



**2021**

## **RUNNERS PRE RACE INFORMATION PACK**

Prepared by Race Director Brett Saxon

*"will you be last"*

Welcome and thank you for supporting the 2021 event, the 2nd running of the MVP Last Person Standing Backyard Ultra. As always, our goal at Trailsplus is to provide a safe, friendly encouraging opportunity for people to connect with trail running and enjoy the outdoors and our local parks, trails and mountains and take on challenges that otherwise might have seemed unlikely to you. The backyard ultra last person standing format is certainly different to many types of running events. With a course designed to loop back through the start finish hub it will create a double edge sword for participants. On one hand they will get a great boost from supporters, on the other, the temptation to quit will present twice mid lap, and only the strong willed get to play on. Not only will you have to manage your lap times, you will fight the desire to want to stop and also those sleepy demons 5 to 6 hours in. For the newer comers let me offer a couple of bits of advice on how to get the most from yourself in this format.

- Pace yourself, it's not a sprint
- Walk the ups and downs
- Minimise rest breaks, avoid stiffening up
- Fight the sleepy demons, the new sun will make you new again
- Get your fuelling strategy sorted early
- Let your crew help, but don't let them stop you.
- Better to miss completing a lap than not start one, you never know, it could be the revitalisation lap that kicks you up a gear to keep going.
- When lap times permit don't delay getting in the start box, you must be in the box on the hour.

Most of All come and have a safe and great day/night.

If your event finishes early then planned, do hang around and encourage others and perhaps learn from those still going and enjoy the day after your run, we will be located at the doors of the Park Information office and conference room and cafe, enjoy the surroundings and support others still on track, its a great place to chill out after your event and enjoy some good food and company.

*Thanks again for supporting the event*

*Brett Saxon*

*Trailsplus - Race Director*

# COVID Plan

## Event Details

Contact Person:	Brett Saxon
Phone:	0418 557 052
Email:	brett@trailsplus.com.au

## Oversight and administration

Trailsplus continues to monitoring the Victorian Government's coronavirus website (<https://www.coronavirus.vic.gov.au>) to ensure legislative requirements and specific restrictions are met at Trailsplus events.

Trailsplus will allocated a Covid Monitor to each event, to observe any behaviour that contradicts this plan and remind event participants of correct Covid behaviour, or to bring it to the attention of organisers so they can ensure correct behaviour and protocols are observed

Trailsplus will provide volunteers attending its events with information to makes sure they understand their role in maintaining COVIDSafe behaviours as they perform their roles.

Trailsplus commits to supporting any public health investigations, and support any required actions requested by public health officials, as necessary.

Event tickets are refundable if a ticketholder is unwell.

If an event must be cancelled due to Covid restrictions, or for any other reason, participants and volunteers will be notified via email.

## Attendee management

Trailsplus uses a QR code system provided by the Victorian Government for the event's record keeping. Attendee contact details are kept for 28 days and then automatically destroyed.

Trailsplus uses hardcopy pen and paper as a backup system for record keeping, if required. Contact details will be held for 28 days in a secure place, then shredded.

Trailsplus will communicate a public health messages to attendees via email prior to each event.

Trailsplus will regularly reinforce the public health message at each event via public announcements and posters.

Trailsplus will provide visible cues to facilitate physical distancing, including ground marking, barriers and signs.

If an attendee develops symptoms,

- Trailsplus will make arrangements to send the person home in suitable and safe private transport so the risk of potential coronavirus (COVID-19) transmission is reduced.
- If the person cannot travel home, the person will remain in an isolation area until they are able to travel home

## Vendors and Volunteers

Trailsplus will ensure contracted food vendors hold an appropriate Covid plan and observe appropriate Covid behaviour.

Trailsplus will ask volunteers to complete a health questionnaire and to stay at home if unwell.

Trailsplus will provide volunteers with appropriate personal protective equipment throughout each event, including masks and gloves.

## Crowd Management

Trailsplus will ensure entries remain under the Tier 3 limit.

Trailsplus will set race schedules to minimize the number of competitors in the start/finish area at any time.

Trailsplus will record the competitor start time as they cross the start line, not by a gun start. This will free crowding of the start line.

Trailsplus will ensure competitors are ushered through the finish corale and out into the open area to reduce crowding of the finish line.

## Personal Hygiene

Trailsplus will provide hand sanitiser stations and will encourage participants and supporters to use them regularly at each event.

Trailsplus volunteers will wipe high touch surfaces, such as aid station tables, with antiseptic wipes, or spray them with Glen20 regularly.

Trailsplus will operate events cash-free, so there is no exchanging of cash.

Trailsplus will remove the need for interpersonal contact as follows:

At check-in, race bib and safety pins will be placed on the table by a gloved volunteer.

At aid stations

- Runners will not be permitted to help themselves to food and drink
- Gloved volunteers will use tongs to hand out food and jugs to pour drinks into runners' cups/bottles
- At all Trailsplus races, competitors must provide their own cup or bottle
- Choice of food will be limited to 3-4 items for simplicity

At finish line

- Gloved volunteers will hold medal by ribbon for runner to collect, or will place medals on a table for runners to collect
- Spectators will not be permitted in finish area
- Runners will be encouraged to keep moving through the finish area

# *TRAILSPLUS EVENTS ARE CUP FREE*

## *We KNOW it's a small thing*

But every little bit helps. Back in 2018 we implemented our paper cup free policy for all our aid stations. We know that over the course of the year this makes a significant difference to the waste footprint our events leave. On average we went from removing over 10 large garbage bags of waste, down to 2 or 3. We will continue to work on minimising waste and do our small bit for the environment. We have eliminated as much single use plastics as we can and are working toward a total elimination, we now separate general waste, recyclable and compostable at events, please help us by using the correct bins provided.

What does this mean to you the runner, well we would prefer you to bring your own environmentally friendly reusable drinking bottle or cup, however if you don't you have the option to buy one of our reusable, collapsible environmentally friendly silicone cups, We typically have a range of colours, and printed race designs, they are only \$5, we don't always have the current race logos and they may have one of our other races printed on the removable lid.

### IMPORTANT

IF YOU DON'T HAVE A CUP OR BOTTLE YOU WON'T BE ABLE TO DRINK FROM AID STATIONS



Trailsplus - Member of



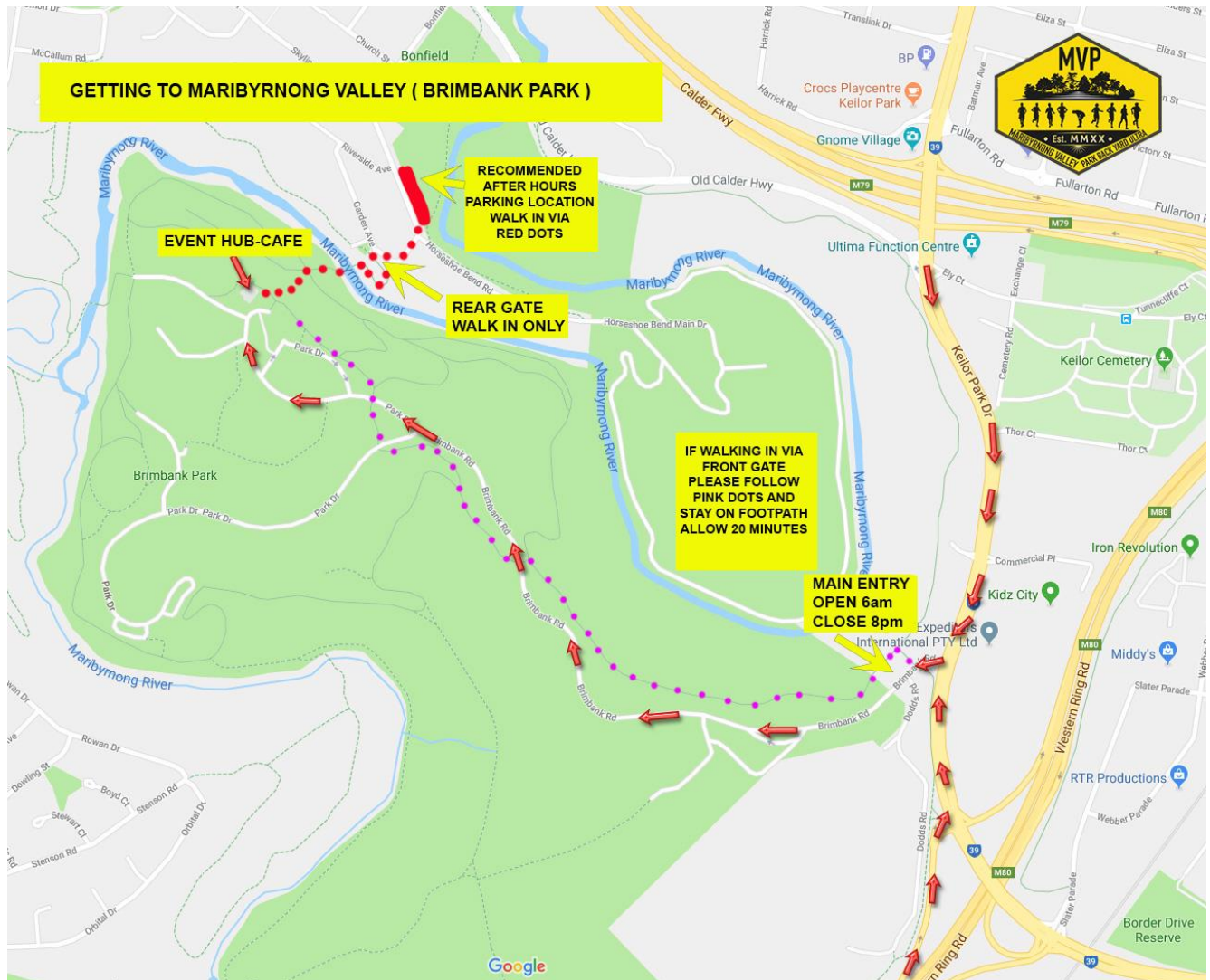
# WHERE IS BRIMBANK PARK IN THE MARIBYRNONG VALLEY

## #1 BRIMBANK ROAD KEILOR WILL GET YOU TO THE FRONT GATE

So Will - 28 Keilor Park Dr, Keilor East VIC 3033, though its on the opposite side of the road

FOLLOW THE ROAD ALL THE WAY INTO CARPARK "A"

IT'S A SHORT 100M WALK TO THE CAFÉ AND START LINE



# IMPORTANT

## BRIMBANK PARK MAIN GATE OPEN HOURS

### START TIME INFORMATION

#### FRIDAY FEB 5th

**3:00pm – 5:00pm** Event team setting up Staging area

**5:00pm -6:30pm** Race Registration, check in BIB Collection at Lumbar & Co Café rear Area

**6:30pm** race welcome and instructions

**6:57pm** 3 minute warning. Participants should have finished their final preparation.

**6:58pm** 2 minute warning. Participants should at this stage be heading to starting Pen.

**6:59pm** 1 minute warning. Participants should be in the starting pen

**7:00pm MVP Backyard Ultra Starts.**

Only participants inside the starting pen are permitted to start

The above 3,2,1, warning will take place every hour for the duration of the event. Any participant not in the Pen ready to start on the hour is deemed to have finished.

### CAR PARKING

We will be using car park A, This carpark is straight ahead on the main road as you are driving in to the park. Do not turn, just continue straight and you can't miss it. Drive right through the carpark as far as you can so you are close to the café. DO NOT enter the authorised vehicle road at the end of the carpark, that is for ParksVic cars only.

### REGISTRATION CHECK IN TAKES PLACE IN THE

### PARK CAFÉ CONFERENCE ROOM OR OUTSIDE AREA

### RUNNERS REQUIRED GEAR – Minimum ( Common Sense should prevail )

Head Torches, spare batteries, waterproof jacket what ever you need

### RUNNERS RECOMMENDED EQUIPMENT

Comfortable Chair, Warm blanket, personal food and drinks, awesome support crew,  
*reminder support crews will need to contact me to gain access after hours or walk in from front gate.*

## **COURSE NOTES AND SAFETY**

### **Getting a permit for an event that could operate for 30-50hrs involving two nights**

It is extremely important that we conduct our event in such a manner that no one from the general public or any of our neighbours have reason to complain. It only takes one member of the public to get upset and lodge a complaint and the event may not be allowed to continue. The most likely issue will be during the night with dogs barking from neighbours rear yards, either because they hear you or they see the head torches. Please be mindful of these two items and make all efforts to avoid any issues, these are just a couple of items to be aware of. **IMPORTANT** Brimbank Park is a **DOGS ON LEAD** park if bringing your dog please ensure it is on a lead at all times. ( Tell your support people )

### **RESPECT OTHER PARK USERS**

Do not startle people by charging up behind them, let them know you are coming past or take a wide birth, remember there will be small children and people with dogs. No doubt some on long leads that will want to run under your legs. They have just as much right to use the paths and trails as we do, so please respect them and be tolerant, try to predict what might happen as you approach and avoid any issues. They may be on the line you wish to take, if so please pick another line even if it is a little longer then you had planned. Under no circumstances should a runner make contact with a member of the public not even the slightest contact brushing past them. They may be wearing ear phones with music and not hear you coming, please be mindful of this when approaching them.

### **AFTER SEVERAL HOURS ON THE GO**

You will be getting tired some may even get a little agitated. Please ensure you do not upset any park users, or park neighbours.

### **PARK NEIGHBOURS**

We will be using trails that pass behind properties that back on to the park. It is extremely important that we do all possible to avoid any issues. While all neighbours have been advised of the event it's still possible they forget or didn't read the notification delivered.

### **NIGHT TIME SESSIONS AND NEIGHBOURS**

Between 10pm and 6am we ask that you take extra care on the dirt trail close behind the houses, you can do this by being extra quiet and avoid conversations and especially avoid shining your head torches toward any houses.

## NEIGHBOURS DOGS

We know there are a few neighbours with dogs, we will be trying to contact them to avoid unnecessary barking during the early morning hours. No dogs can get out so don't panic.

**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 station. In particular our Gel packets and tear off tabs, please don't drop them on the track, carry them with you to the aid station or drop in the bins provided

## **My Plans have changed and I can't make it to the event. Will I get a refund?**

Your entry fee is non refundable or transferable at this late stage, please refer to the refund policy during entry acknowledgement and website. ( COVID EXCEPTIONS)

**Your Event** will have a pre race briefing 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.

## PARK ACCESS

The normal park operating hours are from 6am to 8pm. The park is secured by a large sliding gate and ground spikes. To access the park after hours we can remotely open the gate however please note this will not happen quickly and could result in a delay of 30 minutes or more depending on the time of the day and event status.

For after hours access you can walk in from the front gate, there is a path beside the road it is a 20 minute walk. Alternatively, there is rear access from Garden Ave in Keilor, PLEASE NOTE THIS IS A RESIDENTIAL AREA, parking may be best done on Horseshoe bend road, where this a larger off road parking options with no houses. Walk down Garden ave (100M) access the rear gate cross the river and walk straight ahead up to the café about 500M total distance .

**YOU MUST ATTEND THE BRIEFING ITS IMPORTANT YOU KNOW OF ANY LATE CHANGES THAT MIGHT OCCUR WITH CONDITIONS, RIVER CROSSINGS, LAST MINUTE COURSE NOTES**

**HELPING RUNNERS IN NEED** While these events are very specifically focused around the 6.706km and 60minute time limit, we will make allowances for any person rendering assistance to another runner for medical or health reasons. Whilst the course design has the furthest point away as only 1km, it can still take about 10minutes to get there by car if required to provide assistance or evacuate a runner.

**PERSONAL BELONGINGS** if you intend to have valuables please consider locking them in your car and out of sight. As this is a highly public accessible area and we cannot guarantee the security of your personal effects. There will be an area to place your bags but we strongly advise to secure your valuables, as we cannot watch over the bag area all the time.

**DAY TIME** The aid station will have water and electrolyte drinks available from 20 litre containers. The Aid Station will be stocked with a small amount of, Snakes, lollies, Chocolate, Fruit Cake, and other items.

**NIGHT TIME** The aid station will have some hot items including soup, potatoes, coffee, toasties plus all the day time items.

**PERSON FOOD DRINK ITEMS** You should bring any specific dietary requirements, you will be permitted to place approximately a hand size footprint of items on the “on course aid table” this table will be located next to the starting pen that you pass by at 2.2km and 5.2km.

**AID STATION DROP BAGS** There is only one Aid station located on the course. No Personal Drop Bags should be left in front of the table preventing runners from clear access.

### **THE START FINISH AREA IS LOCATED AT THE PARK CAFÉ**

The Cafe itself is allowing us to use some of its facilities, so food, coffee, snacks will be available during business hours that your crew can access for themselves or for you. After hours there will be limited to no access to the café. Onsite toilets are located on the external part of the café.

**DOGS IN THE PARK** are permitted on leads, your crew and supporters are welcome to bring your pooch along, but please ensure it is kept on a short lead and does not cause a hazard to other park users or participants.

## **ROAD CROSSING AND PATH MERGING**



There are no car road crossings on the course, there are two cross road/paths that may have bicycle traffic, so please ensure you look both ways on approach to these two locations

**PLEASE FOLLOW THE INSTRUCTIONS OF MARSHALS AND OFFICIALS**

**MUSIC DEVICE DISTRACTIONS** whilst we understand many runners like to run with music, It is a requirement of our permit due to the none exclusive use of the track that **you always have one ear open to the surrounds**. It is also extremely important that you hear instructions from officials and warnings from other runners. Remember many runners will be offering you encouragement and so will supporters, so please consider how you may be able to hear and acknowledge the support you will receive. Also it is extremely important you are aware of your surrounds and none race users, these may be other runners or cyclist warning you they are coming. Please understand and don't put organisers in the difficult position to disqualify runners for breach of this rule, if you don't respond to appropriate instructions it will be assumed you have music in and too loud to hear and be safe. This is a great location, listen and enjoy your surrounds of the park.

## Start Finish

The important start finish area. First and fore most it is your responsibility to be at the start line on time every hour. The start area or "PEN" as we call it will be a fenced of section capable of holding all starting runners. You must enter the Pen from the rear entry, ready to leave via the front exit.

**START WARNINGS** we will be providing 3 pre start warnings approaching each hour, these will either be via a PA announcement or a whistle, please note that between 10pm and 6am we will not be using load noises that may impact the neighbours.

These warnings will be at HH:57, HH:58, HH:59 with the start command on the HH:00

**ELECTRONIC TIMING** You will be required to wear a race bib and it must be visible at all times. The race BIB will have two timing chips on the rear of the bib. We will have a start Timing Mat that you cross when exiting the "PEN" this will confirm your start for the current lap.

Additionally, we will have a Finish Mat, that also operates as a split Mat. This Mat will record your 2.3km, 5.3km and finish time every lap.

We have electronic chip timing on the start finish gantry with timing clocks and camera recording of the event all day. The cameras on the gantry will record the entire event, so make sure your finish looks good on film. Also try to avoid looking down and stopping your watch as you approach the finish line we hope to take a finish line picture of you so cross the line with your arms raised and celebrate, then stop your watch 1 second later 😊

Our new timing system uses a rubber mat, slightly raised, be careful not to trip over this mat when you cross it. This mat will be located at the finish line, your official time will be recorded at the finish gantry.

## **RACE NUMBERS – WE DO NOT POST THEM OUT**

All participants must register their attendance on the day and collect your race number, race numbers must be visible at all times as this allows the timing people to record that you have been through the finish and check the electronic system has recorded you, it is important that your number is not obscured or even covered by your own arms, many people get ready to stop their watch as they finish, this can block your number from view and may prevent it being recorded, just wait until after you cross the line then stop your watch.

## **RACE BIBS**

Your race number also makes a great souvenir of the event as it contains your name a some great design.

Keeping them visible at all times will also help your fellow runners encourage you by name and you will get to know them better, after all that's what these events in part are about getting out and running with like minded folks, so you might as well get to know their names as you tick off the laps together.

## **RACE BIBS TIMING CHIP**

Your race bib carries your electronic timing chips on the back, once you finish your race we will present you a medal and cut the timing chip from the pouch on the back of your bib. Please do not leave the event with your timing chip, we must get these back. If you accidentally leave with it you must send it to us or a fee of \$20 is payable. P.O.Box 119 Keilor Vic 3036

**Parks Victoria** We are extremely grateful for the opportunity to conduct this event in the Brimbank Park. We appreciate the opportunity to stage a trail running event in the City of Brimbank and express a sincere appreciation to the team who look after the park for us to enjoy.

**Wurundjeri People** We acknowledge and show our respects to the first people of the Maribyrnong Valley the Wurundjeri people, past and present and emerging.

**INSURANCE** The event insurance policy does not extend to personal injury; it is highly recommended that you have personal insurance cover or at least ambulance cover in time for the event.

**TOILETS** There are toilets located at the café, there are no other conveniently located toilets on course. This is a public park with many visual spots from neighbouring houses, please ensure you only use the toilets located at the café.

**Navigating the course “EASY” it really is**

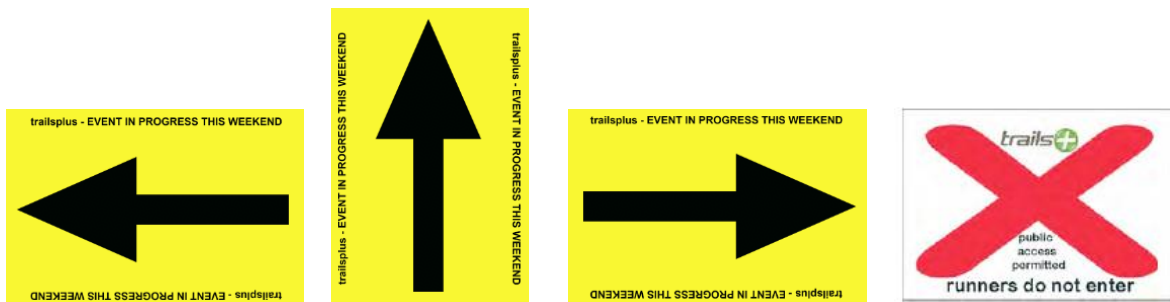
**Please observe the arrows and Pink and Yellow Ribbons and other notices that will be placed on the course**

**HERE ARE EXAMPLES OF SIGNS YOU MAY SEE**

**YOU WILL SEE SEVERAL SIGNS SIMILAR TO THESE**



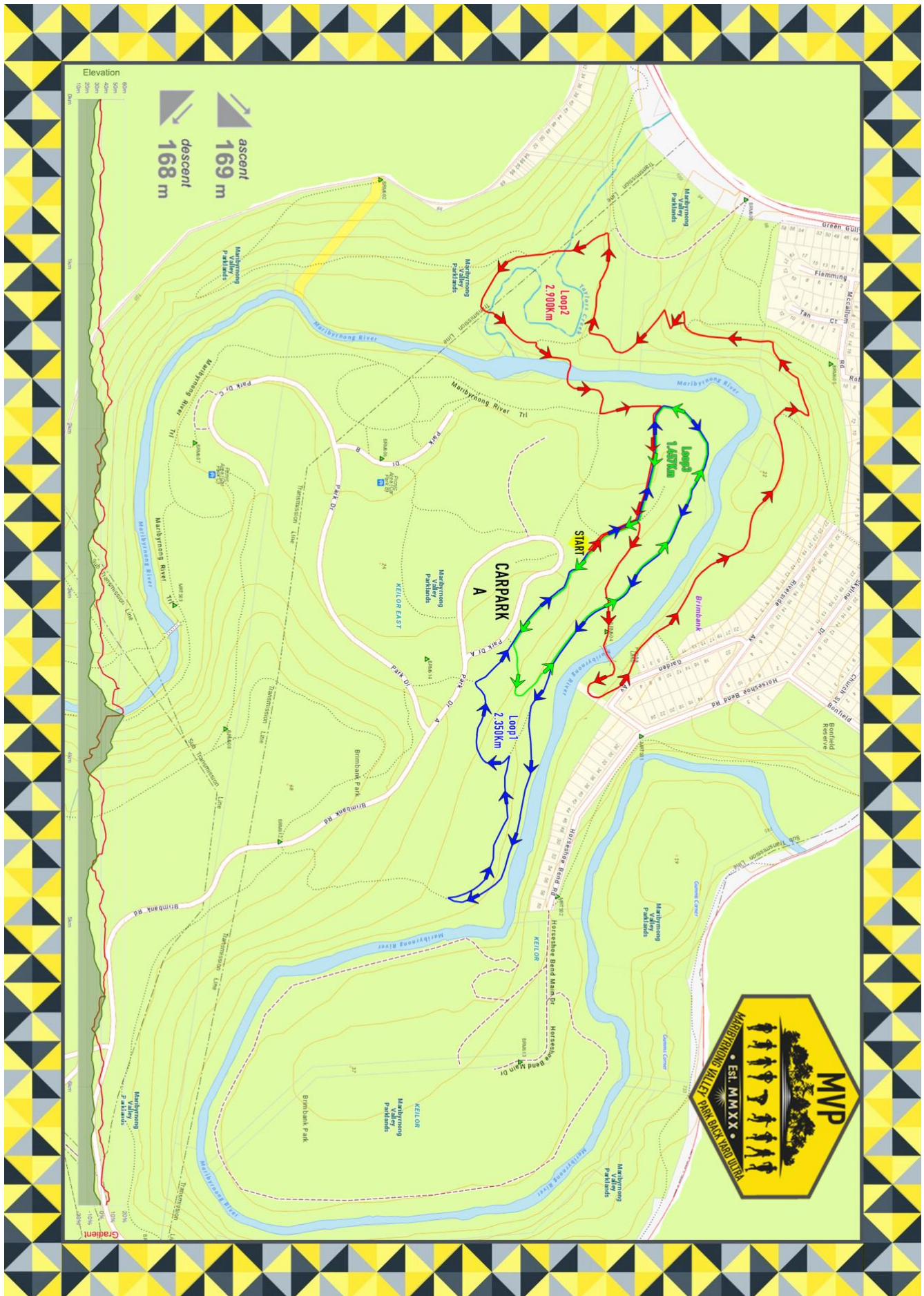
**WE ALSO USE SMALL ARROWS AND RIBBONS LIKE THIS**

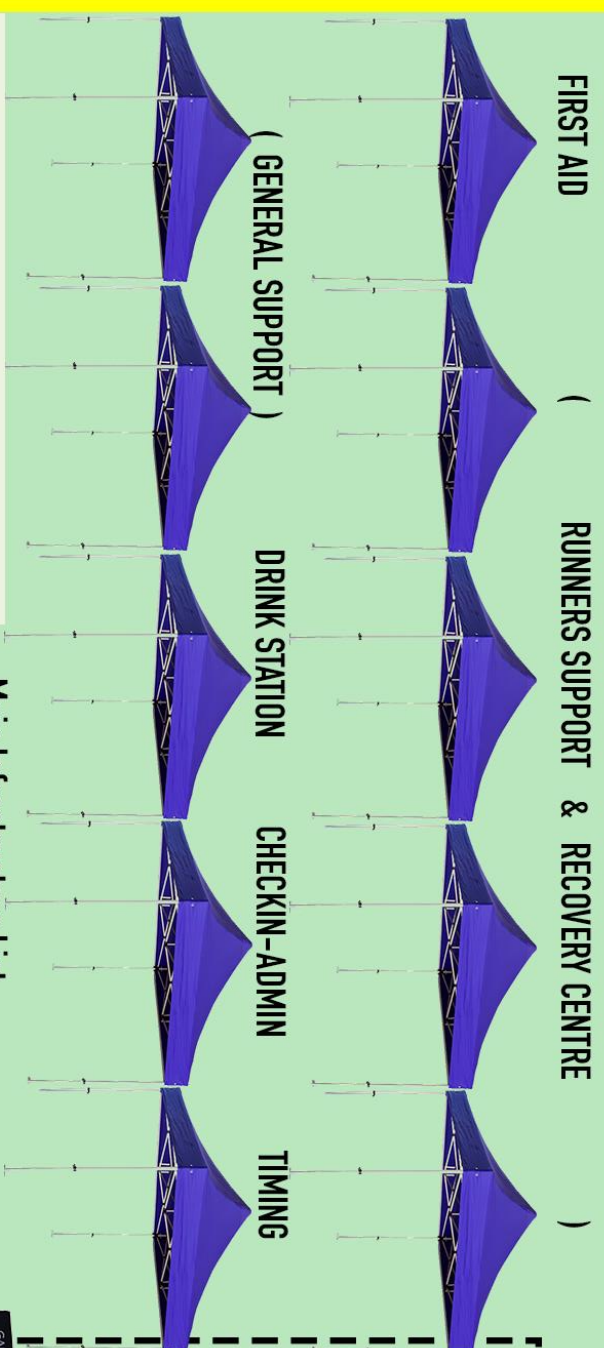


## 2021 COURSE MAPS

Note: there has been a slight course adjustment at the end of the red loop on approach to the start

Courses may change without notice





**Main Infrastructure List**

- 10 - 3x3 Marquees
- 01 - Start Finish Gantry
- 01 - Timing Mat
- 10 - Trestle Tables
- 10 - Chairs

*Lumbar & Co Cafe*

refer main map for location

**starting box**

Participants must be in this space ready to start on the hour every hour until there is one left

**STANDING**



Crowd Barrier fencing  
Along path to safely manage  
People Movements. Paths  
Remain open for public use

# WEATHER FORECAST

To be updated each year, maybe be last years weather, check the date

## Friday 7 February



Min **15** Max **31**

**Humid. Partly cloudy.**

Chance of any rain: **20%** ■■■■■■■■

### Melbourne area

Early morning fog in the outer suburbs. Humid. Partly cloudy. Slight (20%) chance of a shower or thunderstorm in the outer northern and eastern suburbs in the afternoon and evening. Light winds becoming south to southeasterly 15 to 20 km/h during the afternoon then becoming light during the evening.

## Saturday 8 February



Min **17** Max **31**

**Humid. Partly cloudy.**

Chance of any rain: **20%** ■■■■■■■■

### Melbourne area

Humid. Partly cloudy. Slight (20%) chance of a shower. The chance of a thunderstorm later in the day. Light winds becoming east to southeasterly 20 to 30 km/h during the day.

## Sunday 9 February



Min **17** Max **31**

**Shower or two.**

Possible rainfall: **0 to 3 mm**

Chance of any rain: **50%** ■■■■■■■■

### Melbourne area

Humid. Partly cloudy. Medium (40%) chance of showers. The chance of a thunderstorm later in the day. Winds east to southeasterly 20 to 30 km/h.

# COVID SAFE EVENT

Please refer to our website for the latest covid safe plan

# OUR SUPPORTERS and SPONSORS

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

## YEARLY NAMING RIGHTS SPONSOR

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### SUPPORTERS

[RISE PERFORMANCE HEALTH GROUP](#)

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**SPELEAN PETZL AUSTRALIA**

[ANDREW PEACE WINES](#)

[32GI](#)

[Mad About Beans](#)

Teko Socks Australia

Devine Grind Coffee

Fundraising on behalf of



					
Australia's rooftop run, where the strong and determined are rewarded.	"Last One Standing" format, where everyone is tied for first place every hour.	A trail running treat to challenge and wow you. You'll see the light at the Prom.	Nestled on the Maribyrnong River, a community focused event for all ages and abilities.	Steeped in history and steep on the trail, where all your senses come to life.	Magical and mystical, through fog, rain and clear skies, truly an adventure.
16th Jan 2021	5-7 Feb 2021	27th Feb 2021	21st Mar 2021	25th Apr 2021	30th May 2021
					
Inspired by the Barkley Marathon, something will break, will it be you?	Fast and flat – your place to shine or simply enjoy our urban parkland.	Trailplus birth place and home of the Bunjil, panoramic views for all – 5km to 100miles.	Circumnavigating the beautiful Botanic Gardens, a true delight for inner city trail runners.	Majestic and wonderful, single trail heaven, waterfalls, river crossings, ocean views, a real gem.	Home of the little penguin, a unique trail experience taking you places not normally accessible.
18-20 Jun 2021	4th Jul 2021	17-18 Jul 2021	1st Aug 2021	28th Aug 2021	TBA
					
Run the pleasant, wooded trails under the international flight path and alongside the retired race horses.	Dress up and make this a scary fun night of trail adventures, perfect for the whole family.	A truly special event, born from the community spirit following the Black Saturday bushfires.	Like to run, like to party? Join our ciderrun for a fun day on the trails.	Knock off work early and hit the trails, a three race series Friday nights over summer.	Celebrate the new year with us in a fun, relaxing atmosphere with spectacular views of fireworks.
10th Oct 2021	30th Oct 2021			Nov-Dec 2021	31st Dec 2021

# **BRIMBANK IS OUR HOME**

ITS OUR BACKYARD AND MY TRAINING / PLAYGROUND BUT WE GO TO OTHER GREAT PLACES TOO,

HERE ARE OUR OTHER EVENTS FOR **2021** *(subject to change)*

## **MOUNTAINS**

Bogong to Hotham - Jan 16<sup>th</sup>

Lighthouse Run – Wilsons Prom – Feb 27<sup>th</sup>

Maroondah Dam Healesville - Apr-25<sup>th</sup>

Mt Macedon – May 30<sup>th</sup>

You Yangs Little River - July 17 / 18<sup>th</sup>

Wonderfalls Lorne - Aug 28<sup>th</sup>

## **URBAN PARKS**

Brimbank Park - Mar 21<sup>st</sup>

Princes Park – July 4<sup>th</sup>

The Tan Track - Aug 1<sup>st</sup>

Woodlands Park – Oct 10<sup>th</sup>

## **OTHER LOCATIONS**

Phillip Island Running Festival – Sep 12<sup>th</sup>

Marysville – Nov 7<sup>th</sup>

## **UNBREAKABLE ADVENTURE NAVIGATION TRAIL**

Marysville Region - June 18-20<sup>th</sup>

## **FUN SERIES**

MVP Last Man Standing – Feb 5<sup>th</sup> – 7<sup>th</sup>

Chase the Sun 3 Race Series Nov – Dec – Jan

CIDERTHON – Brimbank Park – Dec 5<sup>th</sup>

## **NIGHT TRAILS**

You Yangs – Halloween - New Years Eve