



RUNNER INFORMATION GUIDE

MVP



GARMIN



GARMIN

trailsplus.com.au

PETZL

32GI
Sports Nutrition
Australia

 Welcome – Please Share With Your Crew & Supporters.....	4
 Tips for Newcomers.....	4
 What is MVP Backyard Ultra.....	5
 How It Works.....	5
 Course Breakdown.....	5
 Your Race Ends If:.....	5
 Event Details	6
 When.....	6
 Where	6
 Getting There	6
 Park Access Times	7
 Event Schedule	7
 Bat Colony Update	7
 Heat Policy (Permit Condition).....	7
 Mandatory & Recommended Gear	8
 Aid Station (Common).....	8
 Volunteers	8
 Car Parking.....	9
 Cup-Free Event.....	10
 Electronic Timing Chips.....	10
 Race Bib Collection & Use	11
 Dogs	12
 Participant Kitchen.....	12
 Start / Finish & Timing.....	13
 Start Warnings	13
 Warning Schedule (Every Hour).....	13
 Electronic Timing	14
 Start Timing	14
 Finish & Split Timing	14
 On-Course Recording.....	14
 Respecting the Park & Neighbours	15
 Personal Belongings.....	16
 Runners, Recommended Equipment.....	16
 Cool Down Zone	17
 Toilets	17
 Environment, Leave No Trace	18
 Parks Victoria	18
 Helping Runners in Need.....	18

 First Aid	18
 Awards & Medal Presentation	19
 MVP Award Trophy	19
 Finishers Medals	20
 Powering & Charging of Appliances	20
 Marquee Setup	21
Trailsplus Marquees	21
Bringing Your Own Marquee or Tent	21
Setup Times	21
Safety & Infrastructure Rules	21
Sleeping & Family Rest Area	22
Marquee Allocation Based on Expected Distance	22
 Insurance	23
 Refund Policy	23
 Transfers or Giving Away Your Entry	23
Wurundjeri People Acknowledgement	23
 Protecting Future Events	23
 Lumbar & Co Café	24
 Other Park Users	24
 Environment & Rubbish	24
 BYO Rubbish Bag & Take It Home	24
 Music Devices	25
 Course Measurement	25
 Grass Roots Event	25
 BYO Shelter / Shade	26
 Course Alternatives & Event Conditions	26
 Rules	27
 Signs & Course Markings	33
 Weather Forecast	34
Other Events to plan for	35



Welcome – Please Share With Your Crew & Supporters

Welcome and thank you for supporting the **2026 MVP Backyard Ultra (BYU)**, the **7th running** of the MVP Last Person Standing event 🌿

At Trailsplus, our goal is simple: to create **safe, friendly and encouraging trail running events** that connect people with the outdoors, our local parks, trails and mountains, and help you take on challenges that once felt out of reach 🌲🏃

The **Backyard Ultra format** is very different to most running events. With a course that loops back through the **start/finish hub**, it becomes a true **double-edged sword**:

- On one hand, you'll get an incredible boost from supporters 🎉
- On the other, the temptation to stop appears **twice every lap...** and only the strong-willed keep going 😈

You're not just managing lap times, you'll also battle the urge to stop, and those **sleepy demons** that creep in around the 5–6 hour mark 🌙

🧠 Tips for Newcomers

A few simple pieces of advice to help you get the most out of yourself:

- 🐾 **Pace yourself**, this is not a sprint
- 🚶 **Walk the ups and downs**, save your energy and quads
- ⏳ **Minimise rest breaks**, avoid stiffening up
- 😴 **Fight the sleepy demons**, nap when you can, sunrise will make you NEW again
- 🍩 **Dial in your nutrition early**, practice your fuelling
- 🤝 **Let your crew help**, but don't let them stop you unless your health is at risk
- ⚡ **Better to miss finishing a lap than not start one**, that next lap might be the revitaliser (*embrace the “just one more” approach*)
- 📁 **When lap times allow**, don't delay entering the start box,
- 🤞 **Most of all**: come prepared to have a **safe, enjoyable night / day / night** adventure 🌙☀️🌙

If you finish earlier than expected, we'd love you to **stick around and cheer on those still going**. It's a great way to learn, soak up the atmosphere and enjoy the community vibe.

We'll be set up near **Carpark A**, close to the Park Information Office and café, the perfect spot to relax, refuel and support fellow runners 🍵🤝

Thank you 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 follows the original **Backyard Ultra format**, created by **Gary Cantrell (aka Lazarus Lake)**, also the mastermind behind the Barkley Marathons us (*check out the Australian Version “Unbreakable”*)

How It Works

- A **YARD** = one full loop of **6.707km**
- Each **YARD** must be completed **within one hour**
- You must be **ready to start the next YARD on the hour**
- You **must be inside the starting corral** before the hour starts

Course Breakdown

Each **YARD** consists of:

- Loop 1: **2.3km** (100% bitumen)
- Loop 2: **2.9km** (90% dirt trail)
- Loop 3: **1.5km** (100% bitumen)

Total elevation per YARD: ~100m

Everyone starts together at **7:00pm Friday night**.

You can go **as fast or as slow as you like**, as long as you finish within the hour.

Finish fast? You rest.

Miss the hour? Your race is done.

Choose to stop? That's your call

Your Race Ends If:

- You miss the **7:00pm start**
- You take longer than **1 hour** to complete a **YARD**
- You fail to enter the corral before the next start
- You choose not to go again
- You break a BYU rule (see Rules section)

Event Details

1 When

Friday 31 January 2025

Start time: **7:00pm sharp**

remember regardless of your target goal, 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 and enjoy the event hub buzz.

2 Where

Carpark A – Brimbank Park, Keilor

Maribyrnong Valley Park precinct

Supporters, friends, visitors for runners must park in Carpark B as part of parking management and event permit conditions.

3 Getting There

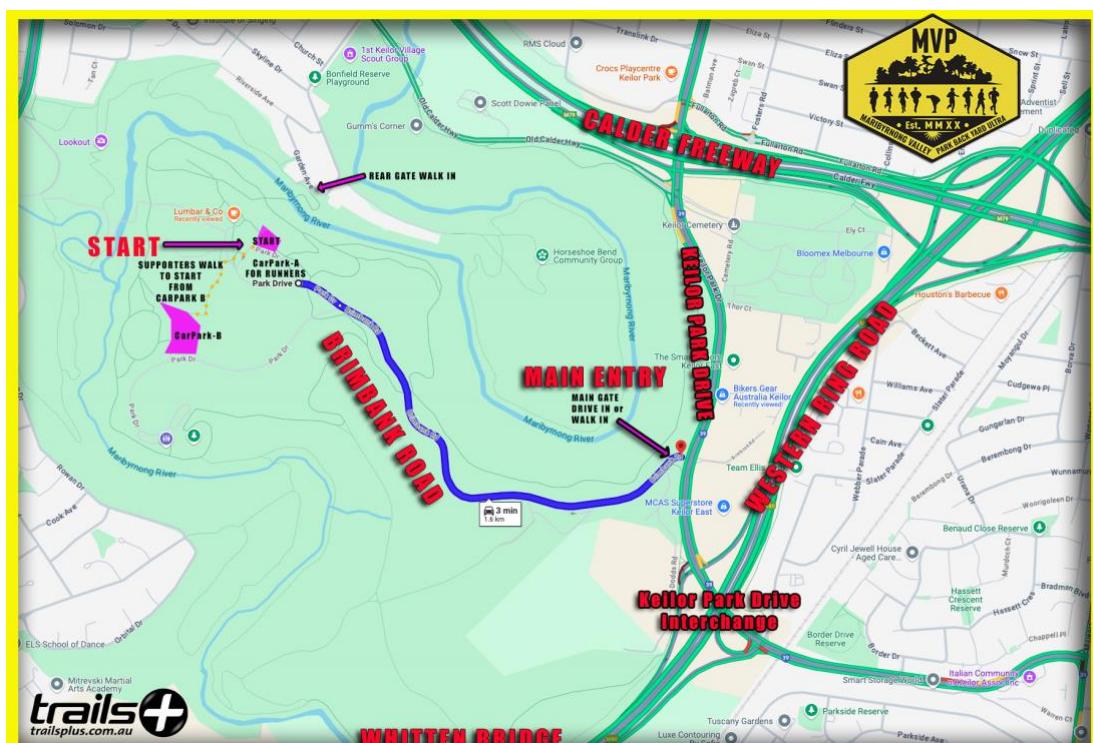
Main vehicle access via Keilor Park Drive

Search: Brimbank Road, Keilor East, or

Lumbar & Co Café, Keilor Park Dr

Runners: Carpark A

Supporters & Visitors: Carpark B (short walk, helps future approvals 





Park Access Times

- Main gate open: **6:00am – 8:00pm**
- After hours: supporters can contact Race Director, who will be able to provide access or you can park and **walk in**
 - Front gate: **1.5km**
 - Rear gate: **250m**
- Gate opening after hours is **not guaranteed** and may involve long delays



Event Schedule

- 10:00am – 5:00pm: Event setup
- 2:00pm – 6:00pm: Runner marquee setup (approved only)
- 4:30pm – 6:30pm: Registration & bib collection
- 6:30pm: Race welcome
- 6:57pm / 6:58pm / 6:59pm: Start warnings
- 7:00pm: **MVP Backyard Ultra STARTS**

⚠ You must be inside the start pen to begin

⚠ Warnings repeat **every hour**



Bat Colony Update

Brimbank Park is home to a bat colony near the cobblestone river crossing. If you see a bat on the ground:

- Do not touch it
- Report it to event staff immediately



Heat Policy (Permit Condition)

If heat stress impacts the bat colony:

- Course may be rerouted
- Event may be cancelled

Noise must be kept low between the wooden bridge and cobblestones river crossing especially overnight. Bats become stressed by excessive noise.

🔊 Mandatory & Recommended Gear

- **Torch required** for night running
- No other mandatory gear, but **be weather-ready**
- Nights can be very cold, plan for all conditions 

🔗 Aid Station (Common)

- Shared BYU aid station only
- No personal items allowed
- Operated by event staff only

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

Our volunteers are legends ❤️

Please thank them, respect them, and consider volunteering yourself in the future.

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.

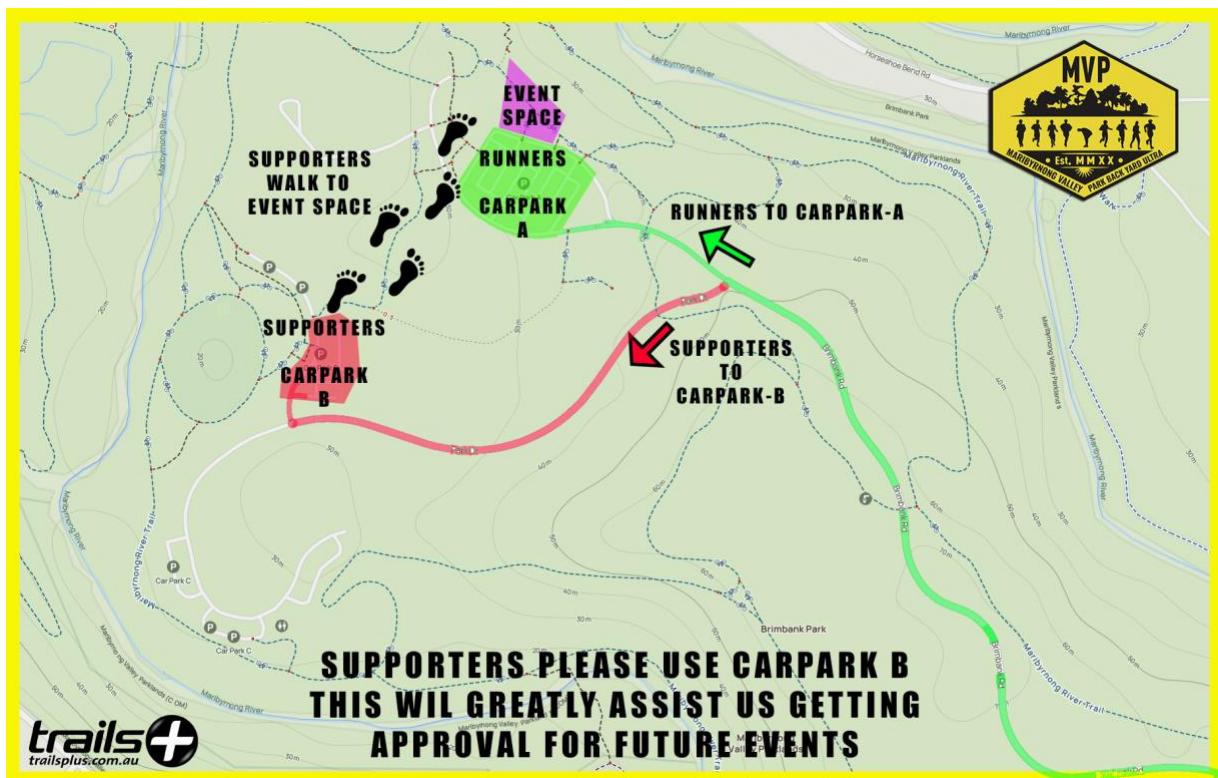
If you would ever like to volunteer, use our volunteer link or send us a message to find out about being a part of the Trailsplus team, our have a chat with us on race day.

🚗 Car Parking

- Runners: **Carpark A**
- Supporters: **Carpark B**
- Do NOT use authorised vehicles road
- Do NOT park outside of parking bays
- Do NOT park in garden beds

Share this information with your supporters.

Participants will be using carpark 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 required 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 visiting the park and safely parking.



Cup-Free Event

Bring your own cup or bottle.

Reusable cups available on the day for **\$5**. 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.



Electronic Timing Chips

We use **electronic chip timing** at the start/finish line and at various locations around the course to ensure accurate results.

 **Live results** will be available on race day at:

 www.trailsplus.com.au/results

Your **race bib** contains your **electronic timing chips** secured in pouches on the back of the bib.

Once you finish your race:

-  You'll be presented with your finisher medal
-  A volunteer will **cut and remove the timing chip(s)** from your bib

 **Please do not leave the event with your timing chips**, these must be returned to Trailsplus.

If a timing chip is accidentally taken home, it must be returned to us. If the chip is not returned, a **\$20 replacement fee** will apply.

 **Return address:**

Trailsplus
P.O. Box 119
Keilor VIC 3036

Race Bib Collection & Use

-  Race bibs are collected on the day only
-  Two timing chips are attached, do not remove
-  Wear your bib front and centre at all times

Our race bibs are **customised for each event** and include **two electronic timing chips** secured in pouches on the rear of the bib. These timing chips are the property of **Trailsplus** and **must be returned at the end of the race**.

 **Do not remove timing chips yourself.**

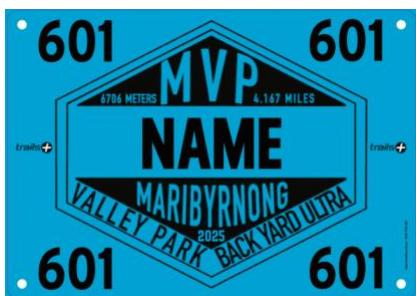
A volunteer will remove the chips for you **post-race**.

Please ensure your race bib is:

- **Worn on the front of your body**
- **Clearly visible at all times**
-  **Not worn on your back or leg**

Race bibs are **ALWAYS collected at check-in**, we do **not** post bibs prior to the event.

In the case of **very late entries**, you may be issued 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.



Race Bibs / Numbers re 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.



Dogs

Well-behaved dogs are welcome to come along and spend the day with you

However, dogs **must not run on course**, so you'll need to have someone available to look after them while you're out completing your YARDS.

For everyone's comfort and enjoyment, **noisy or unsociable dogs should be left at home**.

Thanks for helping keep the event safe and relaxed for runners, supporters, and four-legged friends alike



Participant Kitchen

Microwave, kettle, toastie maker, gas stove.
Self-service, **clean up after use**.

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.

🚩 Start / Finish & Timing

- Be in the corral on time, every hour
- Start & finish mats record all splits
- Raised mats, watch your step ⚡

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 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, this will result in disqualification.

⏰ Start Warnings

We provide **three pre-start warnings** leading into each hourly start.

- Warnings are delivered via **PA announcement or Clock buzzer**
- **⚠ Between 10:00pm and 6:00am**, we will **not use loud noises** to avoid disturbing nearby residents

During overnight hours, the team will do their best to **walk around the event hub and notify runners**, however we may not always be able to deliver all three warnings in person.

☞ **Be prepared and set your own alarms**, runners are responsible for being on time.

⌚ Warning Schedule (Every Hour)

- **HH:57** – 3-minute warning
- **HH:58** – 2-minute warning
- **HH:59** – 1-minute warning
- **HH:00 – START**

⚠ You must be **inside the starting pen** and ready to go at **HH:00**. Any runner not in the pen on the hour is deemed to have finished.



Electronic Timing

All participants are required to **wear their race bib at all times**, and it must remain **clearly visible**. Each race bib includes **two electronic timing chips** secured on the rear of the bib.

Start Timing

A **start timing mat** is positioned at the exit of the **starting pen (corral)**. Crossing this mat confirms your **official start** for the current lap.

Finish & Split Timing

A **finish timing mat** is located at the finish gantry and also functions as a **split mat**. This system records:

- **2.3km split**
- **5.3km split**
- **Finish time for every lap**
(or equivalent splits if an alternative course is in use)

The start/finish gantry includes **electronic timing clocks and camera recording**, operating for the full duration of the event.

Timing Mat Safety

Timing mats are **rubber and slightly raised**, please take care when crossing to avoid tripping.

Your **official lap time** is recorded at the **finish gantry**.

On-Course Recording

Additional recording devices may be placed around the course to:

- Confirm your location and progress
- Ensure runners remain on the **correct course and order**

If an alternative course is required, recording devices may be placed at **turnaround points** to verify full out-and-back distances.



Respecting the Park & Neighbours

This is critical ☺

Noise, dogs, head torches, litter, all matter.

- Dogs must be **on lead**
- No barking dogs in hub
- Be quiet near houses overnight
- Be respectful to other park users

One complaint can end the event.

Getting a permit for an event that could operate for 40-60hrs involving 2 nights 3 days is hard work, let's not make it any harder

It is extremely important that we conduct our event in such a manner that no one from the 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 always on a lead. 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)

When running on paths, 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 than you had planned. Under no circumstances should a runner make physical contact a member of the public not even the slightest contact brushing past them. They may be wearing earphones 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 everything 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

Lock valuables in your car out of sight.

We can't guarantee security in public spaces.

Runners, Recommended Equipment

Having a **support crew** can make a huge difference and often goes a long way toward a **long, successful Backyard Ultra adventure** 

If you're running **without a crew**, being self-sufficient is key. We strongly recommend bringing:

-  A **comfortable chair**
-  A **warm blanket or extra layers**
-  Your own **food and drinks**
-  A **clear plan** for rest, nutrition and recovery

A little preparation goes a long way when the hours start to add up  

After Hours Park Access

We're aiming to have **remote control access to the main gate** for after-hours entry . Please note that **after - hours vehicle access is not guaranteed** and is only available **when the Race Director** is not tied up with other critical event duties.

If after-hours drive-in access is possible, **delays may occur**. Crews must be patient, or be prepared to use the **rear gate access** instead for walk in access only. Please respect the availability (or unavailability) of the team, this is not a guaranteed method of accessing the park when it is closed.

Exiting the park is possible at any time, day or night.



Park Hours & Gate Details

Normal park operating hours are **6:00am – 8:00pm**. The park is secured by a **large sliding gate and ground spikes**.

If we are able to open the gate after hours, please understand this **will not be immediate** and **may take up to 30 minutes**, depending on the time of day and what's happening on course

After-Hours Walk in Entry Options

If vehicle access isn't available, you still have walking options:

Front Gate Access

- Walk in via the path beside the road
- Approx **20-minute walk**

Rear Gate Access (Garden Ave – Keilor)

PLEASE NOTE: This is a residential area, be respectful and keep noise to a minimum.

- Best parking is on **Horseshoe Bend Road**, where there are larger off-road parking options and no houses
- Walk down **Garden Ave (~100m)**
- Access the rear gate, cross the river, and continue straight ahead
- Approx **500m total walk toward the café**



Cool Down Zone

Water mist system available during hot conditions.

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.



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 immediately so they can be rectified. We may have a Portaloo, there is also a toilet block across from Carpark-A



Environment, Leave No Trace

No rubbish. No excuses.

Carry gels and tabs to bins provided.



Parks Victoria

We are extremely grateful for the opportunity to host this event within **Brimbank Park**. We sincerely appreciate the support of **Parks Victoria** and the dedicated teams who care for and manage this beautiful park, allowing us all to enjoy it year-round.

We thank them for their ongoing support and for enabling us to share this special trail running experience with our running community.



Helping Runners in Need

If you come across a runner who appears to need assistance, please **do what you can to help** and **notify the event team as soon as possible** so additional support can be provided. Looking after each other is part of what makes our trail community strong.



First Aid

A **First Aid facility** will be available onsite for the duration of the event. If you require medical assistance at any time, please **alert a member of the event team or our First Aid representative**, they are there to help.

If you become unwell or injured and event organisers determine that an **ambulance is required**, please be aware that **ambulance costs are the responsibility of the participant**. Ambulance services in Victoria are **not free**.

We strongly recommend that all participants hold **Ambulance Victoria membership** or equivalent cover prior to race day.



Awards & Medal Presentation

- Finishers medal for **1+ YARD**
- Informal presentations as runners finish
- MVP Trophy for the Last One Standing 

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 ☺.



MVP Award Trophy

The **MVP Last One Standing** is far more about the **personal challenge** than any physical reward. It represents resilience, determination, and the willingness to keep moving when stopping would be easier.

That said, we do like to provide a **small memento**, and occasionally a **sponsor's prize**, as a reminder of the incredible achievement of the **Last One Standing**, and of the **assist runners** who push, support, and challenge each other all the way to the final **YARD**.





Finishers Medals

Every participant who completes **at least one (YARD) loop of 6.7km** will receive a **Finishers Medal**.

Medal designs may vary from the options shown below.



Powering & Charging of Appliances

We encourage all participants to bring their **own battery packs / power banks** for charging personal devices throughout the event. This is the most reliable option, especially during overnight hours and busy changeovers.

We will have **generators onsite** to run essential event infrastructure and timing systems. A **limited number of low-power outlets** will be available in the kitchen area for charging **phones, watches, and small personal electronics only**

⚠ Please note: Event power is **not available** for high-consumption or continuous-draw appliances. This includes (but is not limited to):

- Kettles
- Heaters
- Electric cooktops
- Coffee machines
- Air fryers
- Refrigerators / freezers
- Any modified or high-draw charging setups

Using these items may overload the system and risk damage to **critical race equipment**, which we simply can't allow.

Power access is **shared and limited**, so please be respectful and keep charging times short where possible. Trailsplus reserves the right to disconnect any device or appliance that poses a safety risk or impacts event operations.

✓ Best advice: Come prepared, keep it simple, and assume you are fully self-sufficient for power. If in doubt, ask the event team before plugging anything in.

Thanks for helping us keep the event running smoothly for everyone



Marquee Setup

We are planning space for **up to 200 runners**, so space within the event hub will be **limited and shared thoughtfully**.

Trailsplus Marquees

Trailsplus will provide **approximately 10 x 3m x 3m marquees** for runner use. These are primarily for **roof cover**, with **limited walls available**.

- It is expected that **3–4 runners will share** each 3x3 marquee.
- These marquees are **predominantly for non-crewed runners and interstate runners**.
- Runners with **larger support crews** should strongly consider bringing **their own marquee**, as shared space will be tight.

If you haven't already requested space under a Trailsplus-supplied marquee, please email us with the subject line:

"MVP Runner Marquee Space – <Your Name>"

Bringing Your Own Marquee or Tent

- Runners may bring **their own marquee or tent shelter** within the **designated event hub space**.
- Your setup should generally be **3m x 3m or smaller**, where space permits.
- In some cases, a **small tent** may be placed next to your marquee to allow a runner or crew member to grab a short rest.

All personal setups must be approved by the Race Director before being erected.

⚠ You MUST check location approval before setting up.

Setup Times

- **No setup before 2:00pm**, unless approved onsite by the Race Director.
- This ensures runner equipment does not interfere with official event infrastructure and setup.

Safety & Infrastructure Rules

- All runner marquees **must be weighted** to prevent wind hazards.
- **Marquees MUST NOT be pegged**.
- You may tie down to **approved solid structures** (e.g. steel handrails or timber posts) **only if no damage is caused**.
- **Do NOT tie to trees, shrubs, or delicate park infrastructure**.

Sleeping & Family Rest Area

- Families wishing to set up **small sleeping tents** (as in previous years) will have a **designated area**.
- This area will be **different from last year** due to increased runner numbers.
- Resting and sleeping areas **must remain within the event hub**.

Marquee Allocation Based on Expected Distance

To help manage flow and congestion, runner marquee space will be allocated based on expected distance:

- **Runners expecting to reach 100km or less** will be placed toward one end of the hub.
- **Runners expecting to exceed 100km** will be placed toward the opposite end, as practically as possible.

Please refer to the **general marquee layout map below** for guidance.





Insurance

Please note that **event insurance does not cover personal injury**. We **strongly recommend** all participants have their own personal insurance and, at a minimum, **Ambulance Victoria cover** in place prior to race day. Ambulance services in Victoria are **not free**.



Refund Policy

All entries are subject to our **Refund Policy**, which is agreed to during the ticket purchase process and is available in full within our **Terms & Conditions**.

In short:

- **Partial refunds** are available up to **30 days prior** to the event
- **No refunds** are available within **30 days** of the event
- This also applies to **entry transfers** to future events or years



Transfers or Giving Away Your Entry

Entries **cannot be sold or given away**. We have a strict policy that **all participants must personally acknowledge and accept the entry conditions**.

Under **exceptional circumstances**, you may contact the team to discuss options. If a transfer is approved, an **administration fee will apply**.

☒ **Random ID checks** will be conducted at bib collection.



Wurundjeri People Acknowledgement

This event is held on the lands of the **Wurundjeri People**, and we respectfully acknowledge them as the **Traditional Owners** of the land on which we gather, within the **Maribyrnong Valley**. We pay our respects to Elders past, present.



Protecting Future Events

Trailsplus works closely with land managers and authorities to access incredible locations for our events. To ensure we can continue running here in the future, it's vital that **all participants respect the environment, wildlife, park users, and local community**.

Your actions directly impact our ability to return ❤



Lumbar & Co Café

Our start/finish area is located just **150m from the café**. The café will be **extremely busy** and is extending its hours to support runners and supporters.

Please:

- Be patient and courteous
- Support the café where you can
- Treat all staff with respect at all times

 **Any inappropriate behaviour** toward café staff will not be tolerated and may result in runner disqualification.



Other Park Users

The park and trails remain **open to the public** during the event.

- Do not startle people from behind
- Let others know you're approaching
- Avoid yelling
- Pass safely and give a wide berth

We're guests out there, let's act like it.



Environment & Rubbish

Absolutely no littering on course. This includes gel wrappers, tear tabs, cups, and food scraps.

- Carry all rubbish with you
- Dispose of it at aid stations or bins provided
- Be extra mindful around aid stations

Leaving rubbish behind risks future events, please take this seriously.



YO Rubbish Bag & Take It Home

Please help us by **taking responsibility for your own rubbish**. After an event like MVP, the event team is left to manage **very large volumes of waste**.

If every runner takes **just one bag of their own rubbish home**, it makes a **huge difference** to the impact we leave behind and helps us protect future access to this venue.

Small actions add up, thanks for doing your part 

Music Devices

We get it, music helps. However, for safety and courtesy:

- **No headphones/earbuds** that prevent you from hearing instructions
- This applies within **50m either side of the finish line and event hub**

Stay aware, stay connected.

Course Measurement

Backyard Ultra (BYU) rules require the course to be a **minimum of 6.706km** in length.

Course measurement can vary depending on how it's taken — whether measuring the **shortest, most direct line through corners**, or a **wider line following the full contour of the trail**. Using multiple devices and repeated measurements, we consistently see results that vary slightly.

Based on our testing, we believe the **average course distance is approximately 6.73km**, which is **comfortably above the minimum requirement**.

It's also completely normal for runners to see **variation between laps**, and even between their own recorded loops. The key point is that **everyone runs the same course**, under the same conditions.

Consistency is what matters most 

Grass Roots Event

This is a **grass roots style event**, not flashy, not fancy. Our focus is on **you, the runner**, and the unique challenge this format brings.

It's tough.

It's mental.

It rewards **endurance, grit, and perseverance**.

That's the beauty of it 



BYO Shelter / Shade

You are encouraged to bring your **own pop-up shelter or tent**.

- Setup **must be approved** by the event team
- Shelters should be approx. **3x3 or smaller, larger by pre approval only**.
- **No pegging allowed**, use weights only (water tubs, sandbags, etc.)

There is limited natural shade, so come prepared for **sun, rain, wind, or cold**.



Trailsplus will have a **limited number of shared marquees** available. These must be requested via email and, where space allows, may be shared by up to **4 runners per marquee**.



Course Alternatives & Event Conditions

Please note that there are situations where a **course change may be required**, even late in the lead-up or **during the event itself**. These decisions are never taken lightly and may be driven by factors such as **rising river levels, extreme heat**, or impacts on the local **bat colony and surrounding environment**.

We have **approved alternate course options** in place and these may be implemented at any stage of the race if required. Any changes will be clearly communicated by the event team.



Important: Under the conditions of our event permit, a **Total Fire Ban day will result in event cancellation**.

Safety, environmental protection, and compliance always come first, thanks for your understanding and flexibility.



Rules

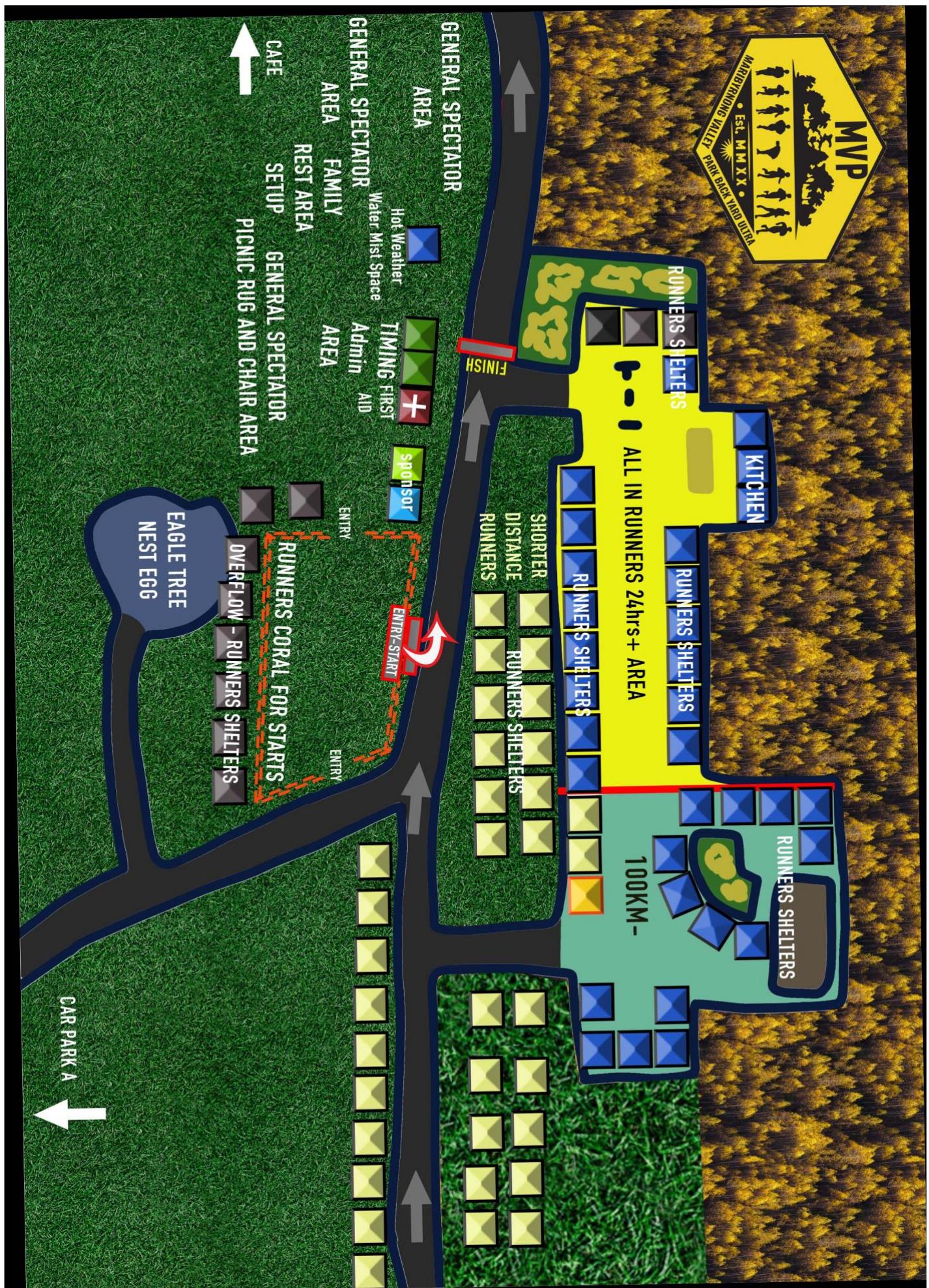
Backyard Ultra rules apply, read and follow them.
Bring patience, humour, endurance and grit.

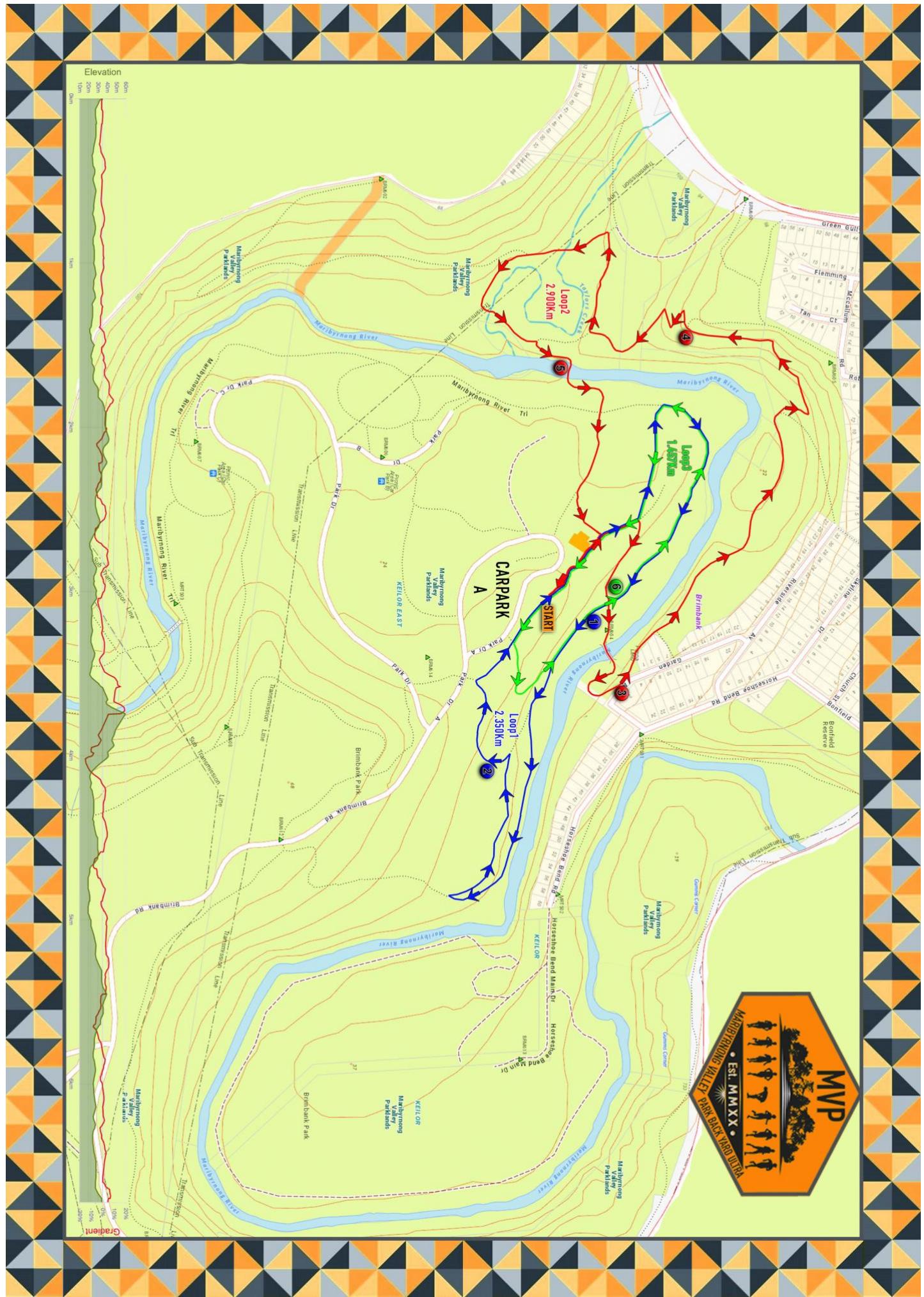
Backyard Ultra Rules

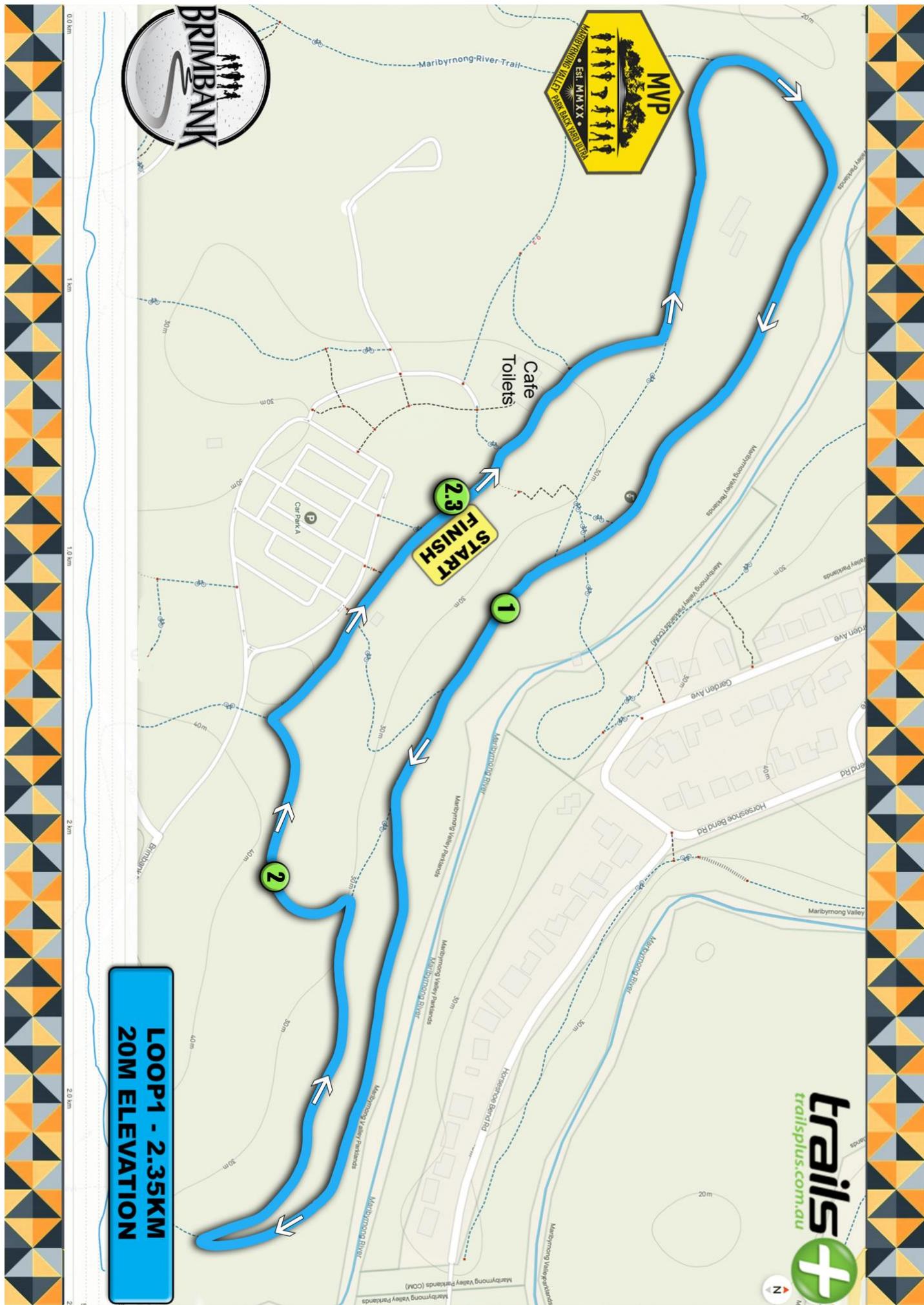
- 1 Course can be Loop or out and back.
Must be 4 miles 880 feet in length Metric equivalent 6.7056 kilometers
- 2 Starting Corral Measured to fit entire starting field.
Corral stays the same size thru out the event.
Participants must be in the starting corral at the bell on the hour.
- 3 Starts - Each 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.
- 8

Read and follow the markers and don't cut corners or go off track.
Follow all directions from organisers or Parks staff.

Maps





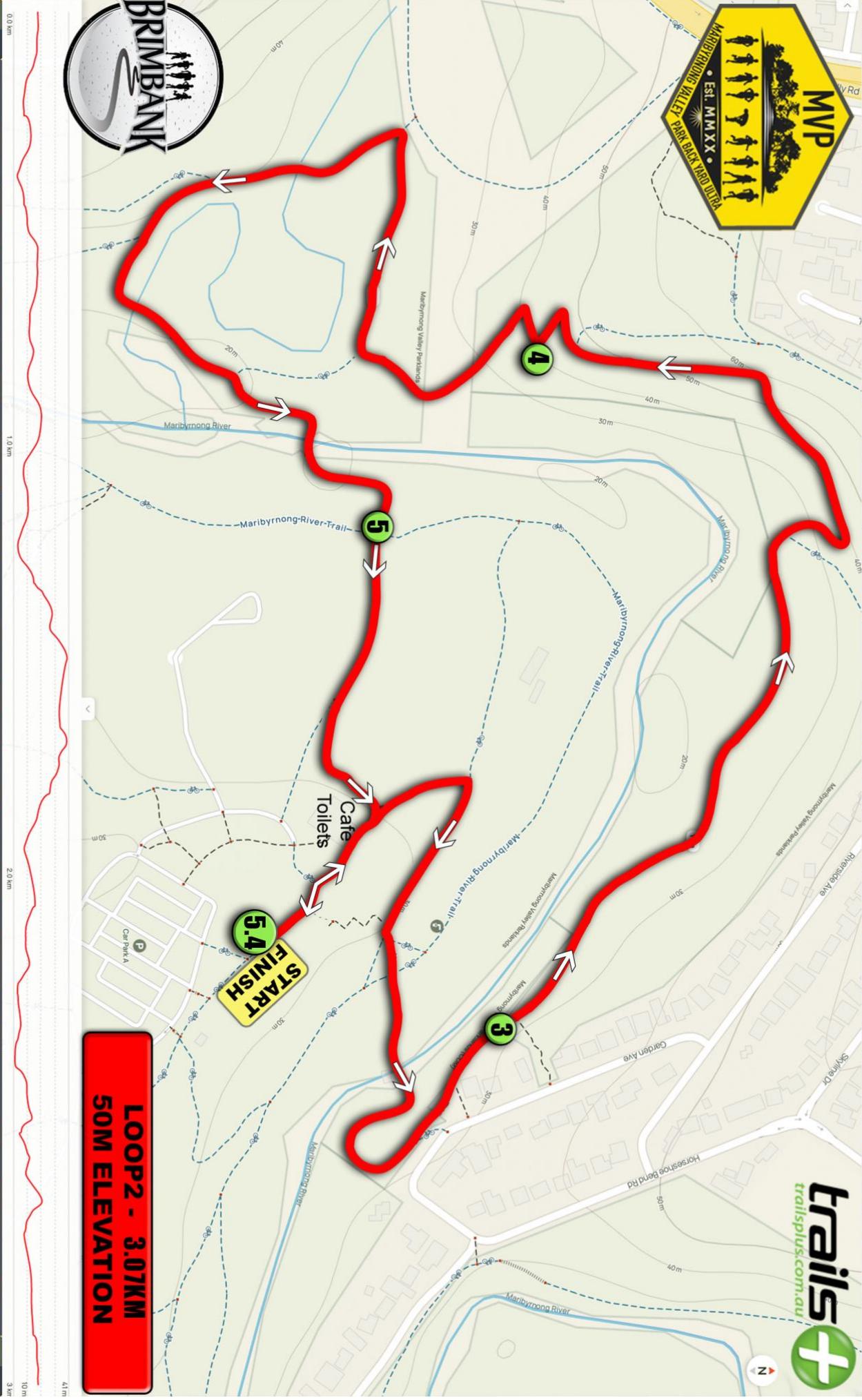


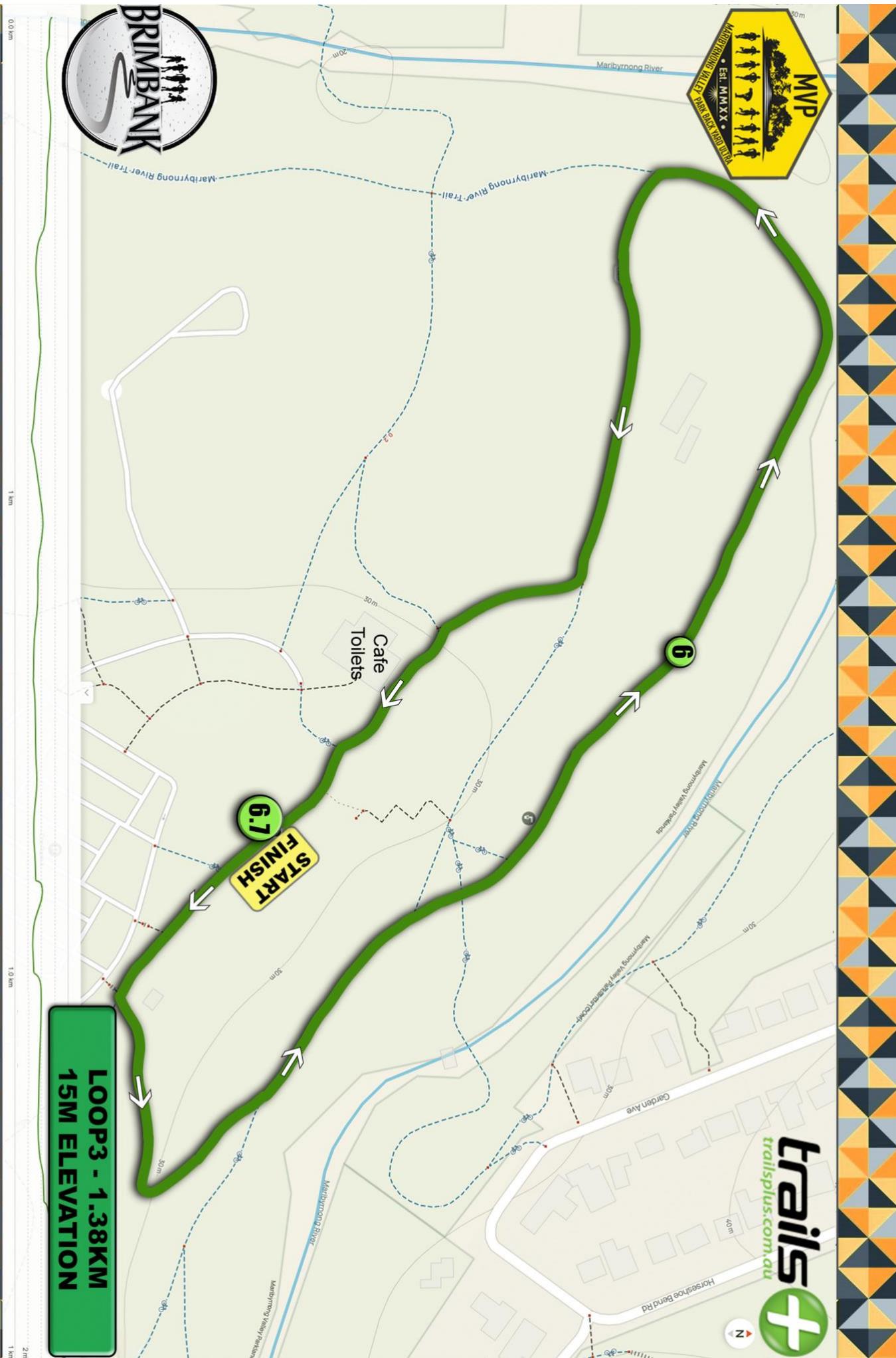


trails
trailsplus.com.au



**LOOP2 - 3.07KM
50M ELEVATION**





Signs & Course Markings

Navigating the course is **EASY** — it really is!

That said, trail events rarely have marshals on course, so it's important that **you stay alert and follow the markings provided**.

At MVP, the course will be marked using a clear combination of:

- Large orange directional arrows**
- Orange ribboning**
- Red stop / no-go signs**

If you're following the arrows, you're on track 

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

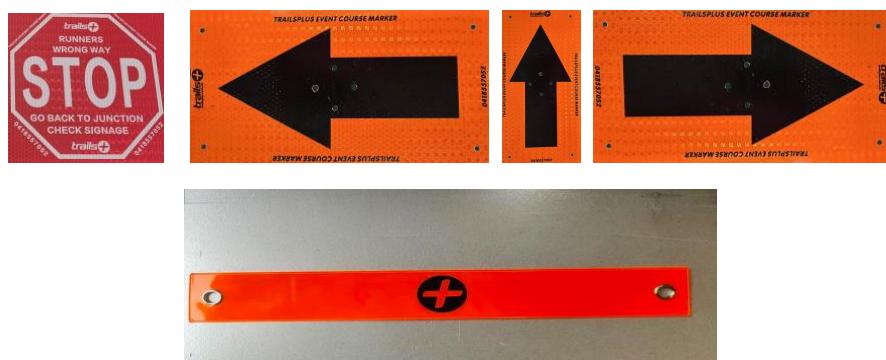
Please observe the arrows and ORANGE Ribbons and other notices that will be placed on the course

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

The long-range forecast is looking **very favourable**, with **daytime temperatures in the low 20s** and **overnight temps in the high teens** — pretty much **ideal conditions** for stacking up some very big **YARDS** 🏃

Let's hope the forecast holds true and you all get the chance to chase **PBs, limits, and personal breakthroughs** in near-perfect running conditions 🏃🏃‍♂️



Day	Conditions			Comfort			Precipitation		Sun		
	Temperature	Weather		Feels Like	Wind	Humidity	Chance	Amount	UV	Sunrise	Sunset
Wed 28 Jan	24 / 18 °C	Cloudy.		25 °C	22 km/h	↑ 62%	0%	0.0 mm	5 (Moderate)	6:29 am	8:36 pm
Thu 29 Jan	24 / 16 °C	Overcast.		25 °C	14 km/h	↑ 52%	0%	0.0 mm	3 (Moderate)	6:30 am	8:35 pm
Fri 30 Jan	26 / 18 °C	Morning clouds.		26 °C	17 km/h	↑ 60%	0%	0.0 mm	5 (Moderate)	6:31 am	8:35 pm
Sat 31 Jan	25 / 18 °C	Breaks of sun late.		25 °C	17 km/h	↑ 62%	3%	0.0 mm	5 (Moderate)	6:32 am	8:34 pm
Sun 1 Feb	21 / 13 °C	Sprinkles. Overcast.		21 °C	21 km/h	↑ 53%	45%	2.4 mm	3 (Moderate)	6:33 am	8:33 pm
Mon 2 Feb	19 / 10 °C	Showers early. Scattered clouds.		19 °C	26 km/h	↑ 39%	38%	2.5 mm	7 (High)	6:35 am	8:32 pm
Tue 3 Feb	23 / 10 °C	Mostly cloudy.		25 °C	13 km/h	↑ 33%	0%	0.0 mm	5 (Moderate)	6:36 am	8:31 pm
Wed 4 Feb	22 / 11 °C	Scattered clouds.		25 °C	14 km/h	↑ 36%	3%	0.0 mm	7 (High)	6:37 am	8:30 pm
Thu 5 Feb	22 / 15 °C	Sunny.		25 °C	18 km/h	↑ 51%	5%	0.0 mm	7 (High)	6:38 am	8:29 pm
Fri 6 Feb	22 / 16 °C	Sunny.		25 °C	17 km/h	↑ 47%	4%	0.0 mm	7 (High)	6:39 am	8:28 pm
Sat 7 Feb	22 / 16 °C	Mostly sunny.		25 °C	20 km/h	↑ 55%	14%	0.1 mm	7 (High)	6:40 am	8:27 pm
Sun 8 Feb	22 / 16 °C	Morning clouds.		25 °C	18 km/h	↑ 52%	5%	0.0 mm	5 (Moderate)	6:41 am	8:26 pm
Mon 9 Feb	23 / 16 °C	Increasing cloudiness.		24 °C	7 km/h	↗ 26%	5%	0.0 mm	3 (Moderate)	6:43 am	8:25 pm

Other Events to plan for

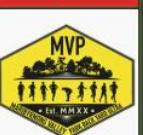
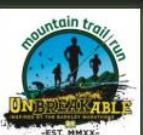
Trailsplus conduct between 12-18 events in various locations around Victoria

Explore Our Races

2025-2026

(Dates subject to change)

Trailsplus acknowledges the traditional owners of the lands where we hold our events. We respect their history, culture and traditions, and their ongoing connection to the land and waterways. We pay respect to their elders past and present.

Open	Open	Open	Permit Pending	Mountain Series	
 <p>The Rooftop Run BOGONG to HOTHAM Alpine National Park</p> <p>Australia's rooftop run, where the strong and determined are rewarded.</p> <p>17 Jan 2026</p>	 <p>MVP NEAREST RUN TO THE TOP</p> <p>"Last One Standing" format, where everyone is tied for first place every hour.</p> <p>6 Feb 2026</p>	 <p>BRIMBANK PARK Lighthouse Trail Run</p> <p>A trail running treat to challenge and wow you. You'll see the light at the Prom.</p> <p>21 Feb 2026</p>	 <p>BRIMBANK PARK</p> <p>Nestled on the Maribyrnong River, a community focused event for all ages and abilities.</p> <p>22 Mar 2026</p>	 <p>Get ready for an Otway adventure to suit all abilities.</p> <p>TBA</p>	 <p>Maroondah DAM TRAIL RUN</p> <p>Steeped in history and steep on the trail, where all your senses come to life.</p> <p>19 Apr 2026</p>
 <p>WORKING ON IT</p> <p>Escape to the country!! Information on its way.</p> <p>24 May 2026</p>	 <p>WOODLANDS TRAIL RUN</p> <p>Run the pleasant, wooded trails under the international flight path and alongside the retired race horses.</p> <p>R U READY ?</p>	 <p>UNBREAKABLE EST. MMXX</p> <p>Inspired by the Barkley Marathon, something will break, will it be you?</p> <p>14 Jun 2026</p>	 <p>WILD BOAR TRAIL RUN</p> <p>Let your inner beast run wild!! We'll be back in 2026!!</p> <p>18-19 Jul 2026</p>	 <p>YOU YANGS Trail Running Festival</p> <p>Trailsplus birth place and home of the Bunjil, panoramic views.</p> <p>TBA</p>	 <p>Phillip Island RUNNING FESTIVAL</p> <p>Home of the little penguin, a unique trail experience taking you places not normally accessible.</p>
 <p>Surf Coast Wonderfalls TRAIL RUN</p> <p>Mountain Series</p> <p>Majestic and wonderful, single trail heaven, waterfalls, river crossings, ocean views, a real gem.</p> <p>15 Aug 2026</p>	 <p>macedon TRAIL RUNS</p> <p>Mountain Series</p> <p>Magical and mystical, through fog, rain and clear skies, truly an adventure.</p> <p>4 Oct 2026</p>	 <p>MARYSVILLE MARATHON FESTIVAL</p> <p>Mountain Series</p> <p>A truly special event, born from the community spirit following the Black Saturday bushfires.</p> <p>7-8 Nov 2026</p>	 <p>Calling all HEROES and VILLAINS!!</p> <p>28 Nov 2026</p>	 <p>LAST LAP OF THE YEAR</p> <p>Prepare for Christmas with a diminishing time, laps challenge. See how far you can go.</p> <p>13 Dec 2026</p>	 <p>Celebrate the new year with us in a fun, relaxing atmosphere with spectacular views of fireworks.</p> <p>31 Dec 2026</p>

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



GARMIN.



GARMIN.

trailsplus
trailsplus.com.au

PETZL

32Gi
Sports Nutrition
Australia



Fundraising on behalf of



cancer's different in a young person's world