



RUNNER INFORMATION GUIDE 2025



GARMIN.



GARMIN.



 Welcome.....	3
 Theme & Dress-Ups.....	3
 When.....	4
 Getting There.....	4
 Car Parking.....	4
 Dogs	4
 The Course.....	4
 Registration	5
 Mandatory Gear.....	5
 Aid Station.....	5
 Food & Coffee	6
 Volunteers	6
 Event Schedule.....	6
 Check-In Opening Times	6
 Event Distance Start Times	6
 Rules of Engagement.....	7
 Personal Belongings	7
 Course Navigation	7
 Respect the Environment.....	8
 Public Trail Users.....	8
 Finishing & Medals	8
 Presentation Schedule	9
 Refund Policy	9
 Electronic Timing	9
 Race Bibs & Timing Chips.....	9
 First Aid	10
 Transferring or Giving Away Your Entry	10
 Insurance	10
 Parks Victoria	10
 Wudawurrung People.....	10
 Toilets.....	10
 Elevation Statistics.....	11
 Weather Forecast.....	11
Course Maps.....	11
 Thank You.....	13

Welcome

Welcome to the **Heroes & Villains Trail Run!**

A brand-new Trailsplus adventure replacing our beloved Halloween Howler, now bigger, brighter, bolder, and bursting with comic-book fun!

This event is all about **family, fun, costumes, colour, creativity, and community**. Whether you arrive as a courageous caped crusader or a delightfully devious villain, we can't wait to see you on the trails this **Saturday, November 29th**.

Our mission at Trailsplus is always the same: to create a **safe, welcoming, friendly environment** where runners of all ages and abilities can enjoy the outdoors, explore our beautiful bushland, and discover the magic of trail running, with a whole lot of fun along the way.

At Trailsplus, our mission is to create a safe, friendly and supportive environment where people of all ages and abilities can discover the joy of trail running. Whether you're tackling your very first event or chasing a new personal challenge, we value every runner and the unique journey you're on. The Heroes and Villains Trail Run is held on a scenic 5km loop, and we're here to help you reach your goal, whether that's one lap or ten.

Since 2007, Brett and the Trailsplus team have proudly supported CanTeen, an organisation helping young people living with cancer. Thanks to your involvement, we've raised over \$80,000 for CanTeen over the years.

Please remember this event is held in the Western Plantation, of the You Yangs, you do not enter the main park, use 390 Sandy Creek Road as a guide to find us.

You may also be sharing the trails with members of the public on race day, including horse riders. Many will be inspired by your determination, whether you're running a long or short distance. Let's ensure the running community is represented positively by being patient, courteous and safe when passing others, especially if horses are on the trails.

Most importantly, have a fantastic and safe day out on the trails. Thank you again for supporting this event.

Normally we have pizza and coffee at events, however for HV2025 event there will be no vendors on site, we may order Pizza's to be delivered for those who are hungry, or BYO picnic and enjoy a relaxed evening cheering on fellow runners.

Theme & Dress-Ups

Dress up as your favourite **hero or villain!**

Kids, parents, adults, dogs, everyone is welcome to get creative.

Prizes may appear mysteriously for:

-  Best Dressed Hero
-  Best Dressed Villain
-  Best Dressed Dog
-  Family or Team Costume

If you look like you've leapt straight out of a comic book, you may be rewarded!

When

Saturdayday, 29th November 2025, with start times beginning from **3:00pm**.

Please check your allocated start time and plan to arrive early enough to park in the roadside carpark area and troll to the check in tent. Arriving early will give you plenty of time to relax, collect your race bib and listen to the race briefing.

Getting There

You Yangs Regional Park – Western Plantation Area

390 Sandy Creek Road, Lara, Vic

DO NOT ENTER into the main You Yangs Gate

Car Parking

Parking will be available in the designated event area. located in the dirt carpark off Sandy Creek Road 100M from the start line, please note this area can have horse floats park taking up large areas. Please:

- Park considerately in the roadside carpark at the start line
- Leave access paths clear
- Keep your capes tucked in while reversing

Dogs

We love seeing your furry sidekicks!

Dogs are **most welcome** as long as they:

- Are **on lead** at all times
- Are friendly around other dogs & children
- Don't assist you with pulling if you're chasing a podium

Villainous behaviour such as barking evil laughs is permitted, so long as they stop when told.

The Course

The Heroes & Villains Trail Run is held on a **fun, safe, scenic loop** through local single trails lined with Australian gum trees, perfect for family participation and hero chases.

- Clearly marked with **arrows, ribbons & signage**
- No cut-offs, run, jog, laugh, walk or skip
- Suitable for kids, beginners & those in full costume armour
- Public users may also be on the trails, please pass respectfully

Registration

Please arrive early to:

- Collect your **race bib**
- Settle kids, strap your super-boots, adjust your cape
- Attend the event briefing
- Take all the photos your costume deserves

Registration opens **1 hour before** each race start. But 30min before is usually ok

Mandatory Gear

A head torch or handheld torch (not your phone light) is required **only for runners who expect to be on course during hours of darkness**. This generally applies to slower 21km, 42km, 50km and 6-hour runners.

No other mandatory gear is enforced, however we strongly recommend having appropriate clothing available onsite to match the weather conditions throughout the day.

Suggested items for 2025, with cooler conditions and maybe a sprinkle of rain predicted:

- Running jacket
- Headtorch for anyone running after dark
- Cup or drink bottle
- Warm jacket or hoodie for the late evening

Aid Station



Our family-friendly aid station will include:

- Water & electrolyte
- Fruit, lollies, snacks
- Treats suitable for mini heroes as well

Cup-Free Event:

Bring your own **cup or bottle**.



Food & Coffee

We won't have our regular **coffee or food options onsite this year** we may buy some pizzas and have for sale or BYO picnic if you would like to relax after your run and cheer others on their journey.

Volunteers

Please thank our amazing volunteers, our true event heroes. Without them, the villains would win.

Interested in volunteering? Chat to us on race day or visit our website.

Event Schedule

Check-In Opening Times

 **2:00pm** – Check-in opens for **50km & 42km**

 **4:00pm** – Check-in opens for **5km & 6-Hour**

 **4:30pm** – Check-in opens for **2km**

 **5:00pm** – Check-in opens for **10km**

 **6:00pm** – Check-in opens for **21km**

Registration opens approx. **1 hour before your event start time**. Please allow time to walk to check-in and complete registration.

Event Distance Start Times

 **3:00pm** – 50km

 **4:00pm** – 42.2km

 **5:00pm** – 5km & 6-Hour

 **5:15pm** – 2km

 **5:30pm** – 5km Canicross

 **6:00pm** – 10km

 **7:00pm** – 21.1km Half Marathon

Rules of Engagement



To keep the universe in balance:

- Have fun (non-negotiable)
- Respect park users
- Follow course markings
- No littering, villains litter, heroes don't
- Wear your bib visible on your front
- Look after kids & dogs
- Be kind, patient and supportive
- If injured, notify staff or a marshal
- If running after sunset you must have a torch

Personal Belongings



We have a belongings area, but we recommend leaving valuables at home or locked safely in your vehicle out of sight.

Course Navigation

Navigating the course is **super simple!**

We use:

-  Orange arrows
-  Orange ribbons
-  Stop or wrong-way signs

Stick to the marked trails and don't attempt heroic shortcuts.



Respect the Environment



Please protect the bushland:

- No littering
- Stay on marked trails
- Respect wildlife
- Keep dogs controlled

Heroes look after nature. Villains don't.



Public Trail Users

You may encounter walkers, families, horse riders or dogs.
Please:

- Announce yourself kindly ("Passing on your right!")
- Slow down if needed
- Be polite and patient

Let's represent the trail community proudly.



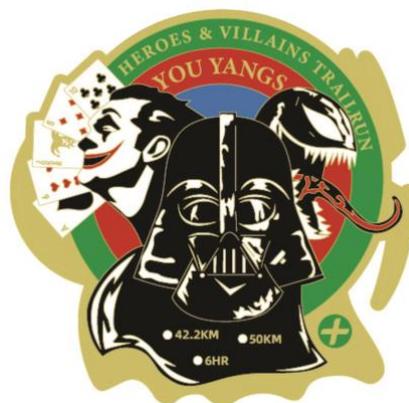
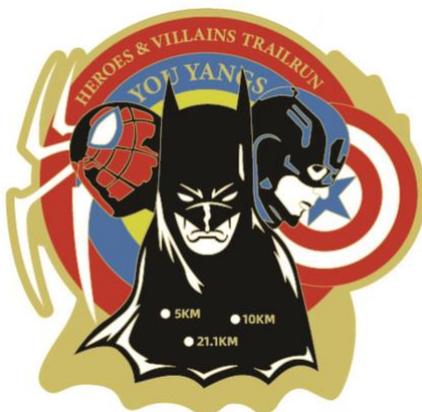
Finishing & Medals

Every finishing hero and villain receives a **special Trailsplus medal** to commemorate the adventure.

Podium awards given to:

- 1st, 2nd, 3rd male
- 1st, 2nd, 3rd female

2km Kids races may have a small gift too!



Presentation Schedule

Presentations will take place **as soon as practical** after each event once the first **three male and three female finishers** have crossed the line.

If you are a podium winner and must leave early, please speak with the **Race Director** who will present your trophy before you depart.

Refund Policy

Our refund policy is agreed to during your ticket purchase and is available anytime in our online Terms & Conditions.

Partial refunds are available up to **30 days before the event**.

There are **no refunds within 30 days** of the event.

Electronic Timing

We use **electronic chip timing** at the start/finish and at key points around the course.

Live results will be available on race day at:

www.trailsplus.com.au/results

Race Bibs & Timing Chips

- All race bibs are custom-made for each event.
- Each bib contains **two timing chips** in pouches on the back.
- These chips **must be returned** after your race.
- Do **not** remove the chips yourself, our volunteers will assist post-race.
- Please wear your bib **on your front**, visible at all times.
(Do not wear on your back or leg.)
- Race bibs are **collected at check-in only**. They are **not posted** before the event.
- **Very late entries** may receive a plain black-and-white or modified bib.



First Aid

A first aid facility will be available onsite.

If you require assistance at any time, please let us know and we will take care of you.

Transferring or Giving Away Your Entry

Tickets **cannot** be sold or given to another person. All runners must personally agree to the event's entry conditions.

If exceptional circumstances arise, please contact us, an **administration fee** applies to any approved transfer.

ID checks may be conducted at bib collection; if you are not the registered participant, **you will not be permitted to run**.

Insurance

Event insurance does **not** cover personal injury.

We strongly recommend having your own personal insurance or, at minimum, **ambulance cover** prior to the event.

Parks Victoria

We sincerely thank **Parks Victoria** for their support and for allowing us to host the NYE Trail Run in this beautiful location.

Wudawurrung People

We acknowledge the **Wudawurrung People** as the Traditional Owners of the land on which our event is held, and we pay our respects to Elders **past and present**.

Toilets

- A **Drop toilet** is located at the start/finish area.



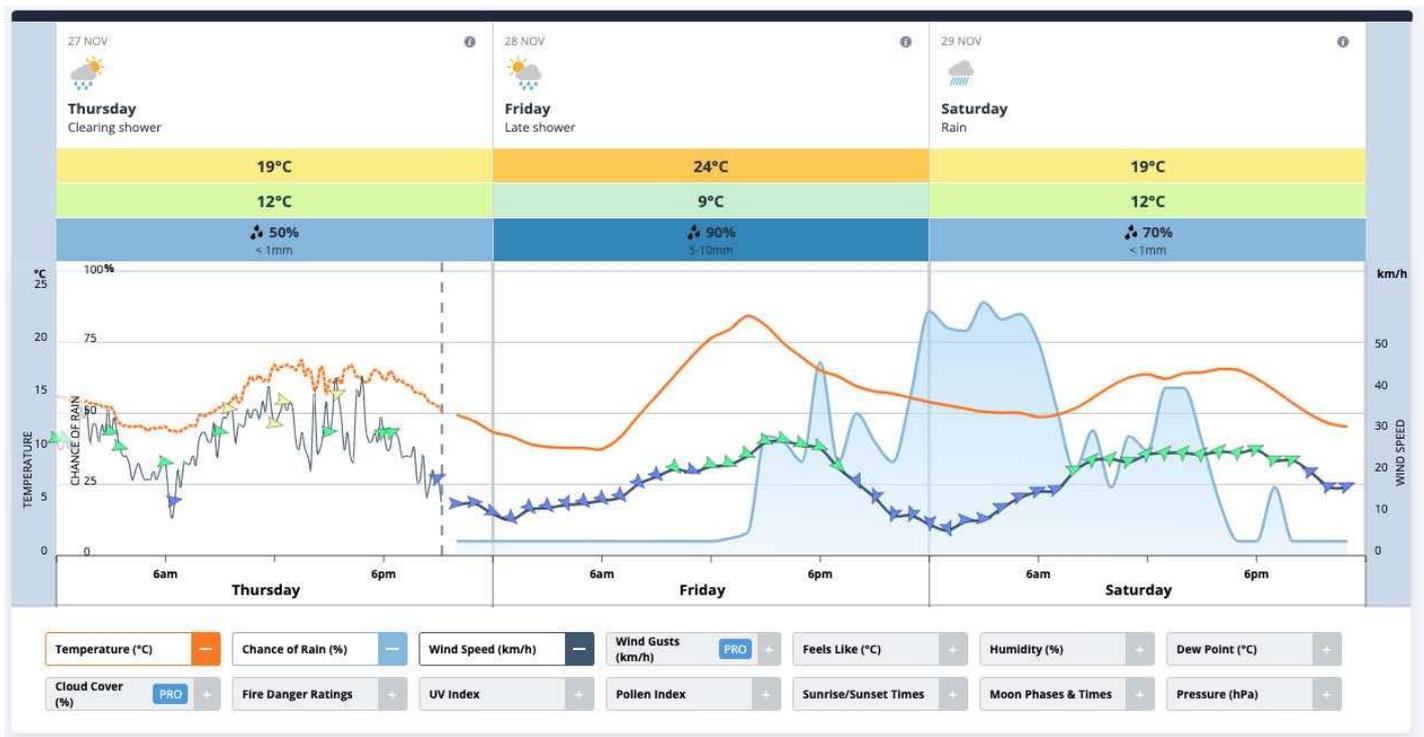
Elevation Statistics

- 50km – 1050m
- 42.2km – 900m
- 21.1km – 450m
- 10km – 210m
- 5km – 105m
- 2km – 40m
- 6hr – 140m per completed loop



Weather Forecast

It is looking a little cool for this time of year, so be sure to have the right gear to stay comfortable



Course Maps

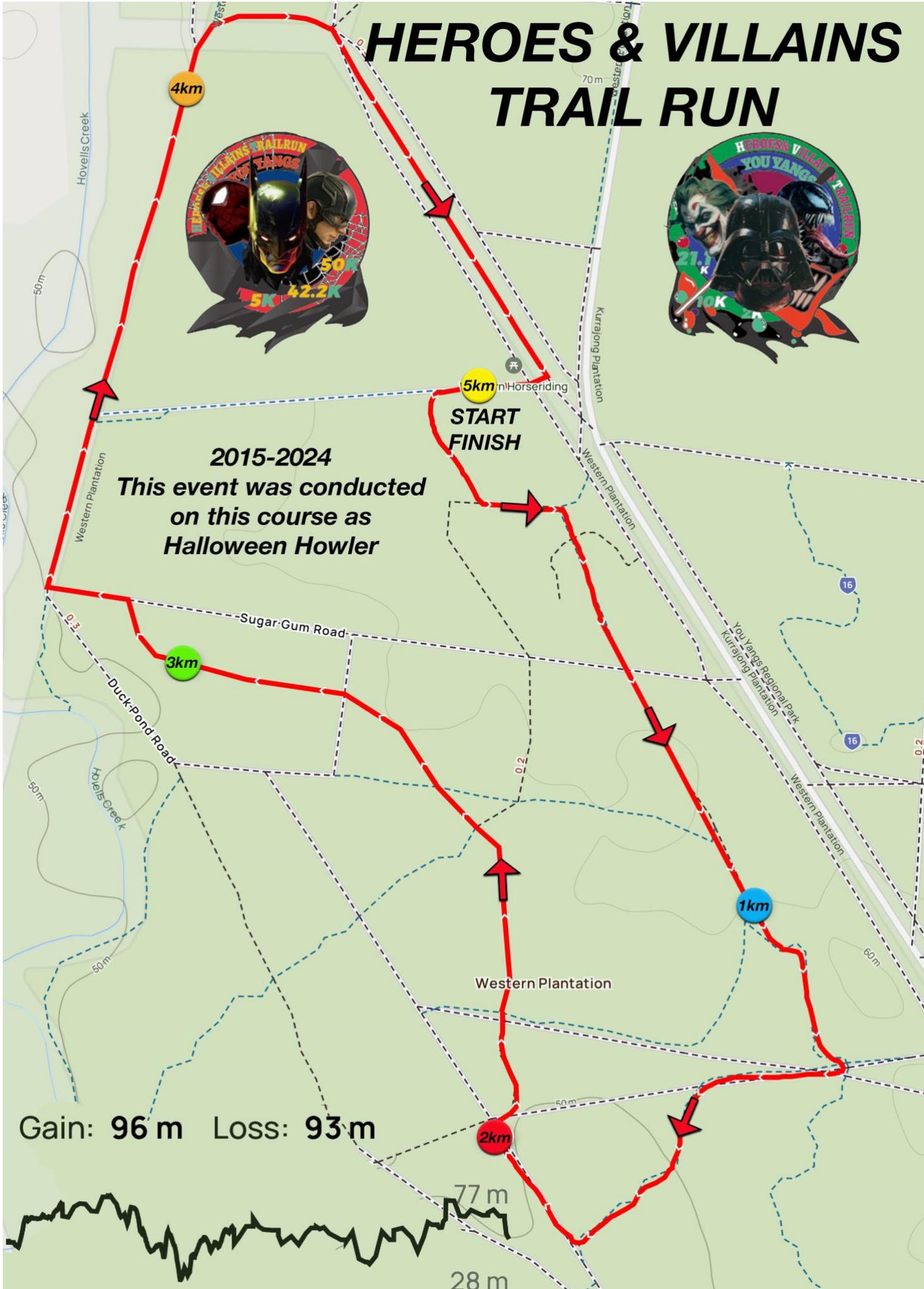
All events use the 5km loop course. The 21.1km runners start with an out and back 1.1km. The 42.2km runners start with an extra 2.2km, thereafter will continue on the 5km loop for ALL remaining loops. The 2km event do a small loop to the north of the start finish area.

HEROES & VILLAINS TRAIL RUN



5km in Horseshiding
**START
FINISH**

2015-2024
*This event was conducted
on this course as
Halloween Howler*



Gain: 96 m Loss: 93 m

77 m
28 m

Thank You

Thank you for supporting Trailsplus and helping bring this brand-new event to life. We can't wait to share the trails, and the costumes, with you all.

See you on Saturday, November 29th!

Brett Saxon
Race Director – Trailsplus

Fundraising on behalf of



Trailsplus events proudly supported by the following amazing companies and products.



GARMIN.



GARMIN.

