



RUNNER INFORMATION GUIDE

2024



GARMIN.



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Welcome

Welcome to the 14th year (edition 13) of the Mt Macedon trail run. As always Trailsplus events are supporting young people living with cancer. Trailsplus continue supporting CanTeen by donating a portion of your entry fee. We thank all of you who participate and help Trailsplus continue the support of young people living with cancer. This year we have passed \$75,000:00, which is an awesome effort thanks to our supportive running community and volunteers.

Our goal at Trailsplus is to provide a safe, friendly, encouraging opportunity for people to connect with trail running and enjoy the outdoors, our local parks, trails and mountains while discovering new places to visit. Whether a first timer or experienced runner, we see everyone as an important individual on their own journey. Participants have several options to choose something that suits their level of fitness, ranging from 10km, 21km 30km, 42.2km and 50km. One person achieving a 10km finish can be as equally challenging and rewarding as someone who finishes a 50km run. These are all great personal achievements, and we want to help you reach your goals.

Our courses may vary in distance and the trails used depending on weather conditions to ensure your safety. We can guarantee your GPS watches will all read differently, and the courses will read longer than expected.

The Mount Macedon trails have always provided a sense of mystery and intrigue as you navigate your way through often foggy conditions until the sun burns it away and provides the most stunning 360 degree views from various look out points along the course. It also provides a true introduction to trails and all that can be expected from the rugged Australian bush, including steep descents, rocky, rooted, slippery single tracks and some fast flowing trails to hit top gear on.

You will also be sharing some trails with members of the public on race day. I'm sure they will be intrigued by your efforts and commitment to run long or short distances. Please ensure the running community is well represented and respected by the way we conduct ourselves. You may find they walk two or three abreast, please be patient and make your way past them safely and politely, especially on single tracks.

The key to an enjoyable adventure here at Mt Macedon is to make sure you are early. Please make the effort to arrive well before your start time, catch the earlier shuttle if you are directed to the bus, you will have an awesome day if you make a little bit of effort at the very beginning of your day.

Most of all, come and have a safe and great day. Enjoy a sausage sizzle or the Café on the Mountain.

Thanks again for supporting the event.

WELCOME TO

Brett Saxon

Trailsplus - Race Director



Important information please read

These notes are very important. They are provided to you to ensure you have a fantastic day at the Mt Macedon trail run and a memorable experience of trail running at a Trailsplus event. Runners can make errors when running trails. The very nature of lots of trails combined with effectively 5 races operating over the day can create confusion if you don't have a basic understanding of what your specific event consists of, so please in particular check the maps and the notes so you are prepared for your event. Don't blindly follow the person in front, they may be doing a different distance, read the signs and listen to marshals if they are on course.

IF YOU ARE UNSURE – SAVE A MAP TO YOUR PHONE FOR REFERENCE

GPX download files are available on the website, Load your Garmin or use the Alltrails App, it will keep you on course

LET'S MAKE THIS YEAR AN ERROR FREE RUN FOR ALL

Most errors occur by not concentrating or following someone who is not in your event distance, so don't blindly follow the person in front they may be in another distance, check the signs or listen to instructions.

The courses are very simple when viewed as an individual distance, you just need to know approximately where you are distance wise and follow the directions or signage on course. It is a trail run, we don't want to paint white lines for you to follow the whole way, bitumen roads have them and they aren't much fun at all. So please look at the maps, print one or save to phone "we don't supply paper versions", carry one with you or look and listen to directions from officials.

The Fast runners likely to place should have done their homework, they should know where they are going. Taking the wrong course equal DSQ result even if first over the line and you have covered enough Km's, so don't risk it. We provide all the tools to safely and easily guide you, so long as you do a little bit of work and pay attention. You will have no issues navigating the course if you have done your homework and pay attention.

Most importantly we want you all to enjoy the day, this will happen if you follow the correct course.

Emergency Contacts

- Race Director Brett Saxon – 0418557052
- Event Manager – Chris Ackerman 0414 273 518
- Timing Official Robyn Saxon – 0419 533 018
- Police, Ambulance, Fire 000. 112 from Mobile

About trail running

Trailsplus trail running events goal is to take runners away from the busy streets and hard surfaces of concrete paths. It's all about getting into nature and enjoying your surroundings. Taking you into beautiful locations and off flat hard repetitive paths creating amazing adventures, but it also comes with the responsibility of runners to be aware of the surfaces they are running and walking on. Please ensure you are prepared and ready for the many small challenges that include, rough surfaces, water puddles, wet feet, sticks, rocks and roots, washed out trails, soft sandy trails and at times slippery muddy surfaces. You may have close encounters with wildlife, ranging from Kangaroos, Birds, Echidnas and of course in hotter periods lizards and snakes may be seen sunbaking. We ask that you consider what you need to do to be comfortable and safe, including correct footwear, clothing for the weather, nutrition and hydration.

Where

Macedon Ranges Regional Park Victoria

Harbison Picnic Ground – 415 Cameron Drive Mt Macedon Vic 3441

Only the longer distance runners can park at the start, others will be directed according to car park capacity, and be required to use the shuttle bus service.

When

Sunday October 6th from 7:30am, arrive nice and early and relax and collect your race bib on the morning.

Course Elevation

- 50 Km – 1840M
- 42.2 km – 1660M
- 30 Km – 1005M
- 21.1 Km – 610M
- 10 Km – 245M

Car Parking

50km – 42.2km – and some 30km runners will be directed to park at the start area. Once the car parks are full all others will be directed to the shuttle bus toward days picnic ground. Please refer to Map and follow directions, if runners ignore directions, and park against the requirements of the event permit, you risk disqualification. Please do the right thing and help the event meet our requirements around parking and keeping space free for the public to visit and access the café on the mountain

Getting to Mt Macedon

For those coming from Melbourne. You take the Tullamarine Freeway, then Calder Freeway, head toward Gisborne. Once on the freeway it takes approximately 40min to get there. Note the mountain can often be shrouded in fog, with poor visibility, please allow time, drive safe.

Shuttle Bus

The shuttle bus service will start operating once the start area car park capacity has been filled. As you approach the top of Mt Macedon Road ready to turn on Cameron Drive, signage or a marshal will direct you to the relevant area. The signage will say either Event Parking LEFT or shuttle bus STRAIGHT ahead, please follow instructions.

Course Navigation

The Mt Macedon course is very easy to follow. The most important things to remember are

- When there are arrows, follow them
- When there are distances signs, follow your distance sign only, ignore others
- Don't assume the person in front of you is doing the same distance and blindly follow
- Listen to our team at HQ, Aid Stations or marshal points

Course Changes

In 2024 at the time of publication, there are no proposed course changes, however like always it's important to be prepared for last minute changes, based around, weather impacts and occasional permit restrictions that can alter the available course.

Race Bibs are not mailed out

Trailsplus events do not mail out runner race bibs prior to the event. Your bib number must be collected on race morning. Wait times to collect bibs typically will not exceed 10 minutes. However, it is advisable to present at the race hub check in marquee with time to collect your bib, collect any merchandise available and present to race briefing 15 minutes before your official start time.



Cup Free Event

As a key part of our support of the environment our events are cup free. This means any participants requiring a drink at any of our aid stations on course will need to carry their own drinking vessel. We encourage you not to bring or use single use plastics, please help us help the environment. You can purchase one of our re-usable cups that are great for your running events or even family picnics.



Main Road Crossing

Everyone except the 10km runners will cross over Mt Macedon Road. This is a main road and will be managed by marshals at the official pedestrian cross over point.

RUNNERS MUST FOLLOW INSTRUCTIONS

You do not have right of way, you will only cross when advised to do so. If you don't follow the instructions, you will be disqualified.

(ZERO TOLERANCE on this safety issue.)

You cross this location on the way out and on your return. Please be safe and do the right thing.



Running Along Minor Dirt Roads

At times you will be running on dirt roads where you may encounter a vehicle. When running on dirt roads please remove earphones and listen to your surrounds. Always follow common sense and road etiquette when running on low use dirt roads. Where possible, run on right side toward oncoming vehicles. Do not run in groups and spread across the road.

Macedon Community House BBQ

We are helping raise funds for the Macedon community house via a sausage sizzle. There are plans to have meat, veggie burgers and bacon and egg rolls, please help us support them by purchasing your lunch here. Have some cash or Card on hand.



Event Schedule

REMINDER DAY LIGHT SAVINGS STARTS RACE MORNING THAT MEANS YOU LOOSE AN HOUR SLEEP

If you forget, you will arrive late and while we do whatever we can to accommodate you running, it will be in line with safety protocols and may mean you do a shorter distance due to our sweeps being ahead of you 😊

52km and 42.2km

6:15 am Pre Race Check in Opens 50km – 42.2km Runners

7:10 am Pre Race Briefing 50km – 42.2km Runners, all must be present

7:20 am walk to start at memorial cross

7:30 am Race Start 50km – 42.2km Runners

30km

8:15 am Pre Race Check in Opens 30km Runners

9:10 am Pre Race Briefing 30km Runners

9:20 am walk to start at memorial cross

9:30 am Race Start 30km Runners

21.1km

9:15am Pre Race Check in Opens 21.1km Runners

10:10 am Pre Race Briefing 21.1km Runners

10:20 am walk to start at memorial cross

10:30 am Race Start 21.1km Runners

10km

10:15 am Pre Race Check in Opens 10km Runners

11:10 am Pre Race Briefing 10km Runners

11:20 am walk to start at memorial cross

11:30 am Race Start 10km Runners

Shuttle Bus Service from Days Picnic ground to start (times are approx. ONLY)

8:30 am Shuttle Bus service begins to ferry from days picnic ground to start line

3:00 pm Shuttle Bus service ceases, Trailsplus team will arrange a ride for later runners

Event Close

5:00 pm Last runner expected to be finished

Race Bib placement and visibility

Runners should always have their race number visible. They must be on the front of the runner, not on their leg or backpack. This will not only allow us to utilise our back up timing system, but it helps keep tabs of where you are on the course and makes you identifiable.



Runner and Supporter conduct

Trailsplus events are all about friendly, supportive, welcoming and encouraging conduct. Please help us to make the day an enjoyable and memorable one for all. If your day doesn't quite go to plan for whatever reason, please take a moment to reflect on why we are here and respect everyone that is involved. There is no place for any form of unruly behaviour.

Rubbish

We operate a leave no trace policy at Trailsplus events, that means you leave nothing on the course, please ensure you do not drop gel packets or tear offs on the course, there are bins at aid stations please carry any rubbish to the next aid station and deposit it in the bins provided.

Withdrawing during during the race

Runners must only withdraw at one of the official aid stations. You **MUST** report to the aid station and ensure you are recorded as withdrawing from the event. (Except in emergency where you will be recorded as finished by medical staff in situ)

If you walk off course and go home with crew and we don't know where you are. We will invoke a search and the cost will be on you so please ensure you notify officials before leaving.

Timing Chips - IMPORTANT

Timing Chips remain the property of Trailsplus, the rear of your race number contains two timing chips, these will be removed by our chip collector immediately on finishing. YOU MUST return the chips, do not leave the finish area until you have had your chips collected. We know who has what chips and if you leave with the chip, you must notify us via email within 3 days and place the chips in the post or a \$20 fee will be charged.

Recording Split Times

All races will start at the memorial cross. All events finish from the direction of the dirt carpark and down the single track inside the picnic ground. Do not approach the finish via the café carpark, if you do you will be directed back to the café and advised to continue on the single track behind the cafe.

We will also have on course tracking devices to monitor other sections of the course and your progress, a minimum of 6 on course timing points will exist.

Photography

At our events we always try to have photographers. These may be professional, amateur or weekenders. Please keep an eye out for these photographers that may be spotted around the trail, give them a smile and a wave. If you don't want to be photographed cross your arms in front of your face. We hope to have a finish line photographer also, so be prepared with a big smile and don't look down and stop your watch until after the finish line what's 2 sec 😊. While we respect you may not want to be photographed it is a condition of entry that you acknowledged you maybe. We try to make the photos available online within a week of the race.

Changing distance

A runner may request to change distance either up or down. There will be a fee and price difference payable regardless of stepping up or down. Requests should be made via email as early as possible. Series entrants will also forfeit points in competition if changing distance.

Slower Runner

If you have concerns about how long your distance will take you, you can discuss a possible early start time with the race director, this should be done no later than Thursday prior to the event. 30min early start option.

Email – info@trailsplus.com.au

Guide to Finish Times – Cut Offs

50km – 7:30am Start – Expected Latest Finish Time 5pm (Total 9.5hrs)

42.2km – 7:30am Start – Expected Latest Finish Time 5pm (Total 9.5hrs)

30km – 9:30am Start - Expected Latest Finish Time 4pm (Total 6.5hrs)

21.1km – 10:30am Start - Expected Latest Finish Time 3pm (Total 4.5hrs)

10km – 11:30pm Start - Expected Latest Finish Time 2:30pm (Total 3hrs)

Guide to Road Closure – Cut Offs

Runners returning across Mt Macedon Road have up to the following times to cross, otherwise they may be held at the Baringo aid station and required to return with aid station crew, recording a DNF.

50km – 7:30am Start – Latest Cross back time Mt Macedon Road 12:30pm (5hrs for 23.5km)

42.2km – 7:30am Start – Latest Cross back time Mt Macedon Road 12:30pm (5hrs for 21.5km)

30km – 9:30am Start - Latest Cross back time Mt Macedon Road 1:30pm (4hrs for 23.5km)

21.1km – 10:30am Start - Latest Cross back time Mt Macedon Road 1:30pm (3hrs for 16.5km)

Presentation Times (approx.)

Race Presentations – Due to the nature of the finish times being spread out over the longer distance, these are approximate times, however if you are in the top 3 you should make sure you are available in the presentation area regardless of time listed below, it's best to check with the race director on the day if you need to leave.

12:30 – 21.1km

12:30 – 10km

1:00pm – 30km

1:00pm – 42.2km Male

2:00pm – 42.2km Female

1:30pm – 50km Male

3:30pm – 50km Female

Podium presentations based on previous year's average finish time for top 3 Male and Female

If you have placed in your event and need to leave before the Presentation, please ensure you come and collect your winner's trophy from the race director. Also, every runner that finishes the event they started by covering the correct course will receive a custom designed medal.

Mandatory Gear

Mt Macedon sits at 1000M, it snows here occasionally, most recently it snowed in Mid September. While not mandatory to carry it is Suggested and required gear to have with you at the start just in case This especially applies to 21km 30km 42km and 50km.

It can get quite cold even on a good day, so warm clothes for after your run is highly recommended.

Mandatory Gear to have in your kit bag at the start that you may be required to be carried on the day. Waterproof Hooded Jacket, Gloves and Beanie or Buff.

Recommended Gear to carry with you during the event

Mobile Phone, Map/Digital download, Wide compression bandage, Handheld water bottle or hydration pack, emergency food. There is a safe place to keep your bag at the start finish area.

Runner Safety

As with all Trailsplus events participant safety is our number one priority. If a runner comes across another runner in need, you must stop and help or get assistance. You will find the race directors and other phone numbers on the rear of your bib. Time taken to care for a runner will be deducted from your finish if desired.

Sharing the trails

You may come across public users on the trail. It is imperative that we give way to other trail users. If you come up on bush walkers, please ensure you politely let them know you are there and pass respectfully. If on a single track, please be sure to carefully pass and always be polite.

REPEATED ROAD WARNING - Road Section Running



RUNNERS DO NOT HAVE RIGHT OF WAY – YOU MUST WAIT UNTIL ADVISED TO CROSS

When you approach the Mt Macedon Road crossing you must stop and wait for marshal instructions to ensure a safe crossing. Traffic is not stopped for runners. **RUNNERS MUST STOP AND GIVE WAY**

Aid Stations

Aid stations approximate location

50km – 4km, 10km, 15km, 21km, 26km, 30km, 35km, 40km, 44km

42.2km – 4km, 8km, 13km, 19km, 24km, 33km, 38km

30km – 4km, 10km, 15km, 21km, 26km

21.1km – 4km, 8km, 14km, 18km

10km – 4km, 8km

Aid stations will have the regular Trailsplus items available

Generally consisting of, lollies, chips, chocolate, fruit cake, fruit, water, electrolyte and coke, depending on aid location.

Runners Aid Station Drop Bags

We will transport runners' personal nutrition items to nominated aid stations, providing they are placed in the appropriate container on time for delivery by available volunteers.

ALL DROP BAGS MUST BE PLACED IN CONTAINERS BEFORE 7:30 TO ENSURE THEY ARE DELIVERED TO LOCATION.

Generally, this applies to the 42km and 50km runners

3 – potential locations Baringo Road, Bawden Road Winery, start finish pass through.

Runner drop bags must be clearly labelled. They may not be there for your first visit pending volunteer movements. We will endeavour to have all drop bag and personal items returned to the finish line before you leave, but sometimes it's not possible. Please note we will not post any items left behind; it is your responsibility to collect them.

Runners Personal Belongings Tent

We provide a sheltered area for you to leave your belongings, however you do so at your own risk, though it is a safe area at the start. This means you can bring a bag of clothes with you on the bus to have at the start / finish line.

Walking Poles

Walking poles are permitted, however must be used safely and not hinder other runners trying to pass, especially on stairs and single tracks section.

Top of the Range Tea Rooms

As well as our sausage sizzle, the Top of the Range tea rooms is a great place to grab some food, located just 100M from the start line.

Insurance Cover

The event has public liability cover this does not cover personal accident, please ensure you have your ambulance subscription up to date, it is very expensive to travel in an ambulance, by road and much more by air.

Electronic Timing

We use electronic chip timing for our start/finish and at various locations on course. Results are available live on race day and a link to these results will be provided on race weekend, via a QR code or directly from our website.

Race Bibs Timing Chips

Our race bibs are customised to each race and include two timing chips in pouches on the rear of the bibs. These chips belong to Trailsplus and must be returned at the end of the race, do not remove chips from race bib until assisted by volunteer post-race. Please ensure your race bib is always worn on your front and visible, do not place on back or leg.

Race bibs are ALWAYS collected at check-in, we do not post out race bibs.

In the event of VERY LATE entries, you may receive a plain black and white bib.

Phone Coverage

Generally speaking, the phone coverage is ok, however, if having issues, simply moving a little along the trails can help find signal. The start finish area has some blank spots also, but just move 50M and you should be ok.

Respect all park visitors

Do not startle other park users 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

Toilets

There are toilets located at the start finish, McGregors Picnic Ground, Days Picnic Ground. Runners must not use the café toilets as they have limited water supply and is only for their customers.

Winners Awards Podium

We present our 1st, 2nd, 3rd male and female winners on our podium for all distances. We always provide a small trophy item and when available some prizes. Please ensure you stay around for presentations; unclaimed trophies can be collected, or a postage fee can be paid to have the trophy sent to you.



Finishers Medals

Every participant that finishes the event distance they started will receive our custom designed Mt Macedon Medal.



Finishing your race under the clock

Keep the finish line clear for our photographers that will be trying to capture your special moment. Once finished move to medal collection area slightly away from the finish arch. Try not to stop your Garmin until well past the finish, it makes for a much better photo if you raise arms and celebrate your achievement. Please move away from the finish line so photographers can take a photo of the next runner.

Refund Policy

We have a refund policy that is agreed to during your ticket purchase process and available online in our terms and conditions. The basics are, partial refunds are available up to 30 days prior to the event, no refunds within 30 days.

Transferring or giving your entry away

You are NOT permitted to sell or give away your ticket. We have a strict policy that all participants running must acknowledge all entry conditions. Under exceptional circumstances you can contact us to discuss options, however there will be an admin fee on any permissible ticket transfers. Random ID checks will be made at bib collection.

Parks Victoria

We are extremely grateful for the support of Parks Victoria and the opportunity to host the Mt Macedon trail run in this fantastic location.

Traditional owners

Our event is being held on the lands of the Dja Dja Wurrung, Taungurung and Wurundjeri Woi Wurrung Peoples, (KULIN NATION) and we acknowledge them as Traditional Owners. We would also like to pay our respects to their Elders, past and present.

Preserving the future event options

Trailsplus work very hard with various authorities to gain access to amazing locations to create running events that we hope create great memories and result in individuals achieving personal goals. To ensure continued access it is very important we all respect the environment, animals, and people at this location.

Environment

Trailsplus are proud members of the sports environment alliance. We work hard to minimise our impact on our precious environment, we ask you not leave any rubbish at all on the trail. It is very important that we don't drop rubbish or let rubbish get away from us at the aid station, particularly our Gel packets and tear off tabs. Please don't drop anything on the track, carry them with you to the aid station or drop in the appropriate bins provided. Please help us by placing the correct type of rubbish or recyclables in the bins provided.

Music Devices

Whilst we understand many runners like to run with music, how about leaving the music home for this event and enjoy nature and your surrounds, listen for encouragement and support. If you feel you must have music in your ears, please ensure you remove devices from your ears when approaching Marshals, Aid Stations, and the start finish area. We have had runners taking wrong trails and been yelling at them to stop but they don't hear from the music, and they ruin their own day.

Medic Service

Trailsplus engage medical personnel for our events. If you have any injuries no matter how small, please be sure to engage with our medic. They are more than happy to assist you with any issues. If you just don't feel well we prefer you speak to our medics so they can give you the best advice about your participation or recovery.

Dogs Permitted

Dogs are permitted at Mt Macedon but must always be on leads, if running with your dog there are certain rules that need to be followed. You cannot podium with dog assistance and must give way to everyone.

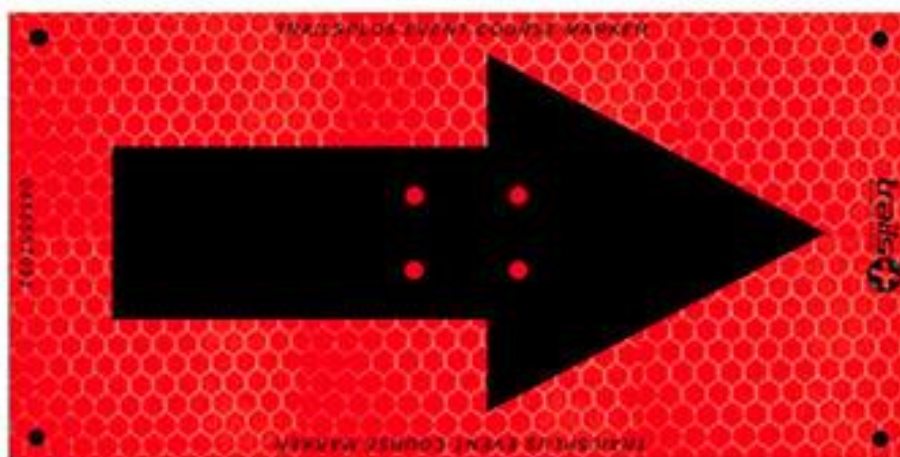
COURSE NAVIGATION

Signs and Markings

Navigating the course is "EASY". It really is!

Note, trail running events rarely have marshals, you need to follow signs.

At Mt Macedon we will use a combination of white chalk on the ground, large orange arrows, orange ribbons, pink/yellow ribbons, red stop signs, occasionally there may be special signs for various distance options. Unless a specific sign for your distance tells you which way to go then simply follow the arrows and markers.



Course Notes for your Safety

CAN'T STRESS ENOUGH HOW IMPORTANT THIS NOTE IS ABOUT LOOKING AFTER YOUR ANKLES

TAKE EXTREME CARE OVER THE ROCKY SINGLE TRACK AT THE START AND CONTINUE TO PAY ATTENTION ON THIS TECHNICAL TRAIL. PARKSVIC HAVE DONE SOME WORKS ON THIS SECTION SINCE LAST YEAR, WHILE IT HAS REMOVED SOME ROCKY SECTIONS IT REMAINS SLIPPERY AND UNEVEN IN PLACES. IT ABSOLUTELY REQUIRES PLANNING FOR EACH STEP YOU TAKE SO GIVE YOURSELF ROOM AND CLEAR VIEW OF THE TRAIL.

THIS IS WHAT SOME SECTIONS LOOK LIKE



Mt Macedon involves many technical and steep downhill sections requiring extreme care. 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. We have highlighted some spots, (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 10-12K 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 12-14K 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 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 50km – 42km THERE IS ONE OTHER NOTABLE DESCENT REQUIRING EXTREME CARE

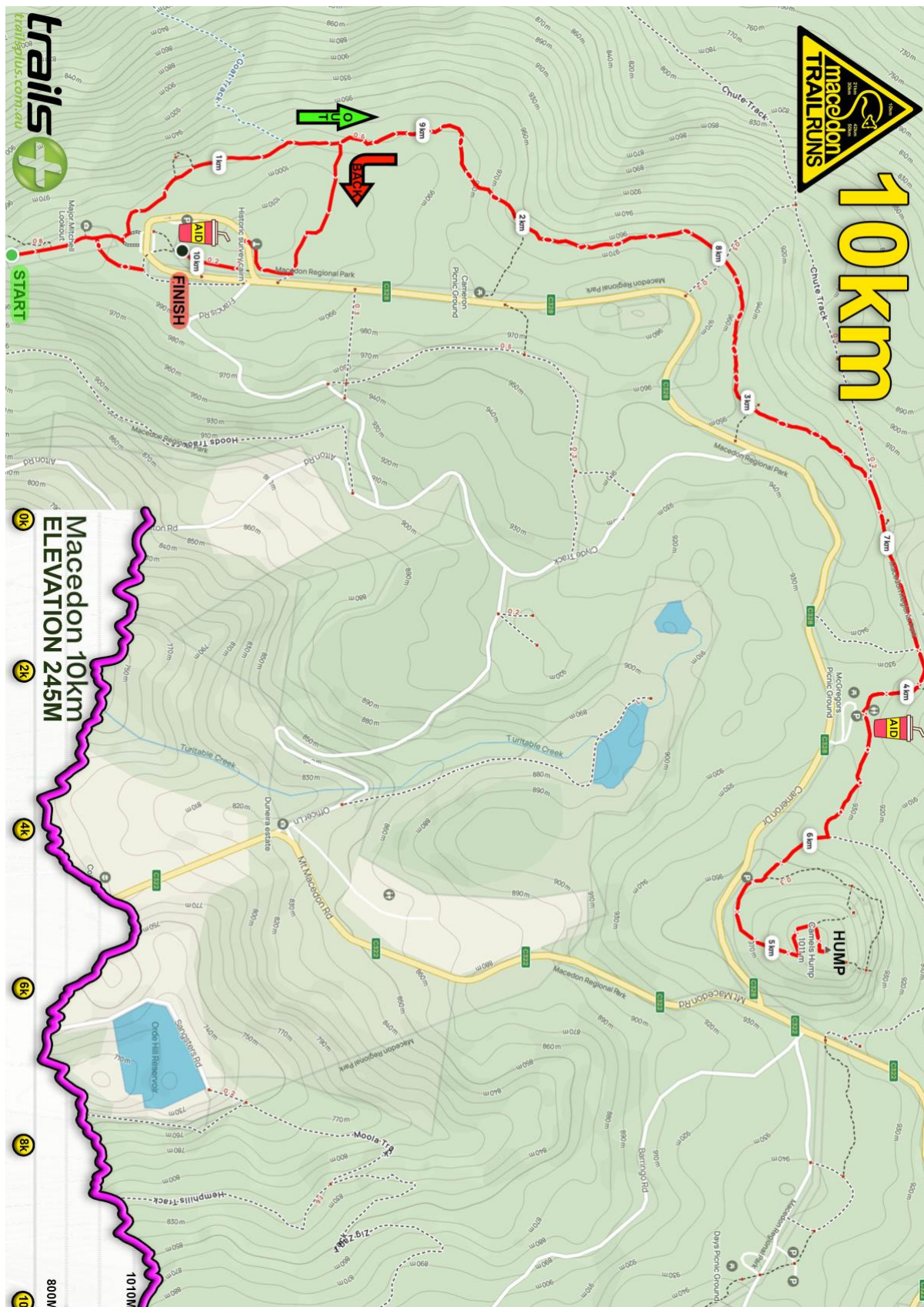
4 – BARBERS CHUTE 31-33K is a wide 4WD track that has two sections of steep descents, it is rough, extremely rocky & Slippery in places, it presents opportunity to go fast and lose control, rolled ankles are a big possibility here, **PLEASE TAKE EXTREME CARE** and enjoy, you already have 30+Km of fatigue 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.

Of course this is just a selection of locations we have highlighted, as you know there are many hazards and you should proceed within your capabilities and control for your safety.

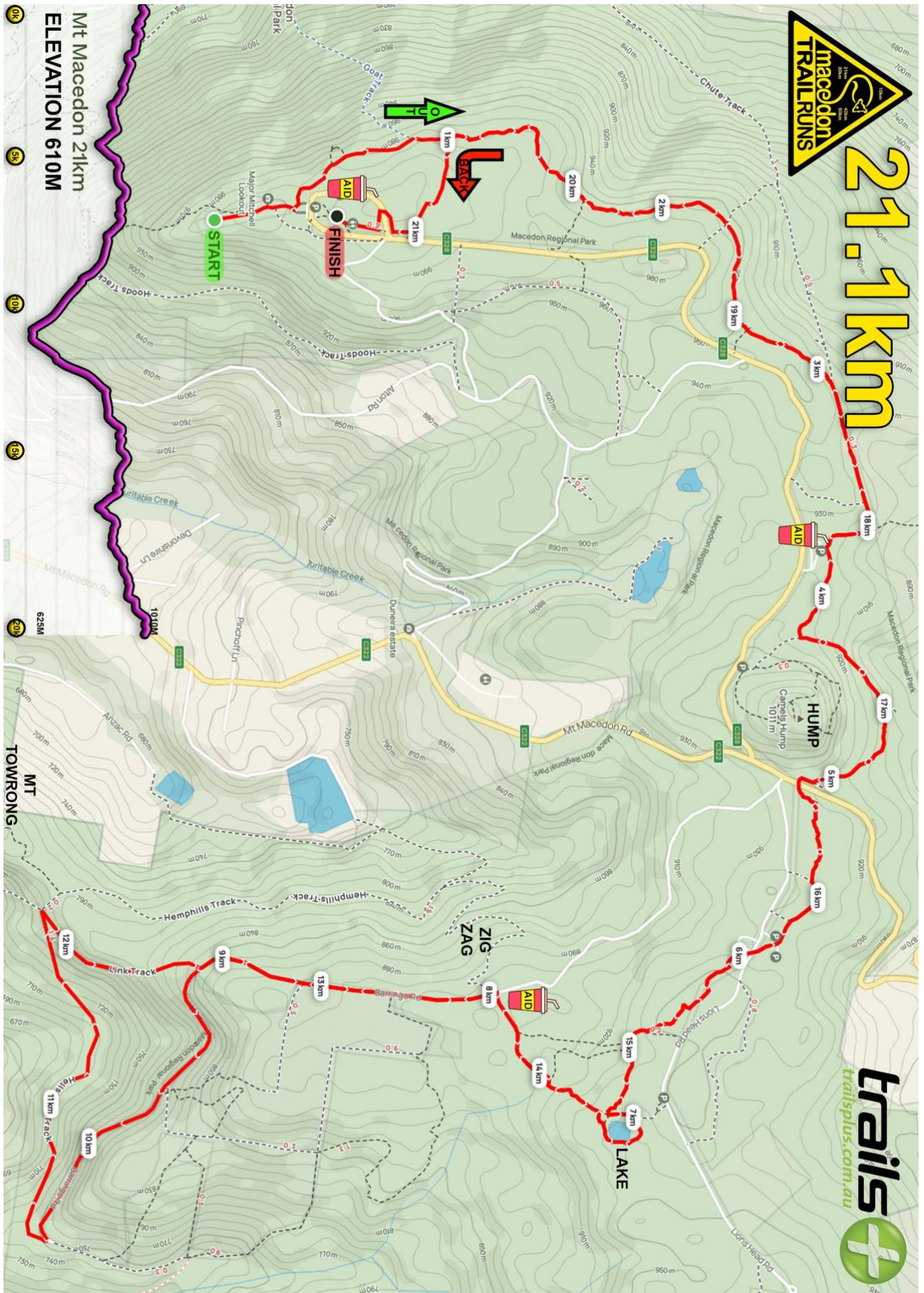
As always have fun and enjoy the experience, there are still lots of undulating sections that require your full attention but for the next 10Km the course is very runnable though tough, then there is the last ascent up the goat track, I know you will enjoy that 😊

STUDY YOUR DISTANCE ONLY

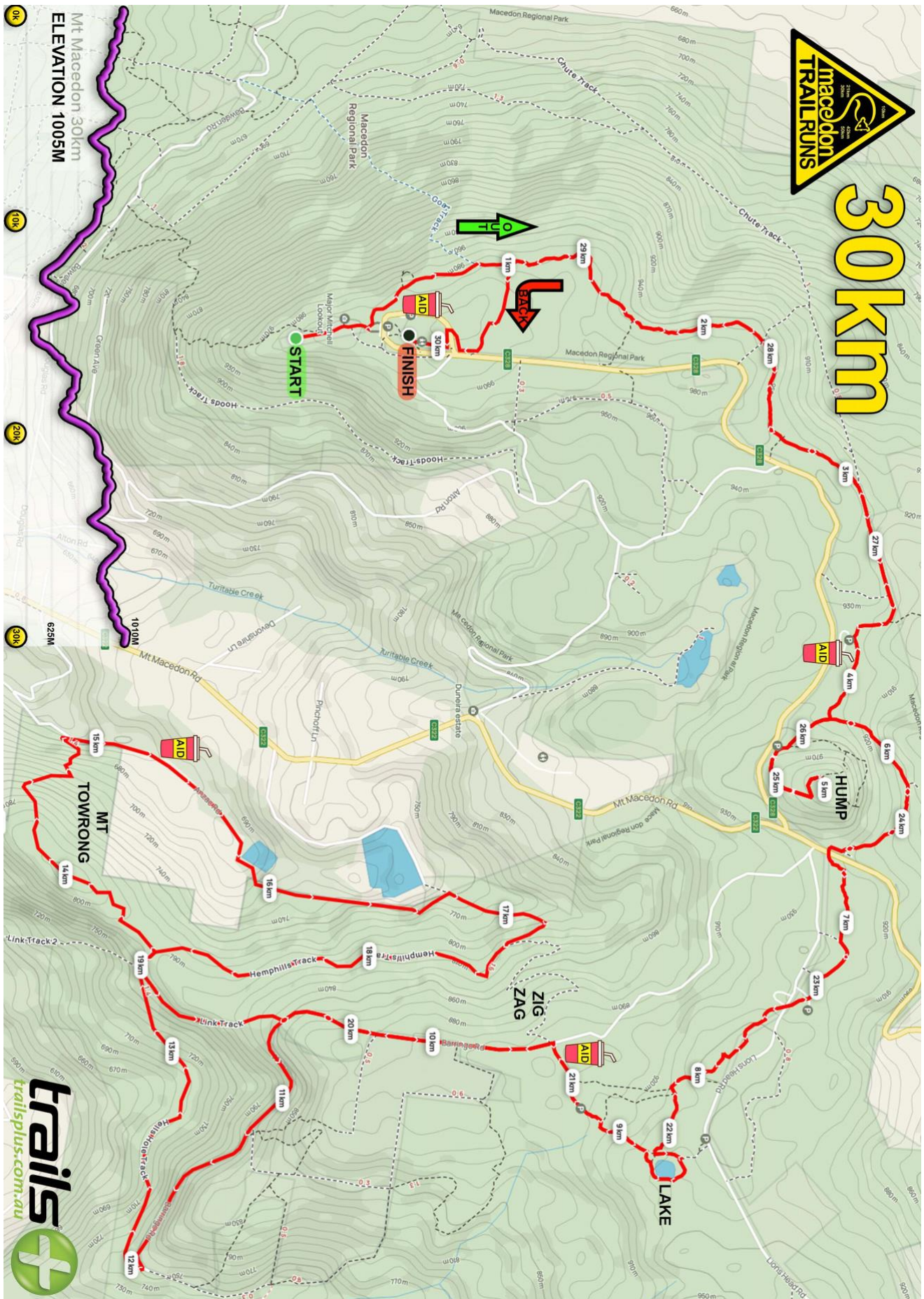
10KM COURSE MAP



21.1KM COURSE MAP



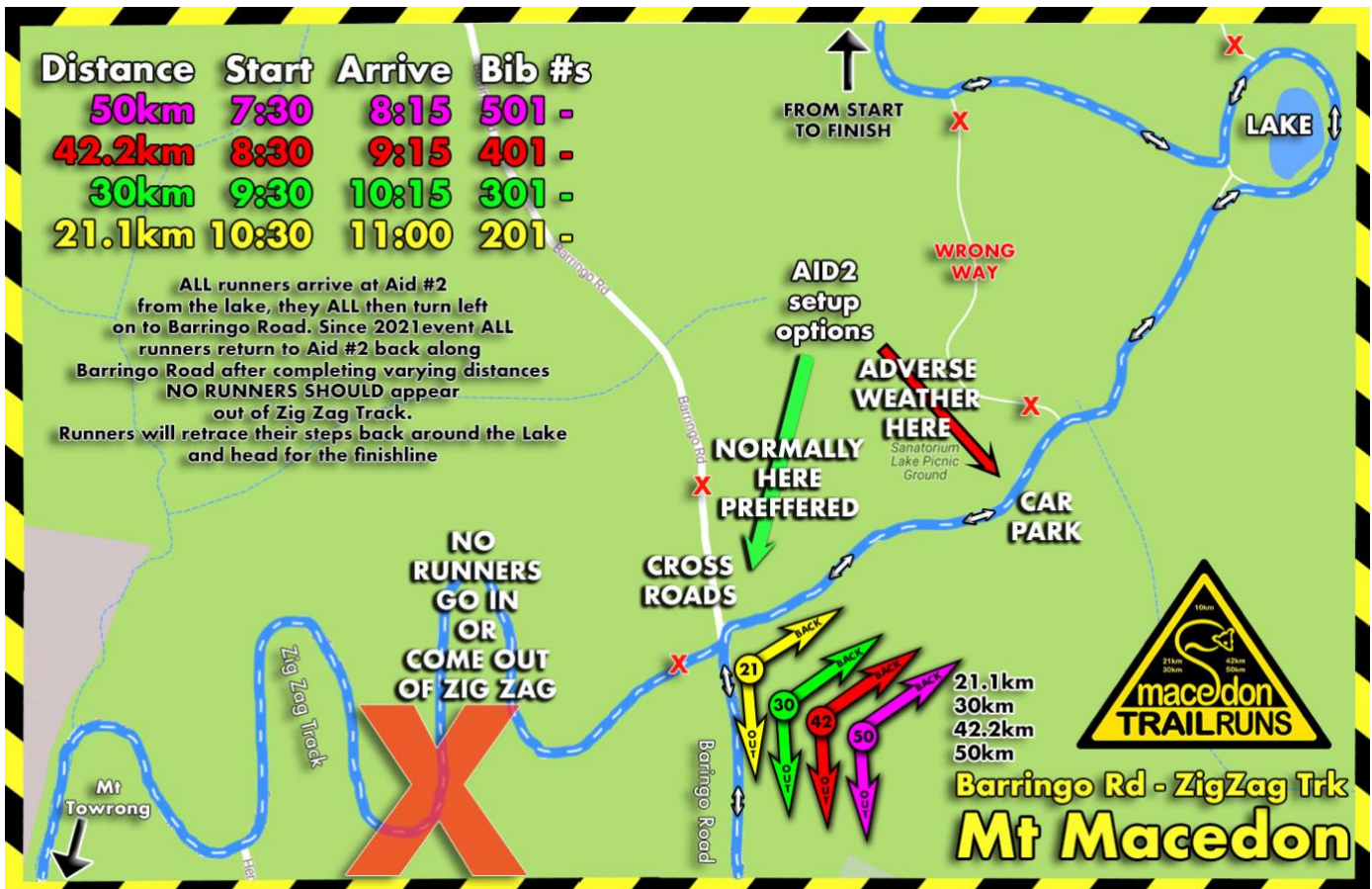
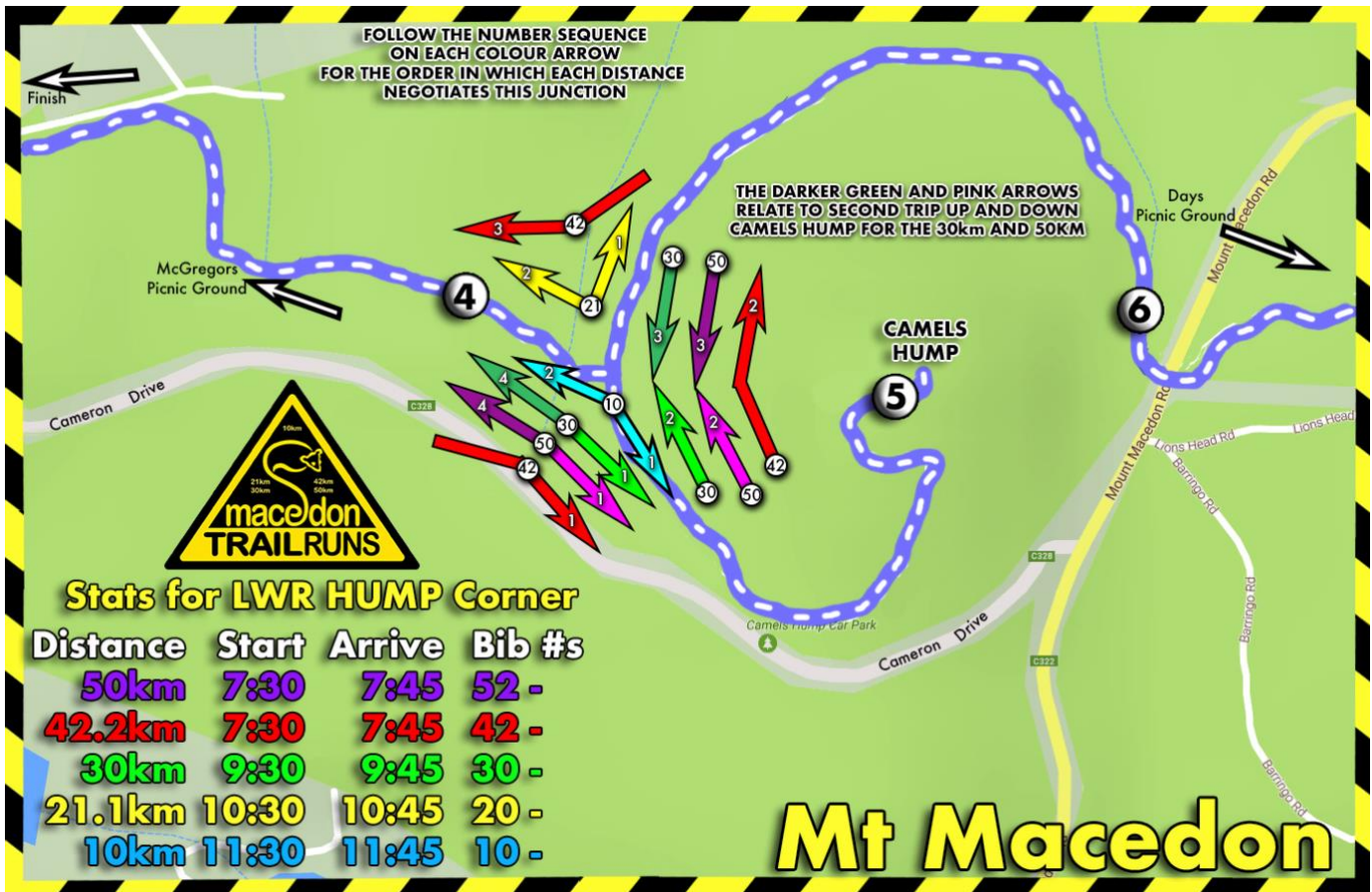
30KM COURSE MAP

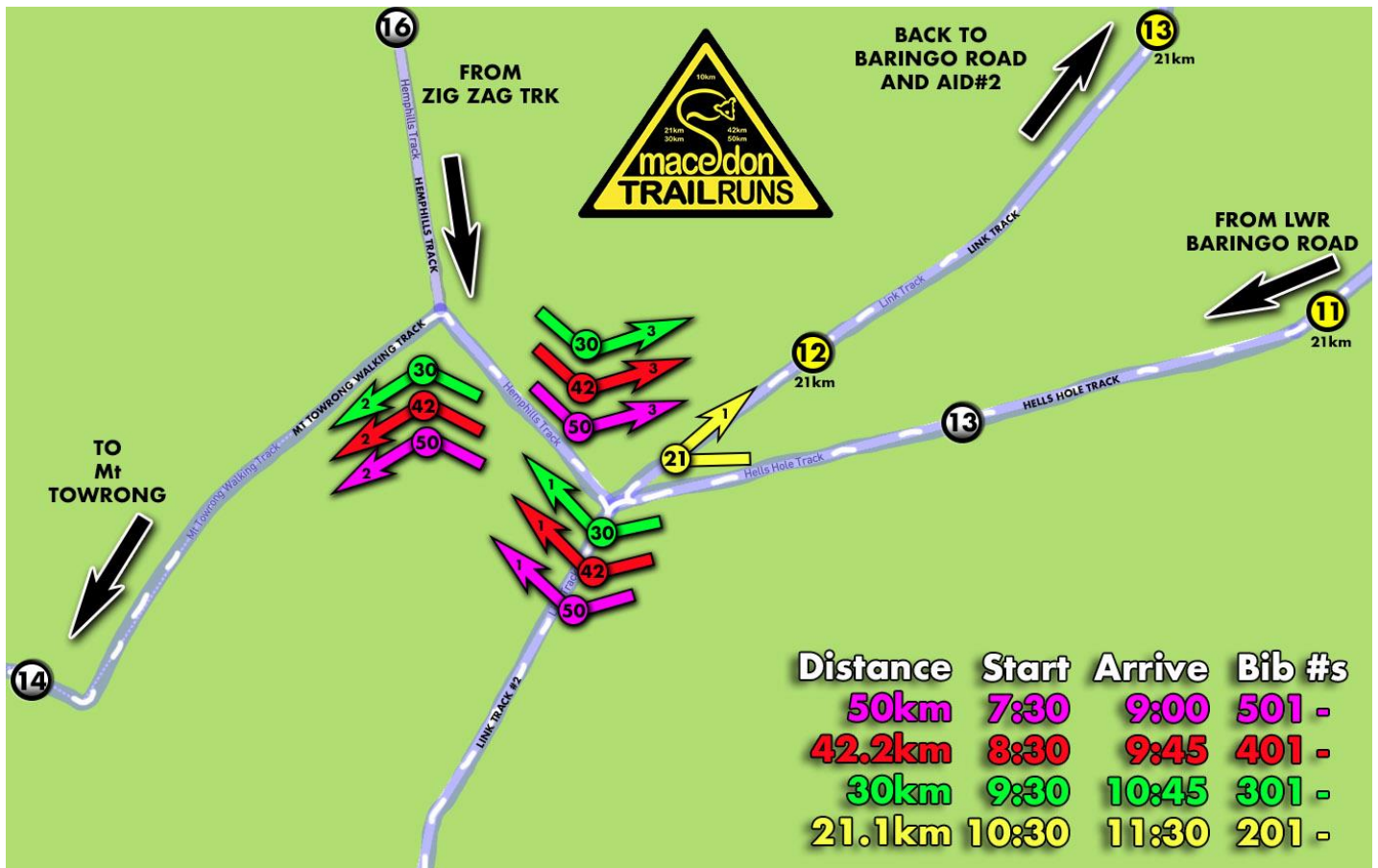


42.2KM COURSE MAP



ADDITIONAL HELPFUL JUNCTION MAPS

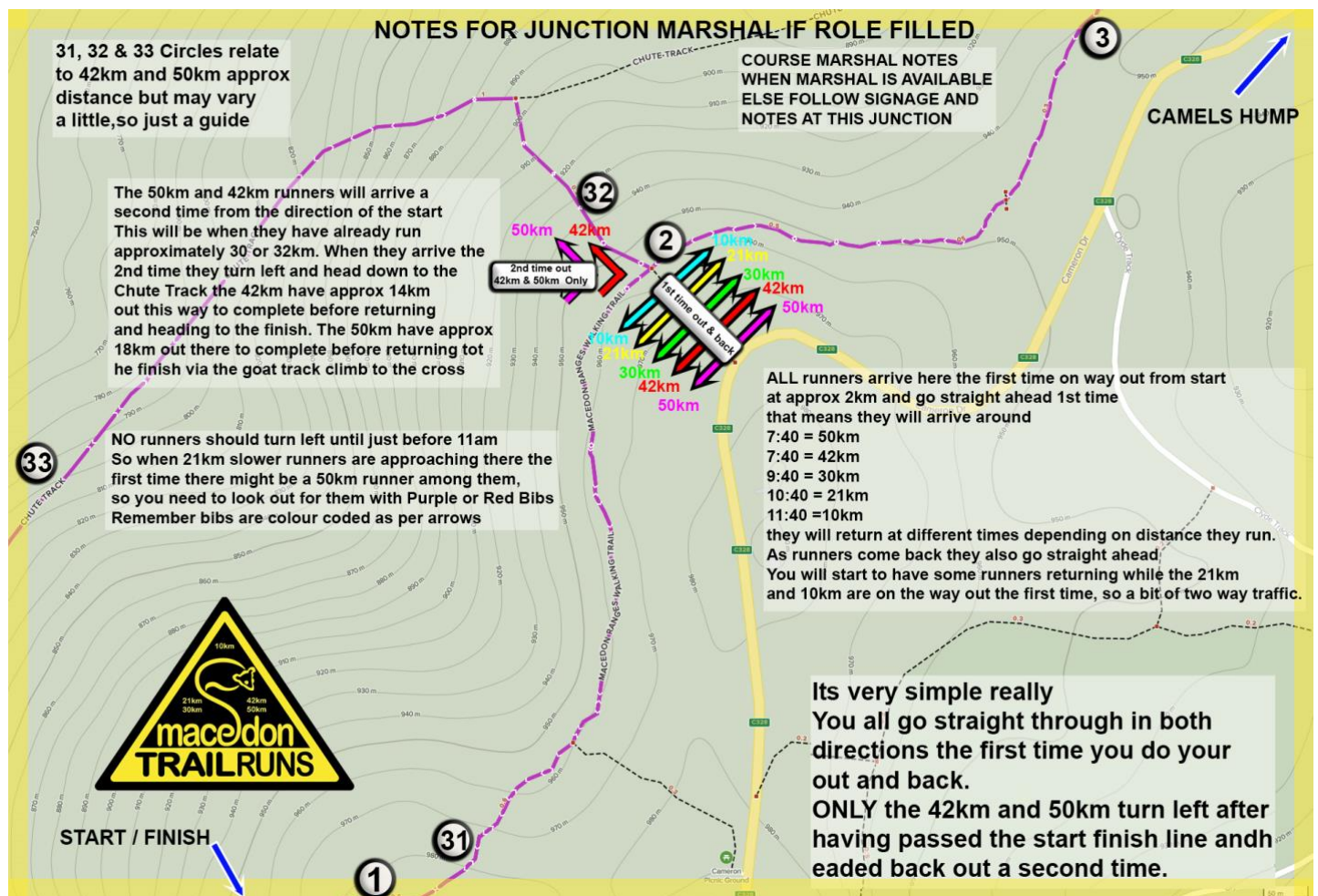




42km – 50km Last 20km (Junction Notes)

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 and arrive at the pass through finishline.

When the 42km and 50km runners have completed approx. 28km-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.



Finishing the 42km and 50km event out of the Cross

All 50km and 42km runners will make the climb from Bawden road to the memorial cross. IT is important that when you exit the cross gates, you follow the course behind the café for 1km and make your way to the finish line through the dirt overflow carpark. Runners MUST NOT exit the memorial cross, run through the main carpark to the finish hub. (this is incorrect, and you will be directed to run back behind the café and follow the correct course)

Merchandise Range

You Yangs design shirts pre 2024



2024 Mt Macedon and Mountain Series Shirts



Some of our Headwear Range pre 2024



Head Wear / Buffs 2024 Mountain Series



Special Edition Mt Macedon T-Shirts

You can order a limited edition Mt Macedon T-Shirt via the SHIRT SHOP link below.

Please note there are limited Qty in each size available. If you place an order and the size isn't available we will place a special one off order and these orders will arrive with our Marysville Shirts.

Headwear is also available to purchase on the day.

<https://events.humanitix.com/trailsplus-shirt-shop>



Timing Chips MUST be Returned

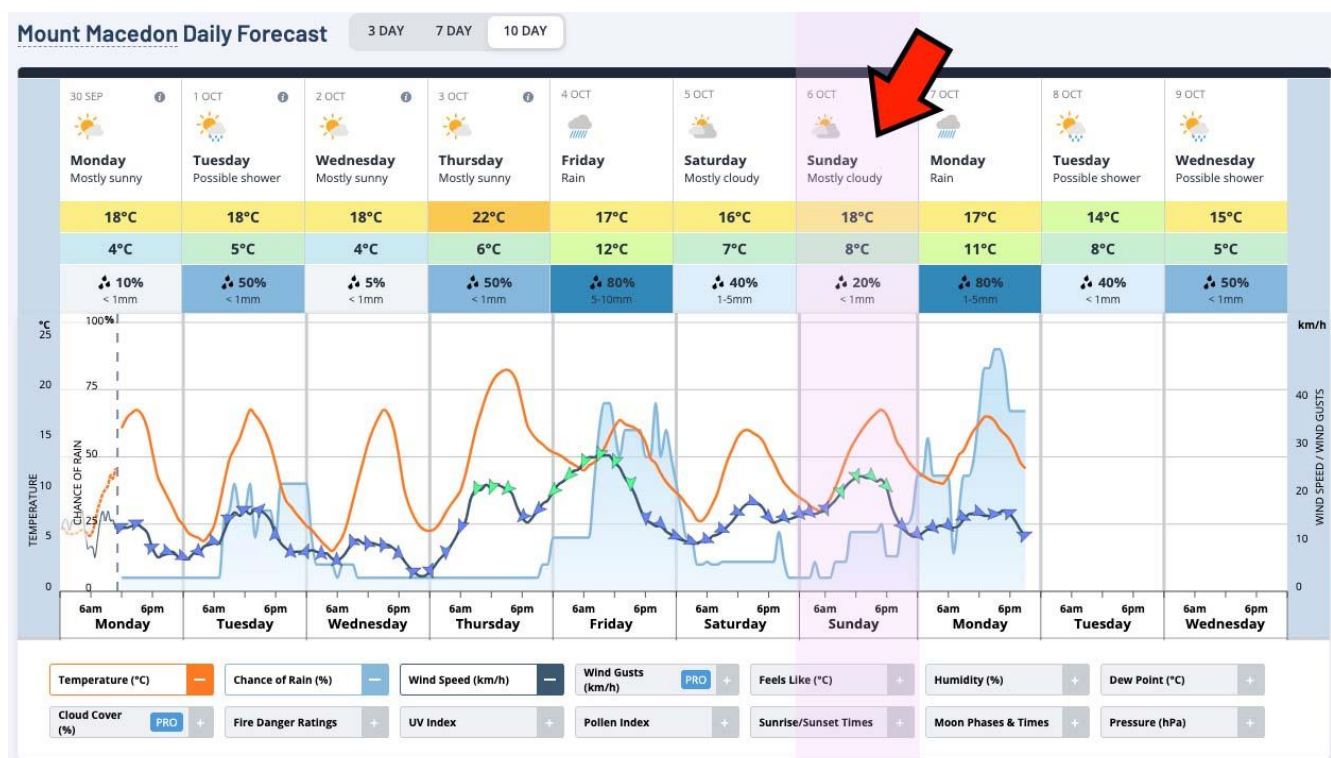
REMINDER

On completion of your event, we will present you with a Finishers Medal, it is extremely important that we get the timing chips off your race bib at this time, please do not leave with your timing chips. The chip is on the foam in the plastic pouch. A volunteer will remove the timing chips, please flip your bib for them to access chips.



Weather Forecast 2024

We have been watching and it appears to be improving and likely to be great conditions for running, however as always, the mountains can deliver surprises. So to ensure your comfort and safety bring a change of clothes and warm gear for before and after your run. (refer to mandatory gear recommendations)



We are required to operate a shuttle bus service to transport runners to the start line once the permitted areas for parking on top of the mountain are full.

The shuttle bus was introduced to allow us to cater for more runners wanting to experience the Mt Macedon trail run. Many years ago, after Trailsplus had hosted an event at Mt Macedon, another trail running event company caused mayhem by allowing cars to park in all the wrong places, interrupting the flow of traffic and creating serious hazard. They have been banned from hosting events in this location. At Trailsplus we are proud of our relationship with ParksVic, and we prioritise compliance with our permit conditions. This means we need all our runners to do the right thing to ensure we can continue to host trail running events on Mt Macedon into the future. Please help us by parking in the correct and permitted locations and ensuring all other users can safely move around the road system. Most importantly event related vehicles must not park in the CarPark 1 or 2 being bitumen surfaces.

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

Some early 30km may be able to park at the start, however must follow directions

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

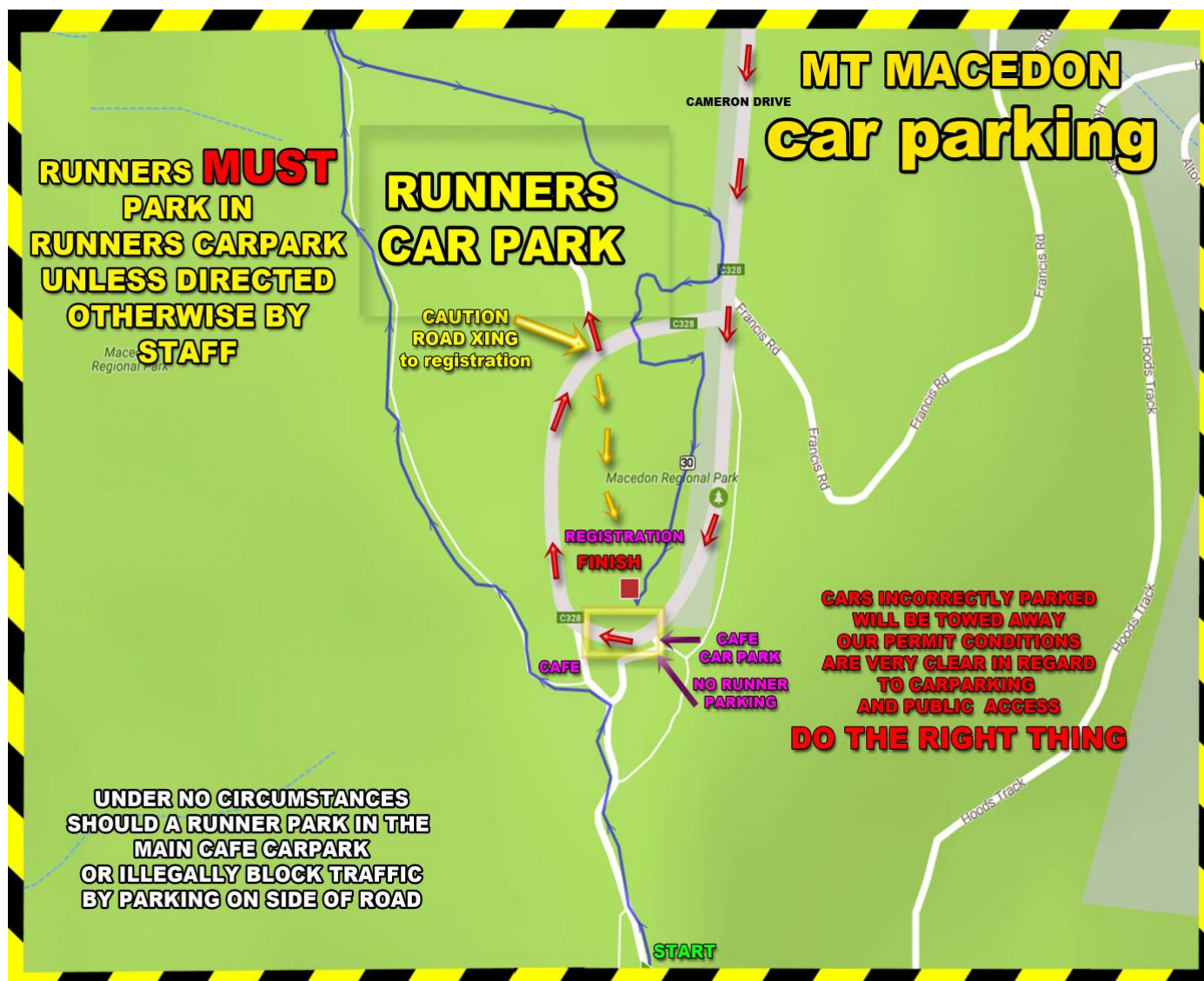


Shuttle Bus Time Table – Guide ONLY

THESE TIMES ARE BEST ESTIMATES AND NOT A FIXED SCHEDULE - PLEASE ALLOW PLENTY OF TIME							
Shuttle Bus Estimated Time Table			APPROXIMATE - NOT FIXED TO THE MINUTE				
Bus to be at Start Location by 8:30am				2024 ESTIMATED TIME TABLE			
Location							
Road to Days Picnic Ground				YOU SHOULD BE ON AN EARLY BUS TO BE ON TIME			
Lions Head Road							
APPROX DEPARTURE FROM PICK UP LOCATION			ARRIVES START - APPROXIMATE TIME				
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 if required
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 Information

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.





OUR SUPPORTERS and SPONSORS

We would like to express our appreciation to our sponsors for supporting Trailsplus events.

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

<u>GARMIN</u>	<u>TARKINE</u>	<u>BOGONG EQUIPMENT</u>
<u>SPORTSBEER</u>	<u>PETZL</u>	<u>TEKO SOCKS</u>
<u>32GI</u>	<u>ANDREW PEACE WINES</u>	<u>PARKS VICTORIA</u>

