



RUNNER INFORMATION GUIDE

MVP



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Welcome – Share information with crew / supporters

Welcome and thank you for supporting our 2025 MVP BYU event, the 6th 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, but you will also fight the desire to want to stop and those sleepy demons 5 to 6 hours in will start to be a challenge. 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, there is no need to expend energy running
- Minimise rest breaks, avoid stiffening up
- Fight the sleepy demons, Nap when you have time, sunrise will make YOU NEW again
- Get your fuelling strategy sorted early, practice nutrition.
- 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 enjoyable night/day/night.

If you finish your event earlier than expected, we'd love for you to stick around and cheer on those still going. It's a great chance to learn from others, enjoy the day, and soak in the atmosphere. We'll be set up next to Carpark A, near the Park Information office and café, where you can relax, grab a bite, and support fellow participants still going. It's the perfect spot to chill out and enjoy the vibe after your run. See you there!

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

Brett Saxon

Trailsplus - Race Director

What is MVP Backyard Ultra – Last One Standing

The MVP BYU is a different format to regular running events.

The brain child of Gary Cantrell, aka, Lazarus Lake, also the creator of the Barkley Marathons in the USA.

The word YARD is referred to in Backyard Ultras, the YARD is one complete loop of at least 6.707km, a YARD must be completed within the hour to continue.

Participants are required to complete the 6.7km course (YARD) in less than one hour and be ready to start the next (YARD) on the hour.

Participants must be inside the starting coral before the start of the next (YARD)

The MVP BYU course consists of 3 smaller loops that make up the whole (YARD).

Loop1 = 2.3km, Loop2 = 2.9km, Loop3 = 1.5km equal to (1 YARD)

Everyone starts at 7:00pm on a Friday Night and must complete the current loop within the allocated time and before the next loop is scheduled to start.

You can go as fast or slow as you want, so long as you finish the loop within the allocated time.

Finish it fast, you rest and wait for the restart.

If you do not finish your current loop in time, or if you reach your pre chosen amount of loops, you are done, however have the option to upgrade, time permitting.

Loop 1 is 100% Bitumen, Loop 2 is 90% dirt trail, Loop 3 is 100% bitumen.

Total Elevation per (YARD) is approx. 100M.

Your race is over if,

- You miss the start at 7pm
- Take longer than 1 hour to complete a (YARD)
- Fail to enter the coral before the start of the next (YARD)
- Choose not to get up and go for “one more YARD”
- Or break a Rule of the BYU as defined in Rules Section.

When

Friday January 31st 2025, starts 7:00pm, remember regardless what your target goal is, everyone starts at 7:00pm, also be sure to check in early and allow yourself time to relax and collect your race bib and set up your tent, marquee and supplies.

Where

Carpark A – Brimbank Road, Brimbank Park, Keilor “Maribyrnong Valley Park” precinct.

Getting There

Brimbank Parks one and only main entry for cars is of Keilor Park Drive

A google search of 28 Keilor Park Dr, Keilor East VIC 3033 will take you directly opposite the main gate as a reference point (That business is the Expeditors) Entry to park is directly opposite them.

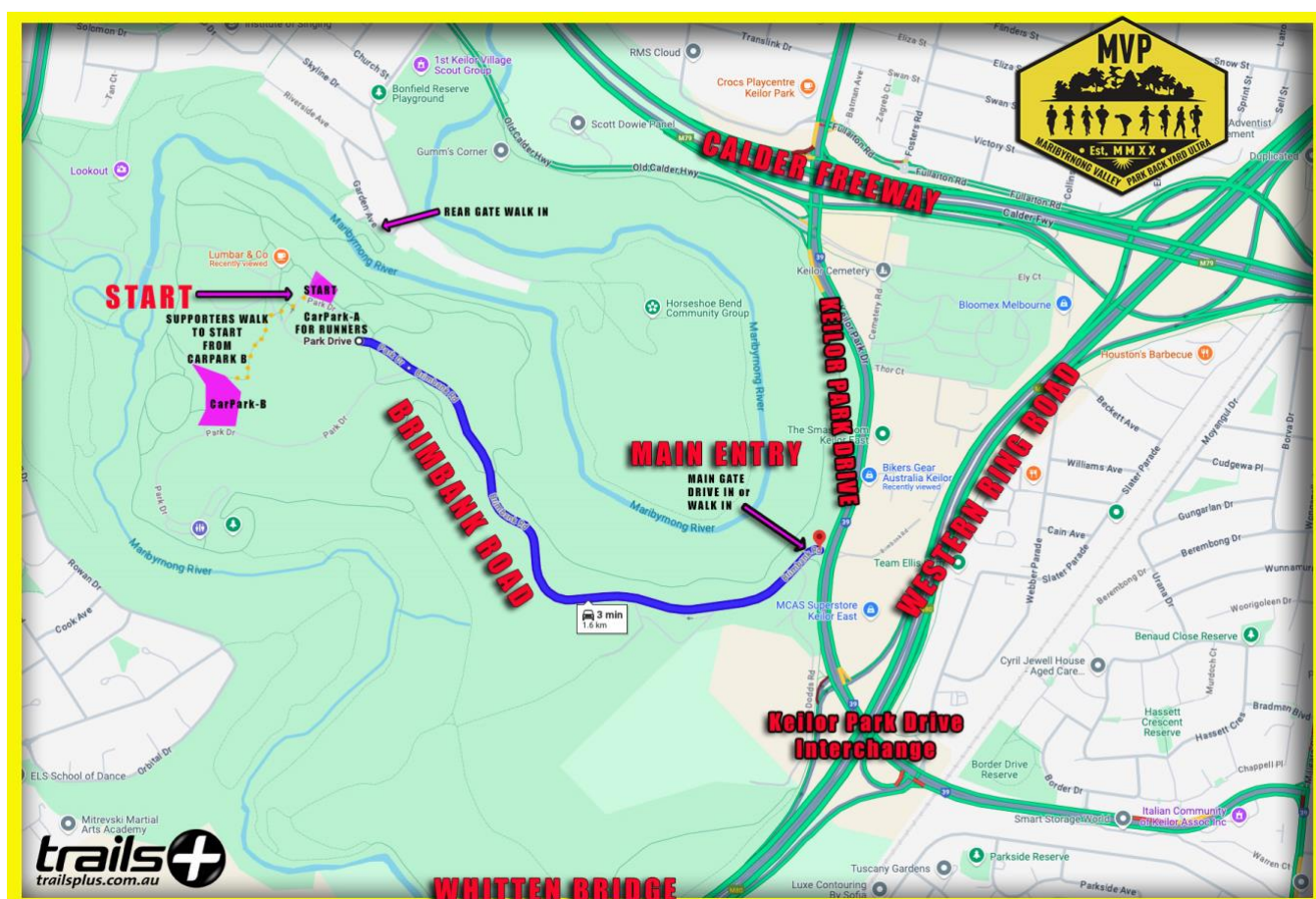
Or

Lumbar & Co cafe, Keilor, Park Dr, Keilor East VIC 3033

Will take you right to Carpark A, adjacent to where the main race hub is setup.

Runners are encouraged to Park in Carpark A, close to the start finish area.

Supporters and Visitors should park in Carpark B and make the short walk to the start area, this will assist our event getting future approvals based on spreading the car parking load, please encourage your visitors and supporters to use Carpark B.



Park Access Times

The main gate is only open during normal Park times, 6am – 8pm, please advise your supporters that they can walk in from front gate 1.5km or rear gate 250M anytime, occasionally we will open the front gate when it fits with our schedule but may result in long delays gaining entry.

Event Schedule

10:00am – 5:00pm Event team setting up Staging area

2:00pm – 6:00pm Runners set up **APPROVED** weighted marquee as directed.

4:30pm - 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.

Mandatory Gear

You must have a suitable torch for nighttime running, otherwise there is no enforced mandatory gear or equipment, however it is highly recommended that you have appropriate clothing available onsite to suit forecast weather conditions for the weekend. Please note that even on warm days, the nights can get very cold, please cover all possibilities being having suitable clothing on site.

Aid Station - common

The rules of BYU's allow for a common aid station. Our aid stations generally provide, lollies, chips, chocolate, fruit cake, fruit, water, electrolyte and coke. No Personal items can be left here, only items provided by the event can be accessed from the common aid station, only official organising team members can operate the aid station space.

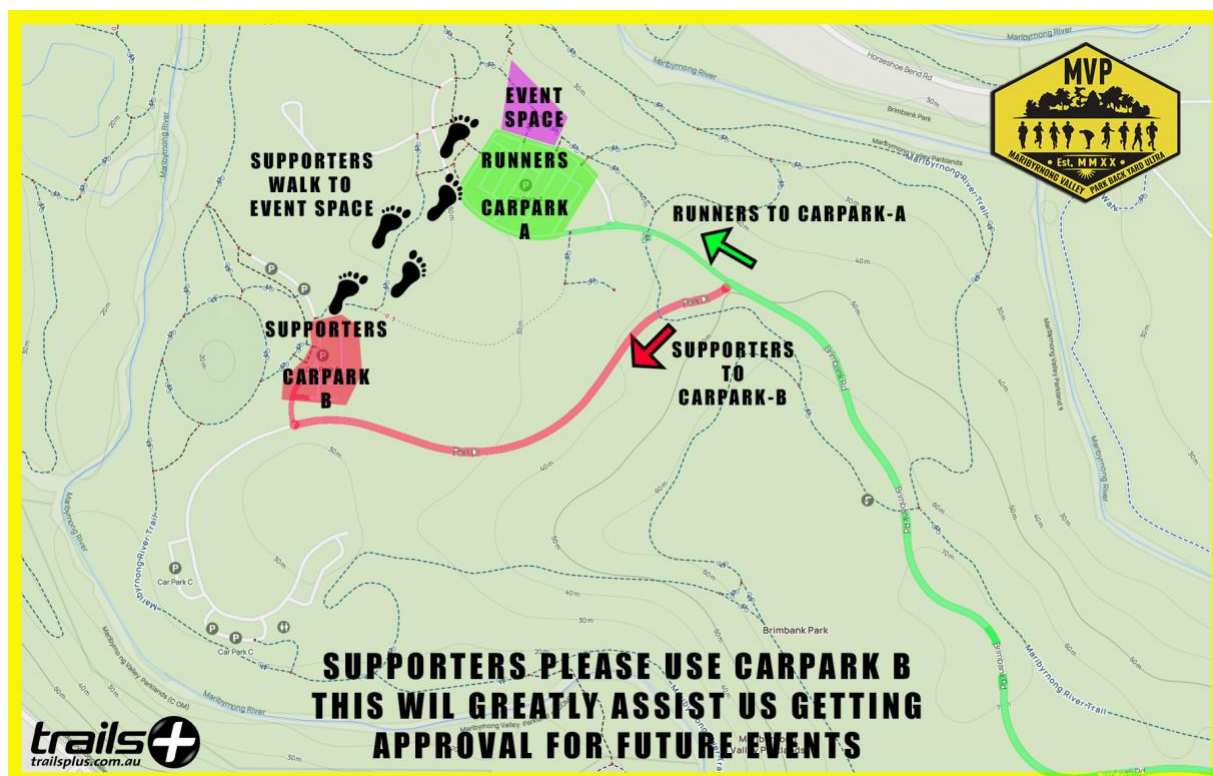
Volunteers

Trailsplus events have the best volunteers that assist to make your day and awesome one, please be sure to thank them for being there to help you. Volunteering is a great way to support your running community when you are not running yourself and you can earn credits for an event or raise funds for your club, or you might like to just volunteer for the love and support of it, all options are welcome and encouraged.

If you would ever like to volunteer, use our volunteer link or send us a message to find out about being a part of the Trailsplus team, our have a chat with us on race day.

Car Parking

Share this information with your supporters. Participants 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 vehicles ONLY road at the end of the carpark, that is for Parks Vic and CAFÉ workers cars only. Casual visitor supporters are requested to park in Carpark B and walk to the race start area 300M, this will assist with Parks Vic continuing to allow us to grow the event and cater for everyone needing the Park.



Cup Free Event

Our events are cup free, if you intend to drink from our aid station you must have your own cup or bottle. We encourage you to bring your own reusable cup or bottle. You can purchase our reusable, collapsible cups for \$5 on the day. Please avoid bringing single use plastic bottles to our events.



Electronic Timing

We use electronic chip timing for our start/finish and at various locations on course. Results are available live on race day go to www.trailsplus.com.au/results

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

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 before the event.

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



Your race number also makes a great souvenir of the event as it contains your name “if entered early” and a race relevant design. MOST IMPORTANT however, please wear bib lower front and centre, centre because sometimes we have timing devices on one side of the trail that reads the bibs and if you wear on a side or one leg it may not read, so please keep front and centre.

Keeping them visible always 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 likeminded folks, so you might as well get to know their names as you tick off the laps together.

Race Numbers are not posted

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.

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 “Coral” as we call it will be a fenced or marked section capable of holding all starting runners. You must enter the Coral from a valid entry, ready to leave via the front exit.

“no jumping the fence”

Start Warnings

we will be providing 3 prestart 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 hub and advise you, during these hours we may not get the 3,2,1 intime, so be ready and set your alarms 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 for the duration of the event.

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.

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.

Respecting our park and neighbours

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 😊 We love dogs, however if your dog is a constant barker we will ask you to take the dog away from the event hub area to avoid disturbing others trying to relax and recover.

(Tell your support people about dogs)

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.

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

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.

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.

Personal belongings

If you intend to have valuables, please consider locking them in your car and out of sight. As this is a highly publicly accessible area and we cannot guarantee the security of your personal effects.

Participant Kitchen

The race hub has a kitchen marquee, with Microwave, Kettle and Toastie Maker. There will also be a Gas Stove available. No other appliances except for a phone charger can use this power source due to overload risk. Support crews must clean up after every use, Please keep the kitchen clean and tidy.

The Kitchen will have some hot items including soup, potatoes, coffee, toasties mainly during the evening periods, You may use the kitchen but you and your crew must keep it clean and tidy. This is mostly a Self Service Setup, Keep it clean and tidy for others enjoyment please.

Runners Recommended Equipment

Ideally having a crew to support your endeavours can go a long way to a long and successful adventure in a backyard ultra event. Lacking crew, then a Comfortable Chair, Warm blanket, personal food and drinks, and a plan will help.

After Hours Park Access

Generally, it is a walk in only, after hours for support crews. If vehicle access is required, they 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 enter via rear gate. This is not a guaranteed option to access the park during closed hours, please respect the teams availability or lack of in relation to 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 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 there 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 .

Cool Down Zone

On hot days we will have a dedicated water mist spray system operating beside the track where runners can cool down with a refreshing fine mist spray. The spray system is turned on and off based on water availability, it does not run continuously.

Presentation Schedule

We acknowledge all participants with a finishers medal as they finish their final (YARD) Loop. With an informal presentation, we also acknowledge the winner and assist with a brief formal presentation on completion of the final (YARD), we don't know when this will be 😊.

Toilets

There are toilets located at the Lumbar and Co café with access available from the external door. Please keep the toilet area clean and tidy and report any issues.

Parks Victoria

We are extremely grateful for the opportunity to conduct this event in 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.

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. Your 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.

First Aid

We will have a First Aid facility onsite, if you need any help, please let our first aid representative know, they are here to help.

Helping runners in need

If you come across a runner in need, please do what you can to help and contact the event team so they can render additional assistance.

MVP Award Trophy

The MVP Last One Standing is much more about the personal challenge than any physical reward. That said we like to provide a memento and sometimes a small sponsors prize as a reminder of the amazing achievement of the Last One Standing and the Assist that push each other to the last YARD.



Finishers Medals

Every participant that completes at least one (YARD) Loop of 6.7km will receive a finishers medal



Powering and charging of appliances

We encourage participants to bring their own battery packs for charging devices. We do have generators to run our electronics and are able to provide some outlets for low power charging of phones and watches in the kitchen. Our power is not available for high consumption power devices that will potentially cause overload or damage to essential equipment to run the event

Marquee Setup

We need to allocate space for up to 200 runners, space will be a premium and shared space very important.

Trailsplus will provide approximately 12 Marquees 3x3 for runners to use, mainly roof cover, some limited walls available. It is expected that at least 3 or 4 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 and really you should have your own marquee if you have large support crew, Trailsplus marquees are predominantly for non-crewed runners and interstate runners.

If you haven't already requested space under a Trailsplus supplied marquee, you should do so via email titled "MVP Runner Marquee Space <your name>".

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 or smaller, 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 2pm 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, Runner's 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.

Families wanting to get some sleep like previous years will have a space allocated for setting up small tents, this will be different area to last year due to increased numbers of runners.

ALLOCATING RUNNERS MARQUEE SPACE BY EXPECTED DISTANCE

RUNNERS expecting to max out at 100km or less will be allocated space at one end.

RUNNERS expecting to be going 100km or more will be allocated space at the opposite end as best as we practicably can.

Refer to general marquee Layout area map below

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.

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. This also applies to transfers to next year or other events.

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.

Wurundjeri People

Our event is being held on the lands of the Wurundjeri People, and we acknowledge them as Traditional Owners of the land we are meeting on for this event in the Maribyrnong valley.

Protecting 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.

Lumbar and Co Cafe

We will be operating our start finish line just 150M from the café. The café can get very busy, please be courteous and patient, but equally please support the café as they are staying open longer than normal to provide their service to our runners and supporters.

Other Park Users

The park and trails remain open to the public during the event, do not startle people by charging up behind them, let them know you are coming, don't yell loudly, be respectful and pass by safely or take a wide birth.

Environment

Do 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 bins provided.

Music Devices

Grass Roots Event

Please note this is a low key grass roots event, not too many bells and whistles

It's all about the enjoyment, challenge, mental toughness, endurance and perseverance to last!

BYO Shelter / Shade

You are encouraged to bring your own pop-up shelter. You just need to confirm with the team where you can setup. Where space is available you can use limited Trailsplus provided marquee shelters. There is not very much natural shelter so please be sure you are protected from the elements, rain hail or sunshine. Your tent/shelter must be secured safely and not at risk of blowing away, no pegging, please use weights like water tubs.



Rules

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.

Must come to enjoy, must bring a sense fun and humour.

Read and follow the markers and don't cut corners or go off track.

Absolutely no littering. Absolutely no excuses.

Follow all directions from organisers or Parks staff.

If you fall ill or get injured and the organisers deem it necessary to call an ambulance you will be responsible for costs. If you are not an Ambulance Victoria member it is better to join the ambulance in advance, it is not a free service in Victoria.

Music Device

PLEASE FOLLOW THE INSTRUCTIONS OF MARSHALS AND OFFICIALS

MUSIC DEVICE DISTRACTIONS, whilst we understand many runners like to run with music, this is a social event where you are grouped together at every restart, get to know your fellow runners and support each other along the journey. It's a requirement of our permit due to the nonexclusive use of the tracks that you always have an 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.

Dogs

You are most welcome to bring your very well-behaved dog to spend the day with you. But of course they can't run with you, so you need someone to look after them during your yards.

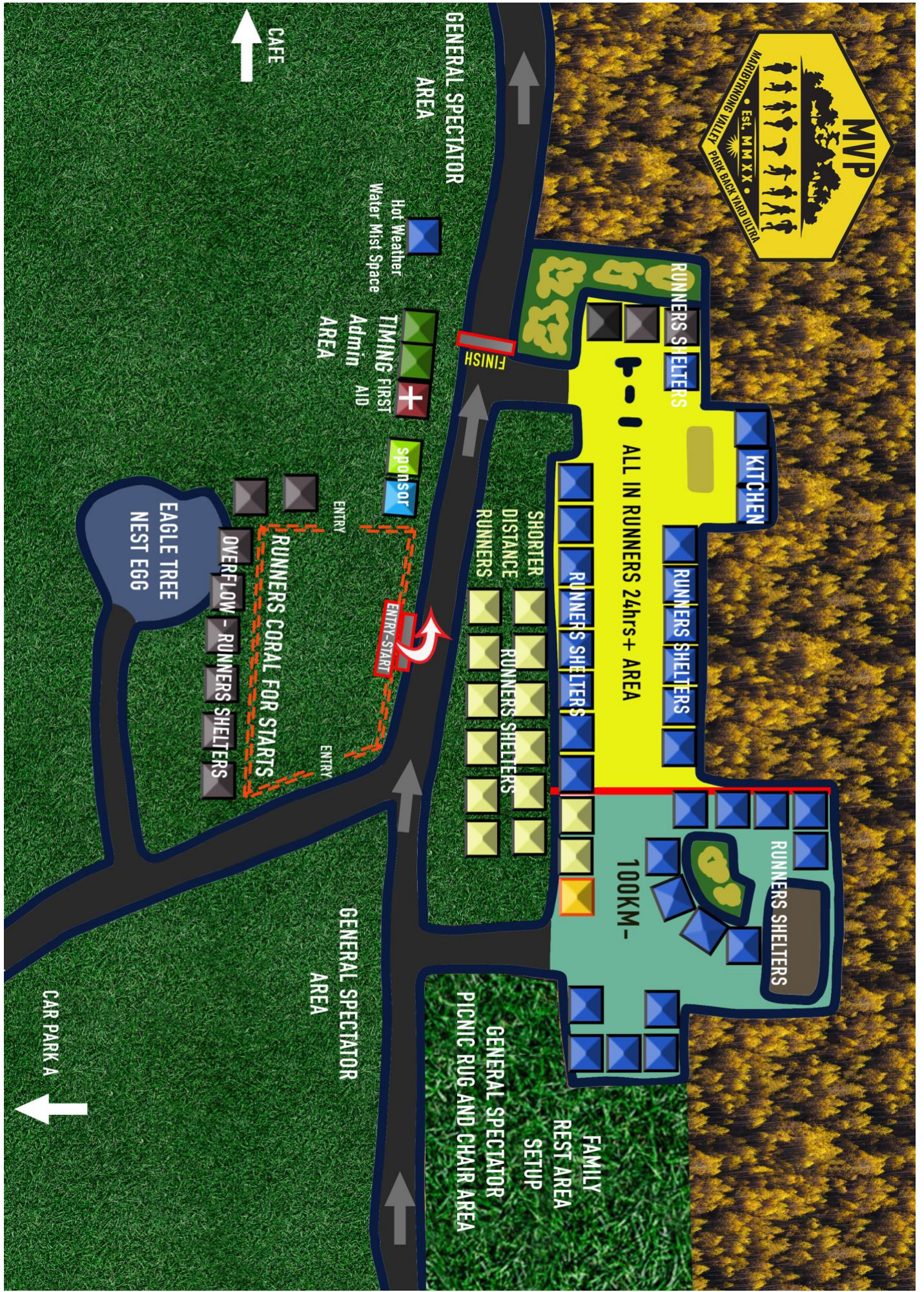
Noisy unsociable dogs should be left at home for everyone's comfort



Course Measurement

The BYU course rules require the course to be at least 6.706km in length. A course can be measured in many ways and by the shortest most direct path through corners and bends or the long path, taking wider turns and following the exact contour of the course. Our many measurements have produced varying results via several devices and believe the average course distance measures 6.73km which is a little over the minimum required. We understand participants will get many variations even between their own loops. What is important is everyone follows the same course.

Maps



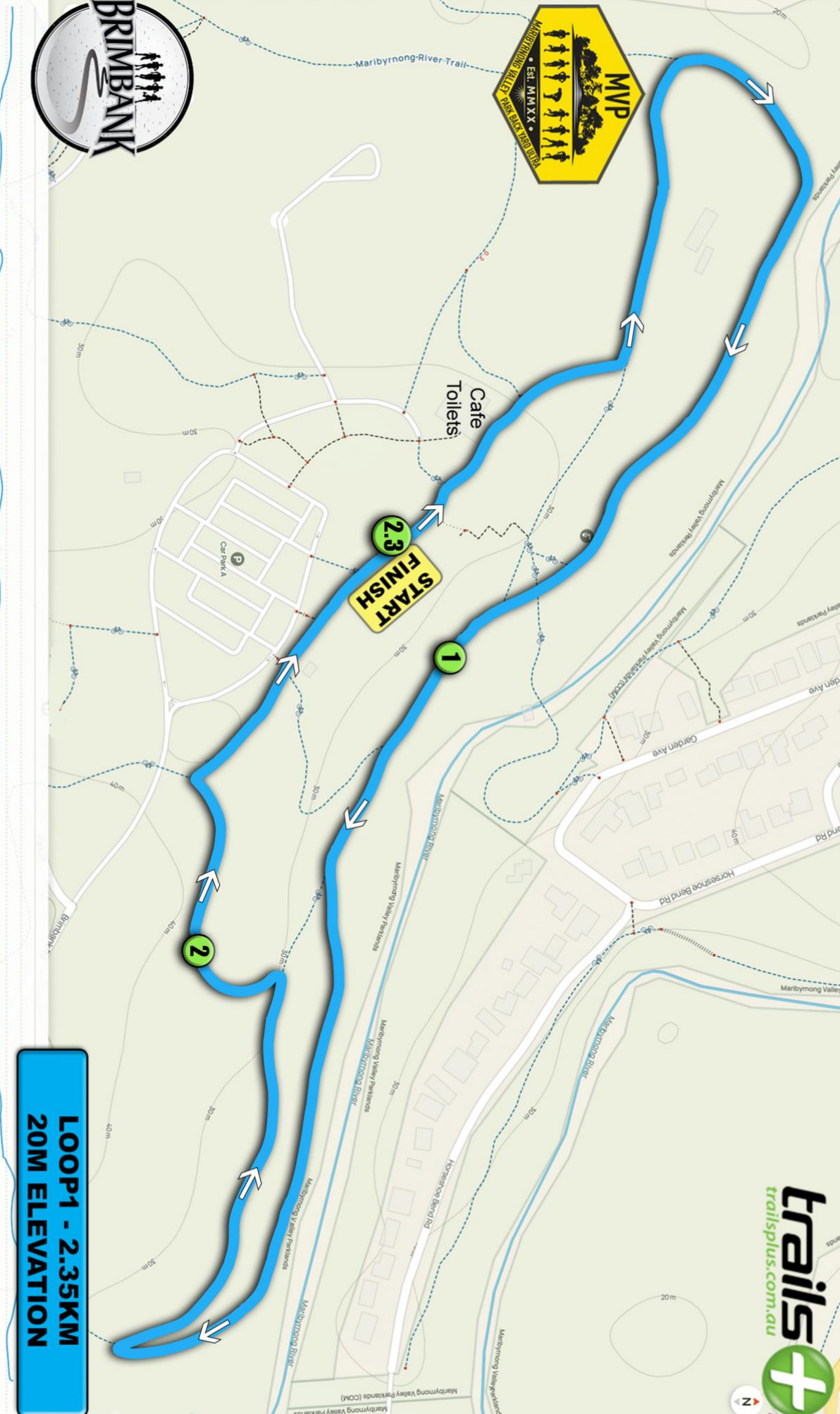


START FINISH
2.3

1

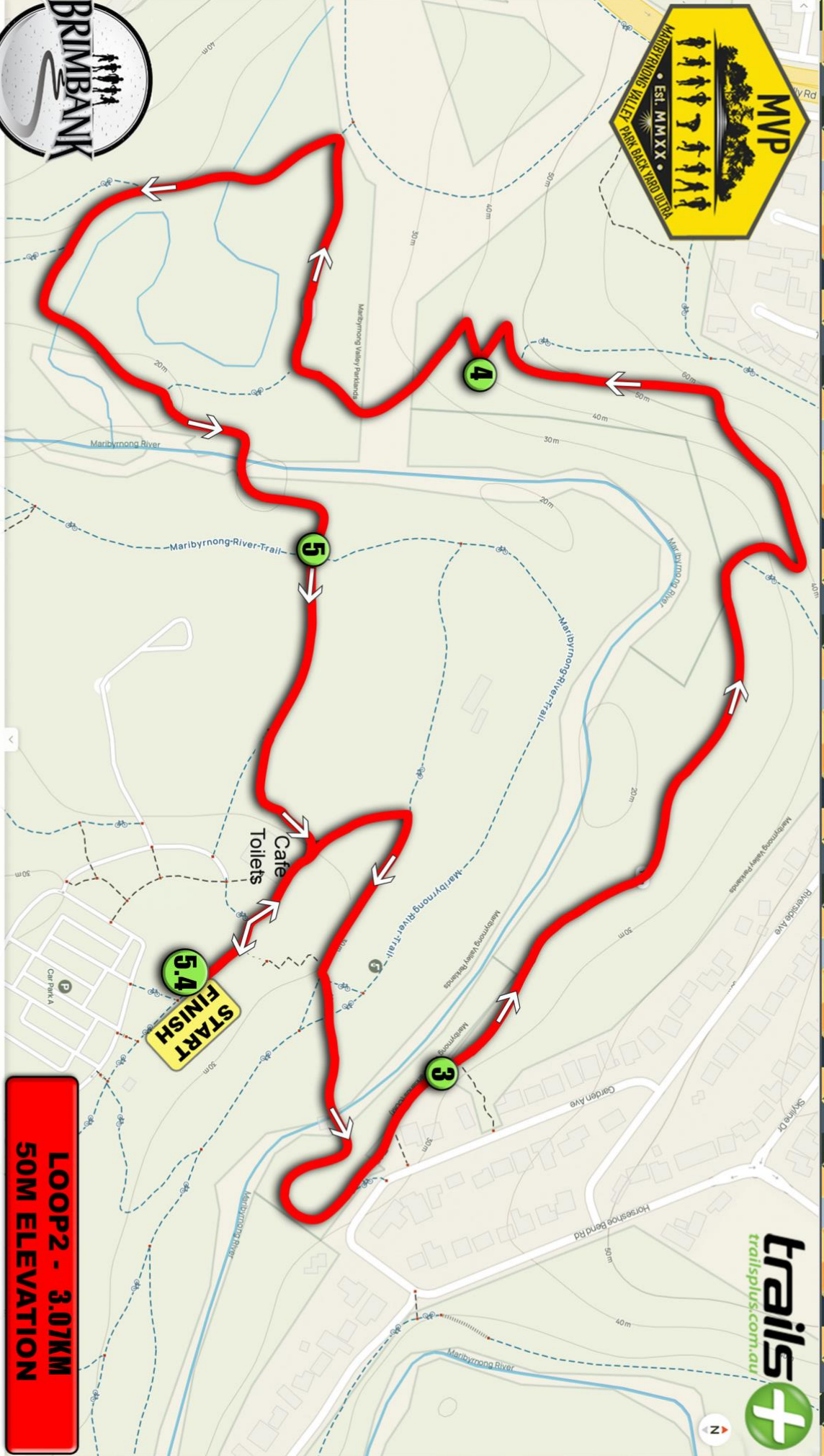
2

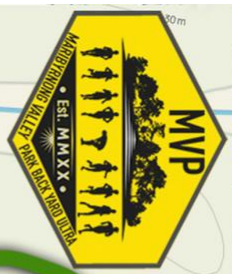
LOOP 1 - 2.35KM
20M ELEVATION





**LOOP2 - 3.07KM
50M ELEVATION**





0.0 km

1 km

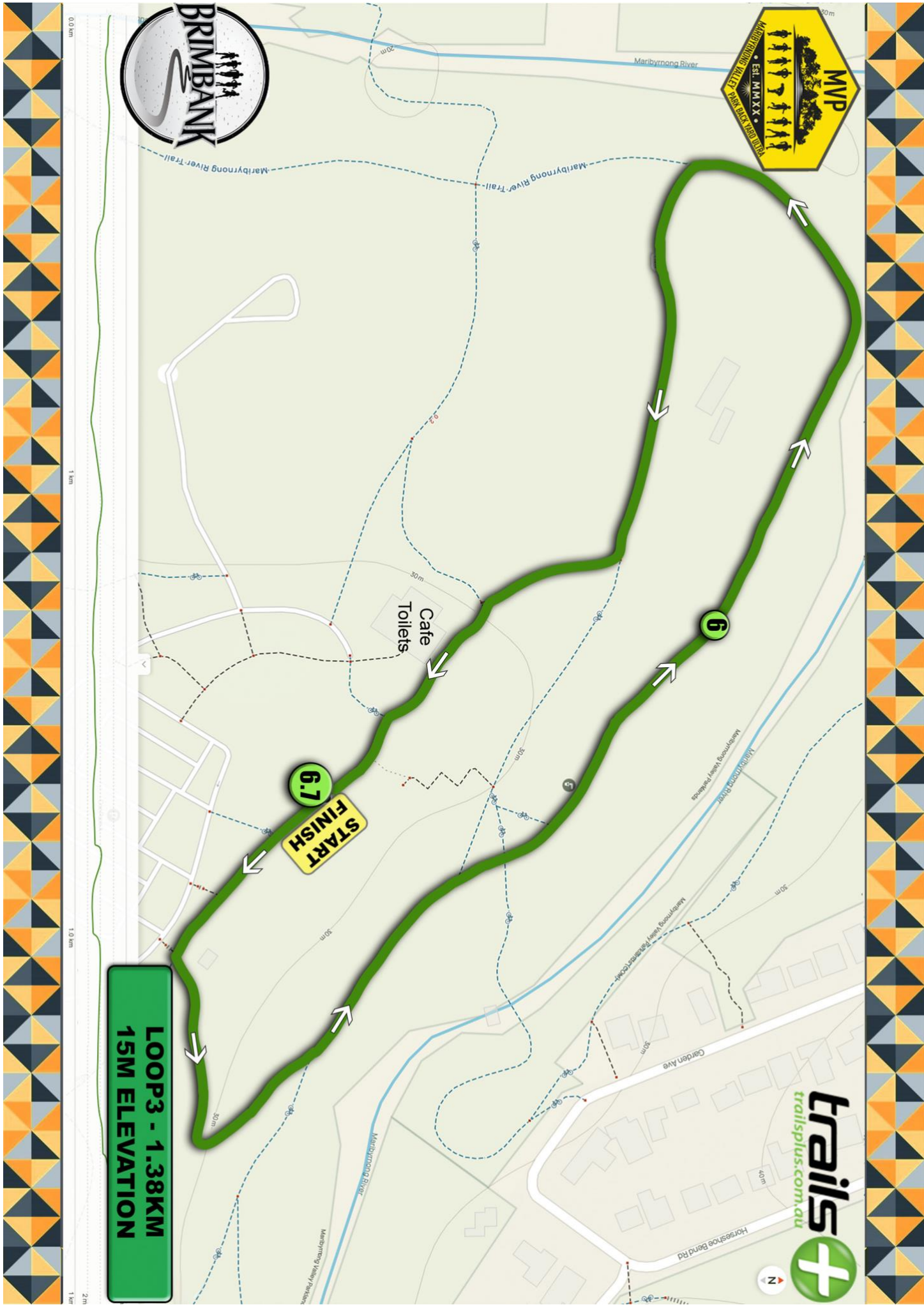
1.0 km

2m

**LOOP 3 - 1.38KM
15M ELEVATION**

**START
FINISH
6.7**

6



Signs and Markings

Navigating the course is “EASY”. It really is!

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

At MVP we will use a combination of, large orange arrows, orange ribbons, red stop signs.

Navigating the course “EASY” it really is

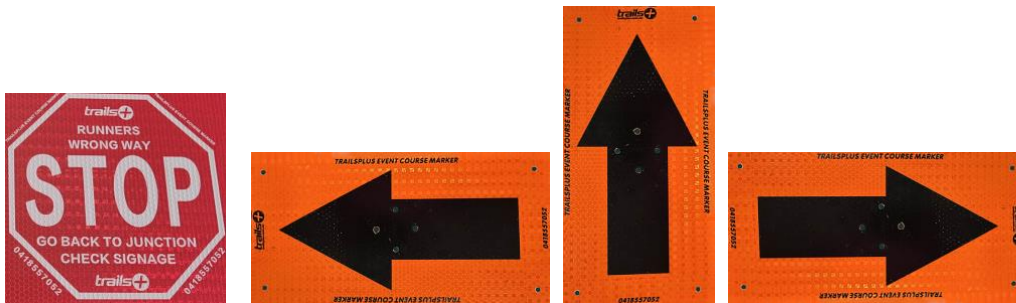
Please observe the arrows and ORANGE Ribbons and other notices that will be placed on the course

HERE ARE EXAMPLES OF SIGNS YOU MAY SEE

YOU WILL SEE SEVERAL SIGNS SIMILAR TO THESE

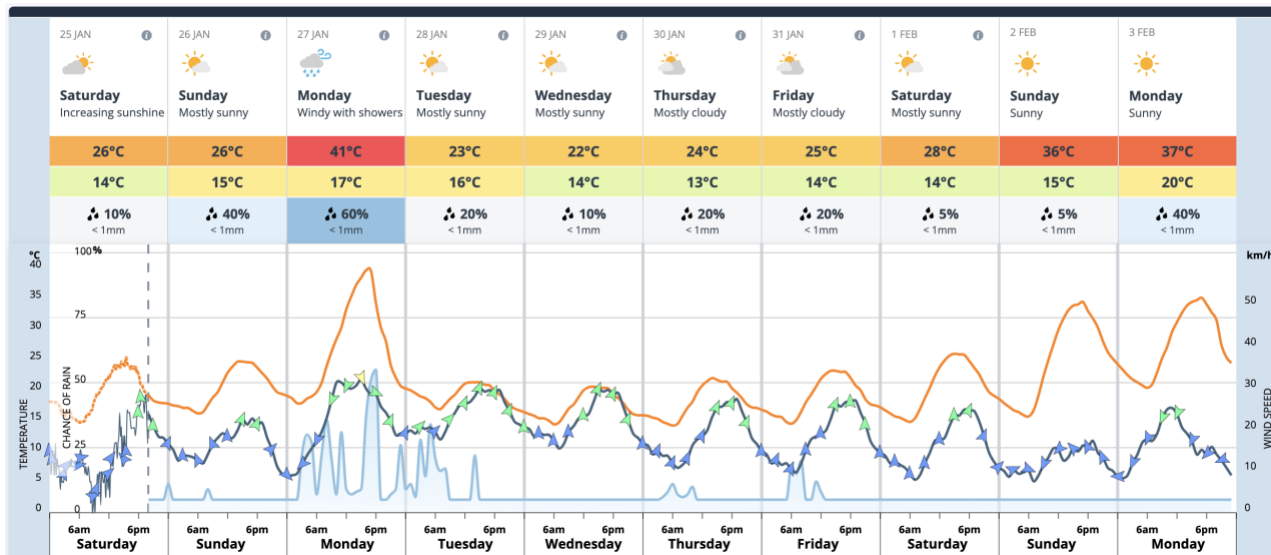


WE ALSO USE VARIOUS ARROWS, STOP SIGNS AND RIBBONS



Weather Forecast

It is looking like mild to warm days, we will have a Water Misting system setup to provide some refreshing relief if it gets a bit to warm, be sure to have your cup or drink bottle with you, remember we do not provide paper or plastic cups, but we provide all the water and electrolyte you need.



2025 Course Alternatives






Note: at the time of document production the river level is low and crossings are dry, the 2nd loop has 3 water crossings if any of these become wet and slippery and a hazard 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 2025 the forecast looks dry warm and hotter on days two and three, so we should be ok to maintain the main courses.

Trailplus events proudly supported by the following amazing companies and products.



Other Events to plan for

Trailsplus conduct between 12-18 events in various locations around Victoria

<p>Open</p>  <p>Australia's rooftop run, where the strong and determined are rewarded.</p> <p>18 Jan 2025</p>	<p>Open</p>  <p>"Last One Standing" format, where everyone is tied for first place every hour.</p> <p>31 Jan 2025</p>	<p>Open</p>  <p>A trail running treat to challenge and wow you. You'll see the light at the Prom.</p> <p>22 Feb 2025</p>	<p>Open</p>  <p>Nestled on the Maribyrnong River, a community focused event for all ages and abilities.</p> <p>23 Mar 2025</p>	<p>Permit Pending</p>  <p>Get ready for an Otago adventure to suit all abilities.</p> <p>TBA</p>	 <p>Steeped in history and steep on the trail, where all your senses come to life.</p> <p>Mt Series</p> <p>20 Apr 2025</p>
 <p>Escape to the country!! Information on its way.</p> <p>4 May 2025</p>	 <p>Run the pleasant, wooded trails under the international flight path and alongside the retired race horses.</p> <p>25 May 2025</p>	 <p>Inspired by the Barkley Marathon, something will break, will it be you?</p> <p>TBA</p>	 <p>Let your inner beast run wild!! Information on its way.</p> <p>15 Jun 2025</p>	 <p>Trailsplus birth place and home of the Bunjil, panoramic views.</p> <p>Mt Series</p> <p>12-13 Jul 2025</p>	 <p>Home of the little penguin, a unique trail experience taking you places not normally accessible.</p> <p>TBA</p>
 <p>Majestic and wonderful, single trail heaven, waterfalls, river crossings, ocean views. A real gem.</p> <p>Mt Series</p> <p>16 Aug 2025</p>	 <p>Magical and mystical, through fog, rain and clear skies, truly an adventure.</p> <p>Mt Series</p> <p>5 Oct 2025</p>	 <p>Dress up and make this a scary fun night of trail adventures, perfect for the whole family.</p>	 <p>A truly special event, born from the community spirit following the Black Saturday bushfires.</p> <p>Mt Series</p> <p>8-9 Nov 2025</p>	 <p>Prepare for Christmas with a diminishing time, laps challenge. See how far you can go.</p> <p>14 Dec 2025</p>	 <p>Celebrate the new year with us in a fun, relaxing atmosphere with spectacular views of fireworks.</p> <p>31 Dec 2025</p>

Fundraising on behalf of

