



SUNDAY NOV 21st 2021

10km - 21.1km - 30km - 42.2km - 50km

MOUNTAIN TRAIL SERIES

Mt Macedon RACE 2

CAMERON DRIVE MT MACEDON

Proudly Presented by



WE DO NOT POST OUR RACE BIBS – YOU COLLECT AT START

COVID SAFE PROCEDURE

As a ticketed Tier 3 outdoor event

At time of print the following procedures are required to be in place for our EVENT on Sunday.



EVERYONE THAT ATTENDS MUST

BE DOUBLE VACCINATED as mandated by State Government

CHECK IN WITH THE GOVERNMENT QR CODE SYSTEM

Using your phone or via reporting to our covid safe monitor
and advise your details to them

MASKS MUST BE USED ON THE SHUTTLE BUS

MASKS MUST BE USED WHEN INDOORS

or **WHEN YOU CAN'T MAINTAIN 1.5M DISTANCE OUTDOORS**

RACE STARTS WILL BE STAGGERED IN GROUPS IF REQUIRED

BASED ON ANY REQUIRED LIMITS

IF YOU HAVE SYMPTOMS

You must get tested and isolate until a negative result

IF YOU HAVE BEEN TO ANY CURRENT TIER 1 EXPOSURE SITES

You must isolate and get tested and not attend the event

SUBJECT TO CHANGE BASED ON GOVERNMENT ADVICE

PRE RACE BRIEFING NOTES

Please take the time to read these notes, as they are important to ensure you have a safe and enjoyable experience

Welcome to the GARMIN TRAIL SERIES, at Mt Macedon. The series consists of 4 race locations, with race 1 at Maroondah Dam, Race 2 at Macedon, Race 3 at the You Yang's, Race 4 at Wonderfalls in Lorne. Macedon has the traditional 50km, 42.2km, 30km, 21.1km and 10km. I hope you are all injury free healthy and looking forward to the challenge ahead. 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 by trailsplus and voluntary donations and each runner is contributing through your entry fee.

This is the 10th running of the Mt Macedon trail event and we look forward to putting many more events on and improving the runner's experience. We wish you a safe and enjoyable run though of course we know it will be very challenging. For many we understand that participating in these events is not about where you finish in the field but rather that you do finish and in reasonable shape and achieve your own personal goals. All the distances at Mt Macedon offer unique challenges, the 10km is technical and should be treated with respect, especially for the new comers, The 21km treats you to some of the best parts of the mountain, the 30km offers greater challenges with some serious descents and ascents, slippery technical surfaces, the 42km gives you everything it has, minus a couple of climbs whilst the 50km works on your fatigue and kicks you with 2km to go with the grand daddy of climbs up to the memorial cross and on to the extended finish line adding an extra Km to extend the distance a little over 50km, you have been warned ☺.

We would like to extend a very warm welcome to all runners and hope the weather is equally warm and inviting, but be prepared for the cold factor the mountain's can dish up, traditionally Macedon is foggy and the air moist, it can get very cold, please come dressed appropriately and have warm close for pre and post run.

The team at trailsplus would like to extend a very special welcome to our interstate visitors, who have come to test their wares on this very challenging trail course. May you come with expectations and leave with satisfying memories of a great experience from this beautiful part of Victoria.

We continue to work closely with Parks Victoria to conduct the event from the Harbison picnic ground, this area has just been upgraded with new trails and facilities, it provides more shelter and a great place to mingle and welcome runners across the finish line, Please be sure to hang around and enjoy the post race atmosphere and support your fellow runners. BBQs will be operating to feed your hunger. While the top of the range café is located 100M from the start line and will be open and serving coffees from 6:30am right on the start line.

WHAT IF YOU GO OFF COURSE

We go to extreme efforts to mark our trails so it is easy to follow. However, we are mindful it is trail running and not road running with barricades and marshals on every side street. We run in these locations because we love the remoteness and beauty. We ask that you take the same care in preparation for the event as we do in preparing the course for you. Please prepare yourself to have an enjoyable and safe journey on the correct course, STUDY THE MAP recommended. In 2018 we had course signage altered by vandals. Sometimes our supplementary white ground markers are affected by rain and you are left to rely on ribbons and arrows only. By knowing the course, you limit the risk of going wrong if this occurs again.

HERE ARE OUR TIPS AND RULES

- OBSERVE AND READ THE SIGNS – REPEAT (READ THE SIGNS-ARROWS)
- FOLLOW INSTRUCTIONS WHEN GIVEN FROM **OFFICIALS ONLY**
- DON'T JUST FOLLOW THE PERSON IN FRONT, KNOW YOUR COURSE
- THE PERSON IN FRONT MIGHT BE IN A DIFFERENT DISTANCE RACE
- IF IN DOUBT ASK OR REFER TO YOUR MAP YOU PRINTED!
- WE MARK JUNCTIONS HEAVILY, but don't put a lot between junctions
- WHEN ON A TRAIL. ONLY TURN OFF IT IF SIGNED TO DO SO
- SINGLE TRACKS WITH NO JUNCTIONS OFTEN HAVE NO MARKS
 - **IF YOU GO OF COURSE KNOWINGLY OR NOT**
- FIRSTLY, GO BACK TO CORRECT COURSE AND CONTINUE
- IF YOU CAN'T, YOU WILL BE DISQUALIFIED
- IF YOU ARE FAST AND EXPECT TO PODIUM “KNOW THE COURSE”
 - **YOUR ERROR MEANS DISQUALIFIED, DON'T BLAME US**
- WE WILL NOT ACCEPT MAKE UP DISTANCES OFF COURSE
- MOST IMPORTANTLY – TAKE TIME TO STUDY MAPS, IT REALLY HELPS

BRING WARM CLOTHES FOR BEFORE AND AFTER YOUR RACE

LOOKING AFTER THE ENVIRONMENT

We have had great success and positive feedback by eliminating paper cups and making silicone cups available to buy, please bring yours if you have purchased one already - make it part of your routine.

#goinggreener

BUY a reusable, collapsible silicone cup \$5 at registration

NO PAPER CUPS BEING PROVIDED



TUNNELS for 50KM

TUNNELS FOR THE 50KM ARE NO LONGER IN USE

SHUTTLE BUS SERVICE

WE now operate a shuttle bus service to avoid parking issues. The shuttle bus service is proposed to operate from around 8:00-8:30am until all runners are returned to their cars after the event, approx 1:30 – 2:00 pm
Please refer to map at end of document about the shuttle service. It will apply mostly to 10km, 21km and 30km runners. 50km and 42km must park as directed by officials at the start area as buses will not be operating when you have finished. There will be one or two buses circulating to collect and deliver runners

COVID SAFE PRACTICES MUST BE IMPLEMENTED.

YOU MUST WEAR A MASK ON PUBLIC TRANSPORT, SO PLEASE BRING YOUR MASK TO WEAR ON THE BUS.

IMPORTANT INFORMATION

2021 MANDATORY GEAR Addition-NOTE FROM-2019

IN 2019 there was small amounts of snow before and after the event.

If anyone feels the need to complain about the need for mandatory gear in races, perhaps take a moment to reflect on the Race in China on the weekend 22/5/21 where 21 runners died when a weather system came through mid race and runners died from exposure.

While we think it should be common sense given the cool conditions especially if you are unable to run with an injury, that everyone should have the means to keep warm.

Therefore it is mandatory to have a windproof jacket and a buff or beanie with you at the start line, we will advise if there is a requirement to carry the gear either in the day or two before the race or on race day morning once final weather forecasts are locked away.

We also highly recommend gloves.

In addition, we highly recommend the longer runners 30-42-50km particularly carry a space blanket and mobile phone, if you roll an ankle on top of the exposed rough section of Mt Towrong it can be very brutal in the icy cold wind. We know its humid out of the wind and jackets will come off, but have them with you regardless.

If you have a back pack it negligible but if not for you, you may save someone else by having items with you.



CFA VOLUNTEERS.

DROP A COIN IN THE BUCKET AT THE BBQ THEY WILL BE MANAGING FOR US

When available The local CFA/SES help us to provide various assistance with the running of the event from car parking, BBQing and first aid recovery service. This is an awesome community opportunity to work with the CFA and provide some donations to the local brigade. We will certainly be forwarding a big donation in appreciation for their community service and assistance on the days they are able to assist us.

FACE MASKS MUST BE WORN ON THE SHUTTLE BUS AT ALL TIMES NO EXCEPTION

NO MASK NO RIDE



EVENT SCHEDULE

Registration for all events will be carried out under the gazebo in the Harbison picnic area at the top of the mountain. This is the main car park and also the finish line for all distances.
Race numbers and items are collected at registration. (BIBS ARE NOT POSTED PRE RACE)

50Km runners should start to arrive from **6:00am** to be directed to car parking location

50km Registration opens at **6:30am**

50km Race Briefing held at **7:10am** Harbison Picnic Gazebo

50km Walk to start line at 7:20am near the cross (MUST NOT BE LATER)

50Km **Race Starts 7:30am Sharp** in the memorial cross reserve

42km Registration opens at **7:30am**

42km Race Briefing held at **8:10am** Harbison Picnic Gazebo

42km Walk to start line at 8:20am near the cross (MUST NOT BE LATER)

42Km **Race Starts 8:30am Sharp** in the memorial cross reserve

30km Registration opens at **8:00am**

30km Race Briefing held at **9:10am** Harbison Picnic Gazebo

30km Walk to start line at 9:20am near the cross (MUST NOT BE LATER)

30Km **Race Starts 9:30am sharp** in the memorial cross reserve

21km Registration opens at **8:30am**

21km Race Briefing held at **10:10am** Harbison Picnic Gazebo

21km Walk to start line at 10:20am near the cross (MUST NOT BE LATER)

21Km **Race Starts 10:30am Sharp** in the memorial cross reserve

10km Registration opens at **9:30am**

10km Race Briefing held at **11:10am** Harbison Picnic Gazebo

10km Walk to start line at 11:20am near the cross (MUST NOT BE LATER)

10Km **Race Starts 11:30am Sharp** in the memorial cross reserve

PRESENTATIONS

Weather depending we will aim to have the presentations at the following approximate times based on expected 1/3 field finishing.

10KM approximate time 12:30pm

21KM approximate time 12:30pm

30km approximate time 12:30pm

42KM approximate time 1:30pm

50km approximate time 2:00pm

INSURANCE

The event professional 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.

HERE IS A LINK TO AMBULANCE VICTORIA – [BECOME A MEMBER](#)

**THERE MAY BE SOME VARIATION AND LAST MINUTE CHANGES
TO THE INFORMATION PROVIDED HERE SO PLEASE BE PREPARED FOR LATE UPDATES**

CUT OFF TIMES – we will always consider each person on their merit to assist in finishing

Race cut off times, please note that 21 / 30 / 42 / 50km events carry a time limit / cut off time. These will be implemented at the **race director's discretion** in conjunction with the course sweep, aid stations and medical officer. Following is the guide for cut off times however we do not expect to cut runners in distance under 30km, but if you feel the time limits are a concern for you, please contact the race director to arrange a possible early start. Exceptions only.

OUR **GUIDELINES FOR CUTOFFS**

Distance may vary for **course modifications as required** – approx. distances listed

21km / 30km / 42km / 50km Events ONLY at the discretion of the race director

50km Baringo Road Aid Station @22km = 12:00pm (4.5 hrs) unlikely to get past 30km in time
50km Macedon Rd Crossing @25km = 12:30pm (5 hrs), this is important

50km Harbison Picnic Ground @30km = 1:30pm (6hrs) You won't finish 50km in daylight

50km Bawden Rd return trip ~48Km = 3:30pm (8 hrs)

50km Finish – 52km (4:30pm 9 hrs), we will work with those who are close

50km Runners maybe offered the 42km option if time permits else will be cut at 30km

42km Baringo Road Aid Station @20km = 12:30pm (4 hrs) unlikely to get past 30km in time

42km Macedon Rd Crossing @23km = 1:00pm (4.5 hrs), this is important

42km Harbison Picnic Ground @28km = 2:00pm (5.5 hrs)

42km Bawden Rd return trip ~40Km = 3:30pm (7 hrs)

42km Finish – 42km (4:30pm 8 hrs), we will work with those who are close

30km Baringo Road Aid Station @22km = 1:00pm (3.5 hrs)

30km Macedon Road Crossing @25km = 1:30pm (4 hrs)

30km Finish Harbison Picnic ground @30km = 2:30pm (5hrs)

30km very slow runners/walkers can request an early start with earlier start events.

21km Baringo Road Aid Station @14km = 1:00pm (2.5 hrs)

21km Macedon Road Crossing @16km = 1:30pm (3 hrs)

21km Finish Harbison Picnic ground @21km = 3:30pm (5 hrs)

AID STATIONS

Aid Stations will be located at the following **approximate distances** assuming **enough volunteers are available**, This detail will be confirmed during race briefing on the day. These can also change if course modifications are required

Location	Approx. Km	Drop Bags
1 – McGregors Picnic Ground	3.5km (n/a for 42/50km out)	NO
2 – Baringo Road/ZigZag Track.	9km	YES
3 – LINK TRACK#1/#2	13km	NO
2 – Baringo Road/ZigZag Track.	21Km	YES
1 – McGregors Picnic Ground	27km	NO
4 – Harbison Picnic Ground Finish Line	30km	YES
5 – Clyde Track not in use 2021	36km	NO
6 – Bawden Road	33/34km (42km/50km)	YES
6 – Bawden Road	38/45km (42km/50km)	YES

TOILETS

There are 2 Toliet Blocks at the Start Finish area

There is a Toilet block at McGregors Picnic Ground

There is a Toilet Block at Days Picnic Ground

CAFÉ TOILET

The CAFÉ toilet **must not be used** under any circumstances, use of the café toilets puts the entire event in jeopardy for future dates. **DO NOT USE THE CAFÉ TOILET**

2021 the CAFÉ is doing takeaway only, though I noticed people eating inside on the weekend

DROP BAGS

As per above there are 3 separate locations that drop bags can be taken to. It is very important that your gear is kept to small bags, we do not want shopping bags full to take out, drop bags should be used for basic specific need items. Dietary needs etc. Drop bags go out early so don't delaying putting your items in the provided bins.

IMPORTANT – drop bags will arrive back to the start finish area when the aid stations are packed up, if you leave without your gear, it will either be thrown in a bin or you will need to make arrangements to collect it later, if not collected within 1 month all items will be disposed of, sorry but I don't have room to keep storing peoples left behind items.

COURSE NOTES AND SAFETY

CAN'T STRESS ENOUGH HOW URGENT THIS NOTE IS

**TAKE EXTREME CARE OVER THE ROCKY SINGLE TRACK AT THE START
AND CONTINUE TO PAY ATTENTION ON THIS TECHNICAL TRAIL.**

**IT ABSOLUTELY REQUIRES PLANNING FOR EACH STEP YOU TAKE SO
GIVE YOURSELF ROOM AND CLEAR VIEW OF THE TRAIL**

THIS IS WHAT SOME SECTION LOOK LIKE



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 Victoria do not guarantee we can continue to hold this event, but 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.

ALWAYS BE RESPECTFUL TO OTHER PARKS USERS AND GIVE THEM RIGHT OF WAY

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 5km section between the start and Camels hump, also on and around Sanatorium Lake.

Technical and Steep downhill the course is very technical in places, with small sapling stumps cut low to the ground, especially in the first 2km's, there are lots of rocky sections too and as always trail runs can be uneven and slippery. We know that you understand these are the conditions and you accept full responsibility for your safe progress along the course. However, we ask that you exercise due care for yourself and others by travelling at a controllable speed particularly on the several steep descents. There are 7 places (50K event) in particular around the course where you should be aware of the added potential for rolled ankles and slipping on wet surfaces.

1 - Descending the Camels Hump 5K Though a wide and open track you can gain speed quickly, you may meet the public walking here take extra care, continuing on from the camels hump car park down the fire trail will be slippery also, **TAKE CARE**

2 – Sections of Baringo Road 11K This dirt road can be slippery, rocky and may have vehicles on it, please take care and no music in ears.

3 – Mt Towrong Descent 18K as you crest the top of Mt Towrong you will see a large pile of rocks that have been placed there, from this point you will enjoy a nice technical down hill section. Under foot it is quite rocky but very runnable so please take care. You will eventually pop out of the tree line to great views to the south and west “if the day is clear” otherwise you will be in a blanket of fog and clouds and see nothing. At this Time the trail becomes less obvious and is very steep for a short section where you will negotiate your way down some rocky sections. **TAKE EXTREME CARE**, it is only for 100M then you are on to a fast zig zag down hill trail, the trail has several wooden steps that will be slippery, be careful and avoid landing on the timber edging, you will fall if you don't place your foot correctly.

FOR THE 50K THERE ONE OTHER NOTABLE DESCENT REQUIRING EXTREME CARE

4 – BARBERS CHUTE 36K is a wide 4WD track that has two sections of steep descents, it is rough, extremely rocky & Slippery in places, it presents opportunity to go fast and lose control, rolled ankles are a big possibility here, **PLEASE TAKE EXTREME CARE** and enjoy, you already have 35K of fatigue in your legs and you don't want to blow your quads at this stage, there is lots of runnable stuff just ahead, if you have saved your legs for it. Walk this bit is good advice.

As always have fun and enjoy the experience, there are still lots of undulating sections that require your full attention but for the next 10Km the course is very runnable though tough,

then there is the last ascent up the chute, I know you will enjoy that ☺ Don't forget the 50km course now measures closer to 51+km, and if you have ever wondered what the (+) in trailsplus is, well its that bit extra we give you, in this case 1km ☺ have fun.

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. It is likely to be windy, 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 our 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.

Check Points / Aid Stations There will be a number of manned aid stations. **YOU MUST NOT SELF SERVE, VOLUNTEERS WILL SERVE YOU.** The Aid Stations will be stocked with a small amount of, Snakes, Chocolate, Fruit Cake, Chips, plenty of water – and when available sports drinks. Sometime Aid stations will also record your number and if possible, the time you came through so please ensure your number is always clear. If you believe you are the last runner or close to last let the aid station know

TRAFFIC MANAGEMENT / RUNNER CONTROL

The Macedon trail run course crosses Mt Macedon Road at the 6Km and 24Km point of the event. Traffic controllers will be located at this location and Runners **MUST OBEY** instructions given or will be disqualified from the event, Runners **DO NOT** have **RIGHT OF WAY**, vehicles will not be stopped, runners will be.

TRAFFIC CONTROLLERS HAVE AUTHORITY TO RECORD YOUR NUMBER AND YOU WILL BE DISQUALIFIED IF YOU DO NOT OBEY THE INSTRUCTIONS FOR YOUR SAFETY.

Please ensure you exercise extreme caution at this location. For the 42km - 50Km runners you will be on Bawden road briefly and crossing over it. When you are running on dirt roads that other vehicles may be on please ensure you keep to the left.

DISTRACTIONS As part of our safety requirements during the event music devices of any form are not permitted until you are clear of the 8Km aid station, this is due to the need to be aware and hear other runners on the single trail sections and in particular when crossing Mt Macedon road. 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 there bags and not take them on course. iPod use permitted between 8km-24km & 35km-50km.

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 do not have the appropriate grip and the slippery sections will be difficult and dangerous. If you do not own trail shoes you will need to take extreme care and slow down in areas that are slippery. When descending slippery trails always choose the leaf litter or grassed areas, the shiny dirt is always very slippery, keep off it where possible.

**** REPEATING OUR **2021 MANDATORY GEAR NOTE** REPEATING**

MOUNTAIN WEATHER IS EVER CHANGING

WE REQUIRE YOU TO HAVE THESE ITEMS AT THE START

While we think it should be common sense given the cool conditions especially if you are unable to run with an injury, that everyone should have the means to keep warm.

Therefore, it is mandatory to have a windproof jacket and a buff or beanie available on the day if needed. We will advise if it should be carried.

We also highly recommend gloves.

In addition, we highly recommend the longer runners 30-42-50km particularly carry a space blanket and mobile phone, if you roll an ankle on top of the exposed rough section of Mt Towrong it can be very brutal in the icy cold wind, We know its humid out of the wind in lower sections and jackets will come off, but have them with you regardless.

FYI The past week has seen wind chill temps as low as -5 degrees and sleet /snow has fallen

Navigating the course.

The 10km is also the first section of all other events. The 30Km event is the first part of the 50Km event. While the 21km and 42km are all conducted over the same course but with short cuts to reduce the distance. The course will be marked with a combination of Pink & Yellow Ribbons attached to a clothe pegs clipped to a tree branch, in addition there will be red arrows, indicating direction and also red crosses indicating DO NOT go this way, some white flour arrows and crosses will be placed on the ground also (Note heavy rain can wash away part or all of the ground markings). Some special signs may also be placed where additional information is required. Not every junction will have all of the above options but with a small amount of concentration it will be very obvious which is the correct may to go. Maps are made available for you, so **print your own** from the one attached, or download a quality map from our website. Please take some time to study the map so you have an understanding of where you are meant to go. There are a couple of places that you are on the same section of trail when you are on the return path, of particular note is once you cross Mt Macedon Road on the return journey, **the 21km and 42km runners** DO NOT GO UP to the Camels Hump on the return trip, instead you will veer off to the single track you come out of around the 4km Mark and head toward McGregors Picnic Ground. The 30km and 50km MUST GO UP CAMELS HUMP again (2x) once on the way out ,and again on the way back, NOTE 21km don't go up the camels hump at all on 2021.



An arrow on the ground showing the way and pink and yellow ribbons clipped to a bush. Ribbons are used into and out of junctions, but rarely on trails where no decision is required. Basically if you enter a trail and there are no options there will be very few ribbons



Some course descriptions to be read along with the Maps provided all distances are guides not necessarily accurate

Please take some time to familiarise yourself with the course. Below is not a full description but here are some key points to take note of at the following approximate distances 4km on the way out turn right and head for the camels hump (**except 21km runners go left**), return off the hump retracing the last 500M then continue on the main fire break trail. 6km Macedon Road crossing take care and follow the traffic controller instruction. 7km follow signs to Sanatorium Lake go to the left and follow around the lake in a clockwise direction **DO NOT** cross the bridge, keep the left hand single trail. 9km Aid Station is a key point and you will return here in another 14km (**except 21km runners return in 5km**), it's a good place to drop the jacket you may have started with and collect again on the way back, or leave it to be transported to the finish line later. This aid station location may move slightly depending on weather conditions, it may be at the road intersection or at the picnic area car park. You will remain on Barringo road, all the way to the bottom watch for cars take extreme care. The next Aid Station at approximately 12-17km (**note depending track conditions this aid station may be relocated back 1km at Baringo road**) in its planned place it will also be revisited after negotiating Mt Towrong. (**unless you're a 21km runner in which case you turn right here up LINK TRACK #1**) back to aid #2 along baringo road. 30-42-50 head for MT Towrong now. Take extreme care across the top and descending the rocky trail, if wet it will be slippery. Mind the many sections that have 5-10 steps to negotiate on the

way down. Be careful as you climb down the wooden steps to ANZAC Road, and then enjoy the wide roads and trails as you Zig Zag your way back to the Link#2 aid station. This is new for regulars, as we don't use Zig Zag all the way to Baringo riad this year. After leaving the Link#2 aid station you head up Link track #1 back to Baringo road and along to Aid Station #2 you are now backtracking the first 8km. Head to Sanatorium Lake and run the reverse direction (Anti Clockwise). When back at Mt Macedon Road take extreme care as going this way you pretty much pop out of the bush on to the roadside. Follow the traffic controller instructions. After crossing the road follow the same trail you headed out on, the 30km and 50km have to do the camels hump again, 21km and 42km don't, they turn right on the single track back toward McGregor's picnic ground, head through the picnic ground and past Aid#1 an on toward the finish, don't forget to turn off the wide fire trail onto the single track, remember the finish line is where we registered and you will need to exit the trail to the left 1km before the café and follow the markings to the finish. Well done, that's 30km complete, now for the 42 and 50Ker's continuing on. Head back out via the loop track in the picnic area and follow your footsteps back to the main track through the car park, now turn right and head back out along the walking trail you started the event along to a junction approx. 1km along then you turn left. You are now heading down to Barbers Chute it has some extreme descents, its rocky and likely to be slippery under foot, do not allow yourself to get out of control, at approximately 32km you will descend rapidly to Bawden road (Watch for Cars) the 33/34Km aid station is here in a new location, Both 42km and 50km runners cross Bawden road and do the same course for a while then split, the 42km runners head back to the Bawden road aid station in a loop configuration, while the 50km spend a further 6km out in lower Bawden / scout camp area eventually arriving back to Bawden road. A drink station may be available around the 38km/41km mark. Once back at Bawden road both the 42km and 50km head back up barbers chute only via different trails, both will connect back to the walking trail with approx. 2km to go. Don't forget to exit the trail and reverse your steps back to the carpark and onto the finish.

These instructions are a guide and must be read in conjunction with course maps. It is always possible that there will be undocumented last minute changes due to weather conditions. And a note for 2021 there have been many small changes made to avoid closed trails, so it's important to reference the Maps as some descriptions may be slight inaccurate to distance points.

COLLECT YOUR MEDAL

All competitors who complete the correct course under the cut off times will receive a custom designed medal to commemorate your amazing effort and show of determination.

Some of our recent and current medals and trophy items



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. There are some additional prizes for some winners and some spot prizes from our sponsors when available. You must be at presentation to receive prizes else they go as a spot prize.

Celebrate your run with some of our Sponsors Fine Wines from Andrew Peace Wines.

42km and 50km BAWDEN ROAD Aid Station Safety Systems in place

It is a condition of our permit that the 42km and 50km runners when on Bawden road follow the safety measures in place, Please ensure you cross with care as directed by the aid station people

PHOTOGRAPHY

We sometimes have our volunteer photographers here on the day to capture some great shots, give them a smile and a wave. All aid stations are likely to have someone with a camera also, try to look fresh ☺ When time permits these photos are loaded for your access, we now charge a small fee for photos to help with costs to make them available on the host website, please be patient for them to appear post event, it's a long time consuming process.

TOP OF THE RANGE TEA ROOMS In 2021 We expect the top of the range tea rooms to open at 6:30am, coffees will be brought to the start line initially for the early runners and crew, then the café will resume standard operation based on normal opening times, Please consider the public needs of the facility also and try not to overtake the tables for excessively long periods of time, (unless you're buying lots) ☺ then I'm sure Luke won't mind how long you hang out inside.

It is really important that as runners we do not use their toilet facility, please use parks toilet facilities located in Harbison picnic area, there are two blocks available.

SUBSTITUTE COFFEE OPTION In the event the café does not open early we will provide a coffee truck up until the café opens at 10am

PLACE GETTERS

If you finish in the TOP 3 or think you may have, please do not leave before the presentations, if you must leave early, please find me and collect your trophy, additional prizes when available are only awarded during official presentation ceremony once our sponsors are fully on board.

REGISTRATION and be double vaxed

All participants must check in on the morning and collect your race number, race numbers to be visible at all times as this allows the aid station people to record that you have been through and are accounted for, if we don't have you marked off we will assume you are lost and go looking for you, so please ensure you let them know your number and have been acknowledged. In 2016 we had a runner unaccounted for and spent a long time trying to track them down, they had gone home thankfully but we were close to implementing search and rescues, so make sure if you pull out of the race and don't come through the finish line you let us know. You must present with your vaccination certificate

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 Mt Macedon Regional Park and express a sincere appreciation to a few of the local park rangers we have been fortunate enough to meet and work with in getting this event up and running, Thanks Team, If you cross paths with them on the day take a moment to thank them for all their hard work. They have been clearing many fallen trees over trails to make your journey safer.

RACE NUMBERS

Carry your timing chips, please ensure these are visible and on the outside, if you have heavy jackets over them we may not record your finish time.

IMPORTANT CAR PARKING INFORMATION

When you are driving up Mt Macedon after passing through the township you will approach the top where you must park based on your event distance or as directed if car parking attendants are in place.

ONLY 50km & 42km runners will be guaranteed parking places near the start line. You will turn LEFT on Cameron Drive at the Top of Mt Macedon Road and continue to the start and park as signed or directed

30km – 21km – 10km Runners

MUST PARK on Lions Head Road, you will turn right 100M past Cameron Drive onto the dirt road and follow the signs or as directed YOU will then catch a shuttle bus to the start, see estimated timetable and be sure to allow enough time to checkin before your race is due to start

PLEASE REFER TO PARKING MAPS



ESTIMATED BUS TIMETABLE

Shuttle Bus Estimated Time Table			ESTIMATED TIME TABLE				
Bus to be at Start Location by 8am							
Location							
Days Picnic Ground							
Lions Head Road							
1	8:15	bus leaves for the start	Priority 30km Runners	8:25	bus arrives start line	30km race starts 9:30	
2	8:45	bus leaves for the start	Priority 30km Runners	8:55	bus arrives start line	30km race starts 9:30	
3	9:15	bus leaves for the start	Priority 30km Runners	9:25	bus arrives start line	21km race starts 10:30	30km runners will be late if on this bus
4	9:45	bus leaves for the start	Priority 21km Runners	9:55	bus arrives start line	21km race starts 10:30	
5	10:15	bus leaves for the start	Priority 21km Runners	10:25	bus arrives start line	21km race starts 10:30	21km runners will be late if on this bus
6	10:45	bus leaves for the start	Priority 10km Runners	10:55	bus arrives start line	10km race starts 11:30	
7	11:15	Last bus leaves for the start	Priority 10km Runners	11:25	bus arrives start line	10km race starts 11:30	10km runners will be late if on this bus
BREAK	11:30	Bus Driver take lunch break			Runners might be able to take a seat on the bus ready for the return trip to your car to seek shelter from weather		
1	12:45	bus leaves start to return runners to car	ANY RUNNERS	12:55	bus arrives back at parked cars		
2	1:15	bus leaves start to return runners to car	ANY RUNNERS	1:25	bus arrives back at parked cars		
3	1:45	bus leaves start to return runners to car	ANY RUNNERS	1:55	bus arrives back at parked cars		
4	2:15	bus leaves start to return runners to car	ANY RUNNERS	2:25	bus arrives back at parked cars		
5	2:45	bus leaves start to return runners to car	ANY RUNNERS	2:55	Last Bus back to cars		

CAR PARKING

It is extremely important that we **DO NOT** use or fill the main café car park, all runners and supporters **MUST** park in the tower dirt car park and when full over flow to alternative spots as directed. You must then walk from the car park via the yellow arrows and **NOT** down the road. Please Park considering others when parking to maximise amount of car spaces to be available. You must not park on any bitumen entry road sides along Cameron drive.

PARTICIPANT AND SUPPORTERS CARPARKING

URGENT PLEASE PARK CONSIDERING OTHERS – PARK AS DIRECTED

THIS YEAR WE WILL PUSH THE LIMITS OF THE CARPARKING CAPACITY

PLEASE CAR POOL WHERE POSSIBLE A SHUTTLE BUS WILL OPERATE

OFFICIAL EVENT SUPPORT PEOPLE ARE OK TO PARK IN MAIN CAFE OVERFLOW CAR PARK

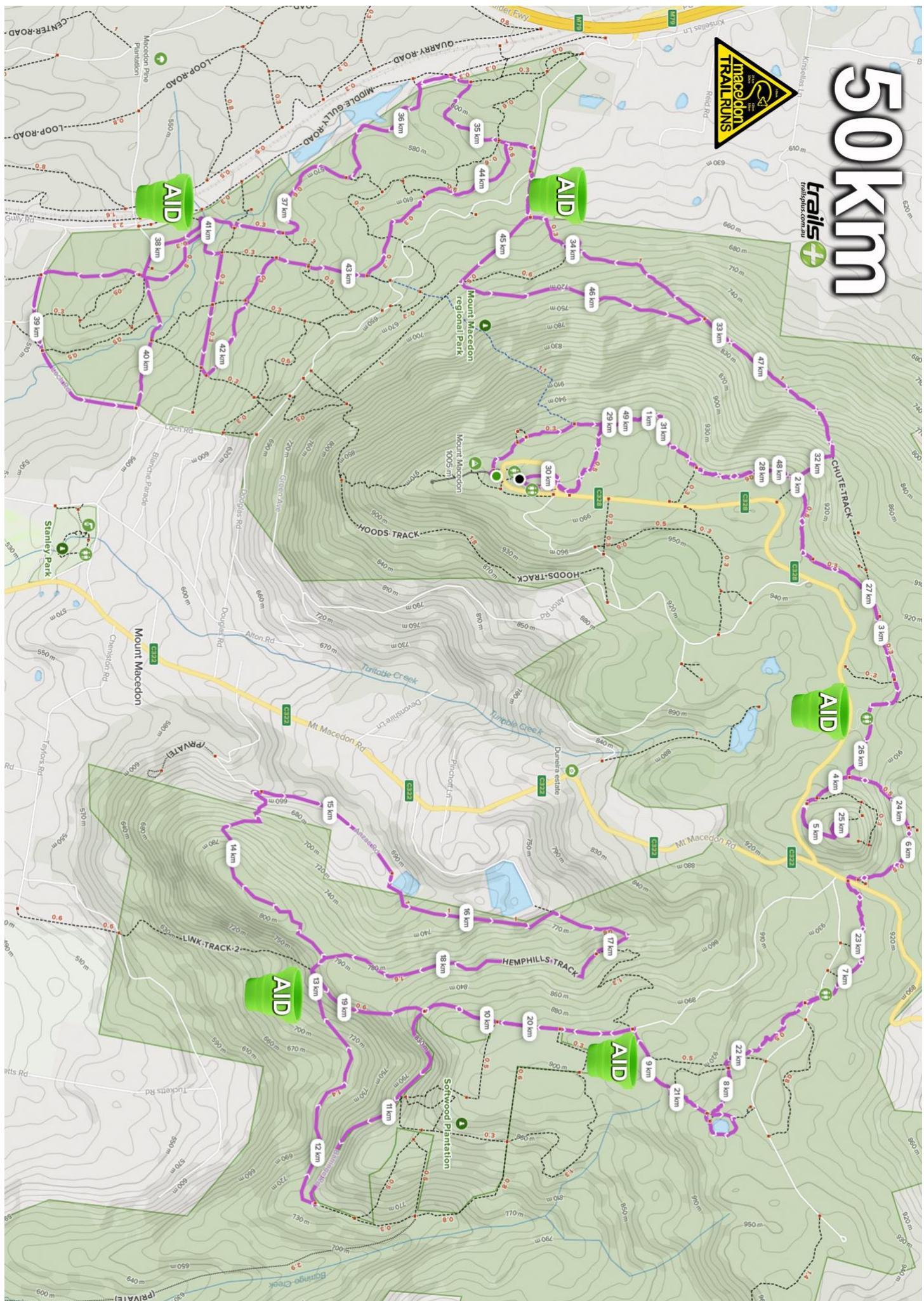
AND COLLECT EQUIPMENT BUT MUST NOT STAY LONG IN MAIN PUBLIC CARPARK



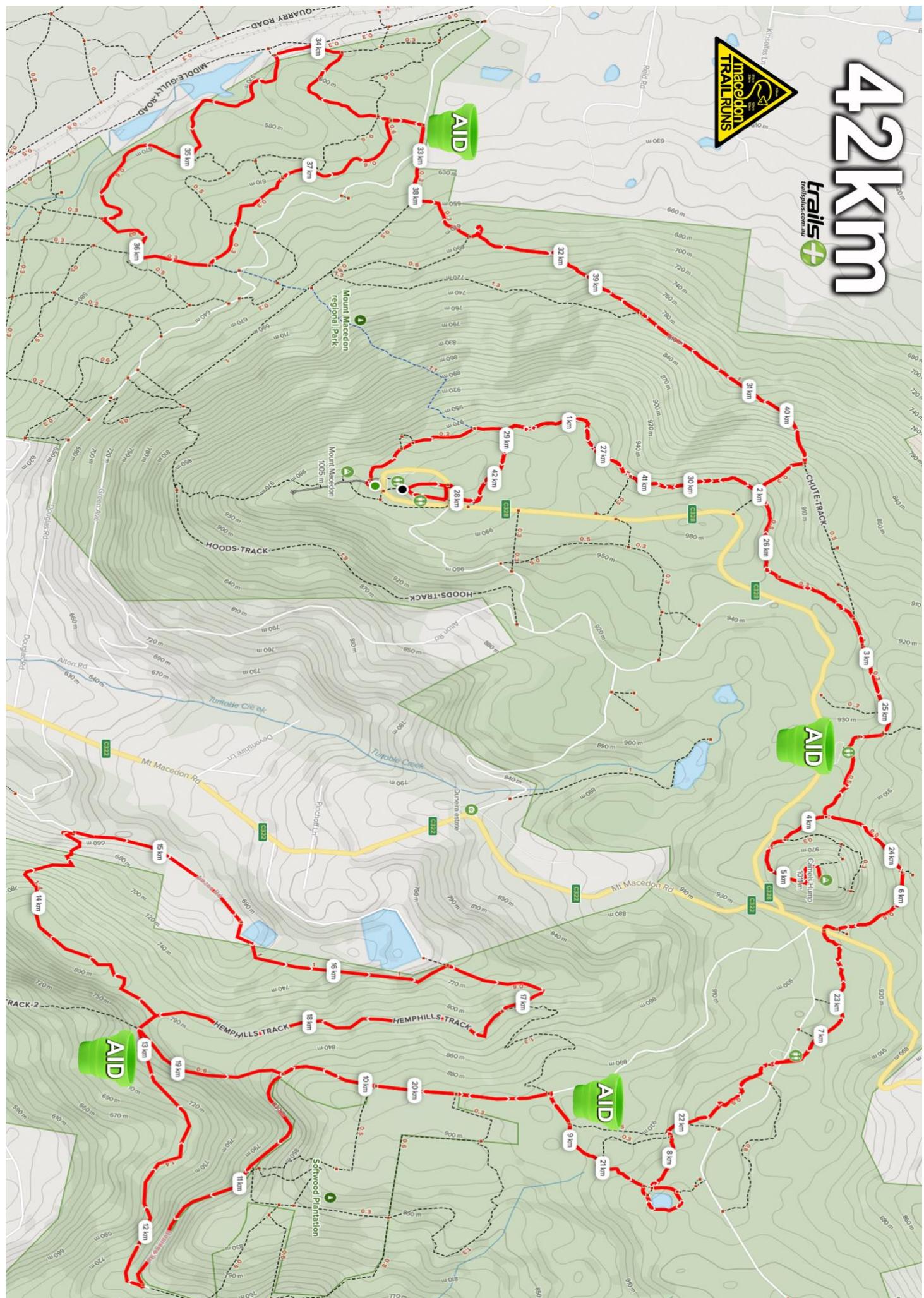


Overview of Full Course course and Aid Station Locations.

50km Course

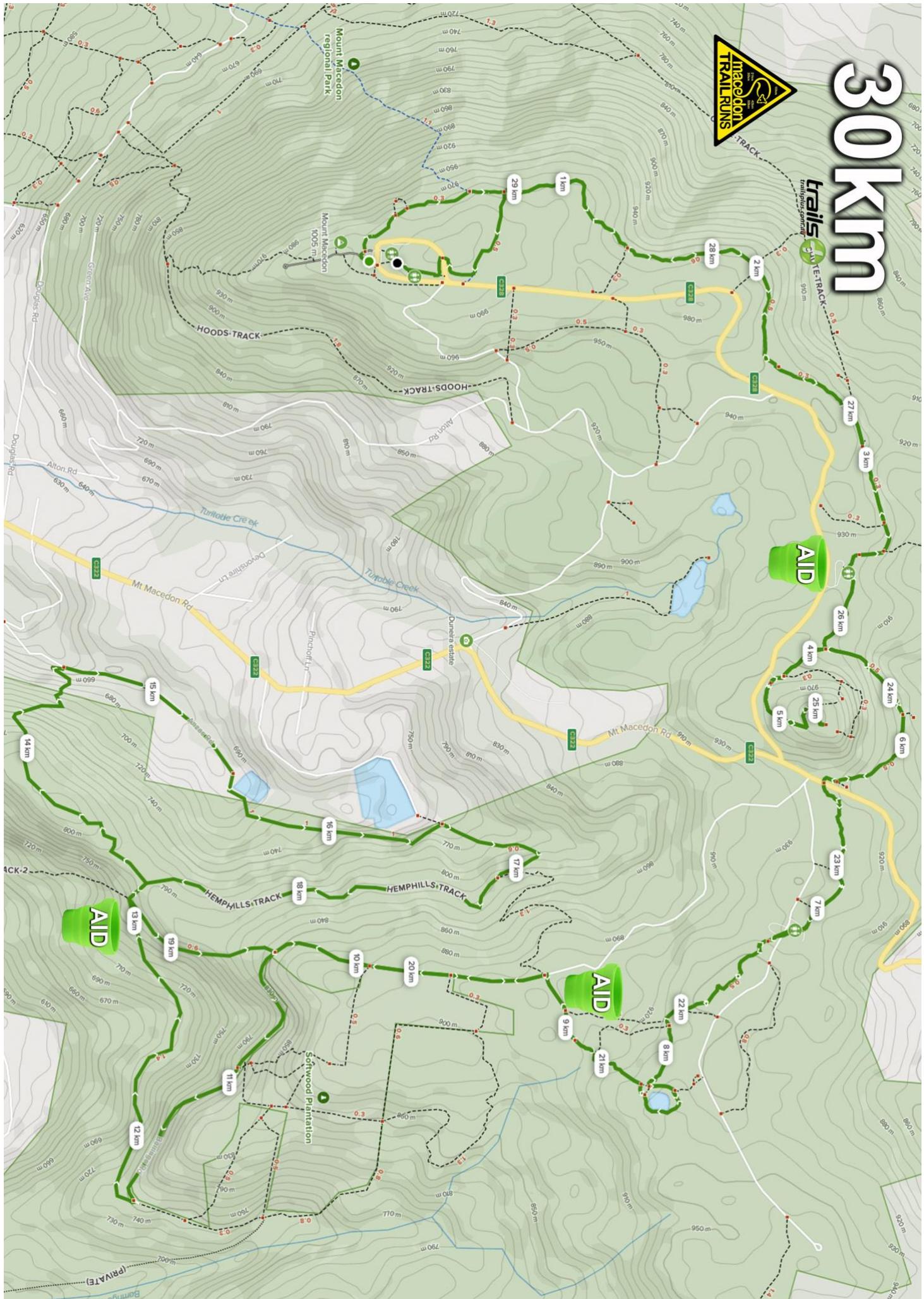


42.2km Course



42KM

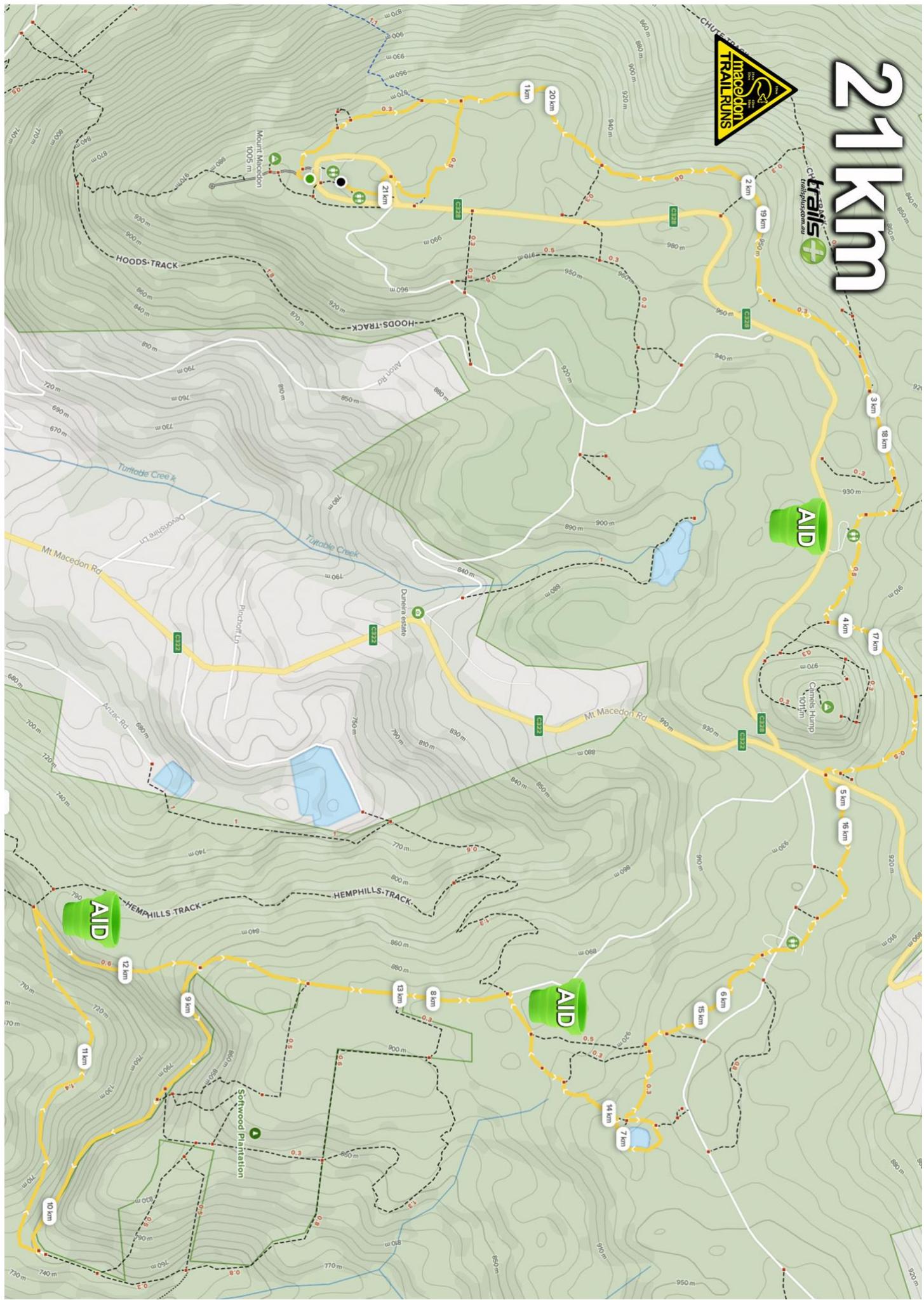
30km Course



21.1km Course



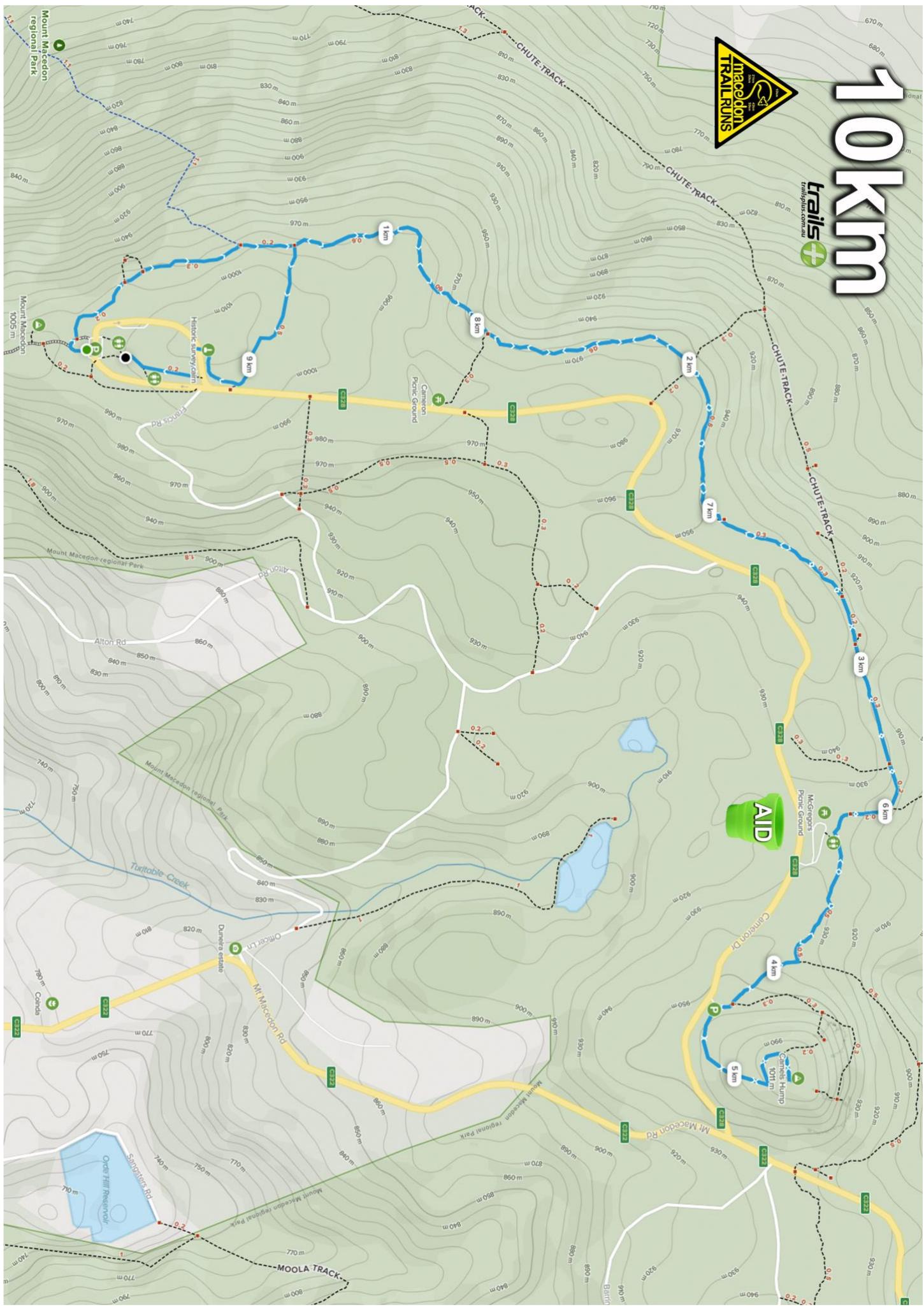
21 KM



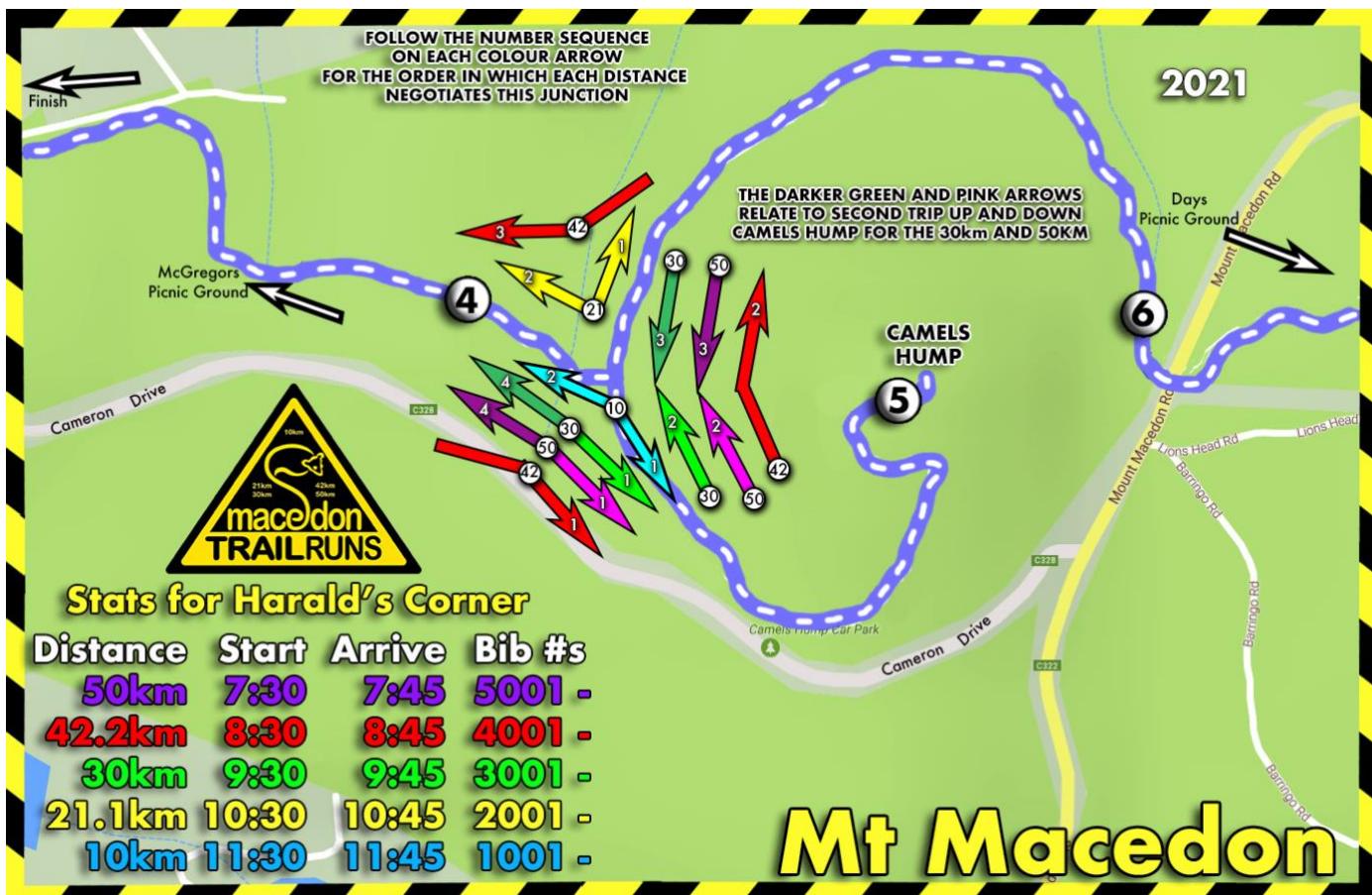
10Km



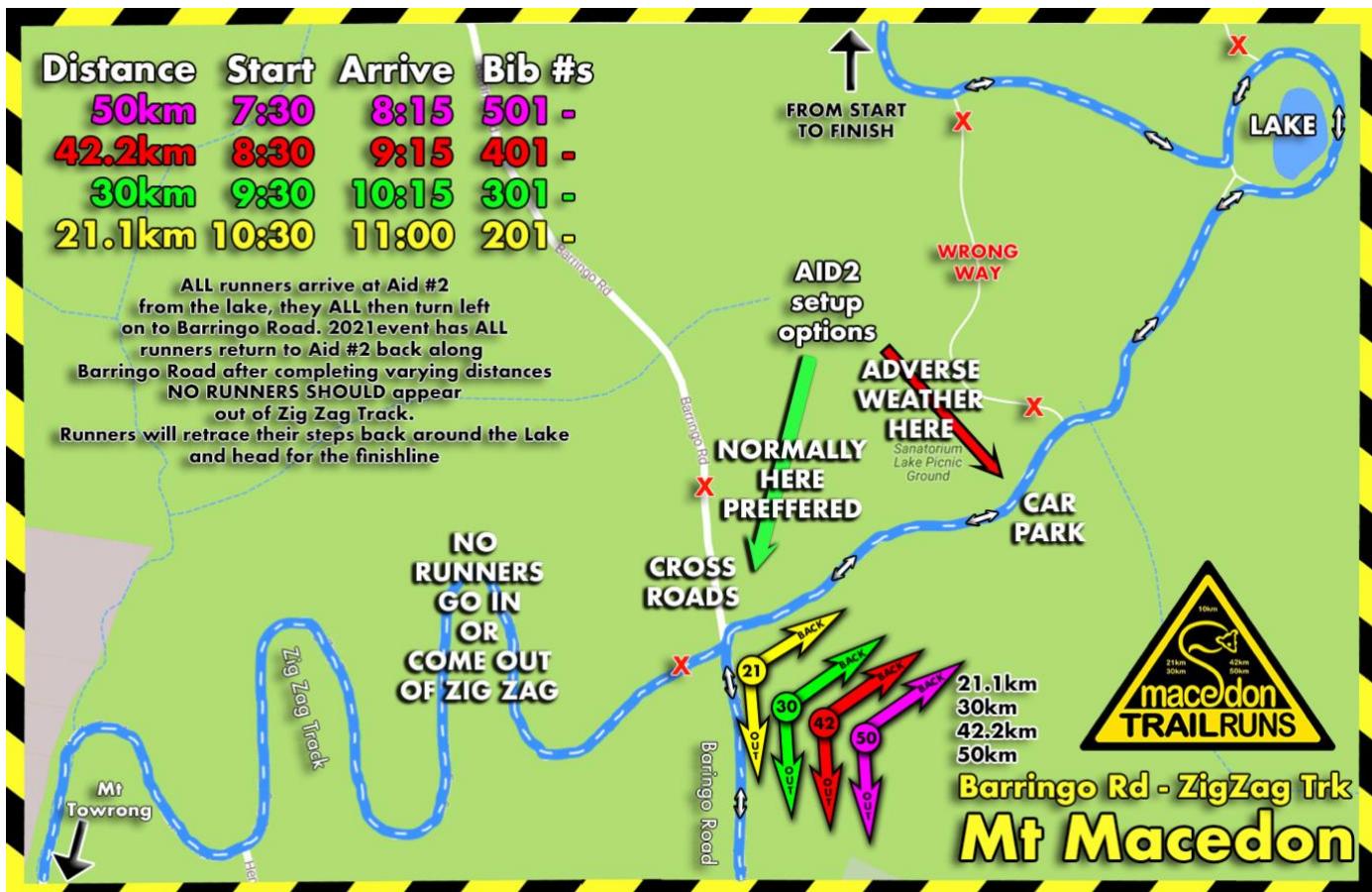
trails
trails.com.au



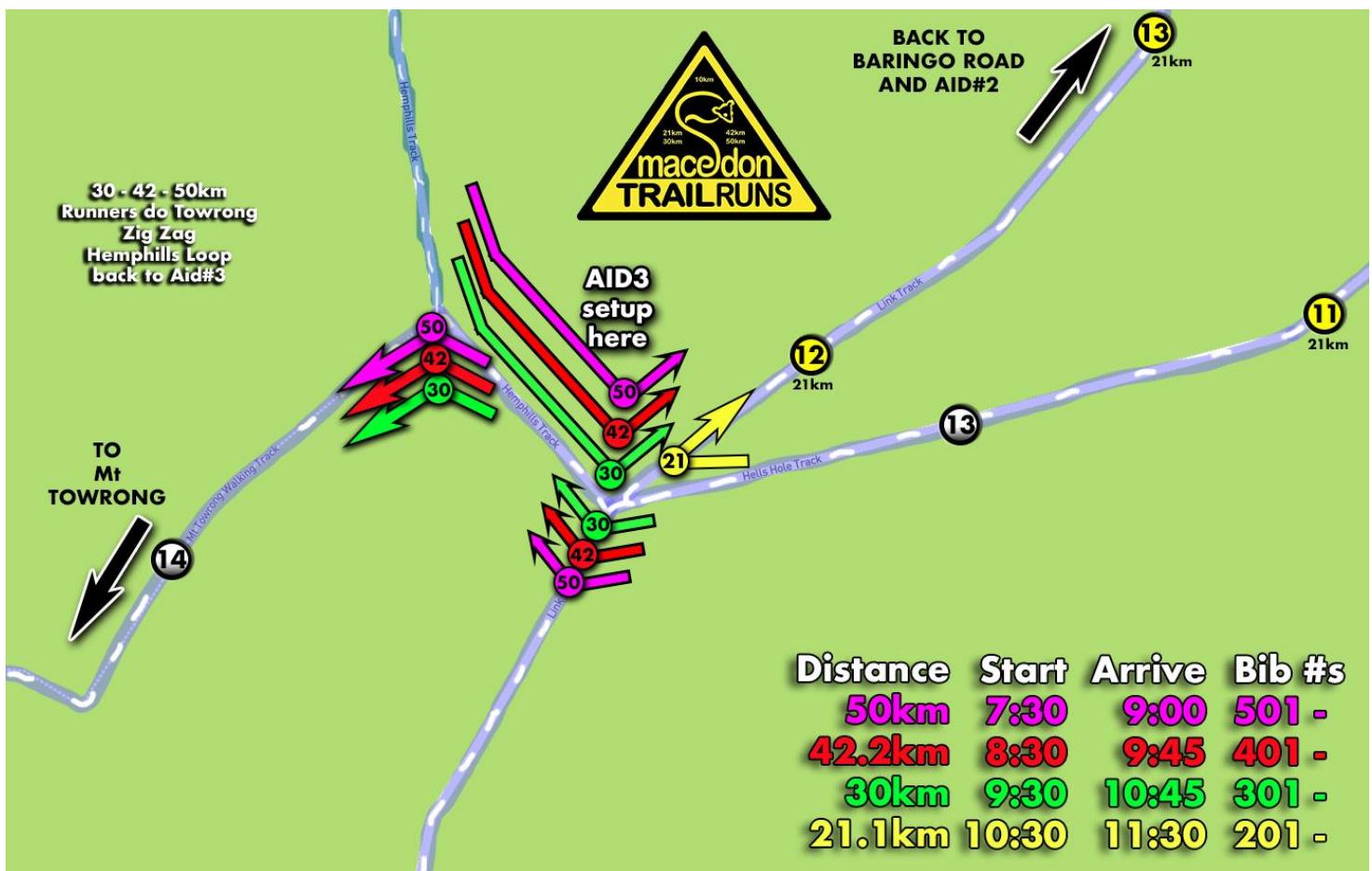
Junction Below Camels Hump aka – HARALDS CORNER



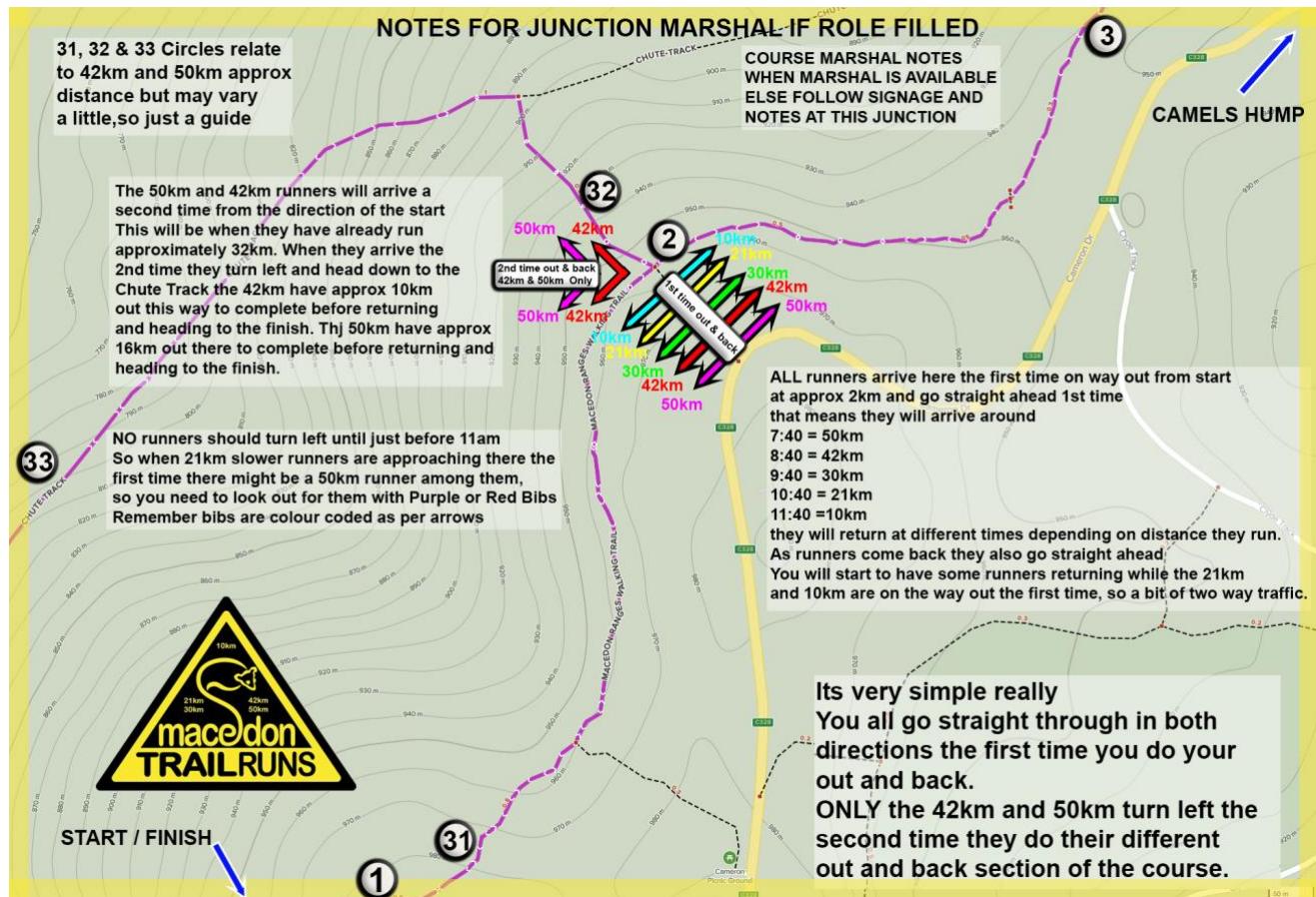
Barringo Road and zig zag track Aid station #2



Link Track #2 - Aid Station #3



The map below is for a junction you pass at approximately 2km from the start. The first time you go out here everyone continues straight ahead and when you return you head straight ahead. When the 42km and 50km runners have completed approx. 30km and passed through the start/finish to commence your final 12-15km you will again arrive here only this time you will turn left and head down barbers chute, to later return and make a right turn back to the finish.



The Weather Page

If the long range forecast lives up to predictions

It's going to be wet and slippery

Mount Macedon Weather (beta)

 [View the current warnings for Victoria](#)

Change location Start typing, then select from list (town, city, postcode or lat/lon) 

5.7 °C

Lowest Highest
3.1 °C 6.7 °C
4:36 am 8:04 am

1.2 mm
of rain since 9 am

Latest weather at 8:10am

84% Humidity
 SSW Wind Direction
1017.1 Pressure (hPa)
17 km/h Wind Speed
9 knots
37 km/h Highest Gust
20 knots (1:01am)

WEATHER STATION

Kilmore Gap
Approx. 32.4 km away
ID: 94860

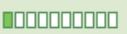
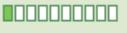
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ALL WEATHER STATIONS

Forecast
issued at 8:00 am AEDT on Tuesday 16 November 2021.

Rest of Tuesday  1 °C 10 °C

When will it rain?

	Possible rainfall	Chance of any rain
8:00 am - 11:00 am	0 mm	10% 
11:00 am - 2:00 pm	0 mm	10% 
2:00 pm - 5:00 pm	0 mm	10% 
5:00 pm - 8:00 pm	0 mm	0% 
8:00 pm - 11:00 pm	0 mm	5% 
11:00 pm - 2:00 am	0 mm	0% 

Wed 17 Nov  2 °C 15 °C

Possible rainfall: 0 mm Chance of any rain: 5% 

Thu 18 Nov  8 °C 20 °C

Possible rainfall: 2 to 6 mm Chance of any rain: 80% 

Fri 19 Nov  8 °C 14 °C

Possible rainfall: 0 to 1 mm Chance of any rain: 60% 

Sat 20 Nov  6 °C 13 °C

Possible rainfall: 2 to 15 mm Chance of any rain: 70% 

Sun 21 Nov  9 °C 13 °C

Possible rainfall: 8 to 20 mm Chance of any rain: 90% 

Mon 22 Nov  7 °C 13 °C

Possible rainfall: 0 to 3 mm Chance of any rain: 70% 

Forecast for Mount Macedon

 See text views for location X

Save location	Tue. 16 Nov	Wed. 17 Nov	Thu. 18 Nov	Fri. 19 Nov	Sat. 20 Nov	Sun. 21 Nov	Mon. 22 Nov
							
Max (°C)	10	15	20	14	13	13	13
Min (°C)	-	2	8	8	6	9	7
Chance of rain (%)	-	5	80	60	70	90	70
Rainfall range (mm)	-	0	2 to 6	0 to 1	2 to 15	8 to 20	0 to 3
Issued 16 Nov 2021	Detail	Detail	Hide				

Monday

	2.00 AM	5.00 AM	8.00 AM	11.00 AM	2.00 PM	5.00 PM	8.00 PM	11.00 PM
Temperature (°C)	8	7	9	11	13	13	11	9
Wind direction	SSW ↑	SW ↗	SSW ↑	SSW ↑	SSW ↑	S ↑	S ↑	S ↑
Wind speed km/h knots	26	26	22	24	22	20	17	15

It is prudent to remind people at this weather page that our risk management plan can see the event cancelled prior to or during the event if weather conditions present a high risk.

While I am not predicting this will happen, we must always have the safety of all runners, volunteers and supporters at the forefront of our minds

Recent storm events, wet sodden ground and heavy tree loads present a higher than normal risk compared many recent years in elevated locations

It will be slippery, fair chance it will be cold "YES", but that's the beauty of Macedon
It might not be either, but come prepared to stay dry and warm

DRIVING UP THE MOUNTAIN

It is often clear as you start the climb, but quickly becomes very foggy,
so much so that maximum speed can be reduced to 20km/h

Please take extreme care, watch for Kangaroos and other Vehicles

BE PREPARED TO FOLLOW VOLUNTEER INSTRUCTIONS FOR CAR PARKING. DEPENDING ON TIME OF ARRIVAL YOU MAY BE DIRECTED TO CATCH THE SHUTTLE BUS

BE SAFE

I would like to take this opportunity to thank the following for their support

THANK YOU VOLUNTEERS

YOU ARE ALL AMAZING

**Big shout out to MCR (Melton City Runners) for providing
several Volunteers who are fundraising for their club**

GARMIN - You will never be lost wearing a Garmin

THE RUNNING COMPANY YARRAVILLE

For all your footwear needs

ALTRA RUNNING – your #zerodrop footwear specialists

TEKO SOCKS

PETZL – Lighting the way

32GI AUSTRALIA

Hydrating you all the way to recovery

APW – Andrew Peace fine Wines – To celebrate your achievement