



HALLOWEEN INFORMATION

2023



Table of Contents

<i>Introduction to Halloween Howler</i>	3
<i>What is Halloween Howler</i>	3
<i>Where is Halloween Howler</i>	3
<i>Parking at the Event</i>	3
<i>Mandatory Gear Requirements</i>	3
<i>On course Aid locations</i>	3
<i>Runners Drop Bags</i>	3
<i>CUP FREE EVENT</i>	3
<i>EVENT SCHEDULE</i>	4
<i>Presentations</i>	4
<i>Results</i>	4
<i>Race Briefing</i>	4
<i>Your Race Bib</i>	4
<i>Race Timing</i>	4
<i>Coffee & Pizza</i>	4
<i>Runner Self Read Briefing</i>	5
<i>COURSE MAP</i>	7

COSTUME PRIZE



We love to see how creative you can get. So let your imagination go wild into places that even you don't dare to venture. The scarier the creation the better the prize you might win. At Halloween Howler, it's not about the speed at which you navigate along the course, but rather the scare rating you bring along. So, get working on the costumes, dig up some accessories, throw on some make up or whatever it takes to scare the living souls out of your fellow runners and organisers. You never know the judges just might find some goodies in the trick or treat sack that just might include a Garmin GPS running watch, a pair of socks, a head buff, a bottle of wine, or other random prize this will all depend on how much you can spook the judges.

Introduction to Halloween Howler

In 2015 we introduced a series of loop based trail running events to provide runners a safe environment to experience night time running. These events cater for all levels and include 5km, 10km events that finished before dark, as well as 21km, 42km, 50km and 6hr events that took runners into the woods under headtorch for some night time adventures.

What is Halloween Howler

- It's an event set on a 5km course in a flat section of the You Yangs Regional Park
- It incorporates several event distances.
- 5km-10km-21.1km-42.2km-50km-6hr events.

Where is Halloween Howler

- Located on Sandy Creek Road as part of the Western Plantation
- An address that gets close via GPS is 395 Sandy Creek Rd, Little River VIC 3211
- NOTE, it is not located inside the Main You Yangs Regional Park.

Parking at the Event

- There is a large dirt carpark located right next to the start area, please try to park neatly and allow as many cars as possible to park with in a short walk from the start.

Mandatory Gear Requirements

(there really isn't any however)

- Please consider the weather, even warm days can become cold nights in the woods.

On course Aid locations

- There will be an AID STATION located at the start finish area, runners can access this every 5km, or before and after your event.

Runners Drop Bags

- There will be a space provide for you to leave your personal belongings, however we will not guarantee the safety of them, please ensure you lock valuables in car or leave valuables home.

CUP FREE EVENT

- We are a cup free event please ensure you have your own means to drink from **AID STATIONS** or we do have some silicone reusable collapsible cups for sale \$5.

EVENT SCHEDULE

- 2:00pm – 2:45pm 50km Checkin
- **3:00pm 50km START**
- 3:00pm – 3:45pm 42km Checkin
- **4:00pm 42km START**
- 4:00pm – 4:45pm 5km & 6hr Checkin
- **5:00pm 5km & 6hr START**
- 5:00pm – 5:45pm 10km Checkin
- **6:00pm 10km START**
- 6:00pm – 6:45pm 21km Checkin
- **7:00pm 21km START**

Early arrival is always encouraged for a more relaxed process.

Presentations

- We try to hold the presentations with 15minutes of the winners finishing, however these can change and there may be a slight delay. If you know you were 1st, 2nd, 3rd please stay for the presentation or let us know if you need to leave early.

Results

- Please check our website, we will have live results, typically a QR code is available onsite to scan for results otherwise trailsplus.com.au/results.

Race Briefing

- We will hold a short race welcome and briefing prior to each start, just to go over your event and answer any questions you may have.

Your Race Bib

- We do not mail race bibs to participants; you must collect your race bib at race check in at least 15minutes before your race starts.

Race Timing

- We use electronic chip timing, and your race number will have one or two timing chips on the back. We require these chips back and will collect them prior to you receiving your medal.

Coffee & Pizza

- Coffee by Ange and Pizza by Mariana will be available during the afternoon while there is enough interest. So be sure to support these guys that make time to come along to our events so you can enjoy some great food and coffee. The more coffee you drink and pizzas you eat the longer they will hang around and look after us 😊.

Runner Self Read Briefing

Welcome to our final edition of the Halloween Howler.

Below are my Notes used for Race Briefings, they are dot points for simplicity, please read.

WELCOME

- Welcome and acknowledgement of the traditional owners and pay respects to their elders past and present (Wurundjeri People)
- Thank you for not only supporting this event but also **CANTEEN**
Canteen support young people living with cancer and thanks to you all we have managed to donate over \$75k through our trail running events and brettstrunforcanteen09.
BIG SHOUT OUT TO THOSE WHO ADDED EXTRA DONATIONS DURING REGO PROCESS
- **VOLUNTEERS**
As always what would we do without our awesome volunteers, a huge thanks to you all.
- **ParksVic**
The Park Ranger Team have been extremely supportive of the Trailplus events in the You Yangs and always work with us to clear trails and provide a safer environment to play on.
- **SPONSORS**
GARMIN – 32GI (Magnus) - ZERO SPORTS BEER (Barry) - TARKINE (Sam) – PETZL – TEKO SOCKS (Paul) - ANDREW PEACE WINES
- **SAFETY**
Keep alert for wash out holes in the trails, sticks, rocks, snakes and ghosts.
- **FIRST AID**
Our Volunteer Team will be available to manage your first aid needs, be sure to shout out if needed.
A huge thanks to the team from “EMERGENCY MEDICAL RESPONSE”
- **COMPULSORY GEAR**
Refer to any Mandatory Gear List when applicable.
- **FOOTWEAR**
Is always a challenging bit of advice to give. Road shoes can be ok, however when any level of moisture hits the trails, they can become very slippery, so consider your footwear based on weather and lead in conditions.
- **MAPS**
The course is easy to follow so you should not need maps, just open your eyes and concentrate, don't be distracted by zombies, ghosts and the like.
- **PUBLIC USERS**
It's rare to see others using the course here, but there may be the occasional horse rider, if you come across a horse rider, please respect that space and be careful not to spook the horse, leave that to the ghosts
- **RUBBISH**
Please ensure all rubbish is placed in bins at Aid Station, if you spot a runner's rubbish accidentally dropped, please collect it, and put in bin.
- **TOILETS**
There is a toilet available 50M from the start, always a good idea to go before you leave home though.
- **RACE BIB**
It needs to be visible on front of torso, not on your back or leg, if we can't see your number, we can't check your time. **WE WILL COLLECT THE TIMNG CHIPS WHEN YOU FINISH**

- **PRESENTATION**
If you finished 1st 2nd or 3rd please stay for presentation
Hopefully you can hang around after your run, enjoy the atmosphere and support the runners still on course, and enjoy some coffee and pizza.
- **MEDALS**
Everyone that finishes the distance they entered receives a medal.
- **TROPHIES**
All events have a trophy for 1st, 2nd,3rd place male and female.
- **LOST PROPERTY**
If you have left personal belongings at the event it will be available for collection from my place for 2 weeks, if not collected, suitable items will be washed and given to Salvos, other items will be thrown in rubbish.
- **DNF - WITHDRAWING FROM THE EVENT**
If you can't finish your race, you must notify the race director or other official so we know you are ok, Return your timing chips to an official as this completes the process and we know you are safe and well.
- **ABOUT THE COURSE AND MARKERS**
The course will be marked with bright orange reflective arrows and reflective orange ribbons, you will find the course very easy to follow.
- **COURSE ERRORS**
If you make a navigation error you need to correct it, only correct course completion is recognised, we don't accept make up distances as a complete course.
- **MUSIC IN YOUR EAR**
We prefer runners don't have music, for one it's not very sociable, two you might not hear important instructions and three, you won't hear the zombies come up behind you.
- **SAFETY**
Please ensure you make good decisions when on course, we want this to be a great experience and remembered for all the right reasons, take care and have fun exploring.
- **DOGS ON COURSE**

We welcome you and your pooch to run the trails with us, but there are some rules.

1. Your pooch must be on a lead at all times (ParksVic Regulations)
2. You must have full control of your pooch to not interfere with another runner or cause a hazard that might result in injuries.
3. As your pooch can create an advantage for you by pulling you along, you are ineligible for any podium positions.
4. Most importantly for everyone's comfort, if your dog is anti-social and barks, please leave them home to keep the baddies away. Noisy dogs not so welcome.
5. Even more important, if your dog POOPS, you stop and collect it immediately.

- **HAVE FUN**

Most of all come and join us for a fun filled evening but do be prepared to be scared by some of the strange goings on that occur in these haunted forests, Especially after Dark.



COURSE MAP



**THIS MAP IS A GUIDE ONLY
THE COURSE MAY VARY SLIGHTLY
DEPENDING ON CONDITION
OF VARIOUS TRAILS.
THE COURSE IS WELL MARKED
ON RACE DAY**

YY-Halloween5km

Route	Distance	Elevation gain
	5.07 km	99 m

