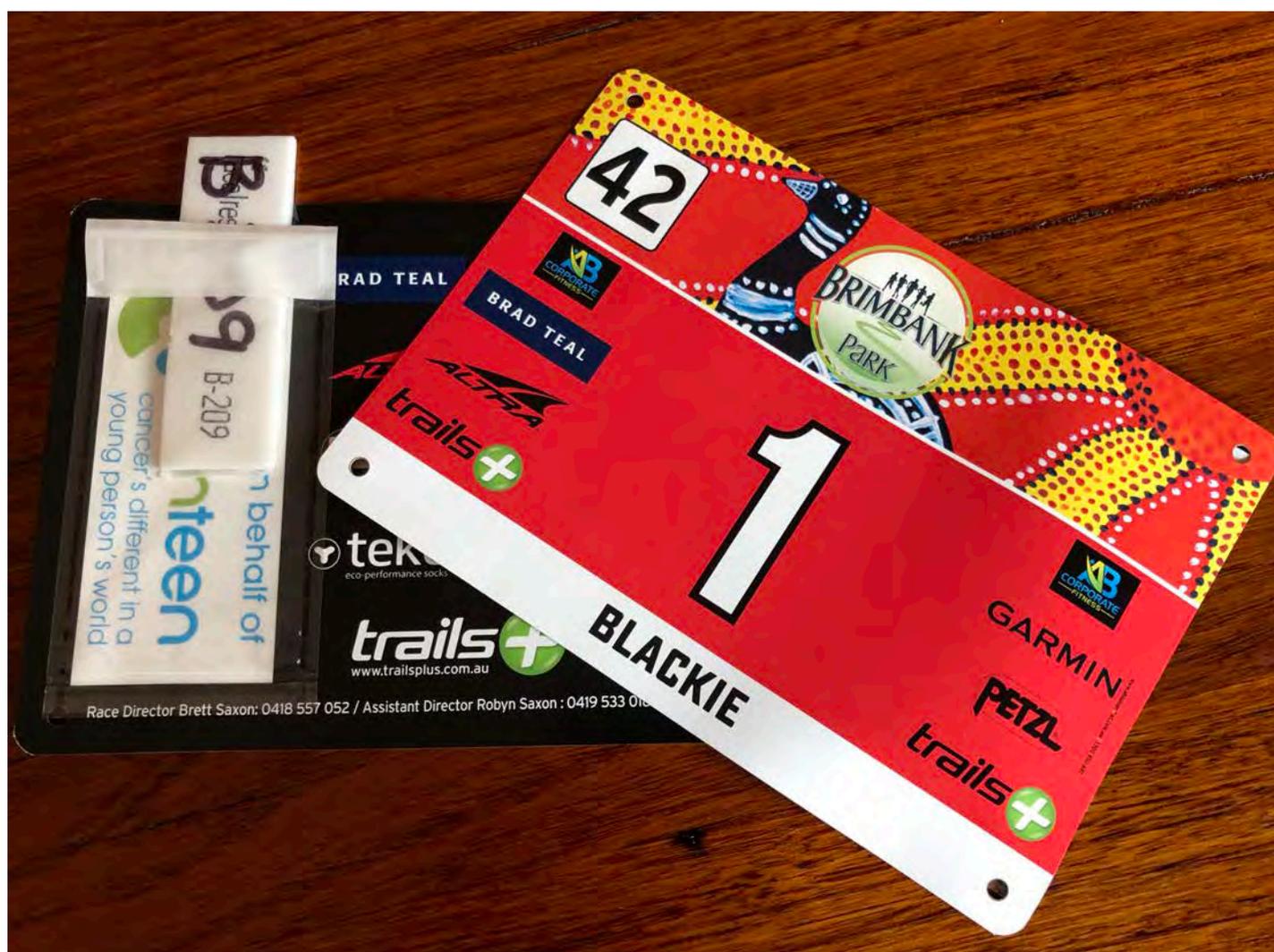
take the right hand path, follow this path all the way around the perimeter of the Park, Pass the entry gate and car park **(9KM)** continue toward the traffic lights. Descend the hill and cross under the Highway **(10KM)** and turn left over the old arch bridge, descend the new concrete path and go back under the Highway. Head over through the park gate follow the single dirt trail to the wooden stairs **(11KM)**. At the top of the Stairs veer left alongside the river below, continue to the end of the trail and exit the gate onto the entry road into Horseshoe Bend Farm. Enter the farm via the gate, continue straight ahead to the aid station. Go straight past the aid station and follow the road around through the old buildings and past the toilet block **(12KM)**. Follow trail back up the hill then take a right hand turn back to the aid station at the aid station turn left and head out of the farm. Retrace your steps back toward the wooden steps, descend the steps with care **(13KM)**, follow the single trail back to the gate and head under the highway

bridge and on the new concrete path then onto the old arch bridge. Turn right off the arch bridge and under the highway and backup the hill **(14KM)**. Continue up to the traffic lights remaining in the park follow the trail all the way around passing the old car park **(15KM)** on your left. Head through the gate and for the Aid station **NOT AVAILABLE IN 2020** near the pedestrian Crossing **(16KM)**. Descend the winding hill to the right, take care it's a fast decent, at the bottom take the upper left path, you were here much earlier now head for the finish line, rejoin the lower river trail **(17KM)** and continue straight ahead until the sweeping rising bend, where you turn at top hard left and head toward the finish with a slight uphill, don't pass under the gantry veer right at the aid station **(18KM)** and prepare for the river trail section. Just like the first 300M of the race leave the cafe aid station and head to the 4 way junction, take the first left and follow the river path for approximately 1km **(19KM)** always keeping the river over on your right. As you approach the playground, you veer right onto the dirt river trail, a short downhill drop. You will remain on the river trail for approximately 9km, having passed under the Western Ring Road, The trestle railway bridge then later on the Water Pipe bridge and then Maribyrnong road where you arrive at the Rotunda Aid Station in Canning Reserve. **(28KM)** Continue on the concrete path for 1km **(29KM)** then turn off on the single track after the drain, head toward the river, follow the river for 1km before turning left and climbing a small hill, once up the hill you will head down over the Steel Creek Bridge ready to climb the zigzag track **(31KM)** to Lily St where you get awesome views of the city. Continue on the path until you descend turn right off the concrete path through the fence opening on to the dirt track. You are now in Afton St Conservation area. **(32KM)** Follow the signs, you head toward the river and do a small loop before retracing your steps back to Canning St. **(38KM)** At this point refuel **NOT AVAILABLE IN 2020** and retrace your footsteps back along the river trail. On arrival back to the bitumen path and play ground **(47KM)** take a hard right turn and wind up the bitumen path to the top. **(48KM)** At the very top of the hill remain on bitumen DO NOT GO ON DIRT TRAIL. Continue along the path enjoying the views of the whole park below you left, follow path around to the aid station **NOT AVAILABLE IN 2020** / pedestrian crossing. TAKE CARE crossing the road. Once over the crossing turn left and head down hill, enjoy but don't get out of control. You have done this before. Near the bottom take the first path to the left, you have been here a

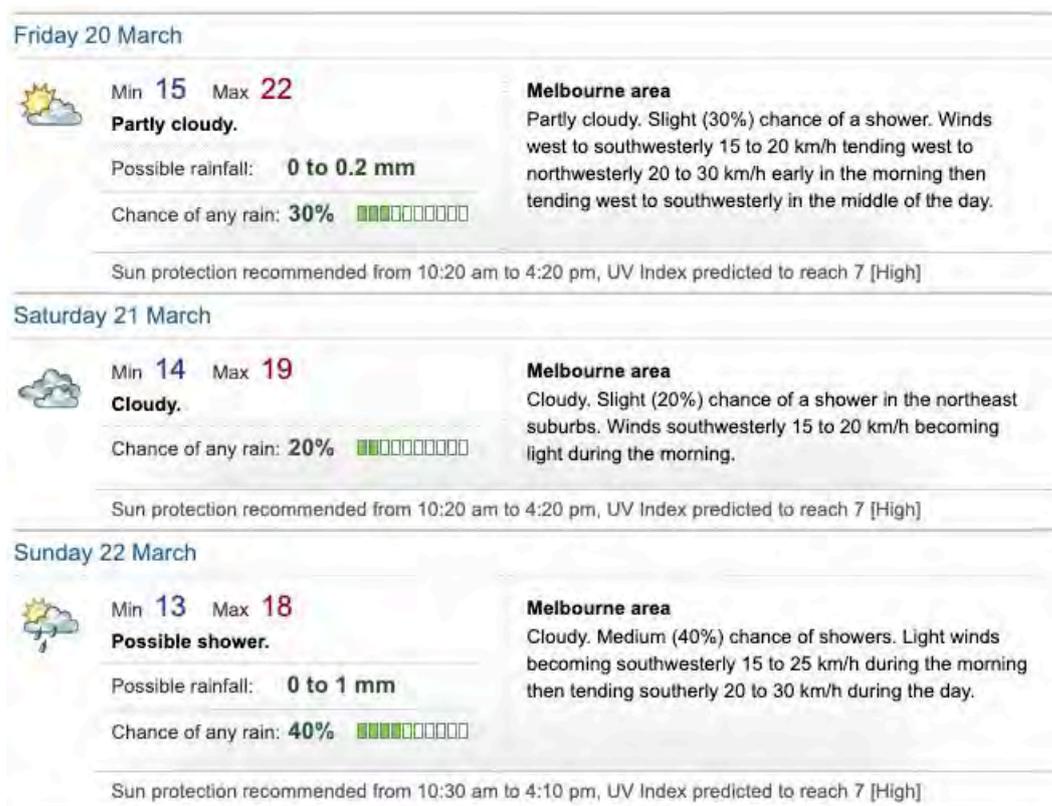
couple of times, now you do exactly as you did earlier. You will soon descend to the lower trail (49KM) keep going straight on this trail keeping the river on your right, continue straight past the junction you came out from the river crossing much earlier, keeping the river on your right continue through the dip and up around the sweeping bend **(49.8KM)**. At the top of the sweeping bend you turn left and head for the finish line, it's a gentle up hill grade as you approach give it your all you are almost done, cross under the finish line. **(50KM) legend.**

REMINDER

On completion of your event we will present you with a Finishers Medal, it is extremely important that we get the timing chip off your race bib at this time, please do not leave with you timing chip. The chip is on the foam in the plastic pouch. The pouch is open at the top, so don't flick your bib around and loose it.



WEATHER FORECAST



So it looks pretty cool and mild for running, we might see a sprinkle of rain but barely enough to wet the ground.

COMPETITIONS

All distances from 2km to 50km will award trophies to 1st, 2nd and 3rd place male and female. Some other prizes are also on offer on the day including some spot prizes so be sure to hang around for the presentations for your chance to win some goodies.

There is an overall team category too, whereby team members can combine their total Km's, its not about speed its about distance. So if 20 team members sign up for the 5km they earn 100 points, if another team signs up as 4 for the marathon they accumulate 168 points.

Team members are still eligible for solo awards. 2019 Sees the combine grouping of Schools, Clubs and Corporates due to currently one team in each.

If you need to leave before presentations and were a place winner, please be sure to collect your trophy form us.

YOUR REWARD FOR FINISHING YOUR EVENT

1st Place Blue Design

MEDAL

2nd Place Red Design



All competitors who complete their event distance will receive a custom designed medal to commemorate your achievement. Colour may vary Blue / Green / Orange/yellow Ribbon.

UPDATE 2020 - OUR MEDALS MAY BE HELD UP IN FLIGHT DELAYS.

IF THEY DON'T ARRIVE WE WILL POST THEM TO YOU AS SOON AS THEY DO.

ACCESS TO THE PARK FROM KEILOR PARK DRIVE

KEY LOCATIONS TO NOTE AND TAKE CARE

ROAD CROSSING – MARSHALS - CARPARKS – TOILETS – REGISTRATION – FIRST AID
- CAFE



Parks Victoria

We are extremely grateful for the opportunity to conduct this event in the Brimbank Park. We appreciate the opportunity to stage a trail running event in the City of Brimbank and express a sincere appreciation to the team who look after the park for us to enjoy.

Wurundjeri People

We acknowledge and show our respects to the original land owners of the Maribyrnong Valley the Wurundjeri people, past and present and emerging.

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.

TOILETS

There are 3 main toilets that are accessible within the park. Refer to map above. These are found as part of the Café complex, A toilet block in Car Park B and another in Car Park C. Where possible try to use the car park toilets on arrival and keep the café as clean and clear as possible before the event.

OUR SUPPORTERS and SPONSORS

We would like to express our appreciation to our sponsors for supporting this event

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