

TRAILSPLUS

Proudly Presents

The



We would like to acknowledge the WURUNDJERI people the traditional owners of the Land here in The Yarra Ranges.

PRE RACE BRIEFING NOTES

Welcome to the 2023 Mountain Trail Running Series, **Race 1 at Maroondah Dam**. The Trail series consists of 5 race locations, with race 2 at the You Yang's Race 3 at Wonderfalls Lorne, and Race 4 at Mt Macedon, and Race 5 at Marysville)

We have added a step up series, to our regular 5 distances to choose from, with 50km – 42.2km – 30km -21.1km and the 10km event. (plus now 10-21-30-42-50)

We hope you are all injury free healthy and looking forward to the challenge ahead. Online entries may close before the weekend, so any friends you know might be thinking of registering let them know; a small number of spots will likely be available for some events on the day. For those wanting to enter the series there are still series spots available which includes Maroondah Dam, You Yangs, Wonderfalls, Mt Macedon and Marysville. Thank you to all runners who are supporting the event. As always events that trailsplus conduct support young people living with cancer this is done by contributions of some funds after the event, thanks to participants at trailsplus events we have now exceeded \$70,000. In donations to Canteen.

Once again welcome Kelvin Marshal all the way from Queensland who continues his unbroken streak of 27 years doing the 50km event. Kelvin will have amassed 1350km by the end of the 50km event in 2023, he has attended all events in the history of Maroondah Dam. (except the 2009 cancelled through fires and 2020 covid cancellation). Kelvin has also completed more than 600 Marathons and Ultra Marathons, such an amazing feat. To all the volunteers we thank you for helping us to create a relaxed friendly and supportive atmosphere, as always, we can't put on events without the wonderful volunteers, of course come race day we are often in need of a few extra, so if you're running and someone coming along with you is at a loose end, we'd love to have them on the team, just let us know in advance so we can plan ahead.

GOOD LUCK ALL, May Maroondah Dam be a rewarding, challenging and memorable experience, and most of all FUN, even through the painful bits.

Brett

WE ARE SEEKING SOME MORE VOLUNTEERS

If you have friends or family coming with you maybe they would like to help out at an aid station or around the start finish area, let us know 😊

BRING YOUR OWN WATER BOTTLE OR CUP

There will **BE 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.

There will be water available at aid stations and after you finish.

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

AID STATIONS

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 and coke for the 42km and 50km runners.

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.

CHANGES TO OUR FOOD AND COFFEE

ANGE & MARIANA WONT BE THERE

PARKSVIC NOW HAVE A NOMINATED PROVIDER

“MOUNTAIN TUCKER”

Ben will be serving food and coffee from 7am.

COFFEE

COLD DRINKS

HOT CHIPS, HOT JAM DONUTS, HOT DOGS

IMPORTANT

Weather Forecast is looking perfect, but come prepared for all weather

Saturday 22 April



Min 10 Max 22

Partly cloudy.

Chance of any rain: 5%

Melbourne area

Partly cloudy. The chance of morning fog. Light winds.

Sun protection recommended from 10:20 am to 2:10 pm, UV Index predicted to reach 4 [Moderate]

Sunday 23 April



Min 10 Max 22

Partly cloudy.

Chance of any rain: 10%

Melbourne area

Partly cloudy. The chance of morning fog about the nearby hills. Light winds.

Monday 24 April



Min 9 Max 24

Mostly sunny.

Chance of any rain: 0%

Melbourne area

Mostly sunny. Light winds becoming northerly 20 to 30 km/h during the morning.

Tuesday 25 April



Min 13 Max 23

Partly cloudy.

Chance of any rain: 20%

Melbourne area

Mostly sunny morning. Slight chance of a shower later in the day. Winds north to northeasterly 25 to 35 km/h.

As always running in mountain locations the weather can change, or it can simply be different at the top compared to conditions at the bottom. Be sure to have warm dry clothes for after the run.

RUNNERS MUST BRING a wind or waterproof jacket with them and may be required to carry or wear it on course. If we all use good judgement you will have a comfortable and enjoyable journey even if a little rain comes your way

PLEASE NOTE IF YOU ARRIVE EARLY AND THE MAIN PARK GATE IS CLOSED

TURN BACK 300M AND ENTER VIA McKENZIE AVE

THE MOTEL IS ON THE CORNER

KEY POINTS TO NOTE

There are no race bib mail outs.

You must check in before your event on the morning and collect your number.

Check in is located just off the carpark below the Dam Wall under the gazebo

YOU must collect your race number; it must be visible when wearing at all times

There are lots of aid stations (may be reduced pending volunteer numbers)

You can drop your own drinks in a box to go to some aid stations (time restrictions)

42km-50km MUST carry a mobile phone and print or carry electronic maps.

All distances are recommended to carry phones for your safety and a map.

You may start early by arrangement only, but risk not having aid stations in place early.

You must take care of your fellow runner if in need.

A snake compression bandage is highly recommended.

Runners 42km and 50Km runners MUST PRINT the MAPS attached and carry with them.

YOU MUST HAVE FUN or HURT A LOT 😊

COMPULSARY EQUIPMENT 42.2km 50km only

Mobile Phone

Water receptacle

Self Printed Maps or files on Phone

For your safety and to avoid a repeat of previous years errors made by runners

ADVISORY EQUIPMENT ALL

Compression Snake Bandage

Wind and or water proof jacket

#goinggreener

Many of you will know we eliminated plastic and paper cups at events. We have purchased foldable silicone cups as pictured below, you will need to carry one with you if you don't have your own means to collect water, electrolyte or coke where available from aid stations. For some this change may take a little time to adjust too, but please help us help the environment. If you are intending to be on the podium and don't want to risk the chance of being slowed at aid stations (very untrail like 😊 to hurry) then you best make sure you have your own handheld etc.

The silicone foldable cups are \$5, please have coins and toss in the tin at registration, where you can collect your cup, they are of course reusable, so please make sure you take them home and keep them as part of your event running kit. If you don't want to hold it or tuck it in a clothing item, these little carabineers are a couple of dollars from outdoor stores and can be used to clip to shorts or a pack, be careful extreme shaking the cup may separate from the lid holder the clip attaches too.



FOOD VENDORS

We will have Coffee & food Vendor available at Maroon Dam this year.

Please support our food vendors, we don't charge them to be there we just want to make sure they are well supported and worth their time and effort, after all it provides a great option to us all right at the start finish line and when there are no cafes, this is a real treat.

IMPORTANT INFORMATION

EVENT SCHEDULE

Registration for all events will be carried out past the toilet block below the Dam Wall. This is off the main car park and also the start / finish line for all distances since 2018.

Note the schedule times may vary slightly from previously advertised so please ensure you read and know the correct start times

50km Registration opens at **7:00am Hendersons Picnic Ground CarPark Start/Finish**

50km Race Briefing held at **7:45am** Hendersons Picnic Ground 50km Race Start Line

50Km Race Starts **8:00am Sharp**

42.2km Registration opens at **7:00am Hendersons Picnic Ground CarPark/Finish**

42.2km Race Briefing held at **7:45am** Hendersons Picnic Ground 42km Race Start Line

42.2Km Race Starts **8:00am Sharp**

30km Registration opens at **8:00am Hendersons Picnic Ground CarPark/Finish**

30km Race Briefing held at **8:45am** Hendersons Picnic Ground 30km Race Start Line

30Km Race Starts **9:00am Sharp**

21.1km Registration opens at **8:30am Hendersons Picnic Ground CarPark/Finish**

21.1km Race Briefing held at **9:45am** Hendersons Picnic Ground 21km Race Start Line

21.1Km Race Starts **10:00am Sharp**

10km Registration opens at **9:00am Hendersons Picnic Ground CarPark/Finish**

10km Race Briefing held at **10:45am** Hendersons Picnic Ground 10km Race Start Line

10Km Race Starts **11:00am Sharp**

CUT OFF TIMES

Race cut off times, please note that all events carry a flexible but enforceable time limit / cut off time. These will be implemented at the race director's discretion in conjunction with the course sweep and medical officer. Following is the guide for cut off times

42.2km / 50km Event – advisory cutoffs

ALL Runners must clear Aid Station 3 no later than 2pm on the descent from Mt St Leonard or their race will end at Aid 3, runners will be transported to the finish via aid station vehicle. If you are a slower runner/walker you can request an early start, no early starters without prior approval before race morning, not on race morning, its to late by then to ensure all systems are in place for you to decide on the morning.

PRESENTATIONS

Presentations will begin at approximately 30min after podium results are in, Please ensure you hang around for your trophy (when available) if you think you have placed.

EVERY FINISHERS RECIEVES A MEDAL BE SURE TO GET YOURS

If you are a podium finisher, and unable to wait for presentation please be sure to collect your winners trophy,.

AID STATIONS

**PLEASE NOTE AID STATION POSITIONS
ARE BASED ON VOLUNTEER AVAILABILITY**

Aid Stations will be located at the following **approximate** distances pending above

SUBJECT TO CHANGE

AID – 1 5km from finish at Donnelley's weir carpark/picnic ground

Can be accessed by spectators

AID – 2 10.5km from finish and half marathon turn around point

NO ACCESS to spectator cars, can walk in off monda road approx, 2km. Do not park and block road, large trucks might need to get past.

AID – 3 15km from the finish at Mt St Leonard gate on Monda Road

Can be accessed by spectators, don't park and block road or runners.

AID – 4 Wirrawilla carpark service 42km and 50km twice.

Can be accessed by spectators, small carpark can fill up

AID – 5 Tanglefoot carpark service 50km only, is turn around point

Can be accessed by spectators

DROP BAGS

Drop bags will be sent out to AID – 3, 4 and 5, but you must have them in the boxes provided before the aid station people leave which will be closed before the 42km and 50km leave so 30km runners need to drop stuff early if they want to use this service. This is a bonus service and may not be in place under certain circumstances.

COURSE NOTES AND SAFETY

CONTINUED ACCESS AND THE FUTURE OF THIS EVENT

The future ability to hold this event depends totally on how we as a group conduct ourselves. Parks Vic do not guarantee we can continue to hold this event, Melbourne water are key to our access also and now with the new section DELWP also have to approve access to the trails. If we are to have a chance of future trail events in this location it is important we abide by a series of guidelines. It only takes one member of the public to get upset and lodge a complaint and the event may not be allowed to continue. Any rubbish found on course can also reflect poorly on the event, these are just a couple of items to be aware of, importantly focus on the course markings, DO NOT stray into restricted water catchment areas.

Always be respectful of other park users

Do not startle people by charging up behind them, let them know you are coming and would like to pass, slow down when passing and when approaching from the opposite direction. The main area you are likely to meet others in the park are on the first and final 3km between Donnelley's weir and Henderson's Picnic ground. Also the tangle foot loop.

Technical and Steep downhill although the course is very runnable in most parts there are some very steep and technical sections. Please ensure you move at a controllable pace, take extreme care when you start to descend from the towers at the top of Mt St Leonard, the first 1km is unstable, rocky and technical SLOW DOWN HERE.

As always have fun and enjoy the experience, there are lots of undulating sections that require your full attention but for the most part the course is very runnable, I know you will enjoy it😊

Environment LEAVE NO TRACE Do Not Leave any sign of rubbish behind, it is very important that we don't drop rubbish or let rubbish get away from us at the aid stations. In particular our Gel packets and tear off tabs, please don't drop them on the trail carry them with you to an aid station and drop in the bin provided, please try to keep aid station areas free from rubbish by using the bins

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

YOU MUST ATTEND THE BRIEFING OR WILL NOT BE PERMITTED TO START THE RACE

SAFETY It is requirement of entry to the event that you assist any runner in need of help, if you come across an injured or distressed runner please offer assistance or get assistance for them. Runner's health and Safety is a number one priority. We will take

into account the time (in regard to cut-offs) you spend with a runner in need if you are then able to continue on with the event and finish.

PERSONAL BELONGINGS An area will be provided for personal belongings however the race director takes no responsibility for the safe keeping, if you intend to have valuables please consider locking them in your car. And as your car is located at the finishline, its safer to leave in your car out of sight or locked in the boot.

Check Points / Aid Stations There will be a number of manned aid stations and possibly locations where water will be available from large containers. The Aid Stations will be stocked with a small amount of, Snakes, Jelly Beans, Chocolate, Fruit Cake, plenty of water – and some sports drink.

SHOE CHOICE It is highly recommended that all participants wear suitable footwear, these should be in the form of a quality trail running shoe. Road shoes with the appropriate grip are suitable when the course is very dry and hard, but not if any form of moisture is present.

CAUTION

TIMBER BOARD WALK SECTIONS ARE VERY SLIPPERY

TAKE CARE WHEN TRAVERSING BAORDWALKS

DROP BAGS

For 42km and 50km only, If you have your own food and drinks and you would like to leave it at an aid station, please label it clearly with your name and the aid station you would like it left at drop bags must be placed in boxes/bins on arrival as they will leave in time for the 50km runners.

Drop bags will be returned to the finish area once the aid station has closed, any uncollected items will be disposed of either to the rubbish or charity bin for clothing.

The race director is not responsible for your drop bag gear, if you choose to leave before the aid stations return that may be the last you see of your gear ☹

The aid stations will also record your number and if possible the time you came through so please acknowledge them and let them know your number.

TRAFFIC MANAGEMENT / RUNNER CONTROL

There is signed only traffic control, please ensure you take extreme care on two sections of gravel road you will be on for short distances. Just prior to Donnelleys weir ALL runners will be on a gravel road for approx 800M, also at the Mt St Leonard gate 50km and 42km runners will be on Monda Road for approx 800M, you will do this on the way out and back. Traffic on both roads is very rare but still likely, please remain alert and obey normal traffic rules, keep left, give way to cars, **NO EARPHONES** in on road.

DISTRACTIONS As part of our safety requirements during the event. Music devices of any form are not permitted on any trafficable road section or when you are in sight of an Aid Station. You should also respect other runners and not have music too loud that you can't hear another runner behind you trying to pass on single trails. This means ear phones are not to be even placed in the ear even if no music is playing. We understand that many people like to run with music but I would like to encourage everyone to enjoy the sights and sounds of the magnificent bush land and for them to leave their iPods etc in their bags and not take them on course. It is also rude to approach aid stations where volunteers are there to help and encourage you, do them the courtesy and acknowledge their contribution toward you having a successful event.

Navigating the course.

The entire course will be marked with a series of signs below and pink/yellow ribbons. We will also use flour on the ground with arrows to assist. Please note some arrows will be double headed indicating you will likely be covering this section in both directions.



Andy Hewat Sweeping up the Course with many of the Pink and Yellow Ribbons that will guide you along the correct trails.

PHOTOGRAPHY

We hope to have some of our volunteers capture the action on course and we hope to have photos of your finish too, these will be posted to our Gallery in the week following the event. We now have a photo hosting site with minimal fee payable. However, please note weather conditions and availability of photographers determine if there will be any photos.

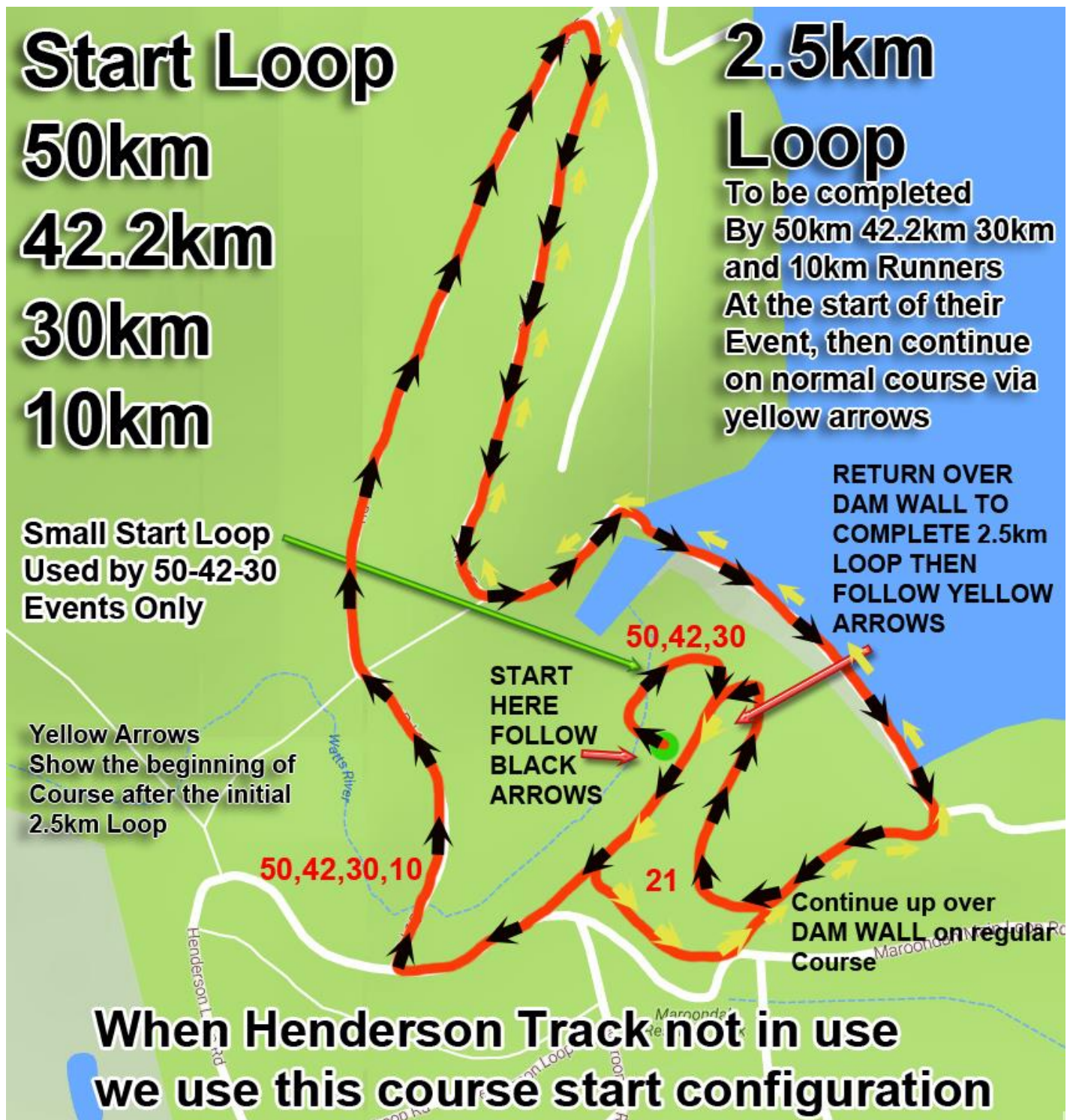
NOTES RE MAPS – 10km/21km Don't do little loop at start

21km DO NOT do the 2.5km, they head over the wall at start

50km 42.2km 30km & 10km do an early 2.5km loop at start and return over Dam Wall, before heading out on full course, you will be marshalled for the initial loops as required

**IMPORTANT / COURSE CHANGE DUE TO HENDERSON TRACK NOT IN USE
RELEVANT TO 50km – 42.2km – 30km – 10km Events only**

We are keeping the same track as last year as this created great atmosphere as runners came back through the start finish line after 2.5km, the 50km 42.2km and 30km do a small loop of 300m at the very start, then do the 2.5km loop back to the start before heading out for the climb up Mt St Leonard, 10km don't do small loop and 21km do no loops at all.



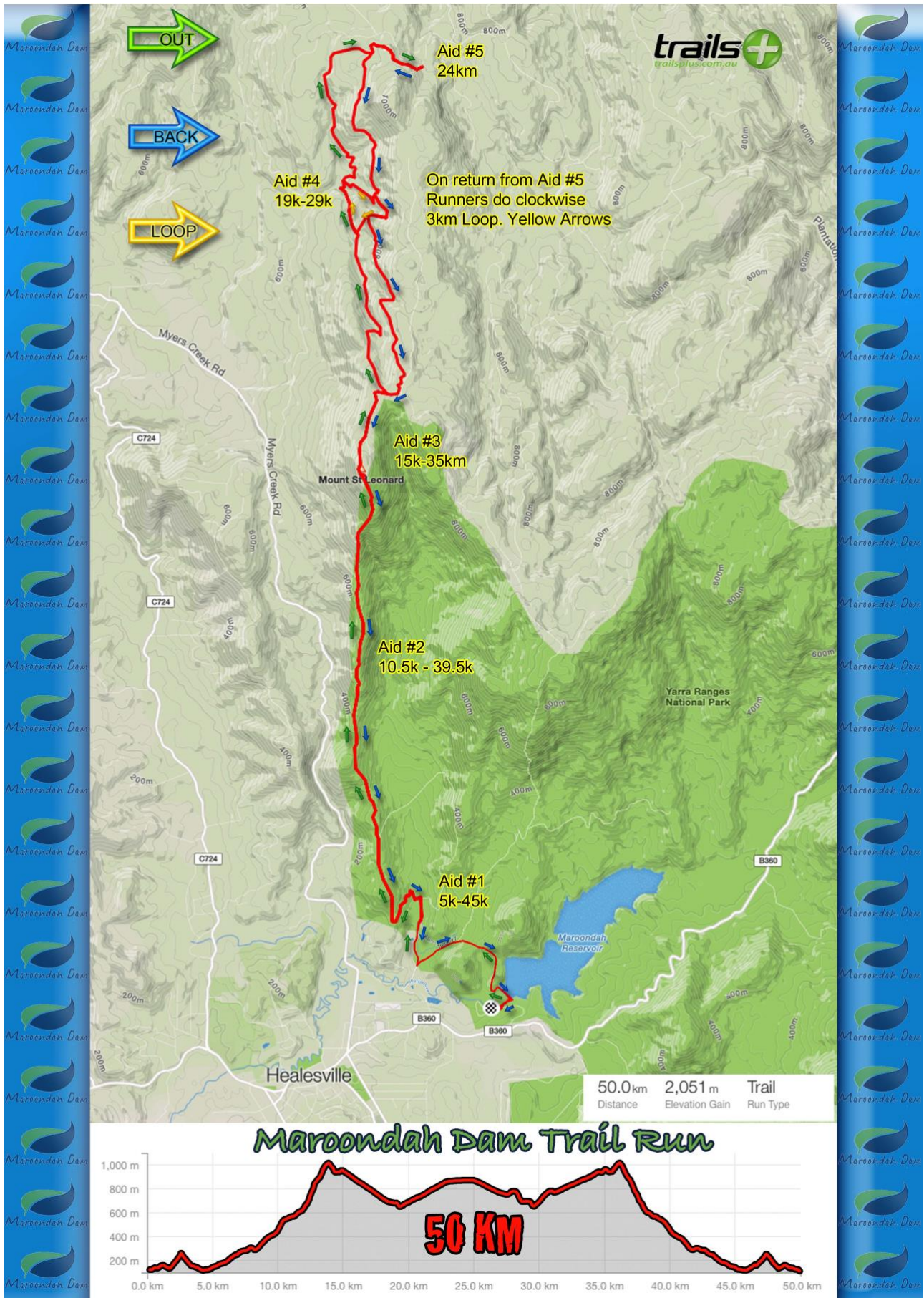
MAPS

Getting there

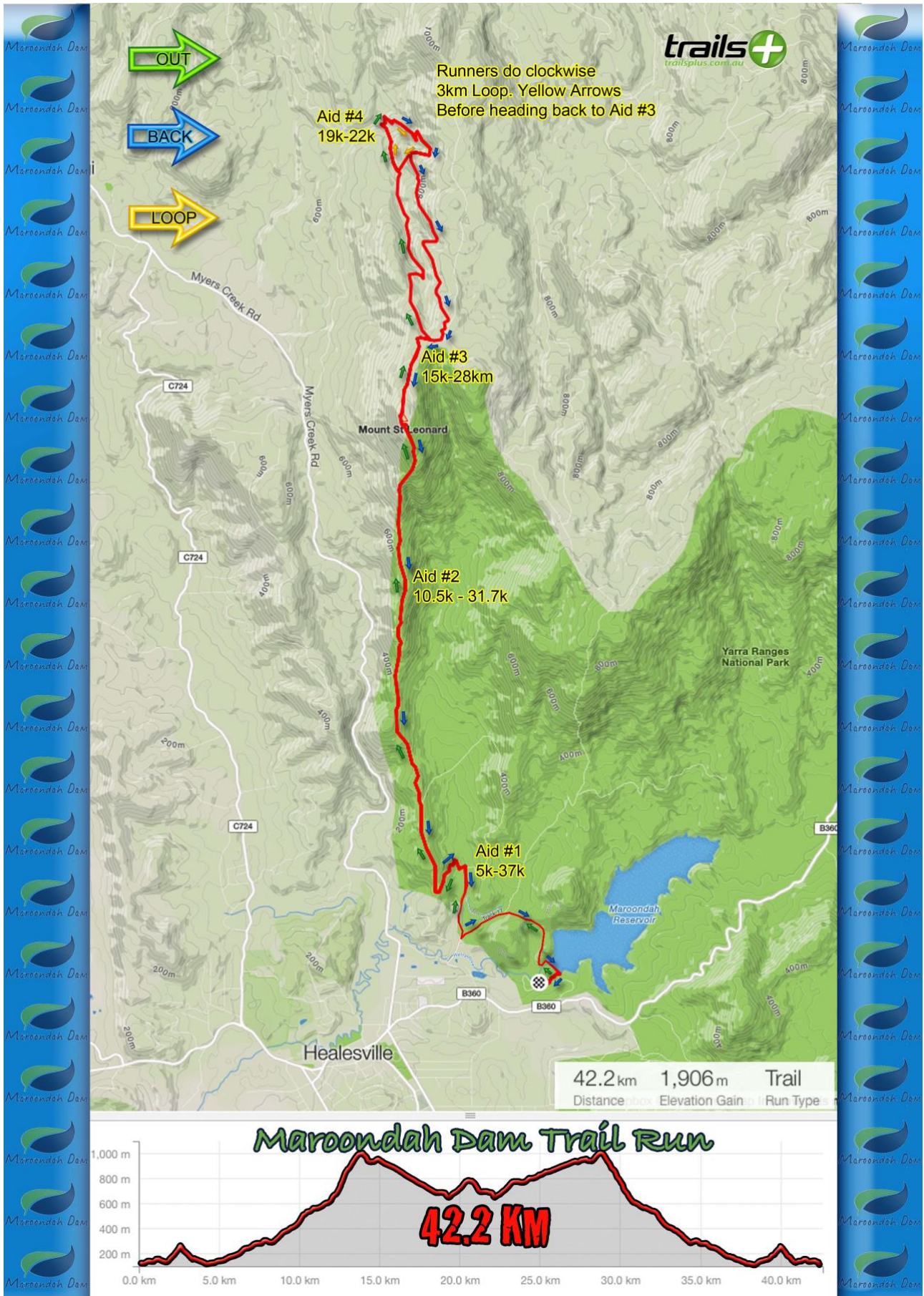


The Course Maps – PRINT YOURS or SAVE to SMARTPHONE

50Km



42.2Km



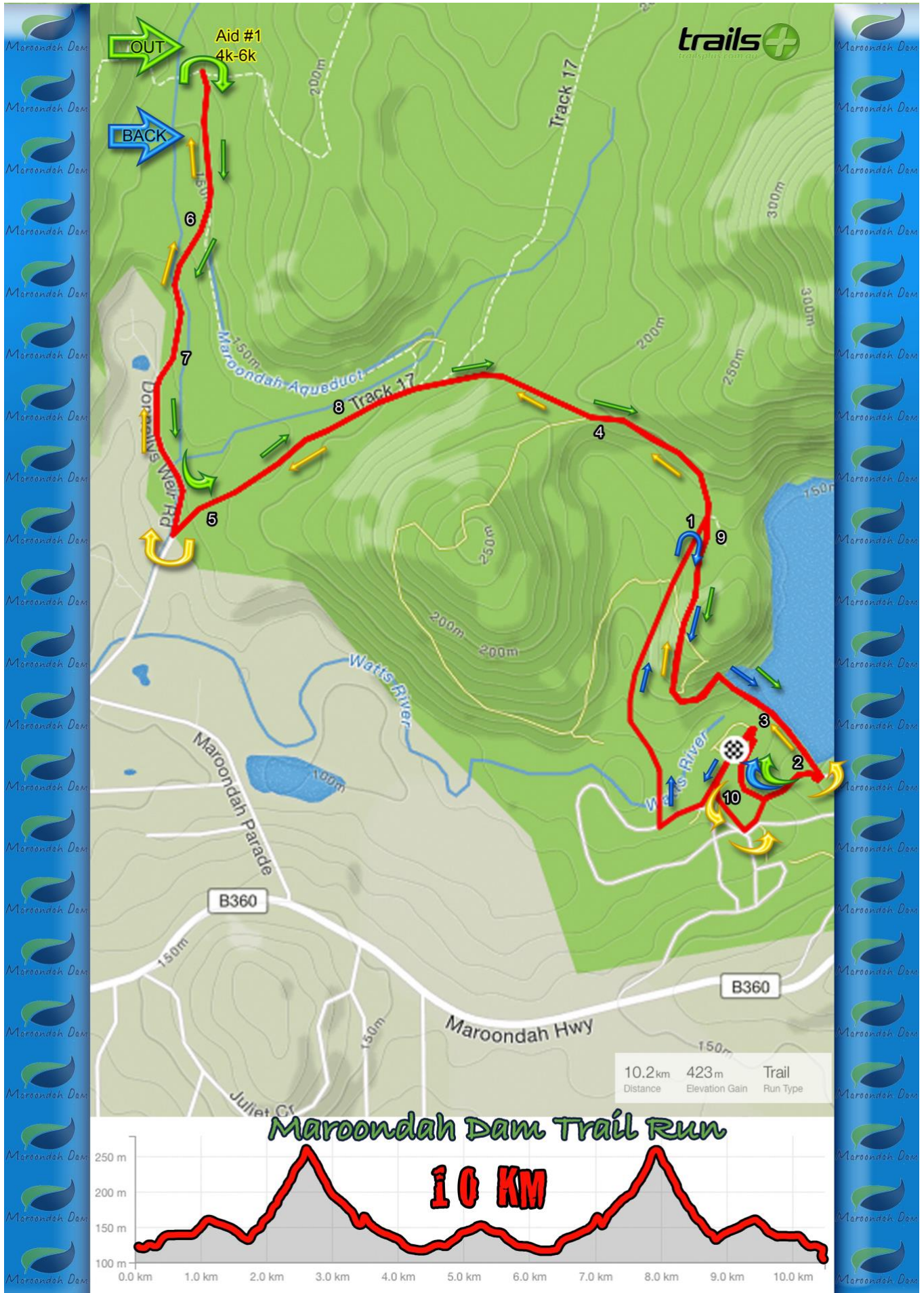
30Km



21.1Km



10Km



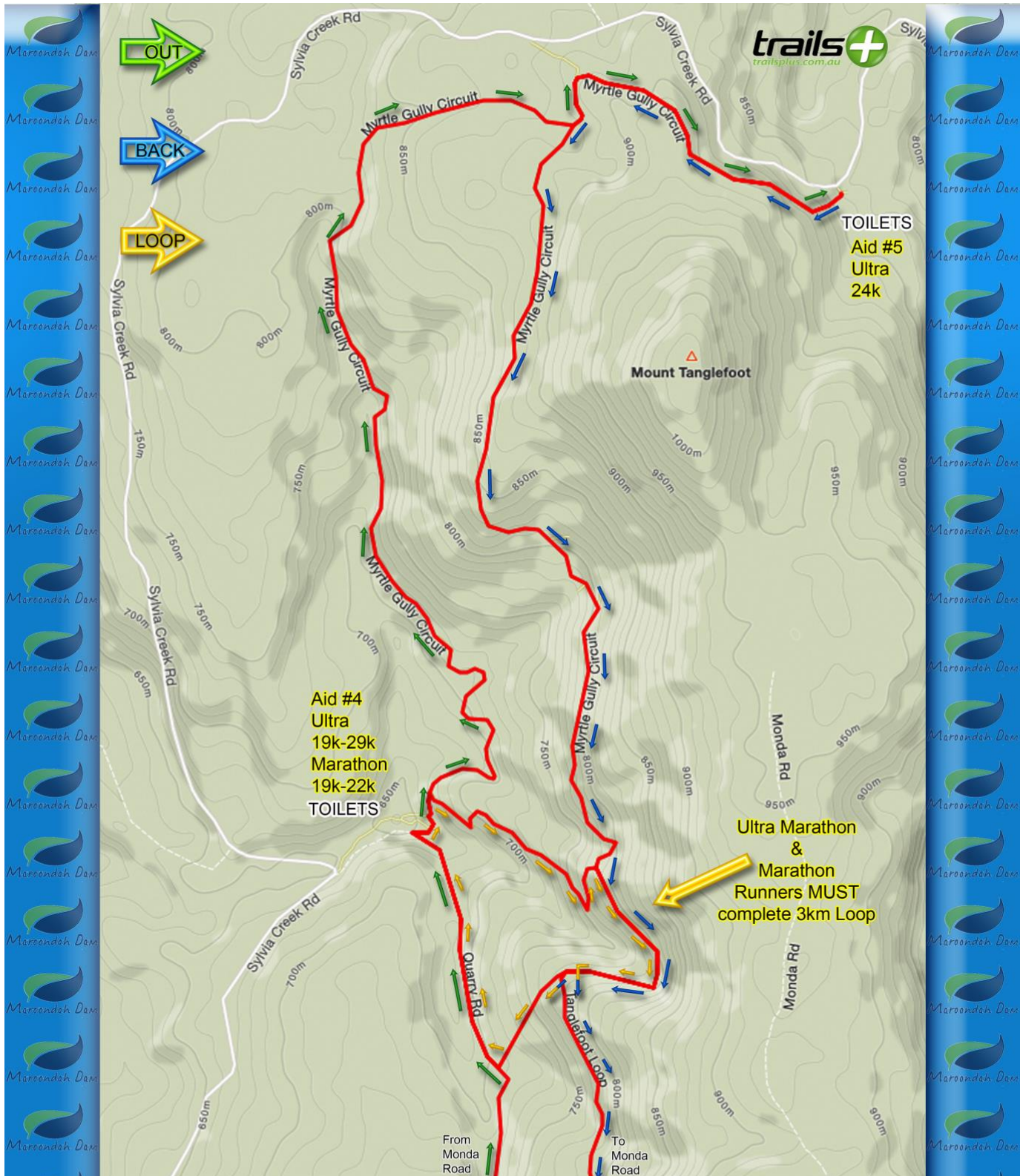
follow the blue arrows, then yellow and finish with the green ones

Start Finish Area



follow the blue arrows, then yellow and finish with the green ones

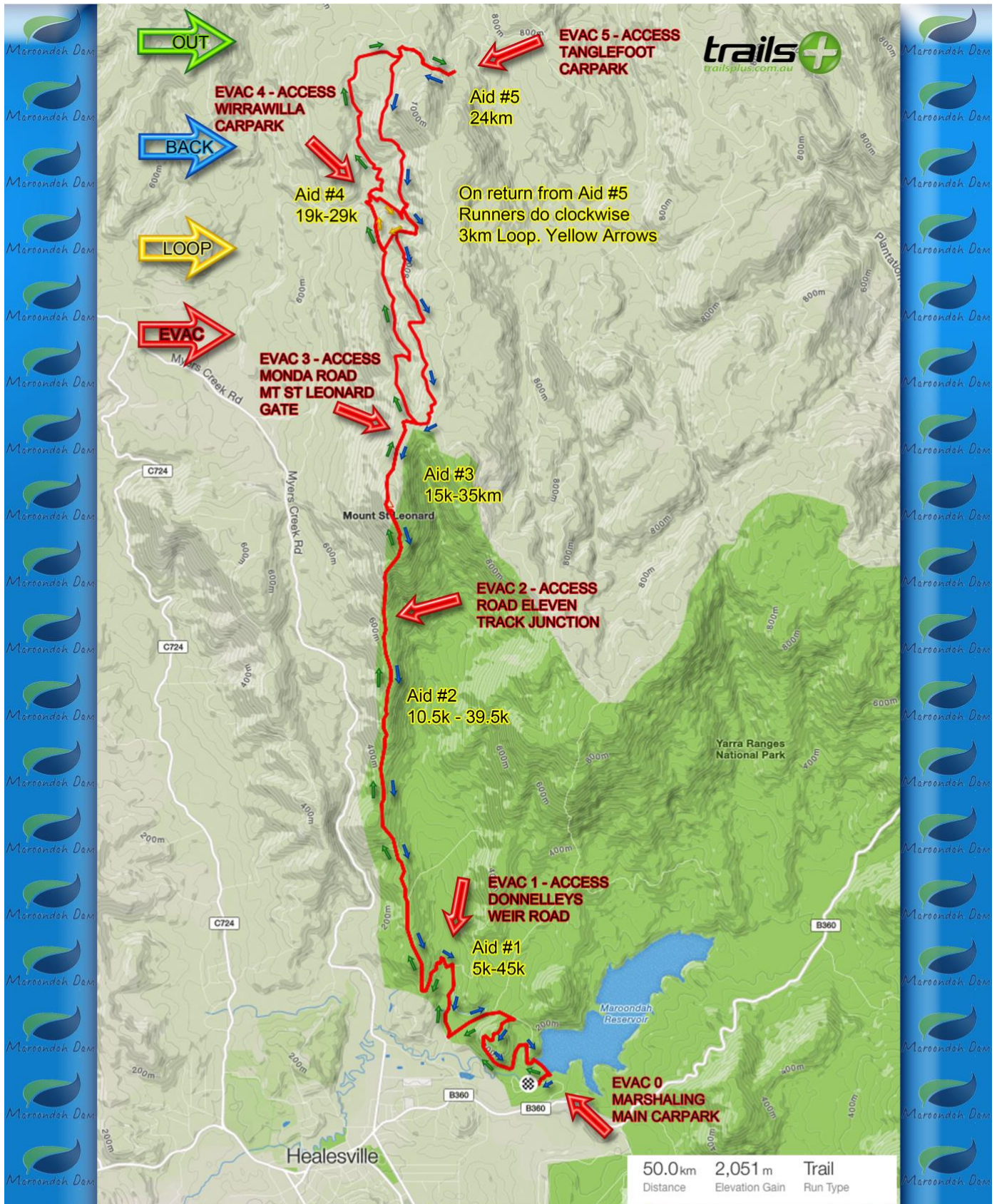
Tangle Foot Myrtle Gully Loop



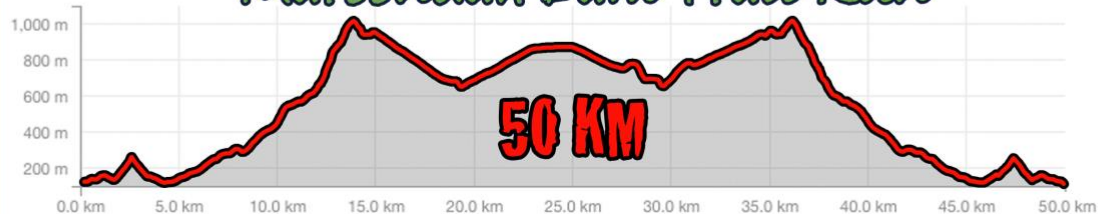
Maroondah Dam Trail Run



Emergency Evac Map



Maroondah Dam Trail Run



Your Effort Deserves a REWARD

We have a variety of Maroondah Dam medals, including the legendary Kelvin Marshall Medal.



For runners who think they may have finished in the top 3 male and female categories and need to leave before presentations please come and see me to collect your trophy and

CAR PARKING It is extremely important that we **DO NOT** fill the main car park, please consider how you park and make best use of the space as there are no bays to define where and how, there are additional car parks within 500M of the finish area so plenty of space if used correctly.

THE HEALESVILLE CFA will be onsite directing cars, please follow the instructions issued.

PARKS VICTORIA

We are extremely grateful for the wonderful work Parks Victoria does in keeping our parks in great condition for us to enjoy. We appreciate the opportunity to stage a trail running event in the Yarra Ranges National Park and express our sincere appreciation to the team who have worked with the event organisers to see the event continues the tradition of the past 25 years. PV have worked closely with Melbourne Water and we appreciate PV's efforts and Melbourne Waters assistance in creating a sustainable course option for the future.

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.

THANK YOU VOLUNTEERS

YOU ARE ALL AMAZING AND MAKE OUR EVENTS SPECIAL



IMPORTANT NOTE FOR 42Km and 50Km Runners

YOU MUST COMPLETE THE TANGLE FOOT LOOP.

**THIS IS AN INTERNAL 3KM LOOP
AS PART OF THE MYRTLE GULLY AND TANGLEFOOT TRACK SECTIONS**

**THE LOOP BEGINS JUST AFTER AID STATION 4 FOR THE 42km RUNNERS
THE 50Km RUNNERS WILL START THEIR LOOP AFTER THEY HAVE BEEN TO
AID STATION 5 AND STARTING THEIR RETURN ON TANGLE FOOT TRACK**

PLEASE REFER TO THE MAPS

VERY IMPORTANT

**YOU MUST SLOW THROUGH AID STATION 4 AND HAVE YOUR NUMBER AND
TIME RECORDED**

YOU WILL BE ISSUED A TRAILSPLUS LANYARD/BAND

THE LANYARD IS TO SERVE AS A REMINDER

THAT YOU HAVE TO COMPLETE THE LOOP

**THIS MEANS THE 50KM RUNNERS WILL HAVE THEIR LANYARD WITH
THEM ALL THE WAY TO AID 5**

**YOU WILL THEN RETURN YOUR LANYARD ON YOU SECOND PASSING OF AID 4
AND HAVE YOUR NAME AND TIME RECORDED**

FOLLOW & KNOW THE COURSE

**Some runners in the 42km and 50km
Made errors several years ago that haunts us,
basically, they didn't do the 3km loop
Required in the Myrtle Gully Tangle Foot
track section of the course though 2/3rds Did.**

**So we know they made a mistake, we just don't want you
too, lets learn from their error.**

**WE ARE REPEATING OURSELVES
BECAUSE A SMALL FEW KEEP TALKING
ABOUT IT – SADLY ITS BECOME THE FOCUS
OF THE EVENT FOR THEM AND NOT THE
AMAZING TRAILS.**

**SO WE FIGURE THE MORE WE MENTION IT THE LESS LIKELY THE ERRORS
WILL OCCUR AGAIN.**

**THE ABOVE DOES NOT IMPACT ON THE
10km, 21.1km, 30km RUNNERS**

**Please note the start of the course has a short 2.5km loop for
the 10km, 30km, 42.2km and 50km RUNNERS ONLY**

**We also do a small 300m loop at the very start for the 50km,
42.2km and 30km event, the 10km and 21km do not do this
small loop also the 21km does not do the big 2.5km loop, they
will head straight on main course up and over the dam wall.**

LEECHES – quite likely for 42km and 50km

They are likely to be out and about on the tangle foot and myrtle gully sections of the trail for the 42km and 50km runners.

They are tiny little things to start off and in most cases no more than 5-10mm in length, and often hard to see, they are painless and you will probably not even realise one has been on and dropped off until well after the fact.

If you find you have one latch onto you, don't stress they are not poisonous and will not harm you, they will just remove a bit of blood.

The quickest and easiest way to remove them is to pour salt on them. If you are a little paranoid, carry some little sachets of salt with you.

CARPARKING

Car parking is limited, please ensure you park neatly and close as safely practical to the car next to you. It is a wide open car park with no bays marked therefore it is crucial you consider carefully how and where you park. Remember others will work off your spot so if starting a new row please consider this. There is also a bitumen car park on the park exit road, this is a great place to park and only another 200M away from the start line. CFA when available will assist with parking.

OTHER PARK USERS

Please consider all other park users. It is extremely important we give way to them and respect their space, this will be most important near start finish area and over the Dam Wall where people gather for photos and enjoy a short slow walk. Please represent the trail running community in its best light as we always do.

DECISION POINT - A

Myrtle Gully Track

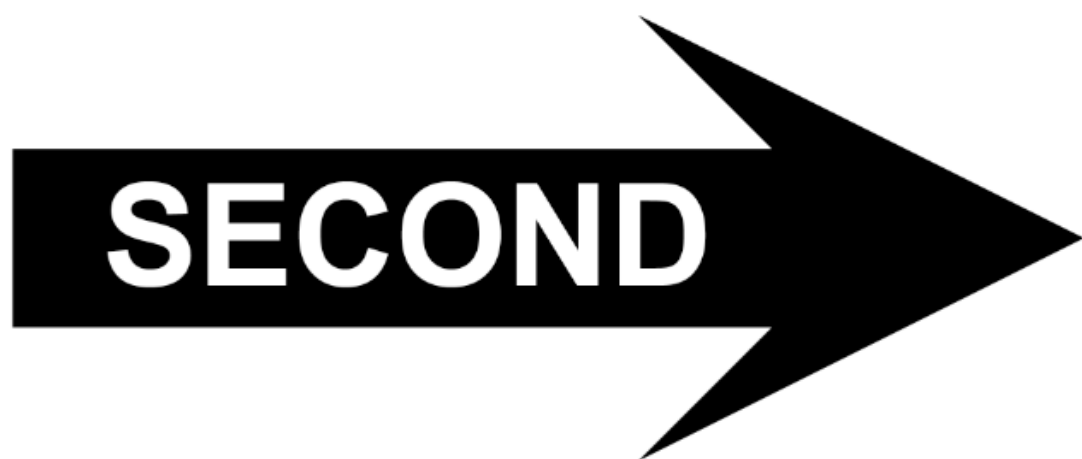
50KM RUNNERS

INSTRUCTIONS

FIRST TIME HERE
GO STRAIGHT UP MYRTLE GULLY TK



SECOND TIME HERE
TURN RIGHT TO TANGLEFOOT TK



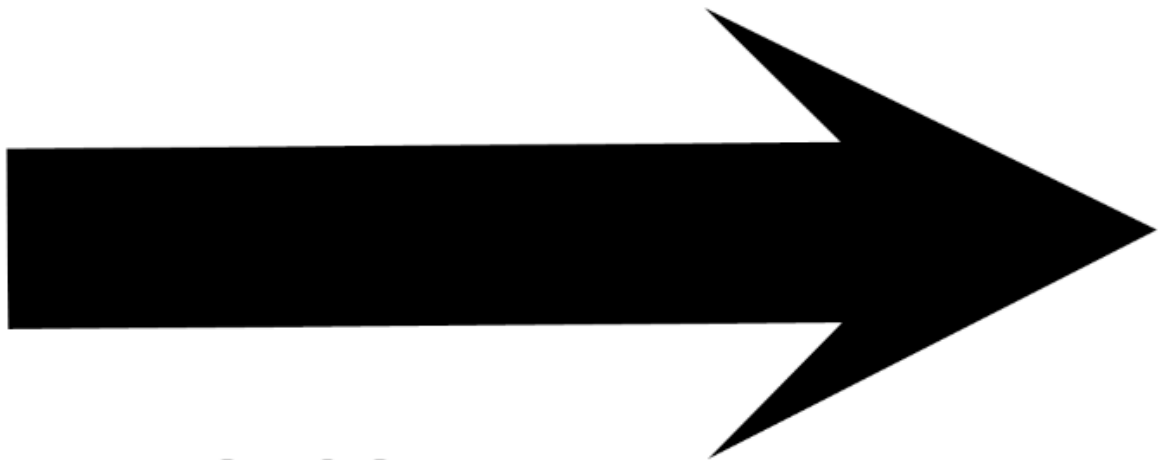
DECISION POINT - A

Myrtle Gully Track

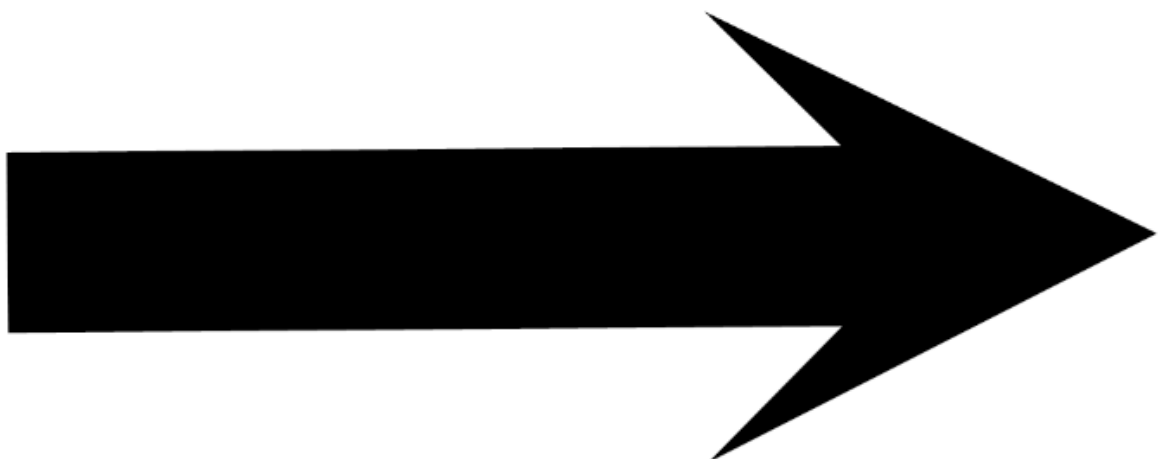
42KM RUNNERS

INSTRUCTIONS

FIRST TIME HERE
TURN RIGHT TO TANGLEFOOT TK



SECOND TIME HERE
TURN RIGHT TO TANGLEFOOT TK



DECISION POINT - B

Tanglefoot Track

ALL - RUNNERS

INSTRUCTIONS

REMEMBER YOU MUST VISIT AID STATION 4 TWICE

FIRST TIME HERE

GO DOWN THROUGH-AROUND GATE



SECOND TIME HERE

HEAD UP TRACK TO THE LEFT



**HAVE YOU
COMPLETED
THE
INTERNAL
3KM
LOOP**

**IF NOT GO BACK TO GATE
CHECK YOUR MAP – DO LOOP**

**HAVE YOU STILL
GOT YOUR
RIBBON
IF SO YOU EITHER
FORGOT TO GIVE IT
BACK TO AID #4
ON 2nd VISIT
OR**

**YOU NEED TO
DO THE LOOP**