



This document may be dated as the previous year's event. Generally speaking, we don't update the runner info document until the week before the current year's event to cater for weather and last minute changes that might be required. It is safe to assume that 99% of information in this document is relevant to the current event so please read it as if it is current and minor changes will be advised during the final week where required.



# 2023

## RUNNERS PRE RACE INFORMATION PACK

Prepared by Race Director Brett Saxon

*"will you be last" And WIN*

Welcome and thank you for supporting the 2023 BYU event, the 4th 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 unreachable 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 unless your health is at risk.
- 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, ( so try the just one more approach )
- When lap times permit don't delay getting in the start box, you must be in the box before 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 adjacent Carpark A and near the Park Information office and cafe, enjoy the surroundings and support others still on track, its a great place to chill out after your event and enjoy the atmosphere.

*Thanks again for supporting the event and our charity partner CanTeen.org.au*

*Brett Saxon*

*Trailsplus - Race Director*

## ***TRAILSPLUS EVENTS ARE CUP FREE***

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

But every little bit helps. Back in 2018 we implemented our paper/plastic 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 or get your crew to manage your waste in line with our policy.

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.

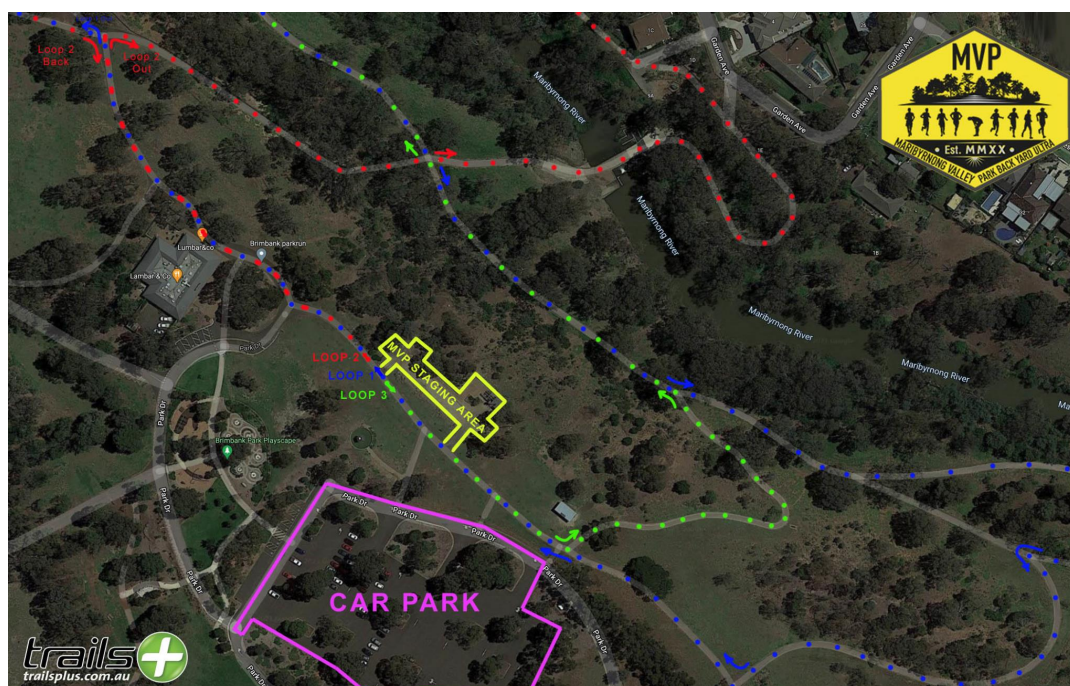
### **IMPORTANT**

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



Trailsplus - Member of





# IMPORTANT

## BRIMBANK PARK MAIN GATE OPEN HOURS

### START TIME INFORMATION

#### FRIDAY FEB 3rd

**1:00pm – 5:00pm** Event team setting up Staging area

**3:00pm – 6:00pm** Runners set up **APPROVED** marquee location only

**5:00pm -6:30pm** Race Registration, check in BIB Collection at Staging 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 start. DO NOT enter the authorised vehicle road at the end of the carpark, that is for ParksVic and CAFÉ workers cars only.

### REGISTRATION CHECK IN TAKES PLACE

### AT THE MARQUEE NEAR THE START FINISH LINE

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

Head Torches, spare batteries, waterproof jacket what ever you need, consider spare shoes in case the river crossings are safe to use but still going to wet your feet

#### 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. There may be considerable delay letting in cars after hours, crew must be patient or use rear gate.*

## **SETTING UP YOUR MARQUEE OR TENT SPACE OR USING TRAILSPLUS TENT SPACE**

Trailsplus will provide approximately 10 Marquees 3x3 for runners to use. It is expected that at least 2 or 3 runners will share the 3X3 space, if you have a large support crew then consideration needs to be applied to how the space is used.

Please note each runner can provide their own marquee or tent shelter within the designated event hub space. This space should be approximately based on a 3X3 typical marquee, where space permits near your marquee you may be able to setup a small tent where a runner or crew member might like to grab a short snooze. The most important thing about providing your own space is to set it up in consultation with the race director.

YOU MUST check first that the location is approved before setting up.

Setup cannot take place before 3pm unless approved by the race director onsite to ensure runner equipment does not interfere with official race space setup.

Runners' marquees must be weighted to not be a hazard if wind is to blow, Runners marquees MUST NOT be pegged, you can tie to items that are suitable so long as you do not damage infrastructure. ( i.e. there is some steal hand rails or timber posts ) but you must not tie to trees and shrubs or delicate park infrastructure.

## **COURSE NOTES AND SAFETY**

### **Getting a permit for an event that could operate for 40-60hrs involving 2 nights 3 days**

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. Keep it under control in hub area and NO BARKERS 😊

( 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 loud 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.

**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 can't 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 Kitchen / Aid station will have some hot items including soup, potatoes, coffee, toasties plus all the day time items.

**PERSONAL 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. This is not a place to store lots of things, just what you need for the loop you are on.

**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. Small items can be left in the back of the aid station, but again most of your gear should be in your rest area marquee.

### **THE START FINISH AREA IS LOCATED APPROX 150M FROM THE PARK CAFÉ**

The Cafe will be operational from approximately 7am – 5pm daily. 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 and is a well behaved dog that doesn't bark at other dogs or people.

## **ROAD CROSSING AND PATH MERGING**



There are no car road crossings on the course, (unless alternate course is required due to river flooding) 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 the natural surrounds of the park.

## Start Finish

The important start finish area. First and foremost 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 a valid entry, ready to leave via the front exit.

"no jumping the fence"

**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 loud noises that may impact the neighbours. We will try to walk around the hump and advise you, during these hours we may not get the 3,2,1 intime, so be ready and set your alarms.

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. ( or relevant split if alternate course is required )

We have electronic chip timing on the start finish gantry with timing clocks and camera recording of the event all day.

Our 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.

## **ON COURSE SPLIT TIMES**

We will have recording devices placed on course, their purpose is record your passing to show us where you are and also confirm you are on the correct course in the correct order, If alternative course is required these may be placed at the turn around point to record your full out and back distance.

## **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 “if entered early” and a race relevant 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

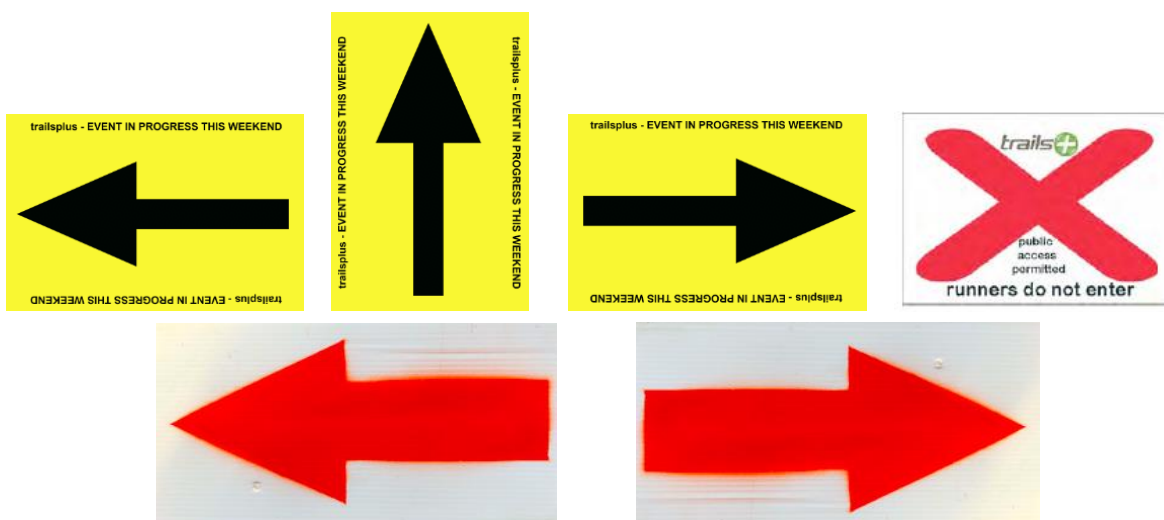
Please observe the arrows and Pink and Yellow Ribbons and other notices that will be placed on the course

HERE ARE EXAMPLES OF SIGNS YOU MAY SEE

YOU WILL SEE SEVERAL SIGNS SIMILAR TO THESE



WE ALSO USE SMALL AND LARGE ARROWS AND RIBBONS LIKE THIS





## Backyard Ultra Rules

- 1 Course can be Loop or out and back.

Must be 4 miles 880 feet in length Metric equivalent 6.7056 kilometers

- 2 Starting Corral Measured to fit entire starting field.

Corral stays the same size thru out the event.

Participants must be in the starting corral at the bell on the hour.

- 3 Starts - Each loop starts precisely 1 hour after the last.

Warning must be given 3, 2, and 1 minutes prior to start.

All competitors must start at the bell (no late starts)

- 4 Loops - Except for restrooms, competitor may not leave the course until each 6.7km loop is completed.

No non-competitors on the course (including eliminated runners or support crew).

No personal aid during a loop your crew can NOT assist (common aid stations are allowed).

Each loop must be completed within an hour to be counted... including the final lap.

No artificial aids (including trekking poles).

Slower runners must allow passes.

- 5 Timing - Timing of the loops is optional.

- 6 Winner/Result - The winner is the last person to complete a loop.

All others are technically DNF.

Results of each runner in terms of distance covered are to be given.

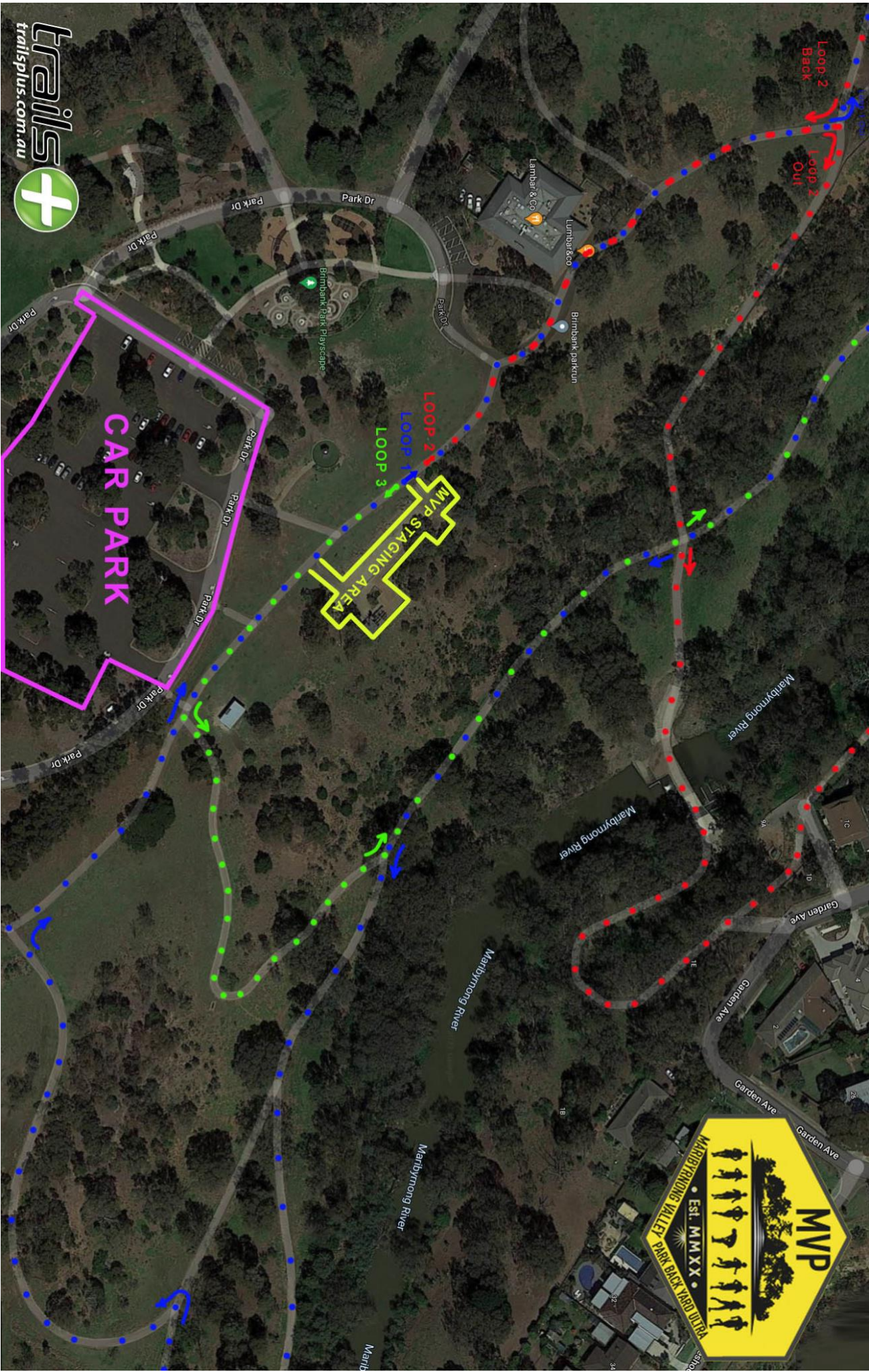
If no runner can complete one more loop than anyone else, there is no winner.

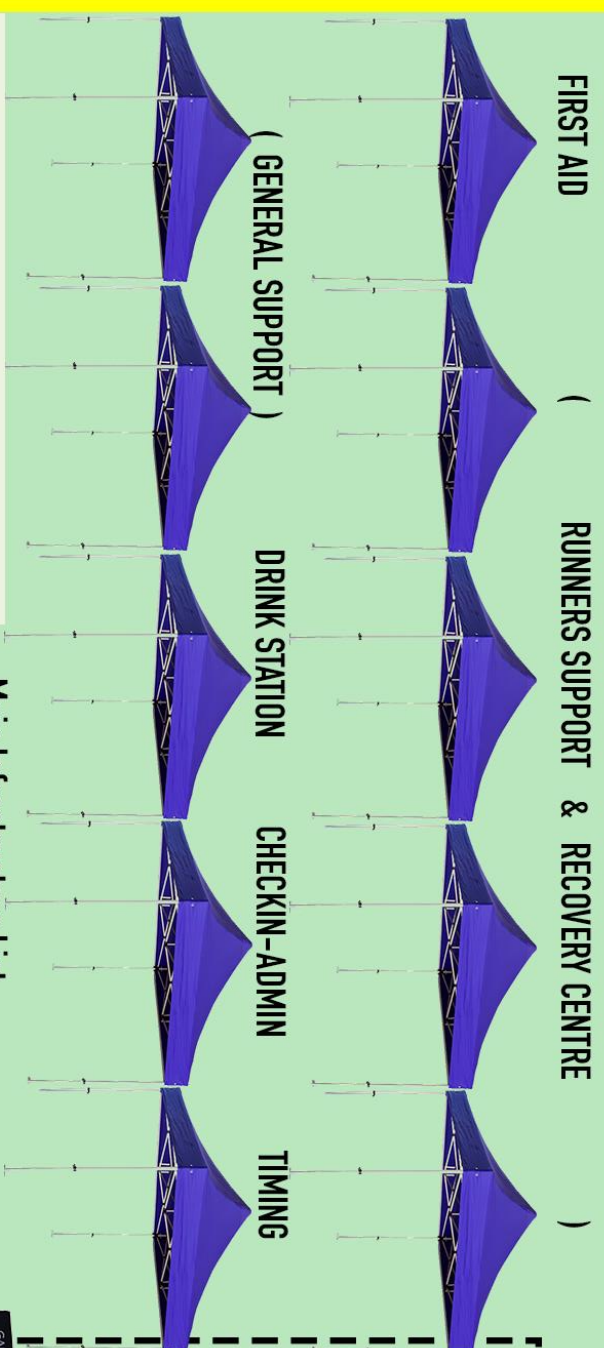
- 7 Limit Cap - Race must be open ended.

## 2022 COURSE MAPS

Note: at the time of this message the river level is low and crossings are dry, the 2<sup>nd</sup> loop has 3 water crossings if any of these become wet and slippery by race day we will need to use our alternate course. We have a couple of options, and this won't be confirmed until race day if req. For 2023 the forecast shows some rain THU & FRI but nothing that should alter the courses.





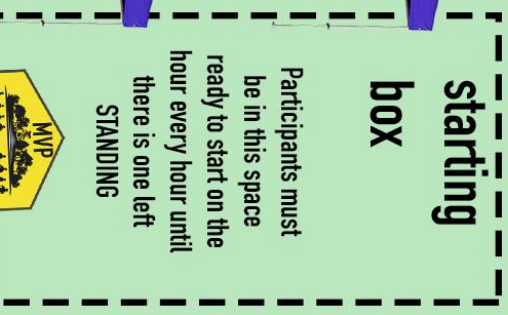


**Main Infrastructure List**

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

*Lumbar & Co Cafe*

refer main map for location



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 dates match this years event

## Thursday 2 February



Min **10** Max **22**

**Late shower or two.**

Possible rainfall: **0 to 4 mm**

Chance of any rain: **60%** ■■■■■■■■

### Melbourne area

Partly cloudy. High (70%) chance of showers in the afternoon and evening. Winds southwesterly 15 to 20 km/h turning northwesterly 25 to 35 km/h during the morning.

Sun protection recommended from 9:30 am to 5:30 pm, UV Index predicted to reach 10 [Very High]

## Friday 3 February



Min **10** Max **17**

**Shower or two.**

Possible rainfall: **0 to 3 mm**

Chance of any rain: **70%** ■■■■■■■■

### Melbourne area

Cloudy. High (70%) chance of showers. Winds northwesterly 25 to 35 km/h turning westerly 25 to 40 km/h during the day.

## Saturday 4 February



Min **10** Max **23**

**Partly cloudy.**

Chance of any rain: **5%** ■■■■■■■■

### Melbourne area

Partly cloudy. Slight (20%) chance of a shower during the morning. Winds westerly 20 to 30 km/h turning southwesterly 25 to 35 km/h during the day.

## Sunday 5 February



Min **11** Max **24**

**Partly cloudy.**

Chance of any rain: **0%** ■■■■■■■■

### Melbourne area

Partly cloudy. Light winds becoming southerly 15 to 25 km/h during the day.

## OUR SUPPORTERS and SPONSORS

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

### YEARLY NAMING RIGHTS SPONSOR

**SPORTSBEER**

[GARMIN AUSTRALIA](#)

### SUPPORTERS

**SPELEAN PETZL AUSTRALIA**

[ANDREW PEACE WINES](#)

[32GI](#)

Fundraising on behalf of



# Explore Our Races

## 2023

(Dates subject to change)



Australia's rooftop run, where the strong and determined are rewarded.

2024

OPEN



"Last One Standing" format, where everyone is tied for first place every hour.

3-6 Feb 2023



A trail running treat to challenge and wow you. You'll see the light at the Prom.

2024

OPEN



Nestled on the Maribyrnong River, a community focused event for all ages and abilities.   
 10 years on

19 Mar 2023



This is a replacement for the 2022 edition, since it could not be held in 2022.

1 Apr 2023



Steeped in history and steep on the trail, where all your senses come to life.

23 Apr 2023



Run the pleasant, wooded trails under the international flight path and alongside the retired race horses.

21 May 2023



Inspired by the Barkley Marathon, something will break, will it be you?

9-11 Jun 2023



Fast and flat – your place to shine or simply enjoy our urban parkland.

24 Jun 2023



Trailsplus birth place and home of the Bunjil, panoramic views.

15-16 Jul 2023



Circumnavigating the beautiful Botanic Gardens, a true delight for inner city trail runners.

2024



Home of the little penguin, a unique trail experience taking you places not normally accessible.

TBA



Majestic and wonderful, single trail heaven, waterfalls, river crossings, ocean views, a real gem.

19 Aug 2023



Magical and mystical, through fog, rain and clear skies, truly an adventure.

8 Oct 2023



Dress up and make this a scary fun night of trail adventures, perfect for the whole family.

28 Oct 2023



A truly special event, born from the community spirit following the Black Saturday bushfires.

11-12 Nov 2023



Like to run, like to party? Join our ciderrun for a fun day on the trails.

3 Dec 2023



Celebrate the new year with us in a fun, relaxing atmosphere with spectacular views of fireworks.

31 Dec 2023