



Where : You Yangs Regional Park
Turntable Carpark base of Flinders Peak (see map)
Parking: Must park in Lower Picnic Ground and walk trail to start.
When: Dec 31st 2023
Time: From 4pm onwards, rego opens at 3pm
What: Celebrating the incoming 2023 year and fireworks around the bay

The New Years Eve Trail is a fun family event perfect for seeing out the year and for those up for it seeing in the new year as the fireworks around the bay light up the night skies. (Weather Permitting) from the heights the You Yangs Regional Park. Each race will be carried out on a 5km loop with added sections for the 21.1 and 42.2

BYO drink cup/bottle.

YOU MUST HAVE A MEANS TO DRINK THE FLUIDS WE SUPPLY FOR YOU

Aid station:

Please do not help yourself to food or drink please practice safe hygiene. Aid station volunteers will drop food into your hands via tongs, and will pour drink into your **BYO cup/bottle.**

Finish line:

We will remove your timing chip from the pouch at back of bib.
Then present you your finishers medal.

Winners:

Please note we acknowledge 1,2,3 male/female in all events, so be sure to check your position before leaving you might be on the podium.

Follow all signs and directions by Trailsplus team.

Races and Time Schedules

SCHEDULE AND DISTANCES FOR 2023

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 180 – 200 runners in total spread across 6 events.

4:00pm - 50km Start
6:00pm - 10km Start

4:00pm - 42.2km Start
7:00pm - 21.1km Start

5:00pm - 5km Start
5:00pm – 6hr Start

Formal presentations will be for the 1st, 2nd, 3rd male and female, 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.

AID STATIONS

Being a closed loop course there will be a central staging area. Runners will pass through here each loop so food, fluids, gear and basic 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 our normal food and drink selection. Chips, lollies, chocolate, Water Melon, Fruit Cake . Please practice safe hygiene DON'T self serve, you should wait to receive food and water via touchless means. The aid station operator will, use tongs and drop food item in your hand and pour water from a jug into your cup or bottle

CUPS POLICY (We are a plastic / paper cup free event) PLEASE BYO or BUY

Trailsplus is doing all we can to make a difference, as a result we are single use 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 availability. We strongly recommend you bring your own reusable cup or bottle.



COURSES

Being a simple 5km loop, the course will be marked with the following, Arrows, Ribbons, & Signs



The main course is conducted on a 5km loop that navigates around 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 downhill. 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.

Elevation Stats

50km = 1400M

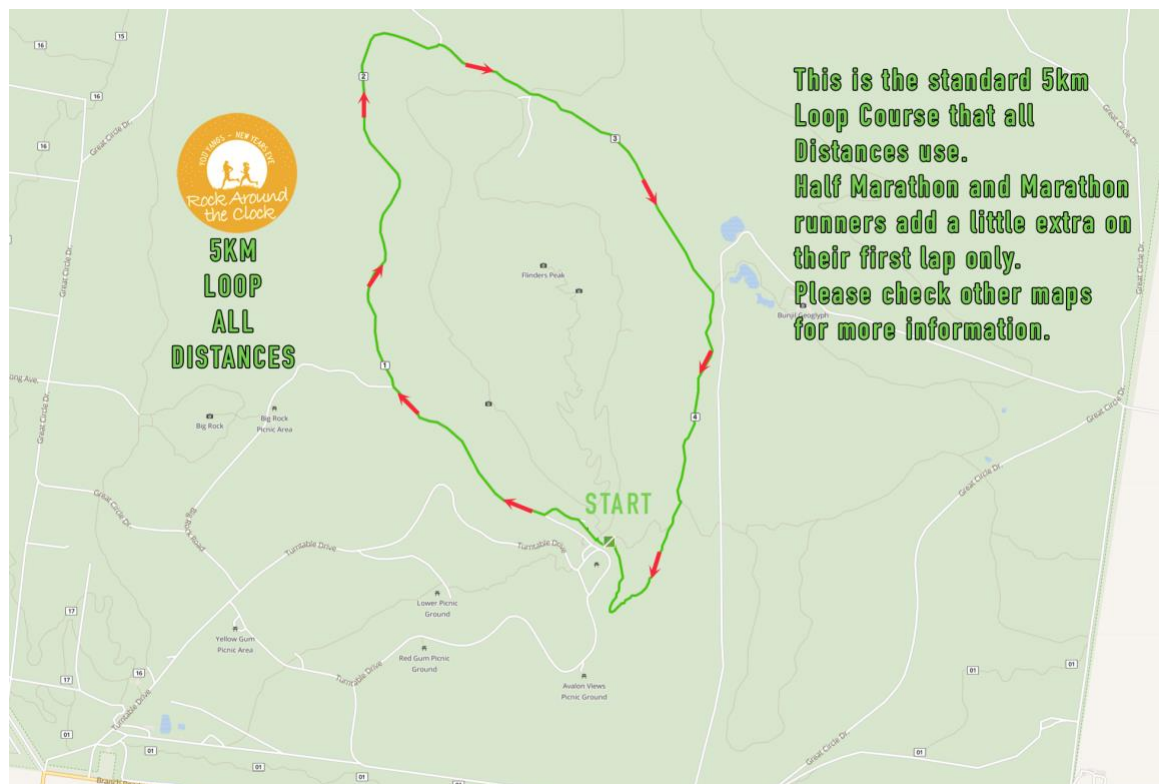
42.2km = 1170M

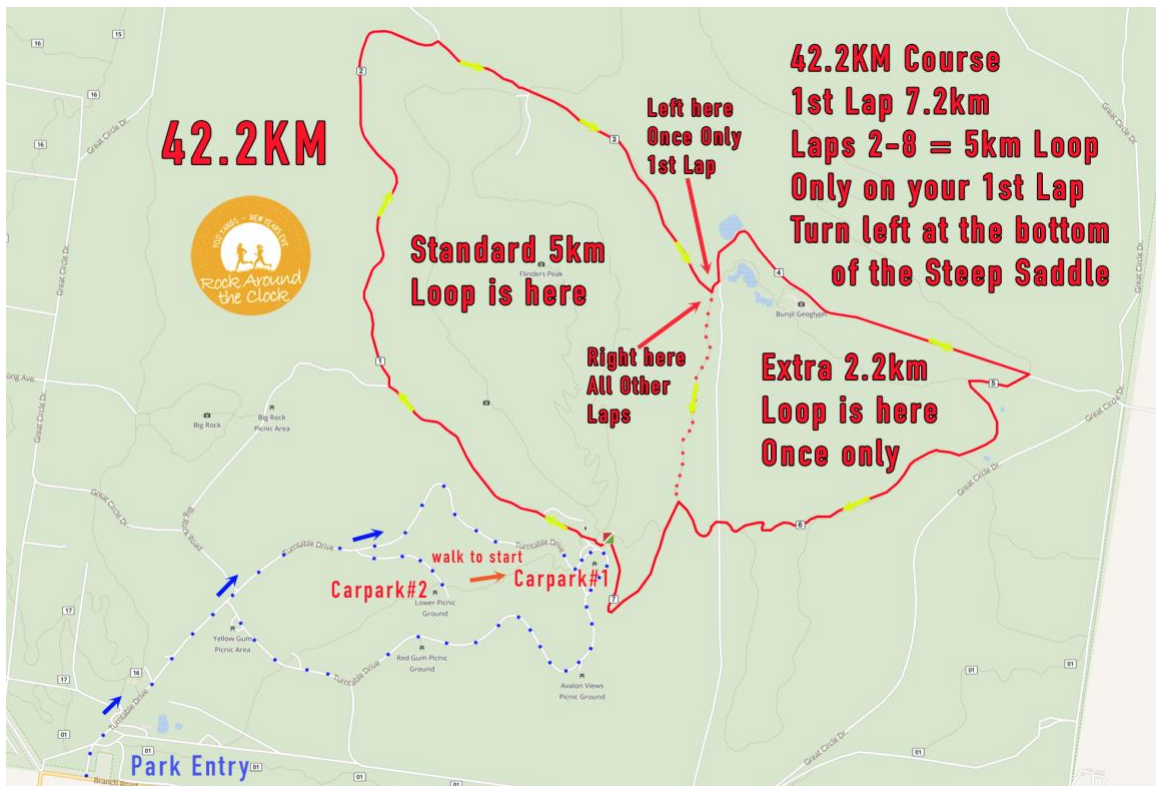
21.1km = 600M

10km = 280M

5km = 140M

6hr = 140M per loop completed





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!!!^(L)_(SEP)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 we will remove the timing chip and place it in the box provided,

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

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 best left home as 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, especially if a long distance runner.

THE BLING

Our new stealth like Jet with eagle medal is our reward for your effort, we also have a small quantity of the Bottle Opener Medals, it's your choice if available



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.

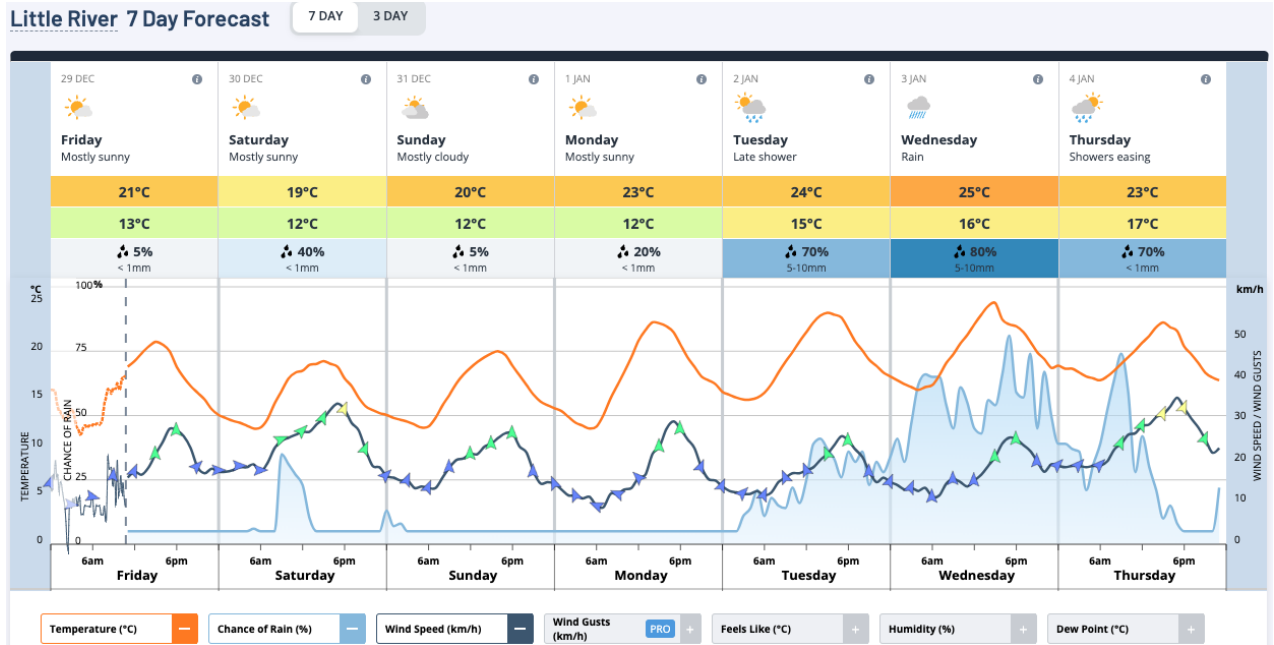
It is a great place to hang out and support others and enjoy the company of friends and family. Bring a rug and a few drinks and relax and enjoy the views and some city fireworks that take place at 9pm and midnight.

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

Looking perfect for running and a picnic on the side of the mountain.



COFFEE VAN

Our regular coffee provider Ang from Divine 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.

PIZZA

Mariana will be here with great wood fired pizza this year, so pack a picnic and rug if planning to hang around and enjoy the best wood fired pizzas.

FIRE WORKS AROUND THE BAY

The fireworks around the bay will be bigger and better than ever with a 9:30pm blast and midnight finale, always a great spectacle weather and clear skies permitting.

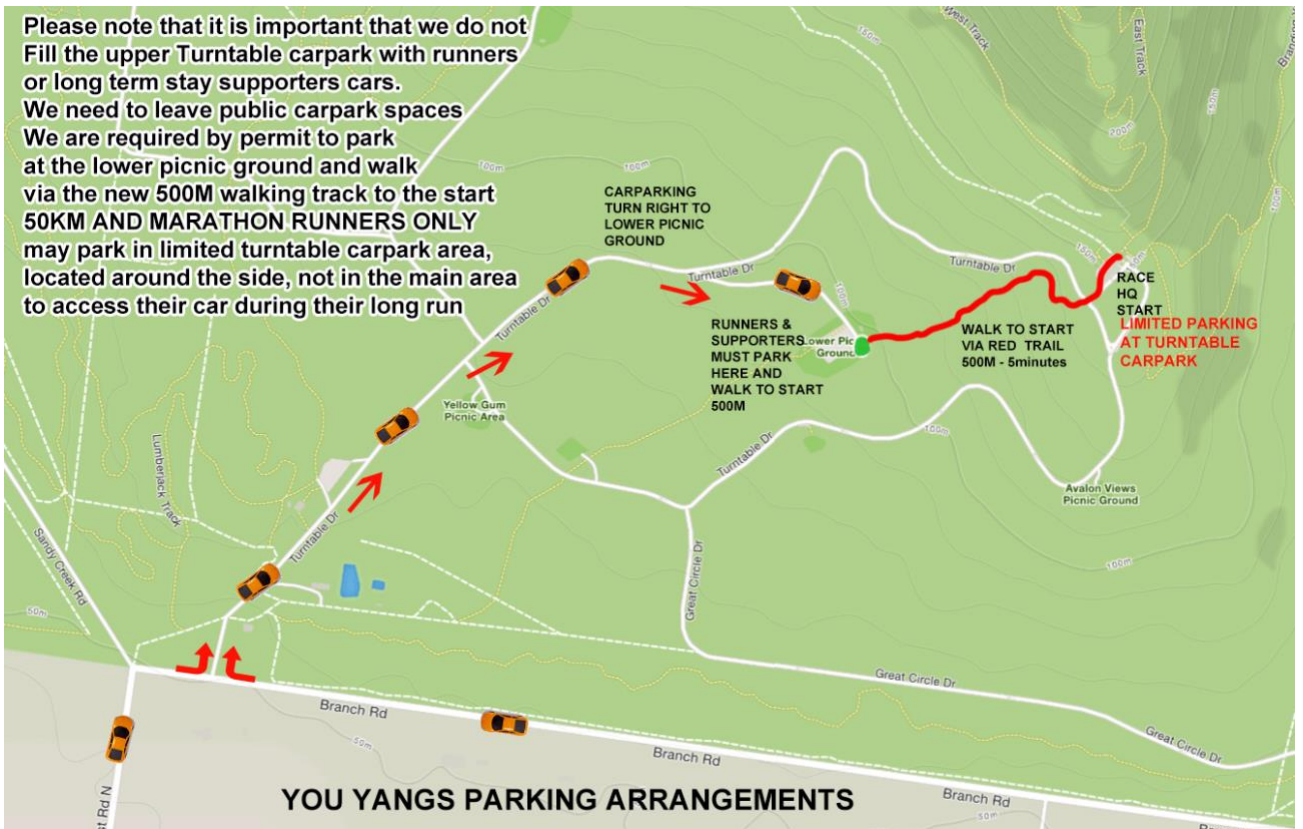
CAR PARKING

(2023) Traffic notes and Update

Please note if travelling from Melbourne via the West Gate Bridge there may be delays up to 90 minutes according to VicRoads, so plan ahead and consider a different Route via the Tulla /Calder Freeway to the Western Ring Road before getting back onto the Princes Freeway to the You Yangs.

Runners are required to park in the lower picnic carpark and walk 500M up to check in 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 if space is available, however the area can get very busy and may be full.

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 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



YOU YANGS PARKING ARRANGEMENTS