



YOU YANGS happy new year

RACE-TIMING 2:00:33

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**RUNNER
INFORMATION
GUIDE**

2024



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Welcome

Welcome to the New Years Eve rock around the clock trail run 2024. We look forward to celebrating 2024 while welcoming in the new year with you. The You Yangs NYE trail run rock around the clock is all about celebration, and fun with family and friends.

Our goal at Trailsplus is to provide a safe, friendly and encouraging opportunity for people to connect with trail running and various format style events and enjoy the outdoors and our local parks, trails and mountains and discover new places to visit. Whether a first timer or experienced runner, we see everyone as an important individual on their own journey. The NYE trail run is set on a 5km loop course, and our aim is to support you to finish whatever distance is your goal, be it one 5km lap or ten 5km laps.

Since 2007 Brett and Trailsplus events have been supporting CanTeen, the organisation for young people living with Cancer. We have raised almost \$80,000 for charities since 2007.

The You Yangs location requires us to use the Lower Picnic Ground Carpark and walk to the start, please ensure all runners do the right thing to allow us to continue to provide this event for you.

You will also be sharing trails with members of the public on race day. I'm sure they will be intrigued by your efforts and commitment to run long or short distances. Please ensure the running community is well represented and respected by the way we conduct ourselves. You may find they walk two or three abreast, please be patient and make your way past them safely and politely.

Most of all, come and have a safe and great day.

Thanks again for supporting the event.

Don't forget we have Pizza and Coffee available, how long they stay depends on you and how much you use their service on the day. They won't be there until midnight so be sure to grab yours and enjoy as soon as you can

Brett Saxon

Trailsplus - Race Director

What is NYE Rock Around the Clock Trail Run

The NYE rock around the clock trail run is set on a 5km loop course around flinders peak. Depending your distance you will do multiple loops, always passing through the start finish line where an aid station will be located to keep you fed and hydrated

The course is a 5km spectacular loop that is undulating with a couple of steeper sections. Take care on the steep descents. There are single trail sections and some wider trails.

There are no cutoff times, if you want to walk you are welcome, we are here for you to achieve your goals however long that takes.

There are staged race starts, please check the schedule below in this document.

Total Elevation per loop is 140M.

It's New Years Eve

Let's celebrate, bring your chair, picnic rug, cold drinks and nibbles and stay and support others while enjoying the beautiful views over the bay to the city. Clear skies permitting we will have a great view of the fireworks, especially the midnight session, the earlier one is generally a bit hard to see as its not quite dark.

Dress it up

Feel free to dress up in any theme you like, if we are impressed by your effort, you might get lucky and win a prize.



Don't forget we have awesome woodfired pizza's and coffee onsite at the start line



When

Tuesday December 31th 2024, starting from 4pm, please check your start time and be in the park early enough to park in the lower picnic ground and walk to the start (10min walk), being early will allow yourself time to relax and collect your race bib and listen to the race briefing.

Fun Celebration

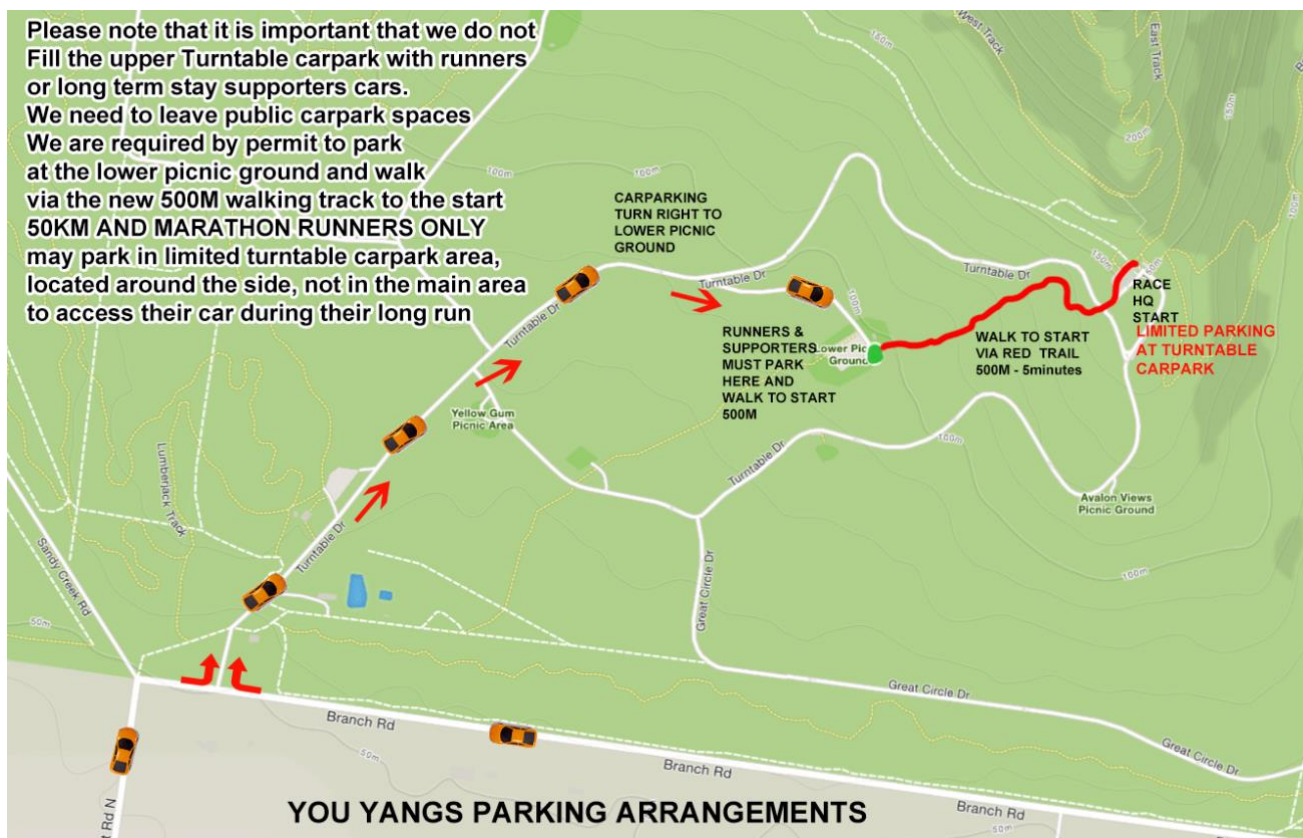
Make it a day out, invite family and friends, enjoy a picnic after your run and help us create a great vibe to support those still running. Take advantage of some great Pizza and Coffee Café, enjoy the relaxing surrounds.

Getting There

You Yangs Regional Park

Branch Road Little River, Vic

ENTER VIA MAIN ENTRY – follow the main bitumen road and carparking signs or directions of marshals if in place.



Car Parking

Will be located at the lower picnic ground, if full there are other options at Valley picnic ground or redgum picnic ground. If using other carparks you must not walk along road to the start, please use link track from lower picnic ground. Please follow signage or marshal directions. Park carefully and consider all others to ensure there is plenty of space to park. Do not block others in.



Lower Picnic Ground

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 back 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. If full you must park in lower picnic carpark. Please park at 45 degrees if parking on left before toilet block if carpark full. If staying after your run cars can be moved later in day if space at top available.

Traffic Notes

(2024) Traffic notes and Update

Please note if travelling from Melbourne via the West Gate Bridge there may be long delays 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. Use Google Maps etc, check VicRoads Website

Mandatory Gear

A head torch/hand held torch (not your phone light) for those running during hours of darkness only. Generally this means slower 21km, 42km 50km and 6hr runner. There is no other enforced mandatory gear or equipment, however it is highly recommended that you have appropriate clothing available onsite to suit weather conditions of the day.

Suggested items for 2024 being a predicted sunny warm day –Sunscreen, Cap, cup or drink bottle. Warm jacket for late evening.

Aid Stations

Our Aid station located in the event hub offers a full range of energy boosting food, water, electrolyte. Our aid stations generally provide, lollies, chips, chocolate, fruit cake, fruit, water, electrolyte and coke.

(YOU MUST HAVE YOUR OWN CUP OR BOTTLE TO DRINK)

Volunteers

Trailspus events have the best volunteers that assist to make your day an 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 Trailspus team, our have a chat with us on race day.

Event Schedule

06:00 Park Gates Open, via branch road.

20:00 Park gates close (for entry only) You can always exit the park anytime

3pm - Check in Opens for 50km and 42km runners

4pm - Check in Opens for 5km and 6hr runners

5pm - Check in Opens for 10km runners

6pm - Check in Opens for 21km runner

Registration for your event opens 1 hour before start time, please allow time to walk to check in and register

Event Distance Start Times

4:00pm – Start for 50km and 42.2km Marathon Runners

5:00pm – Start for 5km and 6hr Runners

6:00pm – Start for 10km Runners

7:00pm – Start for 21.1km Half Marathon Runners

Cup Free Event

Our events are cup free, if you intend to drink from our aid stations 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.



Fire Works around the bay

Providing the skies are clear and the wind is favourable, we can view spectacular fireworks from Melbourne to Geelong. The early session is sometimes to light to get the best view, however the midnight fireworks can be amazing if the weather is on our side, it can be worth the wait, hang out and enjoy the evening.

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 as follows, partial refunds are available up to 30 days prior to the event, no refunds within 30 days.

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

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 you are a VERY LATE entry, you may receive a plain black and white or modified bib.



NYE Awards & Trophy Prize

Each event distance 1st,2nd,3rd Male and female will be awarded a trophy item and in some cases a small sponsor prize when available.

We do not present AGE GROUP awards, however we generally provide age group results



Finishers Medals

Every participant that finishes the event distance they started will receive our custom designed Woodlands Medal.



Presentation Schedule

The presentation takes place as soon as practical without rushing after each event has at least the first 3 males and female finishers. If you are a podium winner and need to rush home before presentation, please see the race director who will present you your trophy.

First Aid

We will have a First Aid facility onsite, if you need any help please let our first aider (Mitch) know.

Runners Personal Belongings Tent

We have an allocated area you can leave your belongings; however we highly recommend leaving valuables at home or in the car, there is no allocated security to watch over your personal items.

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. ID checks will be made at bib collection as required, if you are not the ticket holder, you will not run.

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.

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.

Parks Victoria

We are extremely grateful for the support of Parks Victoria and the opportunity to host the NYE trail run in this fantastic location.

Wudawurrung People

Our event is being held on the lands of the Wuddawurrung People, and we acknowledge them as Traditional Owners. We would also like to pay respects to their Elders, past and present.

Toilets

There are drop toilets located at the start finish, and flushing toilet at lower picnic ground carpark.

Highly recommend using the ones at lower picnic ground before walking to start.

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.

Staying in Park after your Run “Camping”

While there is generally no camping permitted in the You Yangs, we understand that you may be tired and need to rest before heading home. For some this may mean when finishing after midnight that you have to grab some sleep before driving home safely. We just ask that you don't make it look like a camp ground and leave as soon as practical new years day.

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.

Park Ranger on duty

Please note Tamara, the Ranger Team leader will be on duty new years eve and will also plan to be around the event space after her official shift is over. Please be sure to thank her for the support and opportunity to host the NYE trail run.

Reminder there is technically no camping in the You Yangs, if you need to rest up and have a snooze before driving home, be sure to keep the rest space low key, if you know what I mean.

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

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.

Grass Roots Event

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

Just a celebratory fun day on the trails, and continuing our fundraising for CanTeen.

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

BYO Shade / Shelter

If you would like to bring your own pop-up shelter you may. You can claim your own piece of grassed area and setup a picnic area and shelter. Or you can use any spare space available under ours while chilling out and supporting others. There are some trees nearby and a large Tin Roof Shed if needed to get some shade. It must be secured safely and not at risk of blowing away.



Rules

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

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.

Dogs

You are most welcome to bring your very well-behaved dog to spend the day with you.

(MUST BE ON A LEAD) If your dog is not sociable with other dogs, please leave them home. If you are aiming to be on the podium, you cannot gain assistance by having your dog drag you along.



Signs and Markings

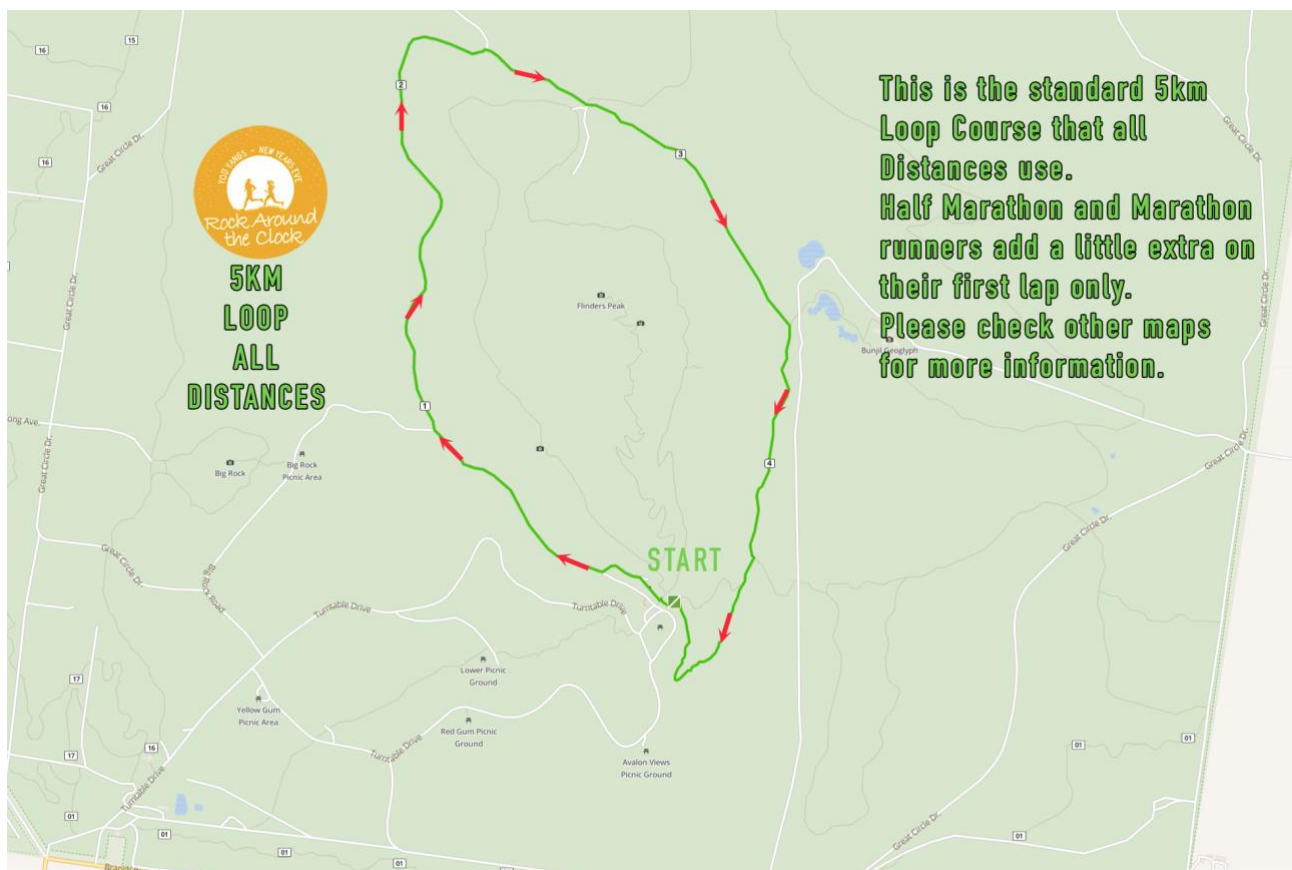
Navigating the course is “EASY”. It really is!

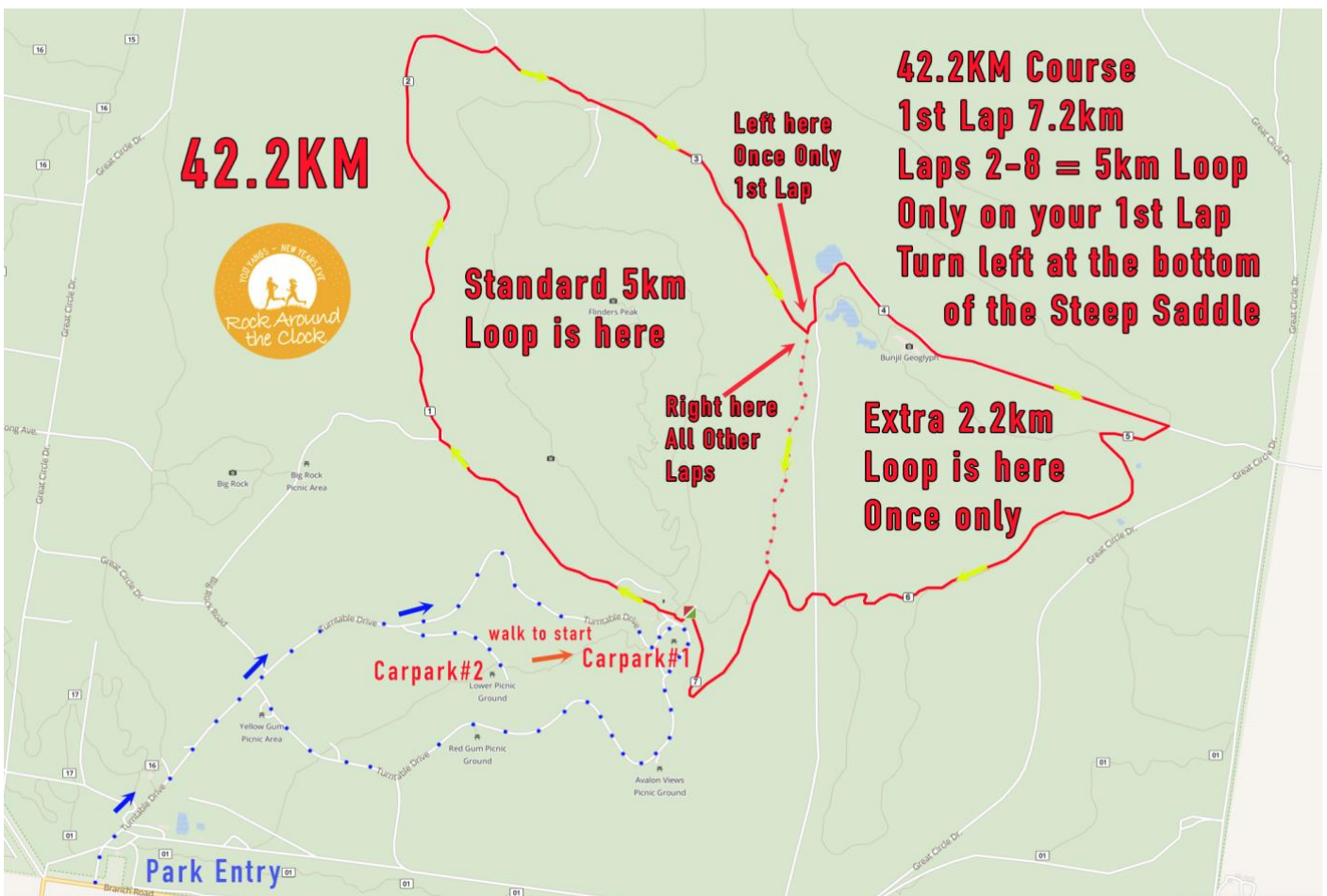
Note, trail running events rarely have marshals, you need to follow signs. At NYE we will use a combination of, large orange arrows, orange ribbons, red stop signs.



Course Maps

All events use the 5km loop course around Flinders Peak. The 21.1km runners on their first loop ONLY will be diverted for 1.1km, making loop 1 6.1km. The 42.2km runners will be diverted on their first loop ONLY for an extra 2.2km, thereafter will continue on the 5km loop for ALL remaining loops.





Carpark #1 is only for the 50km and 42km runners and must be in the overflow section, not main carpark.
Carpark #2 is Lower Picnic ground where all other runners and supporters must park.

Elevation Statistics

50km-1400M

42.2km – 1170M

21.1km – 600M

10km – 280M

5km – 140M

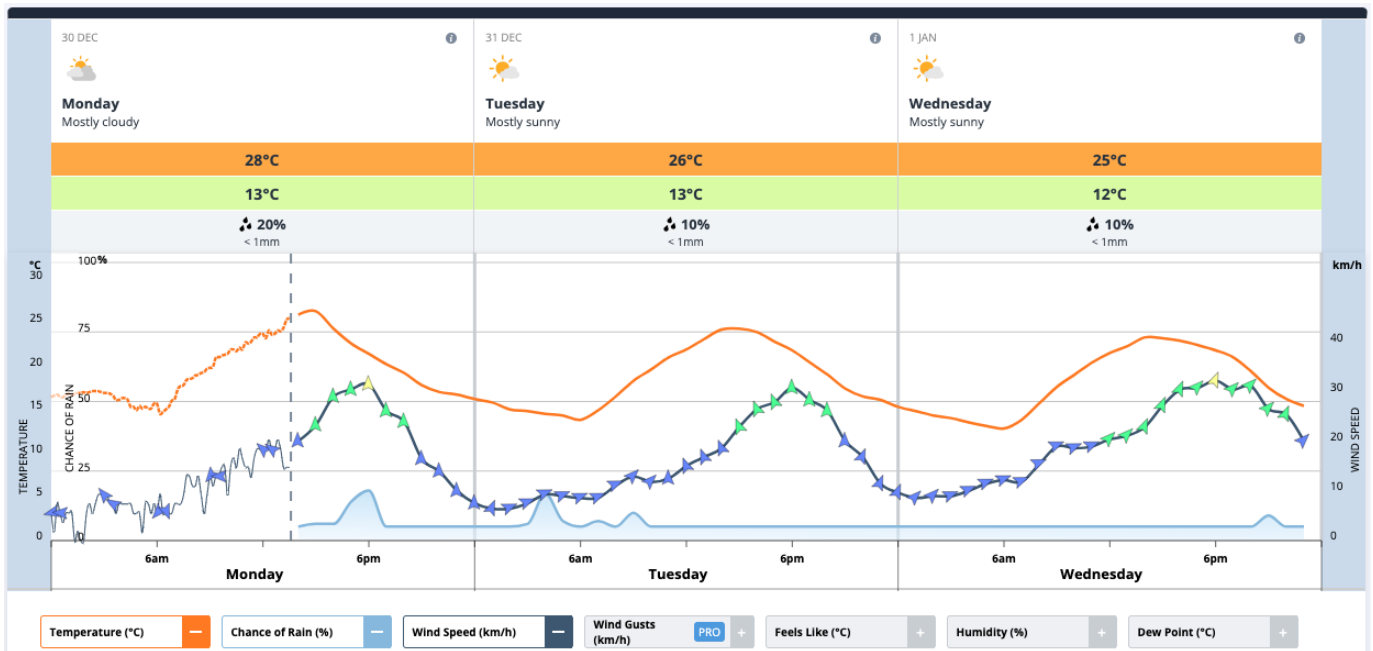
6hr – 140M per completed Loop

Travelling Home

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

Weather Forecast

It is looking like a perfect day, 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



Fundraising on behalf of



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

