



SUNDAY OCT 8th 2023

SPRING EDITION NOTES

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

MOUNTAIN TRAIL SERIES

Mt Macedon RACE 4

CAMERON DRIVE MT MACEDON
Proudly Presented by



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

PRE RACE BRIEFING NOTES

Trailsplus acknowledge the traditional owners of the land we are gathering on and pay respect to elders past and present.

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 5 race locations, with race 1 at Maroondah Dam, Race 2 at You Yangs, Race 3 at the Wonderfalls, Race 4 at Mt Macedon, and Race 5 at Marysville. 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 12th running of the Mt Macedon trail event and we look forward to putting many more events on and creating memorable runner experiences. 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 finish line.

We would like to extend a very warm welcome to all runners. 2023 sees us on the mountain in October, when normally we are here in May, be prepared for the cold factor the mountains 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. Hopefully October will add a few degrees and it certainly adds daylight to allow a little more time to complete the long events. It could equally be sunny and warm and require some sunscreen.

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.

THIS PAGE IS EXTREMELY IMPORTANT FOR YOUR SUCCESS.

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 & 2021** 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 AN OFFICIAL OR REFER TO YOUR MAP ON YOUR PHONE!
- 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 OFF 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

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



SHUTTLE BUS SERVICE

PLEASE FOLLOW DIRECTIONS OF MARSHALS

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 some 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.



IMPORTANT INFORMATION

OUR SPING TIME EDITON DOES NOT REQUIRE THE SAME MANDATORY GEAR AS OUR WINTER EDITION

OCTOBER EVENT - 2023 MANDATORY

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

Our previous MAY events require runners to have on hand at the start line some gear to ensure they are safe on the trails.

While we think it should be common sense given the cool conditions can occur on mountains especially if you are unable to run with an injury. Therefore we encourage people to have the means to keep warm pre and post event.

There is NO mandatory gear that you must have but we ask you 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 on the days before the race or on race day morning once final weather forecasts are locked away.

MACEDON & MT MACEDON COMMUNITY HOUSE VOLUNTEERS



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

When available local community groups or emergency service providers 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 SES / CFA or other community groups and provide some donations to assist their causes. 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.



EVENT SCHEDULE for 2023 (UPDATED)

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 public 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

Special request early starts will be considered

42km runners should start to arrive from **6:00am** to be directed to car parking location

42km Registration opens at **6:30am**

42km Race Briefing held at **7:10am** Harbison Picnic Gazebo

42km Walk to start line at 7:20am near the cross (**MUST NOT BE LATER**)

42Km **Race Starts 7:30am Sharp** in the memorial cross reserve

Special request early starts will be considered

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

Special request early starts will be considered

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 podium finish time.

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

For our October based event we have simplified our Cutoff times.
Typically we look at two areas for assessing the safe completion of the events.

- Our traffic Managed road crossing
- Completing the event in safe light levels without use of head torches

The traffic management on Mt Macedon Road will cease operating at approximately;

21km runners at 17km distance

30km runners at 23km distance

42km runners at 23km distance

50km runners at 23km distance

THESE ARE GUIDELINE BASED ON SAFE COMPLETION WELL BEFORE DARK & TM

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 – McGregor's Picnic Ground	3.5km (n/a for 42/50km out)	NO
2 – Baringo Road/ZigZag Track.	9km	YES
3 – ANZAC ROAD	15km	NO
2 – Baringo Road/ZigZag Track.	21Km	YES
1 – McGregor's Picnic Ground	27km	NO
4 – Harbison Picnic Ground Finish Line	30km	YES
5 – Bawden Road	33km (42km)	
6 – Bawden Road	35/44km (50km)	NO
6 – Loch Road	38 (42km/50km)	YES

TOILETS

There are 2 Toilet 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**

2023 the CAFÉ will be open early to provide coffee and food, plus we have a sausage sizzle

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. Drop bags at remote aid stations are not designed for your running wardrobe, it should contain minimum required food and gear ONLY.

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.

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



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 goat track, I know you will enjoy that 😊

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 twice for all runners longer than 10km. 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 **STOPPED** and **MUST**.

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 and off roads, 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 **2022 MANDATORY GEAR NOTE** REPEATING**

THIS APPLIES MAINLY TO OUR MAY EVENT

**HOWEVER OCTOBER CAN STILL BE COLD AND YOU SHOULD CONSIDER YOUR COMFORT
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, while this year it is not mandatory we encourage you to have a windproof jacket and a buff or beanie available on the day if needed. We will advise if it should be carried.

EARLY START OPTIONS FOR

50km and 42km runners *ONLY* 30min @ 7am start

By prior arrangement ONLY – before 7pm Friday

If you are a slow runner and would like to start early to take some pressure off cutoffs and finishing well before daylight fades, we are happy to discuss your situation.

Please note this is not an option to just get home early, it's for genuine slower runners.

YOU CAN NOT PODIUM

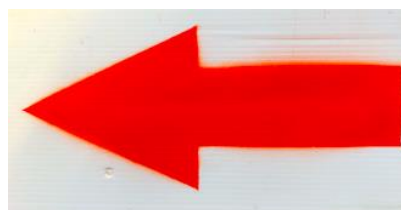
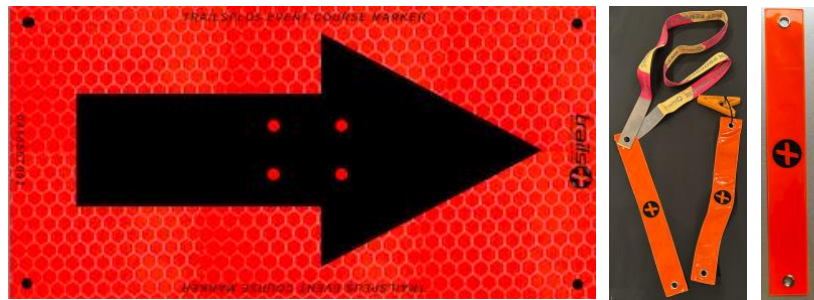
YOU MUST BE SELF SUFFICIENT UNTIL 15KM AID STATION

YOU MUST CARRY LISTED MANDATORY GEAR AND FOOD AND DRINKS

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

SOME OF THE COURSE MARKINGS YOU WILL SEE OUT THERE



WE USE RED AND WHITE ARROW AND CROSS CARDS PLUS PINK AND YELLOW MATERIAL RIBBONS LIKE ABOVE. WE ALSO USE OUR LATEST BRIGHT ORANGE ARROWS AND ORANGE RIBBONS WE WILL ALSO USE WHITE CHALK GROUND ARROWS. AT BUSY INTERSECTIONS THERE WILL BE MORE DETAILED SIGNS IF REQUIRED THAT WILL ADVISE DIFFERENT DISTANCES WHICH WAY TO GO

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.

THANKS TO SOME AMAZING VOLUNTEERS

WE ARE ABLE TO SUPPORT

THE MACEDON & MT MACEDON

COMMUNITY HOUSE

BE SURE TO BRING SOME CHANGE TO GRAB A SAUSAGE OR VEGGIE BURGER

TOSS IN SOME COINS AND GRAB SOME TUCKER – ALL FOR A GREAT CAUSE.



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 2023 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 over take the tables for excessively long periods of time, (unless your 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

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.

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-2023

BUS SHUTTLE START TIMES VARY DEPENDING EARLY CARPARK FILLING

Some 30km runners may be able to park at start area if space available

Shuttle Bus Estimated Time Table			APPROXIMATE - NOT FIXED TO THE MINUTE				
Bus to be at Start Location by 8:15am							
Location			2023 ESTIMATED TIME TABLE				
Days Picnic Ground							
Lions Head Road			YOU SHOULD BE ON AN EARLY BUS TO BE ON TIME				
LEAVES PICK UP LOCATION			ARRIVES START				
1-SUITS 30km Runners	8:30 am bus leaves from the pickup spot	30km runners will be on time	Priority 30km Runners	8:40	bus arrives start line	30km race starts 9:30	
2-SUITS 21km Runners	9:00 am bus leaves from the pickup spot	30km runner will be running late	Priority 30km Runners	9:10	bus arrives start line	30km race starts 9:30	30km runners will be late if on this bus
3-SUITS 21km Runners	9:30 bus leaves from the pickup spot	21km runners will be on time	Priority 21km Runners	9:40	bus arrives start line	21km race starts 10:30	
4-SUITS 10km Runners	10:00	bus leaves from the pickup spot	Priority 21km Runners	10:10	bus arrives start line	21km race starts 10:30	
5-SUITS 10km Runners	10:15	bus leaves from the pickup spot	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 from the pickup spot	Priority 10km Runners	10:55	bus arrives start line	10km race starts 11:30	
7	11:15	LAST bus leaves from the pickup spot	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		Runners might be able to take a seat on the bus ready for the return trip to your car to seek shelter from weather
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

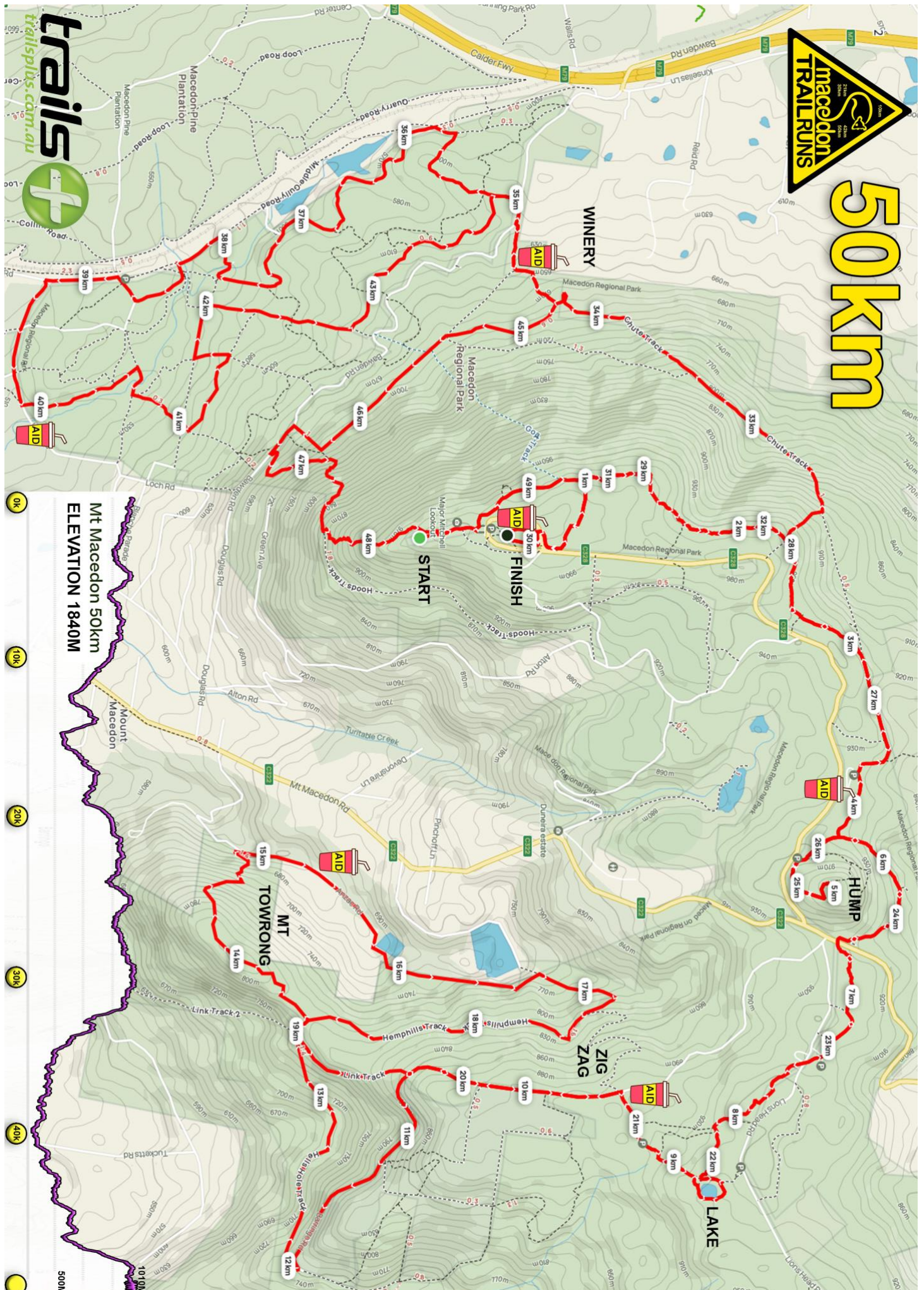
PLEASE CAR POOL WHERE POSSIBLE A SHUTTLE BUS WILL OPERATE

OFFICIAL EVENT STAFF ARE OK TO PARK IN MAIN CAFE OVERFLOW CAR PARK

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



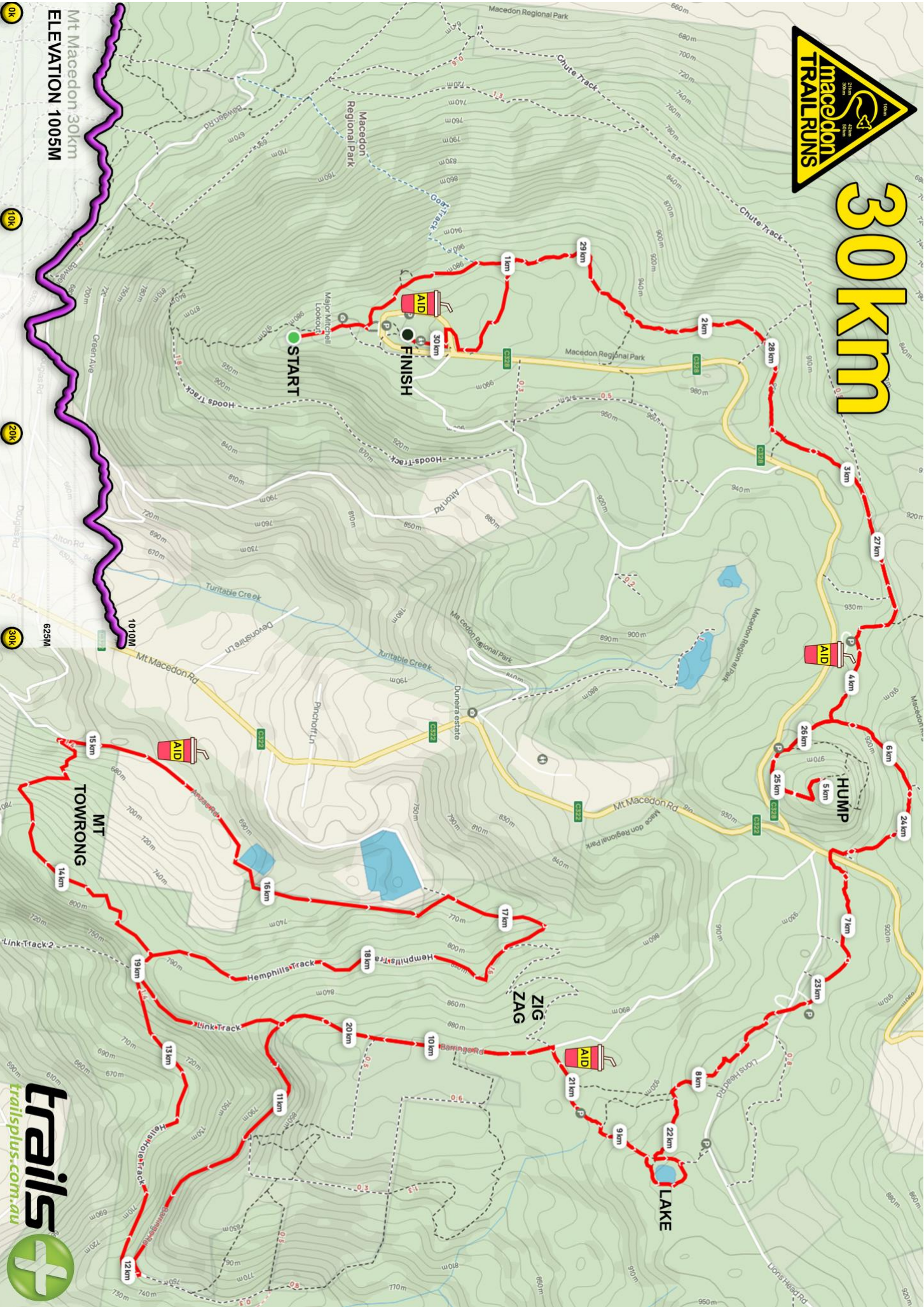




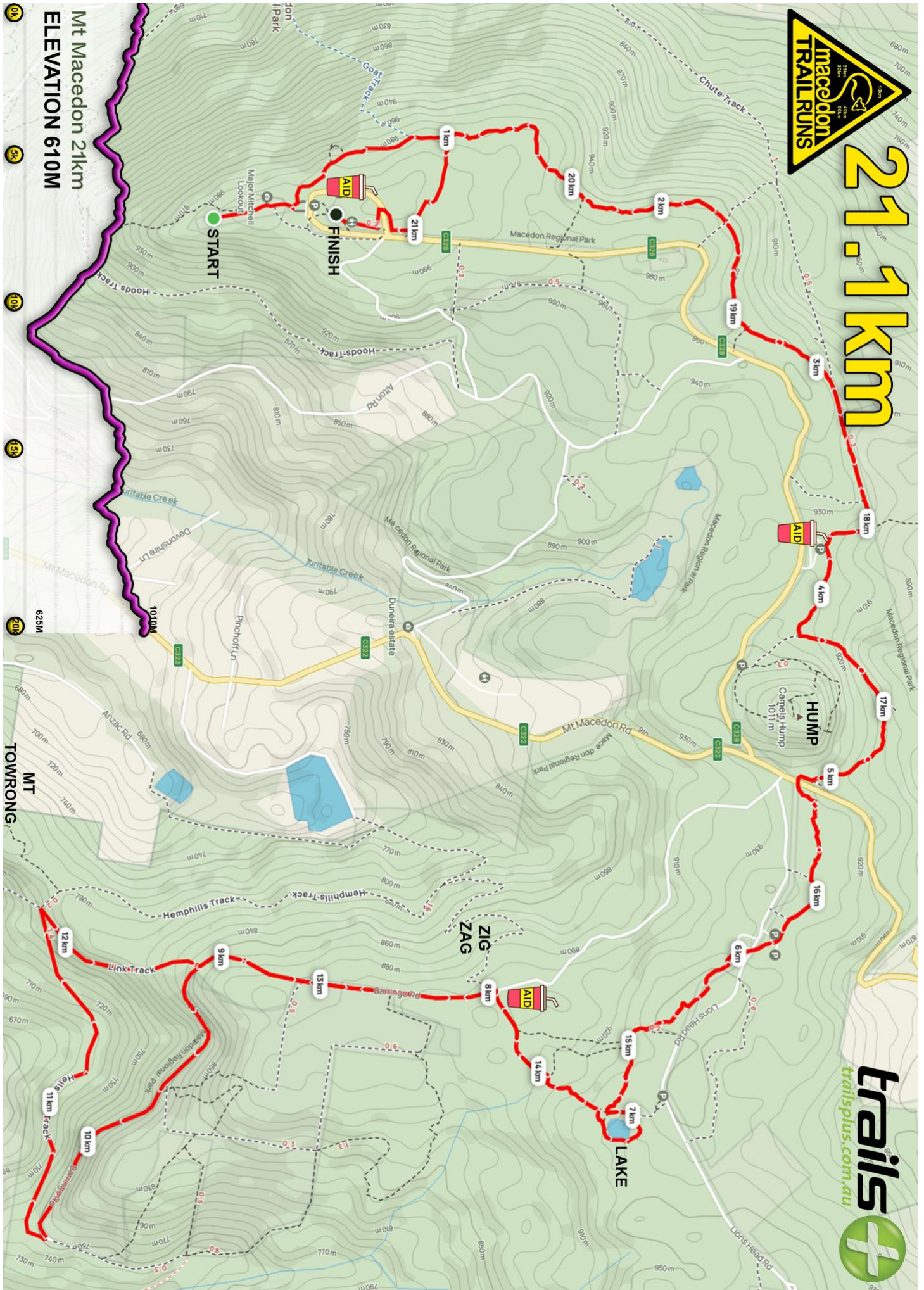
42.2km Course



30km Course

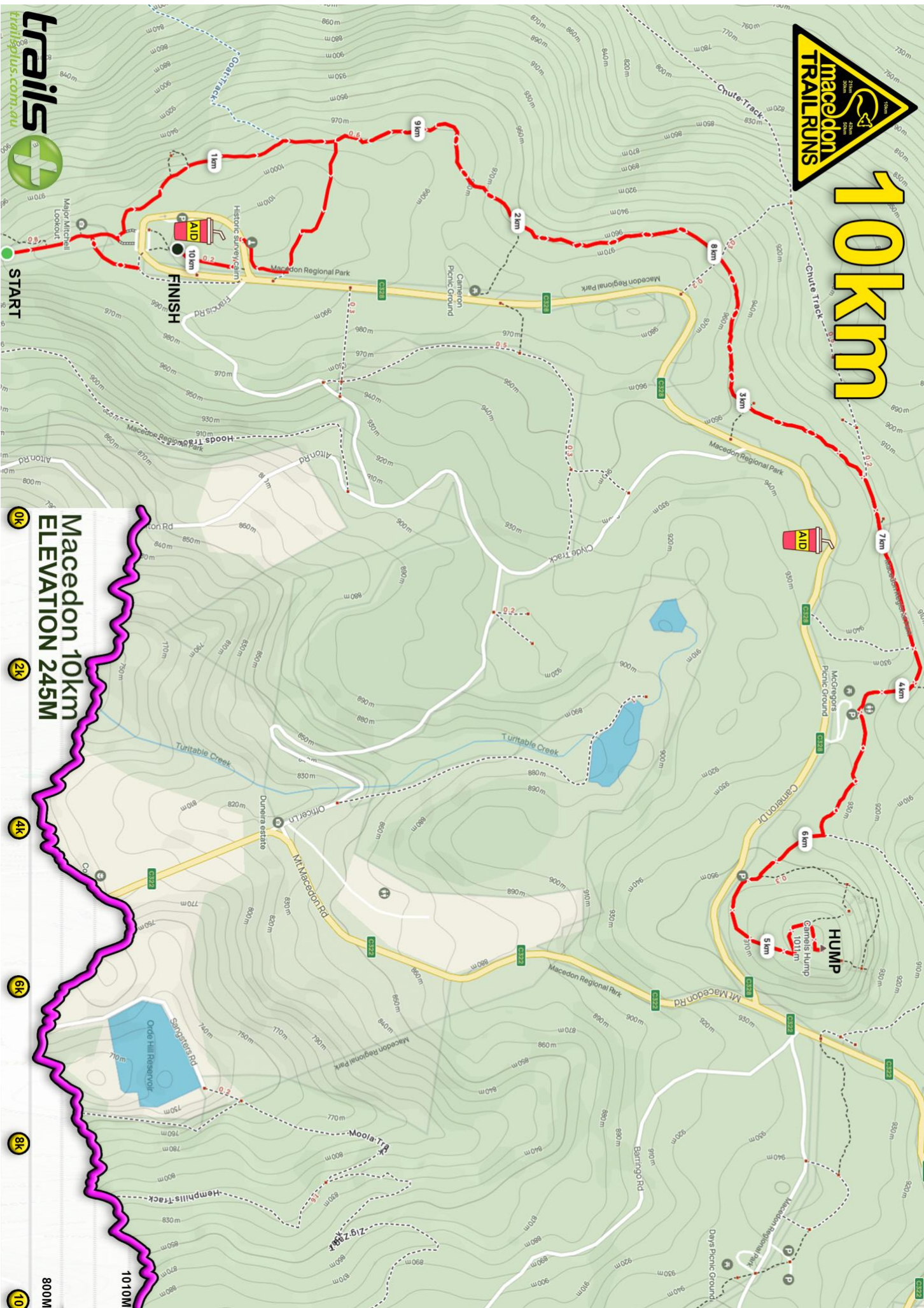


21.1km Course





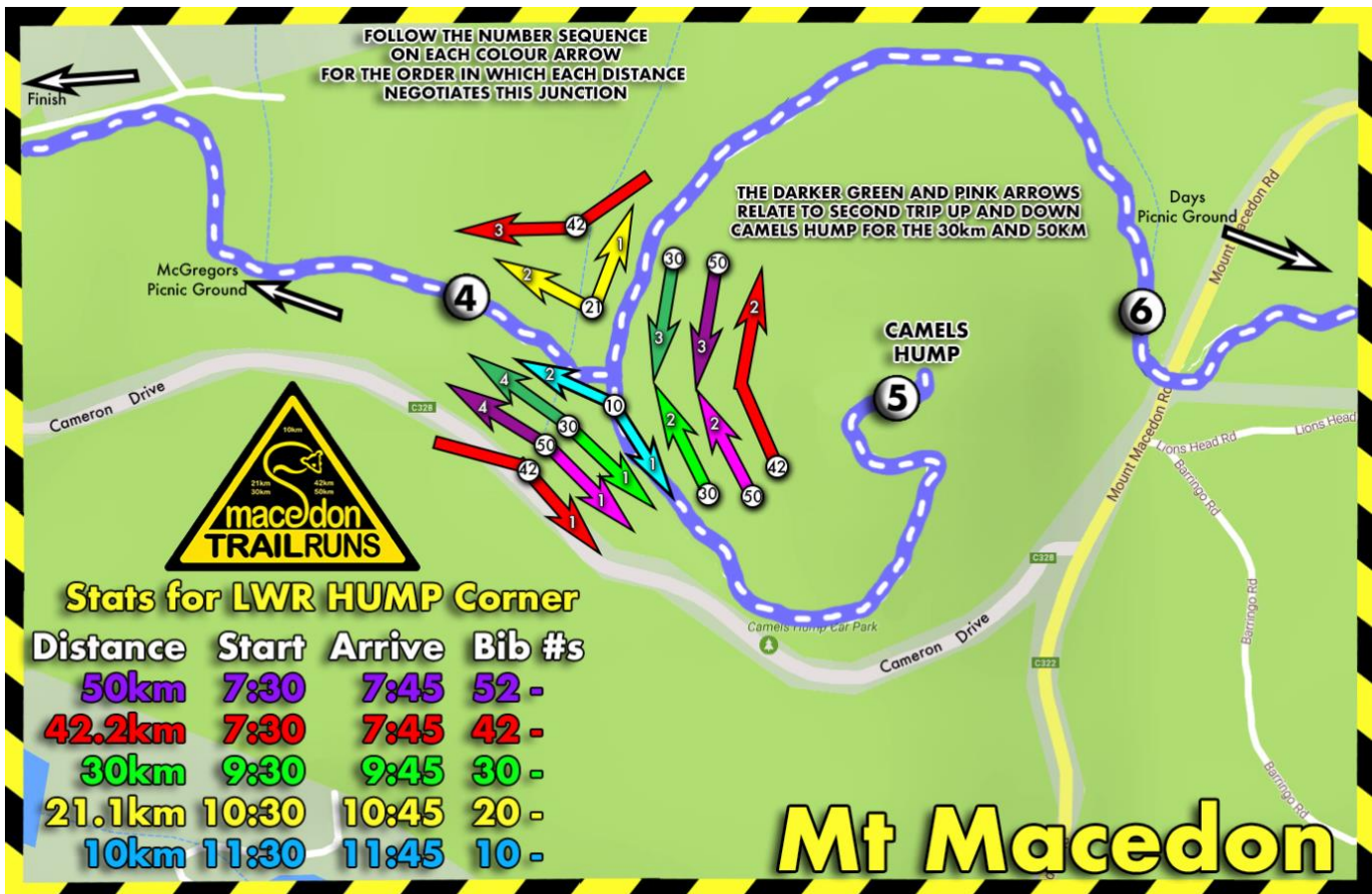
10km



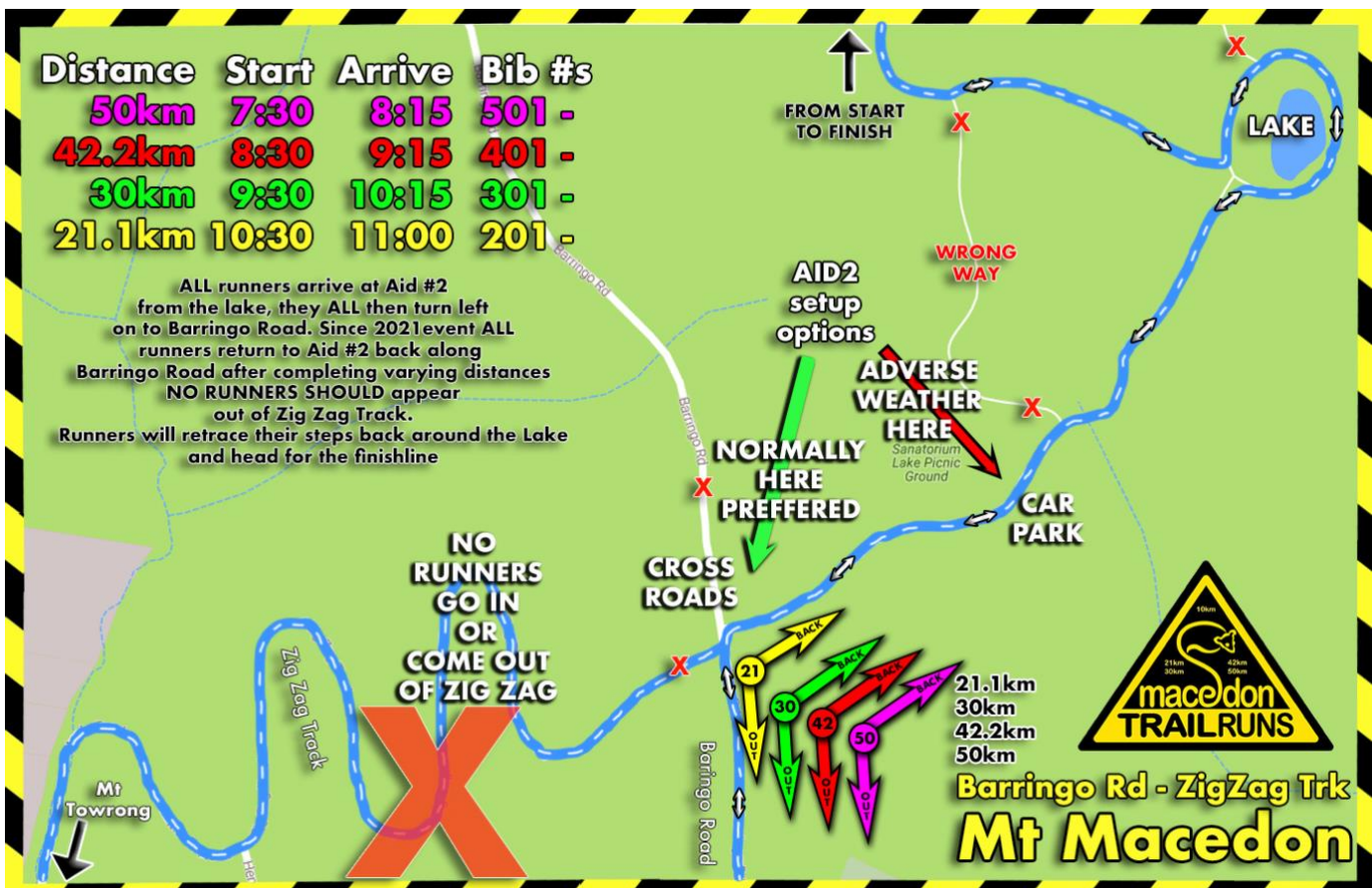
**Macedon 10km
ELEVATION 245M**



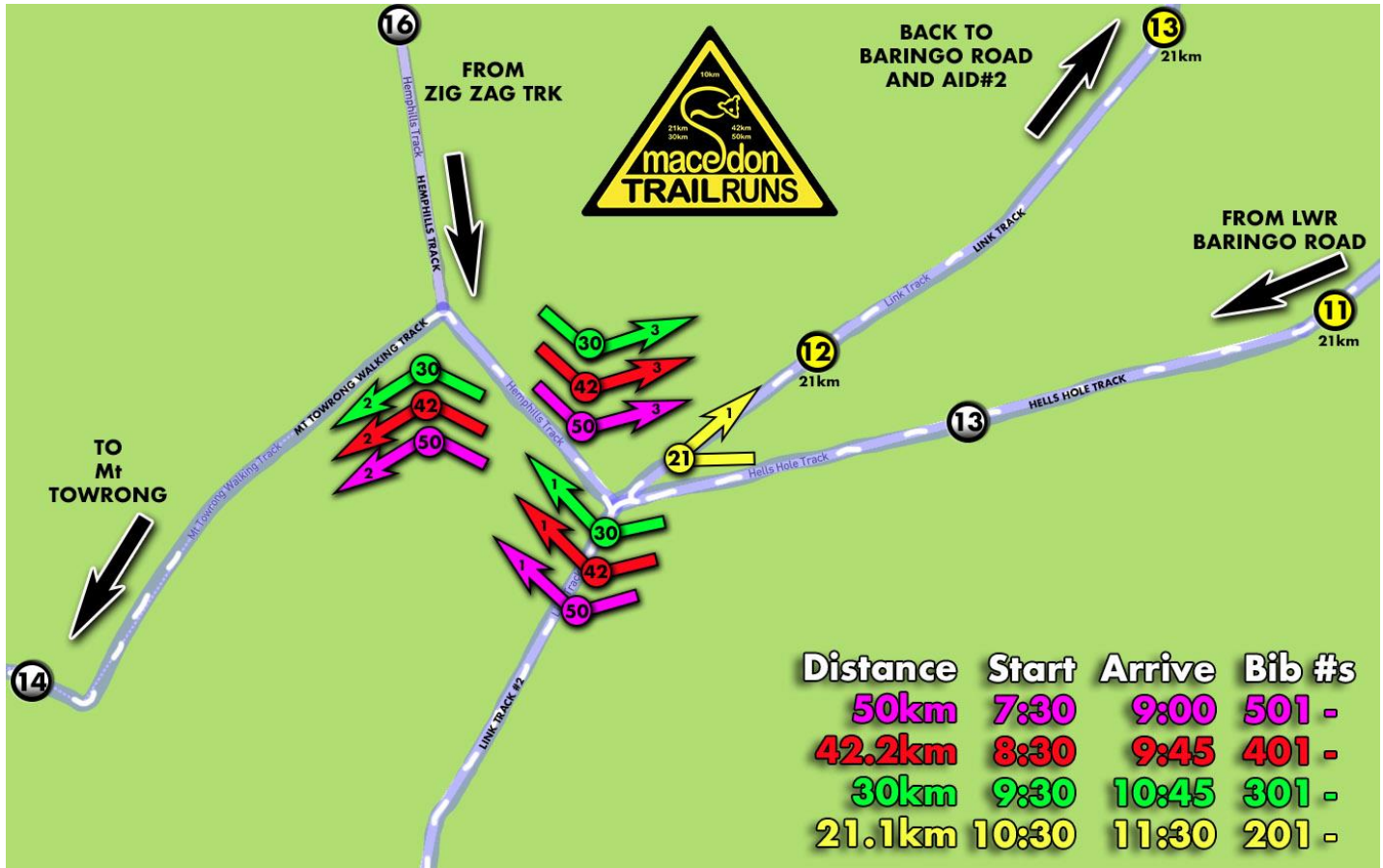
Junction Below Camels Hump aka – HARALDS CORNER



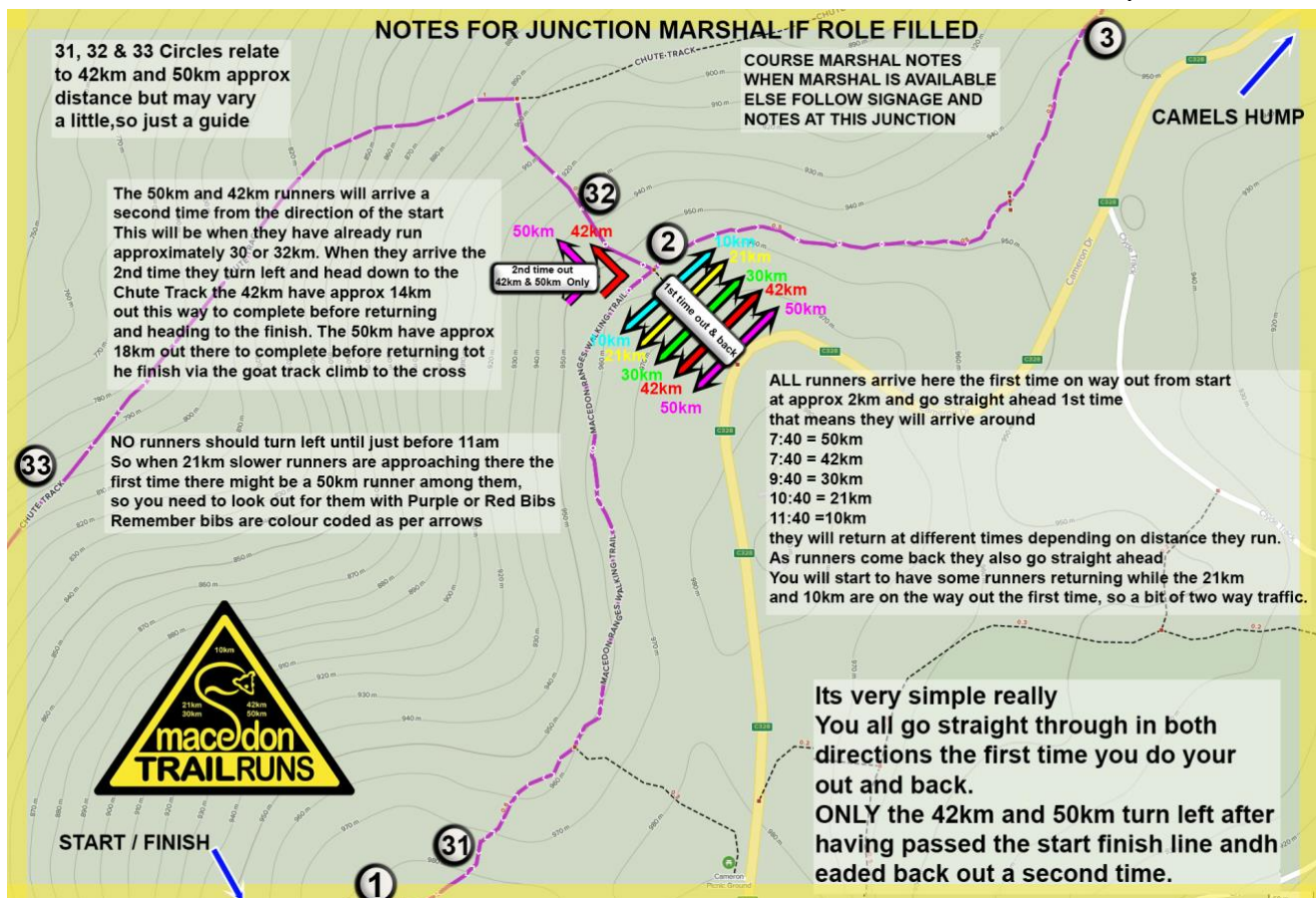
Barringo Road and zig zag track Aid station #2



Link Track #2 - Directions



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 14-20km you will again arrive here only this time you will turn left and head down barbers chute, to the Bawden road lower scout camp area.

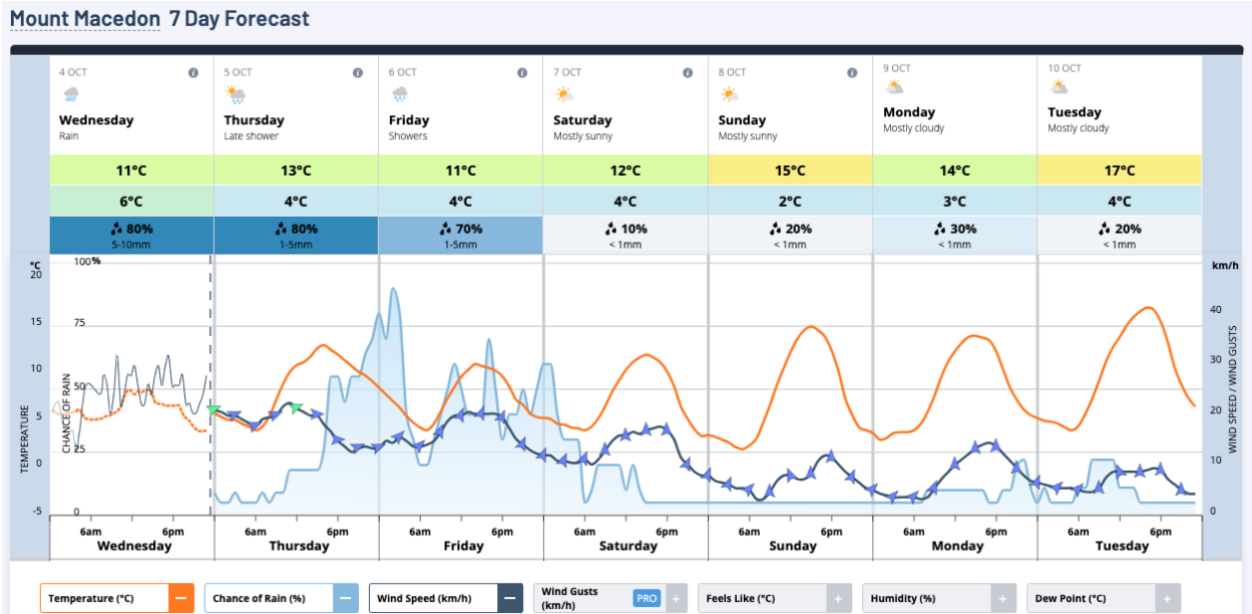


The Weather Page

It's a bit early to know what we are in for however, typically we can expect

Cool, Dry, Sunny range of 10 – 20 degrees

This is current available forecast



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

It will be slippery, fair chance it will be cool “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

If you see a marshal standing in high Vis as you reach the top of the mountain it most likely means you will be directed to the shuttle bus, this means don't turn left on Cameron drive, continue straight and turn right on lions head road to catch the shuttle bus

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**

OUR SUPPORTERS

Mt Macedon Realty

Supporting the Macedon Ranges community

[GARMIN](#)

You will never be lost wearing a Garmin

Sportsbeer ZERO+

Enjoy a refreshing Zero Alcohol Pale to celebrate your achievement.

TARKINE SHOES

Keeping you upright on slippery technical trails in comfort

TEKO SOCKS

Saving the marine life with this innovative recycled product

PETZL

Lighting the way safely

[32GI AUSTRALIA](#)

Hydrating you all the way to recovery

[APW](#) – Andrew Peace fine Wines

Celebrating in style, the good life