



Where : You Yangs Regional Park
Turntable Carpark base of Flinders Peak (see map)

When: Dec 31st 2020

Time: From 3pm onwards, rego opens at 2pm

What: Celebration of years running and fireworks around the bay

The New Years Eve Trail Run forms part of a 3 race series of night runs in the You Yangs Regional Park. Each race in the series will be carried out on a 5km loop at three different locations within the park precinct.

Race 1 – Halloween Howler, Western Plantation

Race 2 – New Years Eve, Turntable Carpark

Race 3 – Australia Day, Kurrajong Carpark – *on holidays at moment, may not resume*

SPECIAL NOTABLE POINTS

Always carry a mask, wear it when you cant keep 1.5M away from others

Please stay at home if you are unwell.

If you have any symptoms or have been in contact with an unwell person or have visited a covid hotspot, especially NSW you must not attend the event.

BYO drink cup/bottle.

All competitors **and spectators** to check-in via QR code.

No cash on the day.

Start line:

Rolling start, so no need to crowd start line. Your time will start when crossing the mat

Aid station:

Limited selection

Please do not help yourself to food or drink. Aid station volunteer will drop food into your hands via tongs, and will pour drink into your cup/bottle.

Finish line

Remove your own chip from pouch at back of bib. Pouch is not sealed.

Place chip in box provided

Leave the finish area as soon as you can, to avoid crowding of finish line.

No spectators to enter exit area, not even for photos.

Maintain social distancing at all times and continue to keep good hand hygiene.

Follow all signs and directions by Trailsplus team.

Races and Time Schedules

SCHEDULE AND DISTANCES NEW FOR 2020

Please Note COVID-19 Checklist and Planning Applies

Registration / Check in opens 1hr before the start of your race
Please ensure you have completed check in and registered 15 minutes before race start time so you can attend briefing.
We will have between 150 – 200 runners in total spread across 6 events.

3:00pm - 50km Start **4:00pm - 42.2km Start** **5:00pm - 5km Start**
6:00pm - 10km Start **7:00pm - 21.1km Start** **5:00pm – 6hr Start**

Due to Covid restrictions there will be no formal presentations and prizes handed out, all finishers will receive a medal.

Please note this is a low key grass roots event, not too many bells and whistles
Just a celebratory fun night on the trails, keeping it safe by adhering to Covid regulations, please see linked registered government covid check list.
https://trailsplus.com.au/TPdocuments/RAC_COVIDSafe-Event-Checklist%20Amended%2018-12-20.pdf

AID STATIONS

Being a closed loop course there will be a central staging. Runners will pass through here each lap so food, fluids, gear and first-aid will all be located in one spot keeping it simple and fun. This will also be a great place for your crew to hang out and enjoy the camaraderie and cheer you on.

There will be some basic foods and drink this year due to covid, not our very popular smorgasbord selection. It is extremely important that you DON'T self serve, you can only receive food and water via touchless means. The aid station operator will wear gloves, use tongs and drop food item in your hand and pour water from a jug into your cup or bottle

CUPS POLICY

Trailsplus is doing all we can to make a difference, as a result we are going cup free at our events, that means to have a drink from our well stocked aid station you need to buy one of our environmentally friendly reusable silicone cups or bring your own. Help us and support the no cup policy, Cups are \$5:00 if available most cups have a race logo and may not be the current race logo pending stock available. We strongly recommend you bring your own reusable cup or bottle

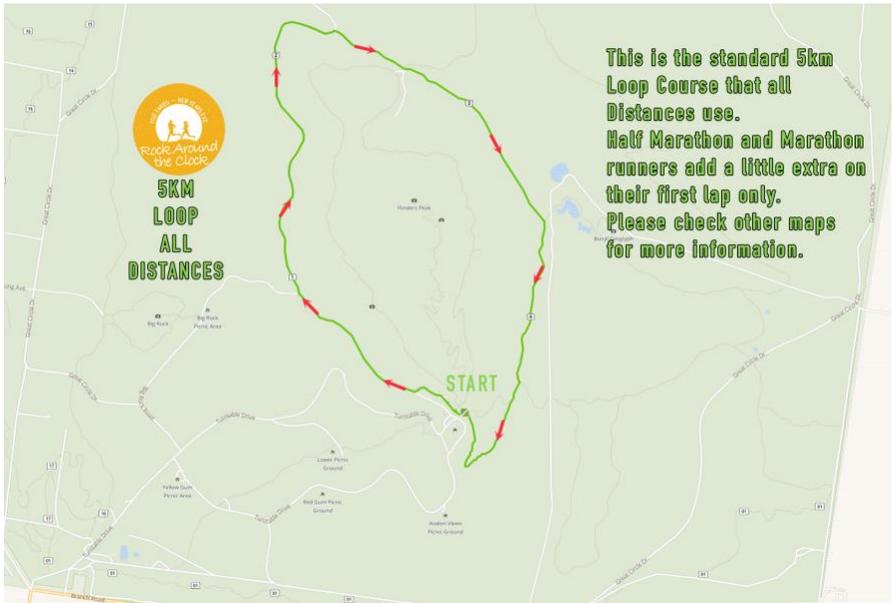


COURSES

The main course is conducted on a 5km loop that navigates round flinders peak in a clockwise direction.

NYE Course: the course provides a variety of terrain from wider access tracks to single trails and includes some rolling climbs and steep descents, so take care on the fast downhills. There are some fantastic views, so pause and take them in.

MAPS: The main map is the 5km loop, depending which event you will do up to 10 laps. NOTE: for the half marathon, your first lap only includes an out and back to Big Rock to add 1.1km, if doing the Marathon there is a 2.2km additional loop for your first lap. These additional sections are only used on your first laps, then all laps after are on the main 5km loop.

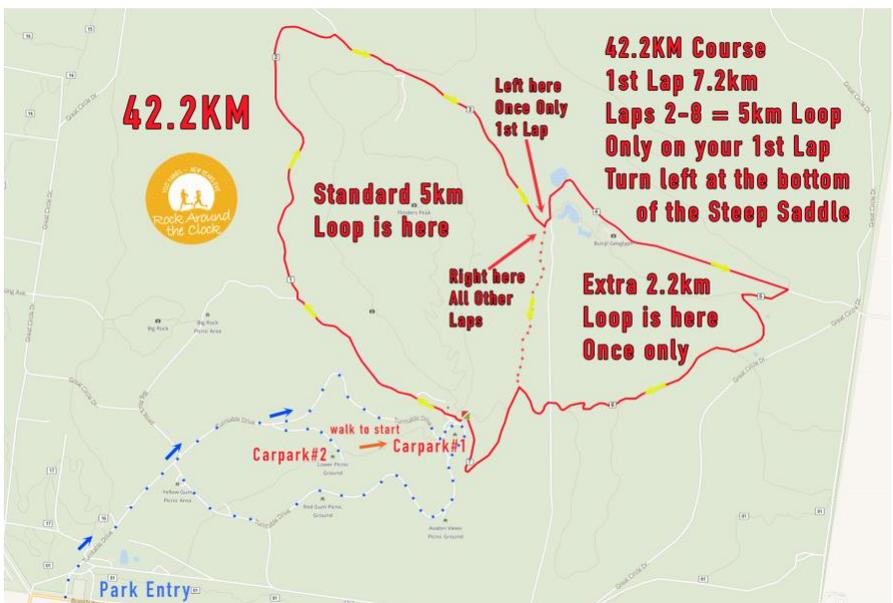


This is the standard 5km Loop Course that all Distances use. Half Marathon and Marathon runners add a little extra on their first lap only. Please check other maps for more information.



21.1KM Course
 1st Lap 6.1km
 Laps 2,3,&4 = 5km Loop
 Only on your 1st Lap
 Do you go to Big Rock
 And return back to
 and continue on the loop

Basically its 4 loops of
 The main 5km loop
 but on lap one you add
 the extra 1.1km Required
 By doing 550M out and back
 To the Big Rock carpark



42.2KM Course
 1st Lap 7.2km
 Laps 2-8 = 5km Loop
 Only on your 1st Lap
 Turn left at the bottom
 of the Steep Saddle

DROP BAGS

You can leave your gear in the gear-marquee at the start/finish area. While we provide a space for your drop bag, we cannot take responsibility for your gear. There will be basic first aid available on course at start finish. Depending how fast or slow you run your laps, you can decide if you need to carry any food or fluid with you.

GEAR

There is no mandatory gear!!! but, and there is always a catch, you will need a headlamp or handheld torch and good idea to have a back-up. If your batteries go flat it could be an early night. No-one runs without a SUITABLE light. Being at night in Victoria it can get very cold and wet so better toss in a jacket and some warm clothes like a beanie and gloves. You don't have to wear them unless you feel the need. And if you have a tendency to trip on roots a pair of bike gloves could save you some major dramas.

TIMING BIBS

Race bibs must be on your FRONT CHEST and very clearly visible as we will record your lap splits and finish time AUTOMATICALLY, at the completion of your event you must remove the timing chip and place it in the box provided, Take care as the chip is in a pouch with an open top, so don't toss your bib around or the chip may fall out.

RULES

Must come to enjoy, must bring a sense of humor

All races are a closed loop, 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

Abide by ALL COVID related rules and regulations

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.

SAFETY

Play it safe.

If you find an injured runner you must help them out. That is the trail runners code.

If there is an emergency situation that requires evacuation, then follow the directions of the organisers or Parks Vic staff or the emergency services in attendance.

Hypothermia can be a serious problem. Keep your food and fluid intake at the correct and required levels and dress for the weather. It can sneak up on you, especially if you are wet or stop moving.

Hyponatremia is a serious consideration in any event like this. Know the signs and symptoms. Avoid over-drinking. Too much water is as bad as not enough.

Drink to thirst. Don't take ibuprofen (Nurofen or similar NSAIDs).

Ipods are allowed but you will miss so much of the fun if you choose to use one. They must be out or off at the checkpoint so you can hear volunteers. And be aware of

passing runners. If you can't hear them coming up behind you be prepared for a tap on the shoulder. And at night that could scare the crap out of you! You are going to be tired when you finish. Good idea to car-pool and have a designated driver. Otherwise have a nap before driving and have some warm clothes ready to throw on.

IT'S DIFFERENT

For the Halloween event it will be a little different, the bling will be minimalist,(well it used to be, 2018 sees the intro of some cool bling, we don't know if there will be 50, 70 or 100 of you, well actually that was the last 3 years, we know its 150-200 potentially and hopefully that's the trend for this fun night on the trails, its different so expect the same care, challenge, support and encouragement, who knows perhaps your reward will be popping a cork and celebrating, they do make sports drinks with corks, don't they.

THE BLING

2020 its been a year to forget, but lets finish it off with a dual purpose medal. This bottle opener is your medal enjoy. We will have to present it under COVID safe rules, so sorry no high fives, hugs and placing it around your neck for 2020. There will be no or limited prizes pending sponsors but also covid related rules and minimizing close contact and maintaining social distancing



VOLUNTEERS

Please thank our volunteers that are here to help you have an enjoyable day, be patient with the changed service of aid station food and drinks. If you are a fast runner concerned about your time please prepare to be self-sufficient so you are relying on and delayed at aid stations

FUN AND CELEBRATION.

We understand that the 2020 event can't have the full close friendly banter and celebration as per pre covid, but we can still enjoy time with family and friends while keeping socially distanced and adhering to good hygiene practices, so please help us stay safe and enjoy your time, but we understand if you want to leave as soon as your event is finished.

TRAVELLING HOME

If driving home after the alter events please take care watch for kangaroos or hang with us, rest up and recover, especially if you have had a long run and feeling tired.

WEEKEND WEATHER

It is going to be a cloudy with some sunny breaks, a great running day but the evening might get cold so please bring the right clothing for the conditions, see forecast below, maybe toss in a spray jacket, in case we get a drop of rain.

Thursday 31 December



Min **13** Max **22**

Partly cloudy.

Possible rainfall: **0 to 0.2 mm**

Chance of any rain: **30%** ■■■■■■■■■■

Geelong and Surf Coast area

Cloudy. Slight (30%) chance of a shower at night. Winds southerly 15 to 25 km/h turning southeasterly 25 to 35 km/h in the late morning and afternoon.

Sun protection recommended from 9:00 am to 5:40 pm, UV Index predicted to reach 12 [Extreme]

Friday 1 January



Min **16** Max **27**

Humid. Shower or two.

Possible rainfall: **0 to 3 mm**

Chance of any rain: **50%** ■■■■■■■■■■

Geelong and Surf Coast area

Humid. Partly cloudy. Medium (50%) chance of showers. The chance of a thunderstorm. Winds southeasterly 25 to 35 km/h turning easterly during the morning.

Sun protection recommended from 9:10 am to 5:40 pm, UV Index predicted to reach 11 [Extreme]

COFFEE VAN

Our regular coffee provider Ang from Devine Grind Coffee will be onsite from approx. 4pm until 9pm. Be sure to support Ang who attends all our events where permitted to provide great coffee for us all.

Unfortunately, there will be no Pizza or Food available this year, so pack a picnic and rug if planning to hang around in a social distance safe way.

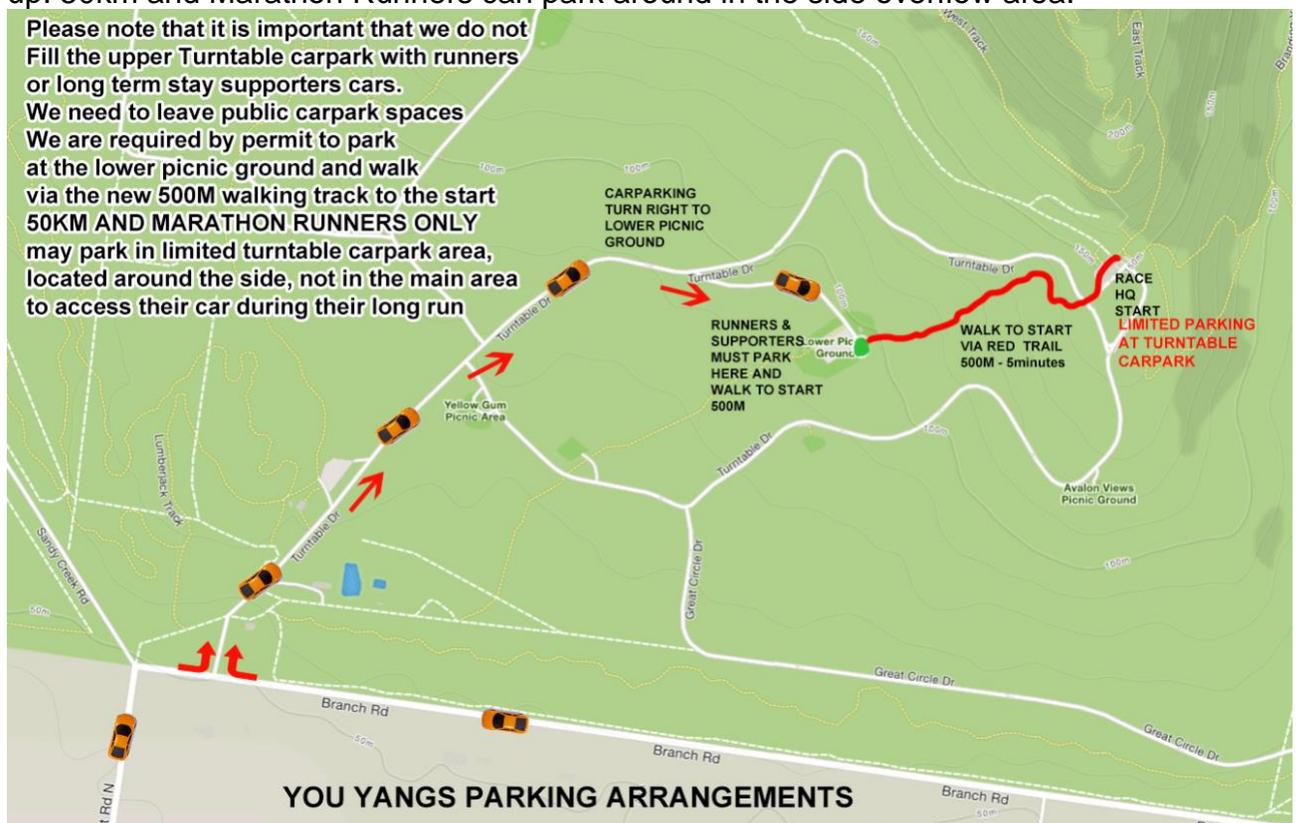
FIRE WORKS AROUND THE BAY

We know many fireworks have been cancelled but we suspect there will still be plenty to see at some stage during the night.

CAR PARKING

Runners are required to park in the lower picnic carpark and walk up via the link track. If you have chairs or gear you can unload then drive around and park then walk back up. 50km and Marathon Runners can park around in the side overflow area.

Please note that it is important that we do not fill the upper Turntable carpark with runners or long term stay supporters cars. We need to leave public carpark spaces. We are required by permit to park at the lower picnic ground and walk via the new 500M walking track to the start. 50KM AND MARATHON RUNNERS ONLY may park in limited turntable carpark area, located around the side, not in the main area to access their car during their long run



This event is a Victorian State Government Registered event with the Department of Jobs, Precincts and Regions, refer to the following link on our website for details.

<https://trailsplus.com.au/announcement/>