

BRIMBANK PARK RUNNING FESTIVAL

Presented by



2023

RUNNERS PRE RACE

INFORMATION PACK

PREPARED BY RACE DIRECTOR BRETT SAXON

Welcome and thank you for supporting the 10th running of the Brimbank Park Running Festival. We are very excited to have reached the 10th edition providing opportunities to the local Brimbank Community and runners from all over to experience our great park. There is no doubt the weather controls how our park is presented and the recent floods of 2022 have certainly created some challenges for Brimbank Park these past few months. The floods caused damage to many trails and some remain closed for safety reasons, notably the river trail we normally use. This means our course have been modified and the maps have been updated to reflect the new courses for 2023. 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 their 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 can be 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 \$70,000 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

WE ARE A CUP FREE EVENT BRING YOUR OWN WATER BOTTLE OR CUP

There will **BE COLLAPSABLE REUSABLE SILICONE CUPS AVAILABLE FOR PURCHASE** on Sunday **\$5 each**. All runners are encouraged to bring their own reusable water bottle full of water, NOT JUST A CUP.

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

AID STATIONS

RUNNERS MUST NOT HELP THEMSELVES TO FOOD OR DRINK.

Volunteers will serve you.

The aid stations will have water available, but you will need to be patient as the volunteers pour into your cup or bottle. Some aid stations will have electrolyte.

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

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 especially if you are looking for a fast time.

DROP BAGS

42km & 50km runners may bring a smaller than shopping bag size bag with items to be taken to The Farm Aid aid station at approx., 21km, 24km, 41km & 44km distance.

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 bags, they are your responsibility.

LUMBAR & Co. CAFÉ

will be operating from early Sunday morning. Please continue to observe safe practices while making use of this facility. But we do encourage you to support this great local facility in Brimbank Park.

MEDALS

Volunteers will be handing out medals when you have finished. You must flip your timing bib so they can remove the timing chips and then they will provide a medal.

PLEASE NOTE – we have been advising that the first 400 people to enter will receive our custom 10th year medal design. If you entered after the 400th person you will receive our Regular Brimbank Medal. We will know based on your bib when you entered.

TIMING CHIPS

We will remove timing chips from the back of your bib. There will be 2 chips in plastic sleeves we need you to release the two top pins and flip the bib so we can access the chips easily.

If you forget, you may return it later, by post: **P.O.Box 119 Keilor 3036**

PRESENTATIONS

Presentation will take place as soon as we can establish results for a race. But usually these are with in 30min of the race winner finishing. Expected presentation times are shown in the Race Schedule section below. Please note they are expected times and may change.

Distance cutoff times

We generally do not enforce cutoff times, however we would prefer to know if you are likely to finish your event after 3pm. This should only ever apply to the 42km and 50km events as all others can be slow walked well before 3pm. So if you are a 42km or 50km runners that might take longer than 7 ½ hrs, please let us know at least 48hrs before the event and we will look to start you at 6:30am, conditions apply for early starters.

RACE SCHEDULE

MAIN PARK GATE OPENS AT 6AM

Please double check this schedule it is what we are operating to in 2023

Any changes are designed to reduce crowding

	CHECK-IN	START	~PRESENTATION
50km	6:00-7:25	7:30	12:30
42KM	6:00-7:25	7:30	12:30
21km	7:00-8:25	8:30	10:50
10KM	8:15-9:15	9:30 new*	10:45
5KM	9:00-10:15	10:30	12:00
2KM	10:00-11:15	11:30	12:20

*Due to course changes in 2023 we have delayed the start time for the 10km by 30min to avoid congestion and confusion with 21km runners who will pass through the start finish area 25-45 minutes after their start time.

There will be a very short **RACE BRIEF** before your race, please be ready and listen to any last minute instructions so your day goes smoothly.

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 ON THE GRASS AREA BEHIND / BELOW THE CAFE.

Please be patient. Arrive early so you have plenty of time and can relax before your event starts.

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. You are coming for a run, so don't complain about having to walk an extra few hundred metres. Help us keep traffic moving steadily.

When walking to start please use paths and do not walk along roadways.

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 to jeopardise the events 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, don't yell loudly, be respectful and pass by safely 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 earphones with music and not hear you coming, please be

mindful of this when approaching them. The park is also a favourite spot for some special needs groups and they may not understand how to keep themselves out of your way, please take care and be aware.

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 within 30 days or transferable to another person at any stage without confirmation from the race director and payment of a transfer fee. 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. We do not provide security to watch your items, they are your responsibility.

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 sometimes cameras recording the event all day. If fitted 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 as we may have a photographer to snap your finish. 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 on race morning.

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

ON COURSE AID STATION PLACEMENT CHANGES

For 2023 our Aid stations will be located at the start/finish, you pass through here various times depending on your distance, also at the pedestrian crossing and in the farm. Therefore this is a guide as to where aid stations will be accessible to you.

2Km at the start finish only (0km – 2km)

5km at the start finish only (0km – 5km)

10km at (0km – 5km – 8km – 10km)

21km at (0km – 5km – 9km – 13km – 15km – 19km – 21km)

42km at (0km – 5km – 9km – 13km – 15km – 19km – 21km) repeat twice

50km at (0km – 8km) your initial out and back 8km course then

50km at 0km – 5km – 9km – 13km – 15km – 19km – 21km) repeat twice

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. There will also be ground markings showing you the way.

HERE ARE EXAMPLES OF SIGNS YOU MAY SEE .

YOU WILL MAY SEE 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. REMEMBER, don't just follow the person in front, they may not be in your distance, errors made by you mean a DNF result.

If there is no distance and just an arrow then it applies to everyone

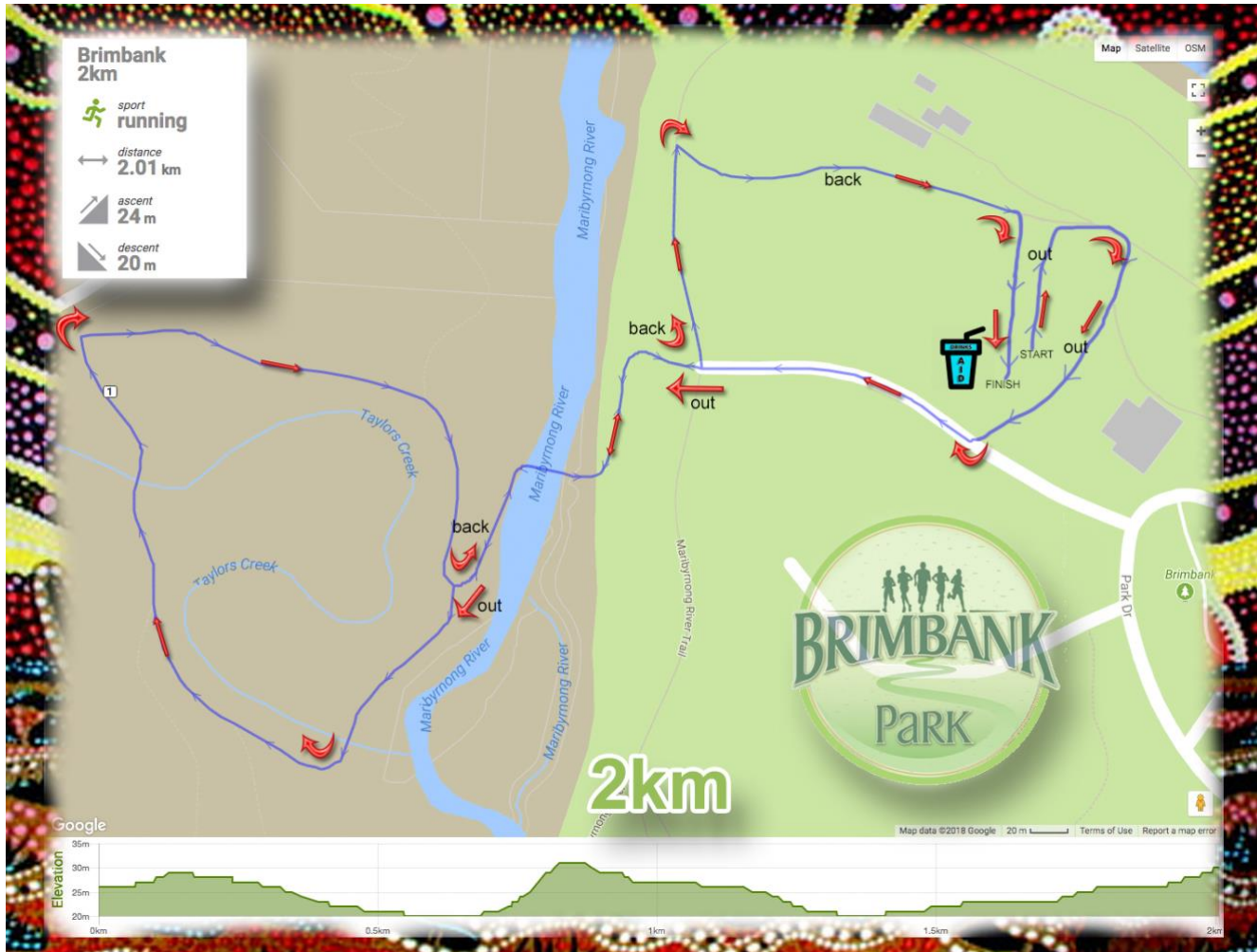


WE ALSO USE SMALL ARROWS AND RIBBONS LIKE THIS



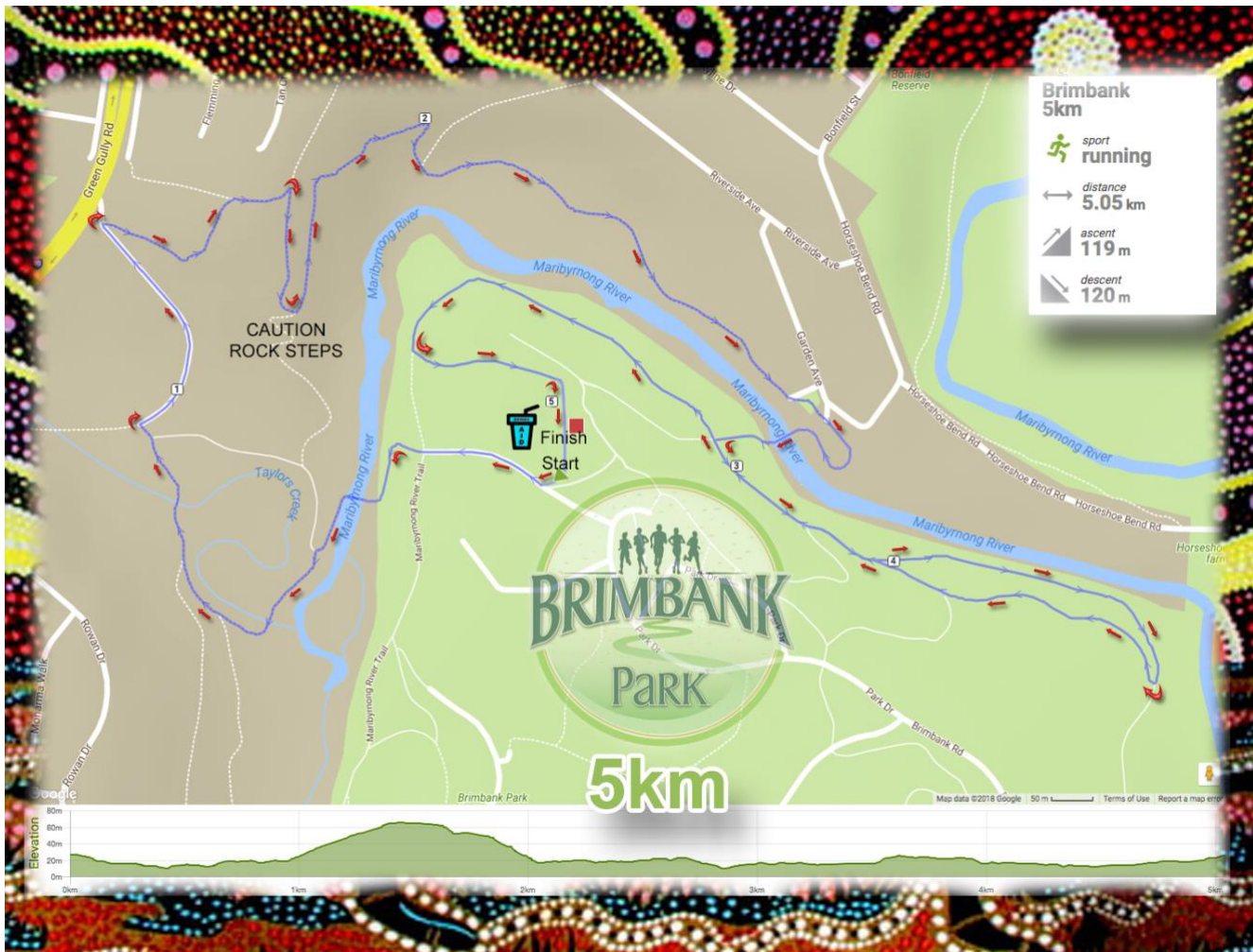
YOUR COURSE MAPS – STUDY YOUR DISTANCE ONLY

2KM COURSE AND MAP & INSTRUCTIONS



The **2km** starts at the main start / finish area near in a reverse direction at the start line. Participants will follow marshal directions before 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, head up the path and turn right to enter the grass area and cross under the finish line. (**2KM**) CONGRATULATIONS collect your medal enjoy the post race, while supporting others finishing or continuing on for another loop.

5KM COURSE AND MAP & INSTRUCTIONS

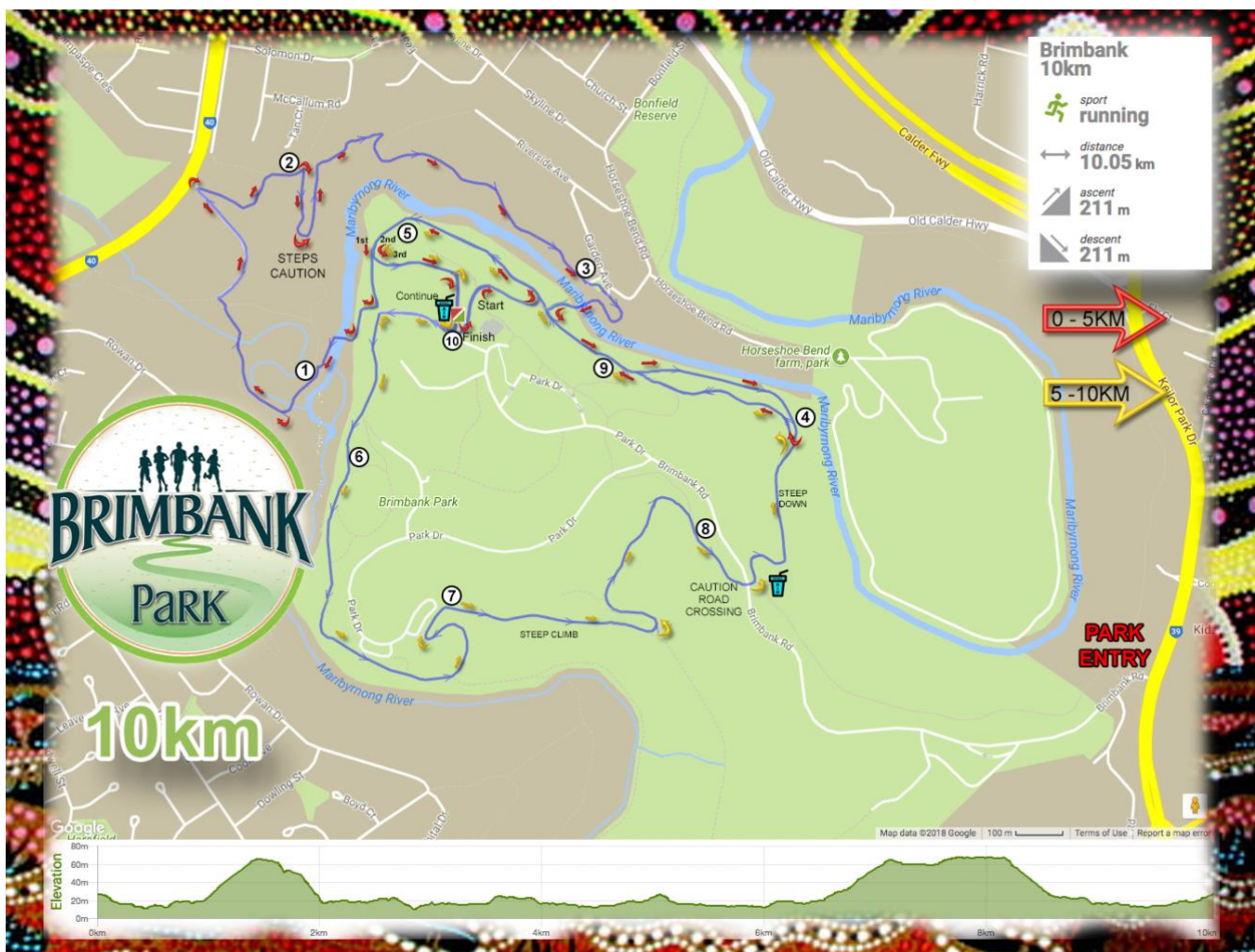


The **5km** course Starts on the grass area below the cafe. Participants turn right at the path, then continue straight ahead and will see several signs, YOU go straight ahead at the crossroads and wind down and cross the river. PLEASE take care the surface is rough blue stones. Once you do the short 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 for another loop.

10KM COURSE AND MAP & INSTRUCTIONS

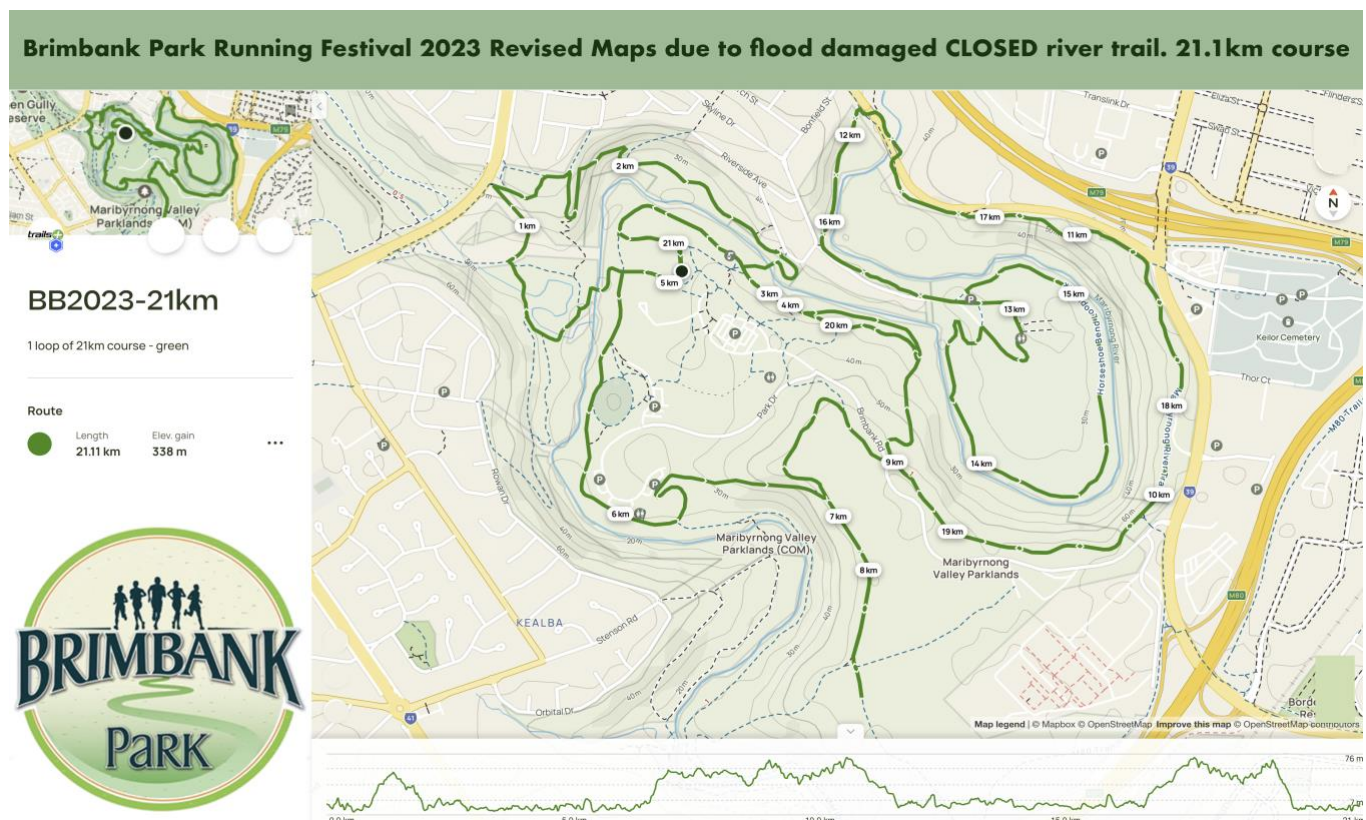


The **10km** course Starts on the grass area below the cafe. Participants turn left at the path, then continue up behind the café and veer left down the hill, at the 3 way junction Participants will veer right and head down the hill and do a hairpin turn at the 4 way track junction, take the first left and follow the river path. Pass the water drink fountain and continue straight ahead around the sweeping bend, pass one corner (on your left) and keep going straight and then turn right at the next cross roads, you continue down path, 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, turn right onto the grass 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.

21.1KM COURSE AND MAP & INSTRUCTIONS



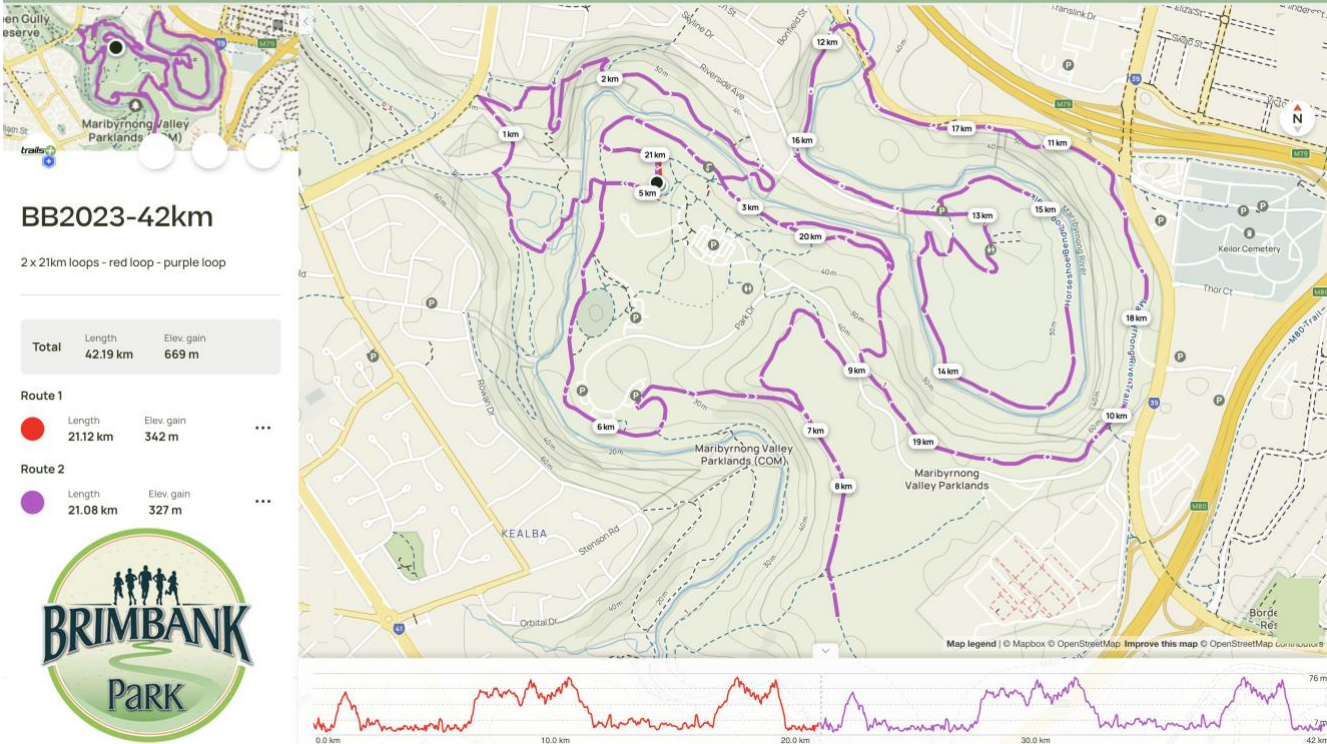
The **21.1km** course Starts on the grass area below the cafe. Participants will head right, to cross roads you continue down path, YOU wind down and cross the river. PLEASE take care the surface is rough blue stones. Once you do the short climb out from the river crossing you take the left hand dirt trail and cross the wooden bridge over Taylors creek You now keep right, crossing a small concrete causeway then arrive at a junction, you will go straight ahead up the hill. **(1KM)**. 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. (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 to the flat trail section, 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 go straight then take the left turn follow the flat bitumen trail keeping left at each of the next two junctions, **(3KM)** 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, turn off on to the grass as directed head under the finish line **(5KM)** and start the next 5km section. This time you head the cross roads but turn left and head down past the oval / gazebo, 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 **(6KM)** continue on the bitumen path around the playground and then up the long straight bitumen hill, At the very top of the hill veer off to the right along the dirt trail **(7KM)** continue along trail to the turn around sign just after the dirt cross roads, return along the dirt trail **(8KM)** until you meet the bitumen path, veer off the dirt and continue to the right across the top. Stay on bitumen path until the road pedestrian crossing. **(9KM)** do a sharp right turn at the aid station and follow the path toward the park main entry **(10KM)** go through or around gate remain on bitumen head to corner of park and

traffic lights do not exit the park, head down the path including a steep descent **(11KM)** continue up and over the rise and down under the road bridge, cross the old historic bridge and then back under the road bridge and through the entry in the fence **(12KM)** this was subject to flooding, please take care especially near the wooden steps, climb steps and stay on dirt trail keeping the river below you on the left. Exit through the open gate and onto concrete entry to horseshoe bend farm arrive at aid station **(13KM)** continue straight along the dirt road to the homestead, remain on dirt road as you loop through the buildings, pass the toilet and shed and head up road until you see the track to your left, turn left and descend down toward the river, follow river trail **(14KM)** all the way around until you start to climb **(15KM)** you will veer left and arrive at the aid station you passed earlier. This time turn right and head toward farm gate exit, through the gate onto the concrete drive and then turn right down through the gate to the dirt trail. Continue on trail and down the stairs, take care at the bottom, **(16KM)** head back toward the bridge and exit the trail through the opening in the fence and under the bridge, follow concrete path up onto old historic bridge and turn right under road, continue up the bitumen path to the top of the hill, **(17KM)** stay on path toward the traffic lights, do not exit park, veer right and head toward the park main entry **(18KM)**, head through or around the gate and stay on path to aid station **(19KM)**, at the aid station veer right down the steep windy hill, take care, at the first junction take the left hand path, do not go down to the lower river trail. Continue on the high trail and descend the short drop, **(20KM)** watch for cracked path and raised tree roots under bitumen. Continue on lower trail going straight ahead, do not turn off at any junctions, as you start to rise out of the hollow and up around the sweeping corner turn left toward the finish, you will then turn right off the path on to the grass **(21KM)** and head to the finishline.

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

42.2KM COURSE AND MAP & INSTRUCTIONS

Brimbank Park Running Festival 2023 Revised Maps due to flood damaged CLOSED river trail. 42km = 2x21km loops



Please note the 42km event uses the 21km course twice, the red section on the map is covered over by the purple section, see profile details at bottom of map

The **21.1km** course Starts on the grass area below the cafe. Participants will head right, to cross roads you continue down path, 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 You now keep right, crossing a small concrete causeway then arrive at a junction, you will go straight ahead up the hill. **(1KM)**. 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. (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 to the flat trail section, 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 go straight then take the left turn follow the flat bitumen trail keeping left at each of the next two junctions, **(3KM)** 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, turn off on to the grass as directed head under the finish line **(5KM)** and start the next 5km section. This time you head the cross roads but turn left and head down past the oval / gazebo, 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 **(6KM)** continue on the bitumen path around the playground and then up the long straight bitumen hill, At the very top of the hill veer off to the right along the dirt trail **(7KM)** continue along trail to the turn around sign just after the dirt cross roads, return along the dirt trail **(8KM)** until you meet the bitumen path, veer off the dirt and continue to the right across the top. Stay on bitumen path until the road pedestrian crossing. **(9KM)** do a sharp right turn at the aid station and follow the path toward the park main entry **(10KM)** go through or around gate remain on bitumen head to corner of park and traffic lights do not exit the park, head down the path including a steep descent **(11KM)** continue up and over the rise and down under the road bridge, cross the old historic bridge and then back under the road bridge and through the entry in the fence **(12KM)** this was subject to flooding, please take care especially near the wooden steps, climb steps and stay on dirt trail keeping the river below you on the left. Exit through the open gate and onto concrete entry to horseshoe bend farm arrive at aid station **(13KM)** continue straight along the dirt road to the homestead, remain on dirt road as you loop through the buildings, pass the toilet and shed and head up road until you see the track to your left, turn left and descend down toward the river, follow river trail **(14KM)** all the way around until you start to climb **(15KM)** you will veer left and arrive at the aid station you passed earlier. This time turn right and head toward farm gate exit, through the gate onto the concrete drive and then turn right down through the gate to the dirt trail. Continue on trail and down the stairs, take care at the bottom, **(16KM)** head back toward the bridge and exit the trail through the opening in the fence and under the bridge, follow concrete path up onto old historic bridge and turn right under road, continue up the bitumen path to the top of the hill, **(17KM)** stay on path toward the traffic lights, do not exit park, veer right and head toward the park main entry **(18KM)**, head through or around the gate and stay on path to aid station **(19KM)**, at the aid station veer right down the steep windy hill, take care, at the first junction take the left hand path, do not go down to the lower river trail. Continue on the high trail and

descend the short drop, **(20KM)** watch for cracked path and raised tree roots under bitumen. Continue on lower trail going straight ahead, do not turn off at any junctions, as you start to rise out of the hollow and up around the sweeping corner turn left toward the finish, you will then turn right off the path on to the grass **(21KM)** and head to the finishline.

That's half your race behind you, now to repeat it, try for a negative split 😊

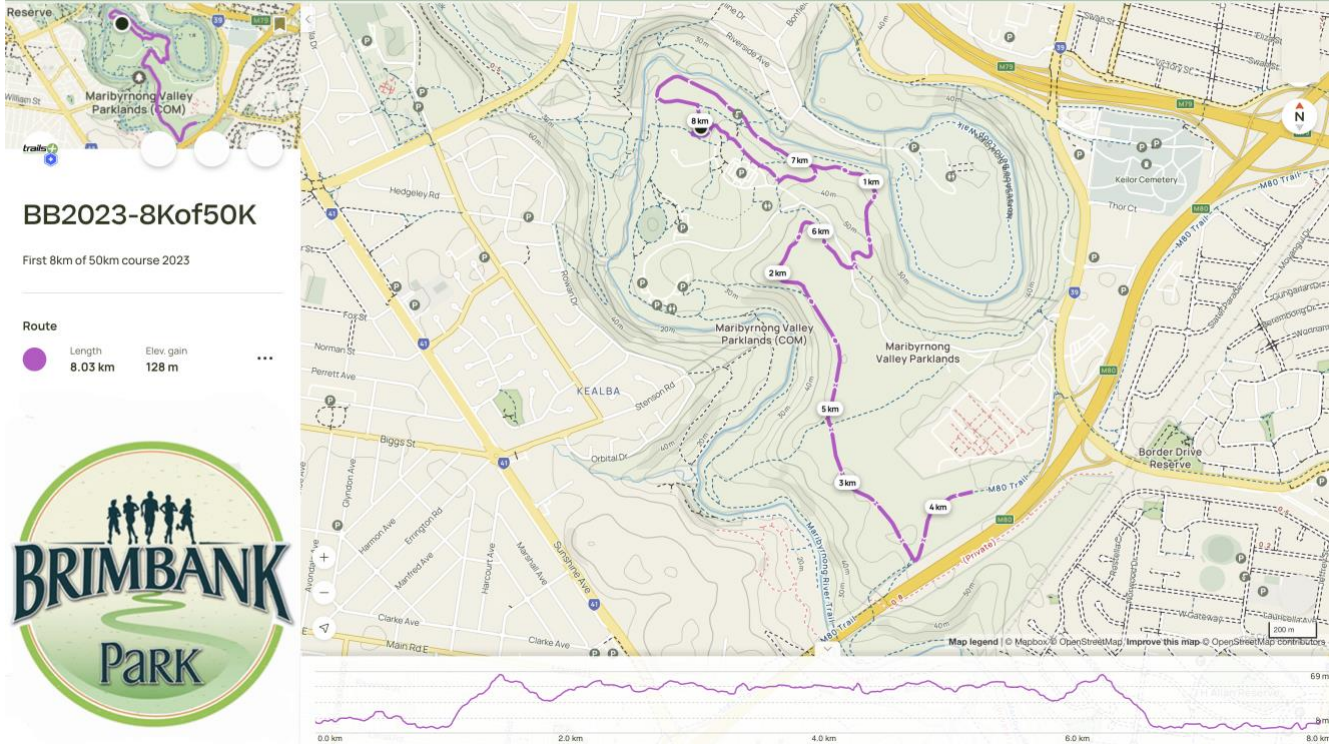
Continue under the start finish gantry, veer right onto path, to cross roads you continue down path, YOU wind down and cross the river. PLEASE take care the surface is rough blue stones. Once you do the short climb out from the river crossing you take the left hand dirt trail and cross the wooden bridge over Taylors creek You now keep right, crossing a small concrete causeway then arrive at a junction, you will go straight ahead up the hill. **(22KM)**. 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. (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 to the flat trail section, watch out for the sharp turn on the descent, its tricky. **(23KM)** 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 go straight then take the left turn follow the flat bitumen trail keeping left at each of the next two junctions, **(24KM)** 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 **(25KM)** 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, turn off on to the grass as directed head under the finish line **(26KM)** and start the next 5km section. This time you head the cross roads but turn left and head down past the oval / gazebo, 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 **(27KM)** continue on the bitumen path around the playground and then up the long straight bitumen hill, At the very top of the hill veer off to the right along the dirt trail **(28KM)** continue along trail to the turn around sign just after the dirt cross roads, return along the dirt trail **(29KM)** until you meet the bitumen path, veer off the dirt and continue to the right

across the top. Stay on bitumen path until the road pedestrian crossing. **(30KM)** do a sharp right turn at the aid station and follow the path toward the park main entry **(31KM)** go through or around gate remain on bitumen head to corner of park and traffic lights do not exit the park, head down the path including a steep descent **(32KM)** continue up and over the rise and down under the road bridge, cross the old historic bridge and then back under the road bridge and through the entry in the fence **(33KM)** this was subject to flooding, please take care especially near the wooden steps, climb steps and stay on dirt trail keeping the river below you on the left. Exit through the open gate and onto concrete entry to horseshoe bend farm arrive at aid station **(34KM)** continue straight along the dirt road to the homestead, remain on dirt road as you loop through the buildings, pass the toilet and shed and head up road until you see the track to your left, turn left and descend down toward the river, follow river trail **(35KM)** all the way around until you start to climb **(36KM)** you will veer left and arrive at the aid station you passed earlier. This time turn right and head toward farm gate exit, through the gate onto the concrete drive and then turn right down through the gate to the dirt trail. Continue on trail and down the stairs, take care at the bottom, **(37KM)** head back toward the bridge and exit the trail through the opening in the fence and under the bridge, follow concrete path up onto old historic bridge and turn right under road, continue up the bitumen path to the top of the hill, **(38KM)** stay on path toward the traffic lights, do not exit park, veer right and head toward the park main entry **(39KM)**, head through or around the gate and stay on path to aid station **(40KM)**, at the aid station veer right down the steep windy hill, take care, at the first junction take the left hand path, do not go down to the lower river trail. Continue on the high trail and descend the short drop, **(41KM)** watch for cracked path and raised tree roots under bitumen. Continue on lower trail going straight ahead, do not turn off at any junctions, as you start to rise out of the hollow and up around the sweeping corner turn left toward the finish, you will then turn right off the path on to the grass **(42KM)** and head to the finishline.

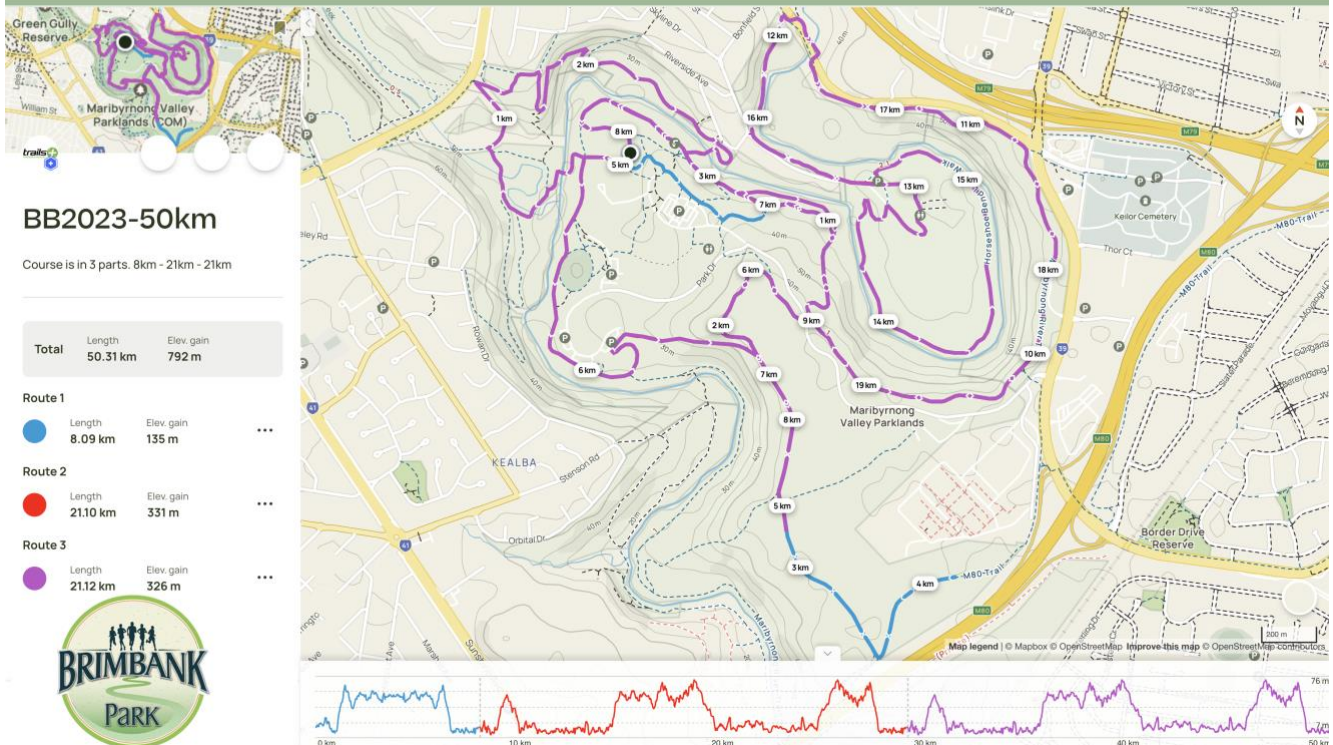
CONGRATULATIONS collect your medal enjoy the post race environment, while supporting others finishing or continuing for another loop.

50KM COURSE AND MAP & INSTRUCTIONS

Brimbank Park Running Festival 2023 Revised Maps due to flood damaged CLOSED river trail. 8km/50km crs.



Brimbank Park Running Festival 2023 Revised Maps due to flood damaged CLOSED river trail. 3Pt-50km CRS



The **50km** consists of 3 x sections, Section 1 blue, partially covered is the 8km out and back course, Section 2 red fully covered is the 21km course, section 3 is a repeat of the 21km course.

The 50km course will take a left turn straight after the start, head up the path under the café and turn right at the top of the café. Continue straight up the path with the eagle egg tree and carpark A on the right, you pass by BBQ shelters and at the “Y” intersection you turn left and head down the hill to the track junction **1km** (at the junction turn sharp right and continue to next junction where you turn right up the windy hill. At the top of the hill cross at the pedestrian crossing with care. Continue around the escarpment keep left as you approach the large power pole on your right **2km**, you veer left and reach the top of the path, at this point you take the left hand trail on the dirt, DO NOT go down the long straight hill. Once on the dirt trail continue through the cross roads **3km** and go all the way to the freeway, here you will make a left turn for a short while before turning back **4km**. You will now retrace your steps back along the western ring road path turn right on to the dirt track and head back through the cross roads track **5km** and to the bitumen trail. Once at the bitumen trail veer right and follow it around to the pedestrian crossing. **6km** Cross with care veer left down the steep windy hill, take care, at the first junction take the left hand path, do not go down to the lower river trail. Continue on the high trail and descend the short drop, **(7KM)** watch for cracked path and raised tree roots under bitumen. Continue on lower trail going straight ahead, do not turn off at any junctions, as you start to rise out of the hollow and up around the sweeping corner turn left toward the finish, you will then turn right off the path on to the grass **(8KM)** and head to the finishline.. This is the completion of the initial 8km.

From here you will continue to do the 21km course twice as follows, showing your total distance thus far, approx....

After your initial 8km continue under the finish gantry veer right, to cross roads you continue down path, 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 You now keep right, crossing a small concrete causeway then arrive at a junction, you will go straight ahead up the hill. **(9KM)**. 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. (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 to the flat trail section, watch out for the sharp turn on the descent, its tricky. **(10KM)** 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 go straight then take the left turn follow the flat bitumen trail keeping left at each of the next two junctions, **(11KM)** 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 **(12KM)** 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, turn off on to the grass as directed head under the finish line **(13KM)** and start the next 5km section. This time you head the cross roads but turn left and head down past the oval / gazebo, 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 **(14KM)** continue on the bitumen path around the playground and then up the long straight bitumen hill, At the very top of the hill veer off to the right along the dirt trail **(15KM)** continue along trail to the turn around sign just after the dirt cross roads, return along the dirt trail **(16KM)** until you meet the bitumen path, veer off the dirt and continue to the right across the top. Stay on bitumen path until the road pedestrian crossing. **(17KM)** do a sharp right turn at the aid station and follow the path toward the park main entry **(18KM)** go through or around gate remain on bitumen head to corner of park and traffic lights do not exit the park, head down the path including a steep descent **(19KM)** continue up and over the rise and down under the road bridge, cross the old historic bridge and then back under the road bridge and through the entry in the fence **(20KM)** this was subject to flooding, please take care especially near the wooden steps, climb steps and stay on dirt trail keeping the river below you on the left. Exit through the open gate and onto concrete entry to horseshoe bend farm arrive at aid station **(21KM)** continue straight along the dirt road to the homestead, remain on dirt road as you loop through the buildings, pass the toilet and shed and head up road until you see the track to your left, turn left and descend down toward the river, follow river trail **(22KM)** all the way around until you start to climb **(23KM)** you will veer left and arrive at the aid station you passed earlier. This time turn right and head toward farm gate exit, through the gate onto the concrete drive and then turn right down through the gate to the dirt trail. Continue on trail and down the stairs, take care at the bottom, **(24KM)** head back toward the bridge and exit the trail through the opening in the fence and under the bridge, follow concrete path up onto old historic bridge and turn right under road, continue up the bitumen path to the top of the hill, **(25KM)** stay on path toward the traffic lights, do not exit park, veer right and head toward the park main entry **(26KM)**, head through or around the gate and stay on path

to aid station **(27KM)**, at the aid station veer right down the steep windy hill, take care, at the first junction take the left hand path, do not go down to the lower river trail. Continue on the high trail and descend the short drop, **(28KM)** watch for cracked path and raised tree roots under bitumen. Continue on lower trail going straight ahead, do not turn off at any junctions, as you start to rise out of the hollow and up around the sweeping corner turn left toward the finish, you will then turn right off the path on to the grass **(29KM)** and head to the finish line.

Take 2 on the 21km course repeat

Now you have completed 29km, consisting of an out and back 8km and 1 x 21km loop, its now time to do your second 21km loop,

continue under the finish gantry veer right, to cross roads you continue down path, 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 You now keep right, crossing a small concrete causeway then arrive at a junction, you will go straight ahead up the hill. **(30KM)**. 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. (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 to the flat trail section, watch out for the sharp turn on the descent, its tricky. **(31KM)** 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 go straight then take the left turn follow the flat bitumen trail keeping left at each of the next two junctions, **(32KM)** 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 **(33KM)** 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, turn off on to the grass as directed head under the finish line **(34KM)** and start the next 5km section. This time you head the cross roads but turn left and head down past the oval / gazebo, 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 **(35KM)** continue on the bitumen path around the playground and then up the long straight bitumen hill, At the very top of the hill veer off to the right

along the dirt trail **(36KM)** continue along trail to the turn around sign just after the dirt cross roads, return along the dirt trail **(37KM)** until you meet the bitumen path, veer off the dirt and continue to the right across the top. Stay on bitumen path until the road pedestrian crossing. **(38KM)** do a sharp right turn at the aid station and follow the path toward the park main entry **(39KM)** go through or around gate remain on bitumen head to corner of park and traffic lights do not exit the park, head down the path including a steep descent **(40KM)** continue up and over the rise and down under the road bridge, cross the old historic bridge and then back under the road bridge and through the entry in the fence **(41KM)** this was subject to flooding, please take care especially near the wooden steps, climb steps and stay on dirt trail keeping the river below you on the left. Exit through the open gate and onto concrete entry to horseshoe bend farm arrive at aid station **(42KM)** continue straight along the dirt road to the homestead, remain on dirt road as you loop through the buildings, pass the toilet and shed and head up road until you see the track to your left, turn left and descend down toward the river, follow river trail **(43M)** all the way around until you start to climb **(44KM)** you will veer left and arrive at the aid station you passed earlier. This time turn right and head toward farm gate exit, through the gate onto the concrete drive and then turn right down through the gate to the dirt trail. Continue on trail and down the stairs, take care at the bottom, **(45KM)** head back toward the bridge and exit the trail through the opening in the fence and under the bridge, follow concrete path up onto old historic bridge and turn right under road, continue up the bitumen path to the top of the hill, **(46KM)** stay on path toward the traffic lights, do not exit park, veer right and head toward the park main entry **(47KM)**, head through or around the gate and stay on path to aid station **(48KM)**, at the aid station veer right down the steep windy hill, take care, at the first junction take the left hand path, do not go down to the lower river trail. Continue on the high trail and descend the short drop, **(49KM)** watch for cracked path and raised tree roots under bitumen. Continue on lower trail going straight ahead, do not turn off at any junctions, as you start to rise out of the hollow and up around the sweeping corner turn left toward the finish, you will then turn right off the path on to the grass **(50KM)** and head to the finish line.




Congratulations, you are almost done, cross under the finish line. **(50+KM) legend.**

REMINDER

On completion of your event we will present you with a Finishers Medal, it is extremely important that we get the timing chips 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 we will have someone at the finish line to collect the timing chips.



WEATHER FORECAST

Friday 17 March	
 <div>Min 14 Max 27 Cloud clearing. Chance of any rain: 5% <div></div></div>	Melbourne area Partly cloudy. Winds westerly 15 to 20 km/h increasing to 25 km/h before turning southwesterly 15 to 20 km/h during the day.
Saturday 18 March	
 <div>Min 14 Max 26 Partly cloudy. Chance of any rain: 5% <div></div></div>	Melbourne area Partly cloudy. Winds north to northwesterly 15 to 20 km/h shifting south to southwesterly 15 to 25 km/h during the morning.
Sunday 19 March	
 <div>Min 11 Max 25 Partly cloudy. Chance of any rain: 10% <div></div></div>	Melbourne area Partly cloudy. Slight chance of a shower. Winds southerly 15 to 20 km/h.

So it looks pretty warm for running, but will be cool early morning so be sure to slip slop slap and stay protected from the sun and be sure to have a cup or bottle to drink from as we do not provide cups at aid stations [#savetheplanet](#)

COMPETITIONS

All distances from 2km to 50km will be awarded trophies to 1st, 2nd and 3rd place male and female. We don't have all our normal sponsors ready to go at the moment this year, but are hoping to have a couple of small gifts available for winners.

There is an overall team category too, whereby team members can combine their total Km's, it's not about speed it's 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. (The team prize is the honour of winning)

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

YOUR REWARD FOR FINISHING YOUR EVENT

1st Place Blue Design



2nd Place Red Design



MEDALS



3rd Place Green Design



MEDALS



All competitors who complete their event distance will receive a custom designed medal to commemorate your achievement. Colour may vary Blue / Green / Orange / yellow / Pink / Red Ribbon , it's a bit of a lucky dip .

For 2023 those who registered in the first 400, as advertised for the 10th years event you will receive the limited edition 10 year medal. All late entries over 400 will receive our Brimbank Running Festival Medal.

ACCESS TO THE PARK FROM KEILOR PARK DRIVE – GATES OPEN 6AM

KEY LOCATIONS TO NOTE AND TAKE CARE

ROAD CROSSING – MARSHALS - CARPARKS – TOILETS – REGISTRATION – FIRST AID – CAFÉ, Please follow the directions of carpark marshals on arrival if in attendance



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, 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. 2 Portaloos maybe available at the start area.

OUR SUPPORTERS and SPONSORS

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

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