

PRINCES PARK RUNNERS INFO



12HR

6HR

100KM

50KM

MARATHON

HALF MARATHON

10KM

5KM

2.5KM

2021

Proudly Presented by



Welcome and thank you for supporting the 5th running of the Princes Park Running Festival, this year consisting of 12hr – 6hr and 2.5km, 5km, 10km, 1/2Marathon, Marathon, 50km and 100km Events all on Sunday. I hope you are all looking forward to the great day as you complete your laps around the fast flat course. With 9 distances all with small groups of runners I am sure you will enjoy the friendly casual atmosphere of trailsplus events. A big thank you to all runners who are supporting the event. As always events that trailsplus conduct support young people living with cancer. This is by donations paid to Canteen at the completion of each race.

COVID SAFE PROCEDURE

As a ticketed Tier 3 outdoor event
At time of print the following procedures are required to be
in place for our EVENT on Sunday.



EVERYONE THAT ATTENDS MUST

CHECK IN WITH THE GOVERNMENT QR CODE SYSTEM
Using your phone or via reporting to our covid safe monitor
and advise your details to them

MASKS MUST BE USED WHEN INDOORS

or WHEN YOU CAN'T MAINTAIN 1.5M DISTANCE
OUTDOORS

RACE STARTS WILL BE STAGGERED IN GROUPS AS REQUIRED

WAVE STARTS OF 50 WILL BE IMPLEMENTED

IF YOU HAVE SYMPTONS

You must get tested and isolate until a negative result

IF YOU HAVE BEEN TO ANY CURRENT TIER 1 EXPOSURE SITES

You must isolate and get tested and not attend the event

SUBJECT TO CHANGE BASED ON GOVERNMENT ADVICE

Princes Park is a popular and well frequented track by runners from all walks of life and ability, many of whom you will be sharing the track with on the weekend. I'm sure they will be intrigued by your efforts and commitment to run the ultra distances and multiple laps. Please ensure the running community is well represented and respected by the way we conduct ourselves and be sure to acknowledge others when appropriate and most of all have fun and enjoy your experience.

It is sad that we have decided this will be the 5th and final event in its current form at Princes Park, we had hoped to be able to bring a local fast flat urban trail course to you for many years but due to a number of circumstances we can no longer provide the Princes Park Running Festival to you as an option in the current form. (This is the FINALE as we know it.)

COURSE NOTES AND SAFETY

CONTINUED ACCESS AND THE FUTURE OF OUR EVENTS

The future ability to hold events depends totally on how we as a group conduct ourselves. Melbourne city council does not guarantee we can continue to hold any event, but if we are to have a chance of future events in MCC locations it is important we abide by a series of guidelines. It only takes one member of the public to get upset and lodge a complaint and the event may not be allowed to continue. Any rubbish found on course can also reflect poorly on the event, these are just a couple of items to be aware of and ensure we leave a good vibe about the event.

ALWAYS BE RESPECTFUL OF OTHER TRACK USERS

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 track as we do so please respect them and be tolerant, try to predict what might happen as you approach and avoid any issues. Under no circumstances should a runner interfere with, push or touch animals regardless of the situation they present.

Runners – LAP COUNTING

Counting your laps is the most important requirements our timing people have to perform.

We have several systems in place to help us achieve an accurate result.

- A 2 electronic chips are on the back of your race number we expect it to perform extremely well and provide instant updates on your progress

WE MUST GET THE CHIPS BACK AT THE END OF YOUR RACE

- We may use an iPad backup system if we have enough volunteers
- Cameras will be used as a final backup
- Results will be live www.trailsplus.com.au look for link under our results tab

Support Crew – SEEKING LAP INFORMATION

Information on your runners progress should be via our website, go to www.trailsplus.com.au click on the results tab from the top menu bar

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. In particular our 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

YOU SHOULD ALLOW TIME TO ATTEND THE BRIEFING OR YOU MAY MISS IMPORTANT INFO.

All events will have pre race briefings to go over any questions you may have and to provide me an opportunity to quickly cover what is required from us all on the day.

LAP DIRECTIONS
ALL EVENTS WILL BE ANTICLOCKWISE
THERE WILL BE NO CHANGE OF DIRECTION
FOR THE
12hr or 6hr events

SAFETY

It is a requirement of entry to the event that you assist any runner in need of help, if you come across an injured or distressed runner please offer assistance or get assistance for them. Runner's health and safety is a number one priority. We will take into account the time (in regard to cut-offs) you spend with a runner in need; you are then able to continue on with the event and finish.

PERSONAL BELONGINGS

If you intend to have valuables please consider locking them in your car out of sight or just don't bring anything too valuable with you. This is a highly publicly accessible area and we cannot guarantee the security of your personal effects.

AID STATION

The aid station will have water and electrolyte drinks available from 25 litre containers. The Aid Station will be stocked with a small amount of, Snakes, Jelly Beans, Chocolate, Fruit Cake, and much more.

YOU MUST NOT SELF SERVE – an aid station person will fill your cup or provide food via tongs. This will mean you may have to wait a moment, so if you are racing please be self-sufficient and have your own food and drink with you

GOING GREENER

We started eliminating paper cups at events in 2018 and ask that you help us help the environment. We will have silicone cups for \$5 available to use and are great products for many future events as they have a lid and are collapsible and reusable.

IMPORTANT YOU NEED A MEANS TO DRINK, please bring your own bottle or have small change to buy one of ours. **AND AGAIN NO SELF SERVICE AT AID STATIONS**



TOILET LOCATIONS

There are several accessible toilet locations around the Princes Park Track.

South of the start line approx 400M

Closest to the Start Finish line but not on the course there is a toilet located to the North, 300M away from the city along Royal Pde.

East Side of Course at approx 2km point

RUNNERS PERSONAL PROVISIONS

There is only one aid station located at the start finish area on Lawn 3. You can place your own food and drinks here, please only take up the space you need and respect other runners needs.

No Drop Bags should be left in front of the table preventing runner from clear access.

Please leave bags under or behind the tables not in use or better still keep your needs with your support group in the allocated spaces.

Marathon and longer distance runners can set up in provided Marquee shelters

Road Crossings

There is really only one road/driveway crossing and this is the entry to the Carlton Football Club; It's a pedestrian style crossing and cars should give way however do not assume right of way and be prepared to stop. You Must not have any form of music in your ears within 100M of road crossings or aid stations, you should avoid having music at all.

DISTRACTIONS whilst I understand many runners like to run with music, it is a requirement that music is not used to the detriment of yours or any other person's safety. 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 that you are aware your lap has been counted as you pass by the finish line. Refer Ipod ruling below.

Ipods Race rules state you can not wear any music devices in your ear that may potentially cause issues with your race, safety being our major concern and keeping track of your laps and communicating with you our secondary concerns. However I understand many of you find it tough going without music, so the following concessions and rules apply for the use of Ipods.

- **iPods may be worn only as per the following rules**

- No EAR PIECE to be in the ear 100M either side of the start / Finish

this covers a distance of approximately 200M around the timing and aid station area.

- One EAR PIECE should be removed when approaching road crossing points.

BREACH OF RULING (this will be enforced due to public complaints from recent events)

You will be given (1) Warning about earpieces being inserted in restriction zones, if further breaches occur you may be disqualified from the event. I don't want to hear excuses, but I forgot to take it out, I know you will be thinking about a drink or some food so add removing the earpieces to the list.

This may seem a tough ruling, but consider the safety implications in a very busy environment, don't make me enforce the ruling; I will have no pleasure in removing any runner from the event if this ruling is breached. Equally I will be very upset if you breach the rule and the result is the event does not get a permit in the future.

Start Finish The usual gantry with timing clock and camera recording of the event all day MAY not be used. We will have a simplified version of the start finish due to Council Permit conditions

PLEASE KEEP THE START FINISH AREA AS CLEAR AS POSSIBLE
THIS WILL ASSIST THE TIMERS AND ALSO GIVE THE PUBLIC A CLEAR
PASSAGE TO PASS UNDER THE GANTRY

12HR – 6HR FINAL DISTANCES POINTS

THIS YEAR 2021 – it is expected that if you continue on your final lap for the 6hr and 12hr events you will record you own distance based on a map provided to you as you enter the final lap. You will carry this Map and note the relevant 100M markers and record your final lap distances based on self imposed stopping at the relevant time.

RUNNERS SUPPORT PACERS (FAIRPLAY)

In fairness to runners competing in the same event we ask that runners do not have any none event participant support running laps as this can be seen to be unfair to others. We allow for a certain amount of discretion for safety reasons for the longer distance runners generally applies to 50km, 100km 6hr, 12hr, however continuous laps are not permissible. If a runner has permission from the race director to have another person run with them this is limited to a max of two laps at a time with a break of two laps. The runners must not gain advantage by being paced at a speed that is deemed to be above their normal running pace, the RD has the discretion to request any support person to stop running with a participant and if the request is ignore the participant may be disqualified. It is the runners responsibility to be aware of this rule and to ensure they tell any person that maybe breaking it to cease so they won't be disqualified.

RECORDING THE 6HR and 12hr FINAL LAP

We initially were going to only count full completed laps, however we will be looking at a system of the runners reporting the proportion of final lap completed, we aim to provide markers of 250M or perhaps 100M intervals to make it easier or will provide a map with distance locations for you to carry on the final loop.

RACE REGISTRATION / START

Registration for all events will be at Lawn 3 Royal Pde located next to the start line

Sunday Events

100km Registration opens at 5:30am at Lawn 3 Royal Pde

100km Race Briefing held at 6:45am at the start line

100km Race start 7:00am

12Hr Registration opens at 5:30am at Lawn 3 Royal Pde

12Hr Race Briefing held at 6:45am at the start line

12Hr Race start 7:00am

50km Registration opens at 5:30am at Lawn 3 Royal Pde

50km Race Briefing held at 6:45am at the start line

50Km Race Starts 8:00am

6Hr Registration opens at 5:30am at Lawn 3 Royal Pde

6Hr Race Briefing held at 6:45am at the start line

6Hr Race start 8:00am

42km Registration opens at 7:00am at Lawn 3 Royal Pde

42km Race Briefing held at 7:45am at the start line

42Km Race Starts 8:00am

21km Registration opens at 08:00am at Lawn 3 Royal Pde

21km Race Briefing held at 08:45am at the start line

21Km Race Starts 9:00am

10km Registration opens at 9:00am at the Lawn 3 Royal Pde

10km Race Briefing held at 9:45am at the start line

10Km Race Starts 10:00am Sharp

5km Registration opens at 10:00am at the pillars of wisdom

5km Race Briefing held at 10:45am at the start line

5Km Race Starts 11:00pm Sharp

2.5km Registration opens at 11:00am at the pillars of wisdom

2.5km Race Briefing held at 11:50am at the start line

2.5Km Race Starts 12:00pm Sharp

RACE CUT OFF TIMES

Official Race cut off for all events is 7PM, based on expected 100km finishes

Presentations held as soon as possible after 1st 2nd and 3rd in the longer distances are finished and within 1 hour of the shorter distances finishing.

RACE NUMBERS

All participants must check in on the morning and collect your race numbers. Race numbers are to be visible at all times as this allows the timing people to ensure we record your lap please ensure you let them see your number and keep it visible. Numbers must be pinned to the front of your shirts or jackets. If you pin the number to your shirt and then put a jacket on, either get it pinned to the jacket or you must raise your jacket so we can see your number (IT IS YOUR RESPONSIBIITY THAT WE SEE IT) or your lap may not be counted, listen for the confirmation beep when you are the only one passing the red finish mat) not possible with lots of people passing at the same time.

WE WILL BE USING ELECTRONIC CHIPS ON THE BACK OF THE RACE BIBS

The placement of your race bib is crucial to achieve great results. We will also be collecting the chips from the back of the bib after you finish, so please ensure you hand your chips in after the event.

Your race number also contains some information on our event supporters if you are looking for any of their products in the future it will help you remember who supported the event.

Keeping them visible at all times this 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 like minded folks, so you might as well get to know their names as you tick off the laps together.

RACE NUMBERS MUST NOT BE PINNED TO YOUR LEGS
THEY MUST BE WORN ON YOUR FRONT AT CHEST HEIGHT

Navigating the course "EASY" You Must Run in a AntiClockwise direction

Depending on your distance you will do a shortened first lap 42k and 21km.

The weather forecast is looking fairly good for this time of year, though with a possible shower, but you never know what we may get, please ensure you have appropriate clothing and change available. As the night air sets in your damp clothing can bring on mild hyperthermia, so please if you are on track for close to the 12 hours keep an eye on your body temperature. This is even more important if you are slowing down and walking the last part of the race. Be sure to have some warm clothes available at the end of the race also.

YOUR FINISHERS MEDAL

All finishers will receive a finisher's medal similar to these pictured below.



2021 is a little different to previous years, we will have a trophy for 1st place and depending may have some minor prizes for 2nd and 3rd place, 2021 is a challenging year following 2020 and we are respecting our sponsors and waiting until they are ready to provide additional support so prizes are unlikely or at best limited in 2021

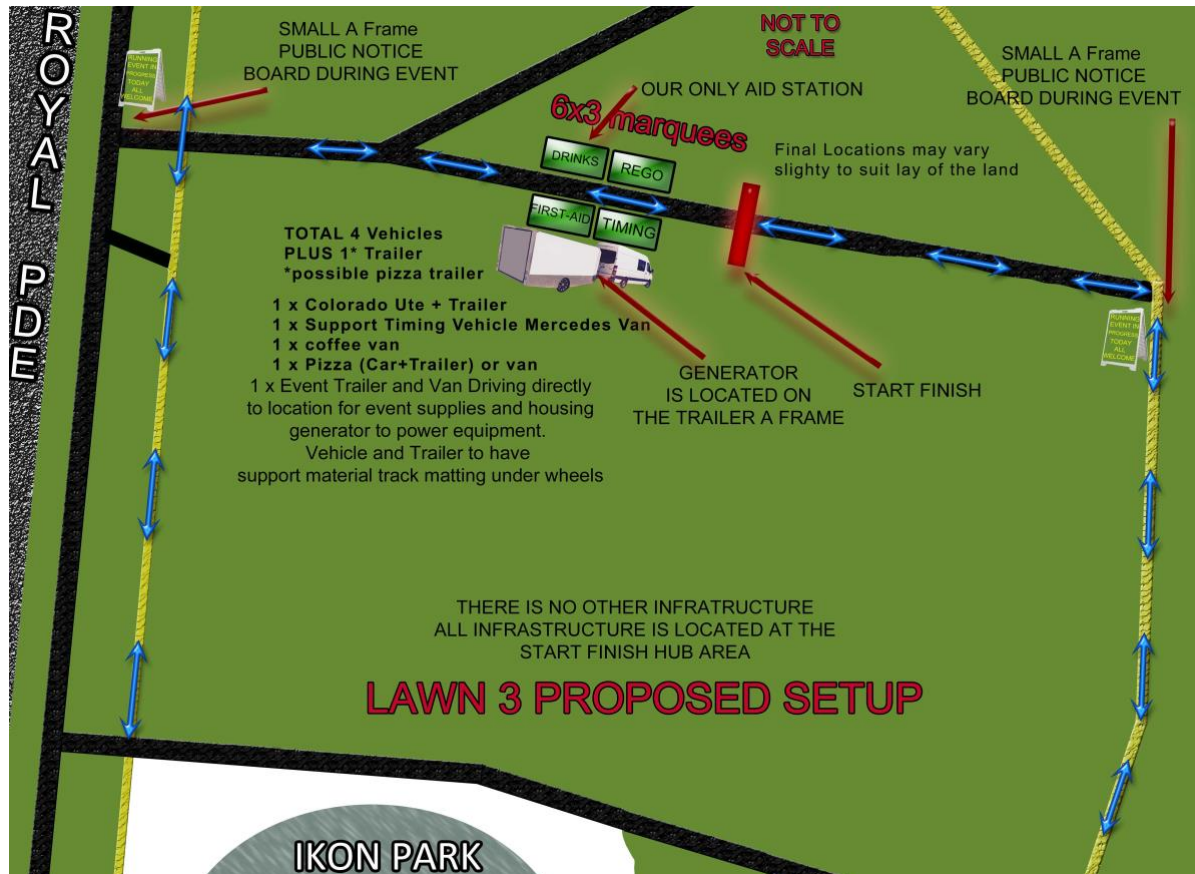
CAR PARKING

There is a lot of FREE parking along Royal Parade at the start line area, though it will fill quickly, and you may have to walk as far as 1km away, but there should be ample for runners before any public and football crowds start to need the parking

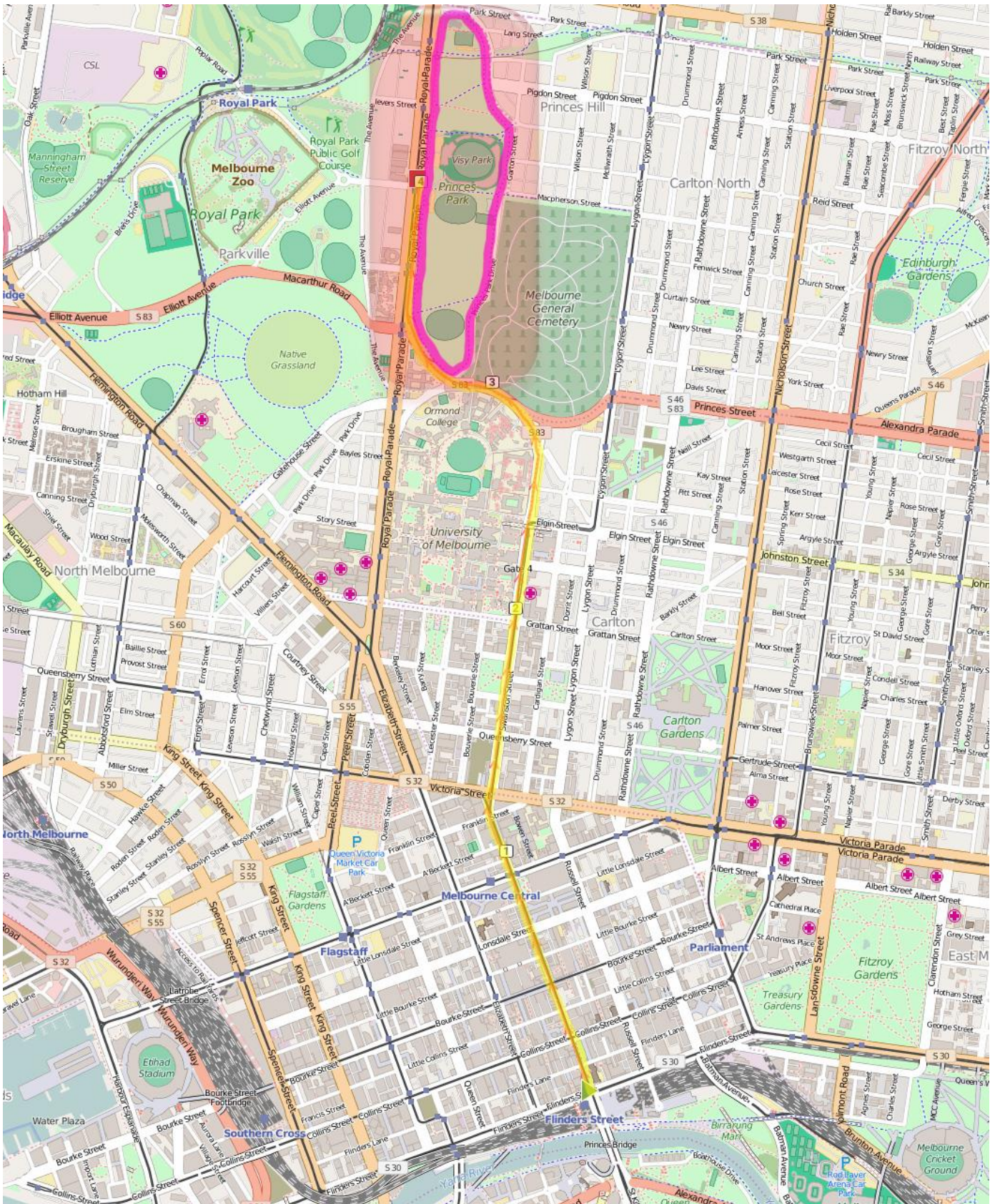
PHOTOGRAPHY

We hope to have someone behind the camera on the day to capture a few Pics, be sure to give a smile we should get a few shots of your day enjoying Princes Park. 😊

2021 START LOCATION IS LOCATED ON THE CROSSOVER PATH TO THE NORTH SIDE OF THE CARLTON FOOTBALL GROUND PLEASE REFER TO MAP BELOW



WHERE IS PRINCES PARK LOCATED



WEEKEND WEATHER

Friday 2 July



Min **10** Max **16**

Showers.

Possible rainfall: **2 to 3 mm**

Chance of any rain: **90%** ■■■■■■■■

Melbourne area

Cloudy. Very high (90%) chance of showers, most likely in the afternoon and evening. Possible small hail in the northwest suburbs in the evening. Winds northerly 25 to 35 km/h turning west to northwesterly 15 to 25 km/h during the afternoon.

Sun protection not recommended, UV Index predicted to reach 1 [Low]

Saturday 3 July



Min **5** Max **12**

Shower or two.

Possible rainfall: **1 to 3 mm**

Chance of any rain: **60%** ■■■■■■■■

Melbourne area

Cloudy. High (70%) chance of showers, with possible small hail. Light winds becoming west to northwesterly 15 to 25 km/h during the morning.

Sunday 4 July



Min **5** Max **12**

Shower or two.

Possible rainfall: **2 to 6 mm**

Chance of any rain: **70%** ■■■■■■■■

Melbourne area

Cloudy. High (70%) chance of showers. Winds westerly 20 to 30 km/h.

Monday 5 July



Min **6** Max **14**

Shower or two.

Possible rainfall: **0 to 2 mm**

Chance of any rain: **60%** ■■■■■■■■

Melbourne area

Partly cloudy. Medium (60%) chance of showers. Winds northwesterly 15 to 25 km/h turning west to southwesterly 15 to 20 km/h during the day.

Tuesday 6 July



Min **6** Max **14**

Partly cloudy.

Possible rainfall: **0 to 0.4 mm**

Chance of any rain: **30%** ■■■■■■■■

Melbourne area

Partly cloudy. Slight (30%) chance of a shower, most likely during the morning. The chance of morning fog about the Dandenongs. Winds north to northwesterly 15 to 20 km/h.

**Be sure to have some warm clothes for pre and post run
Hang around and help support other runners and most of all keep warm**

It looks a little bit cool and a bit of rain, perfect for running, but not so perfect for standing around

PRESENTATION

MERCHANDISE

VERY LIMITED STOCK AVAILABLE

Race Tee Shirts / running shirts will be available in limited numbers; there will also be custom designed head buffs available. Plus some other race merchandise.



Urban Trail

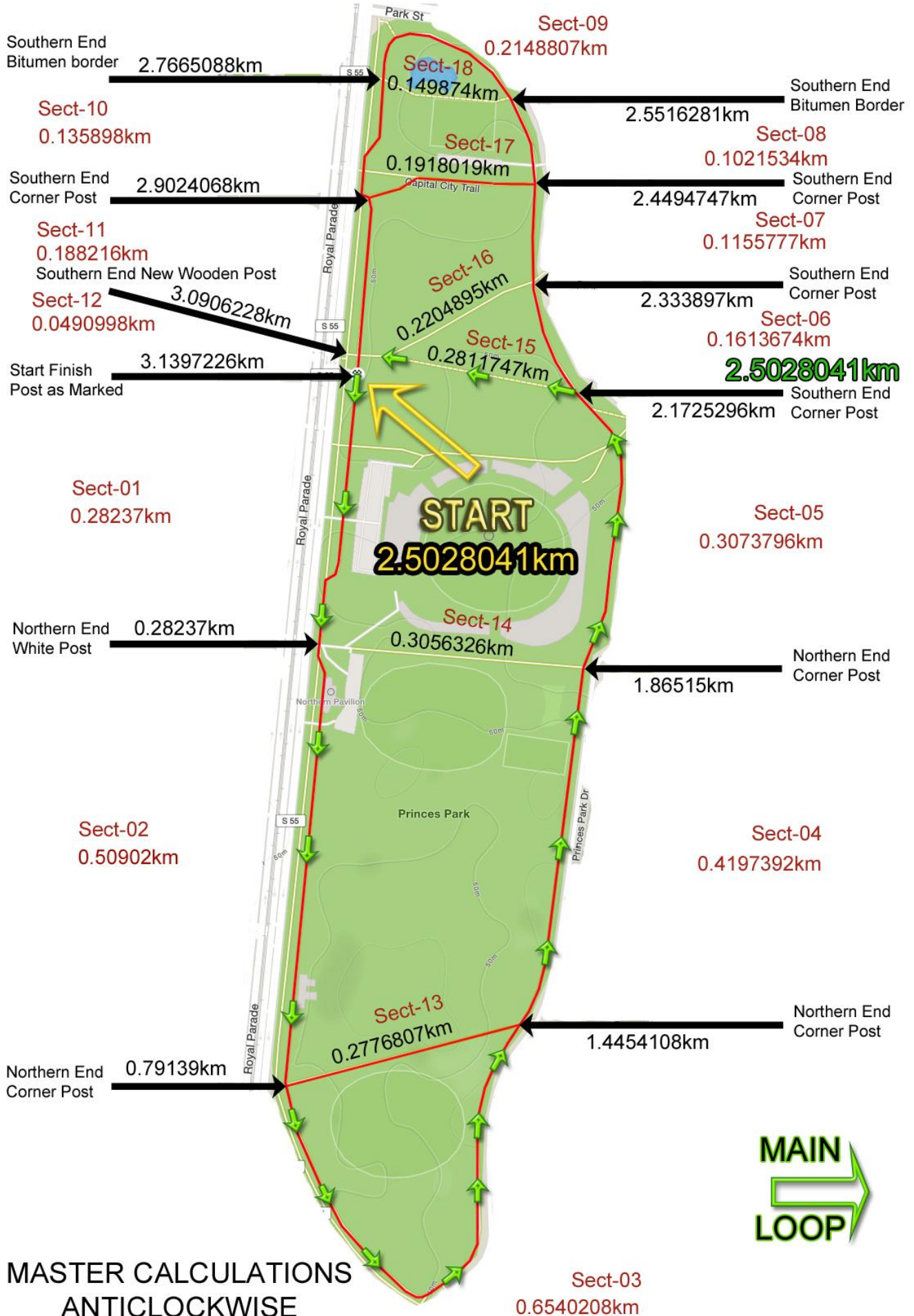


24hr-12hr-6hr

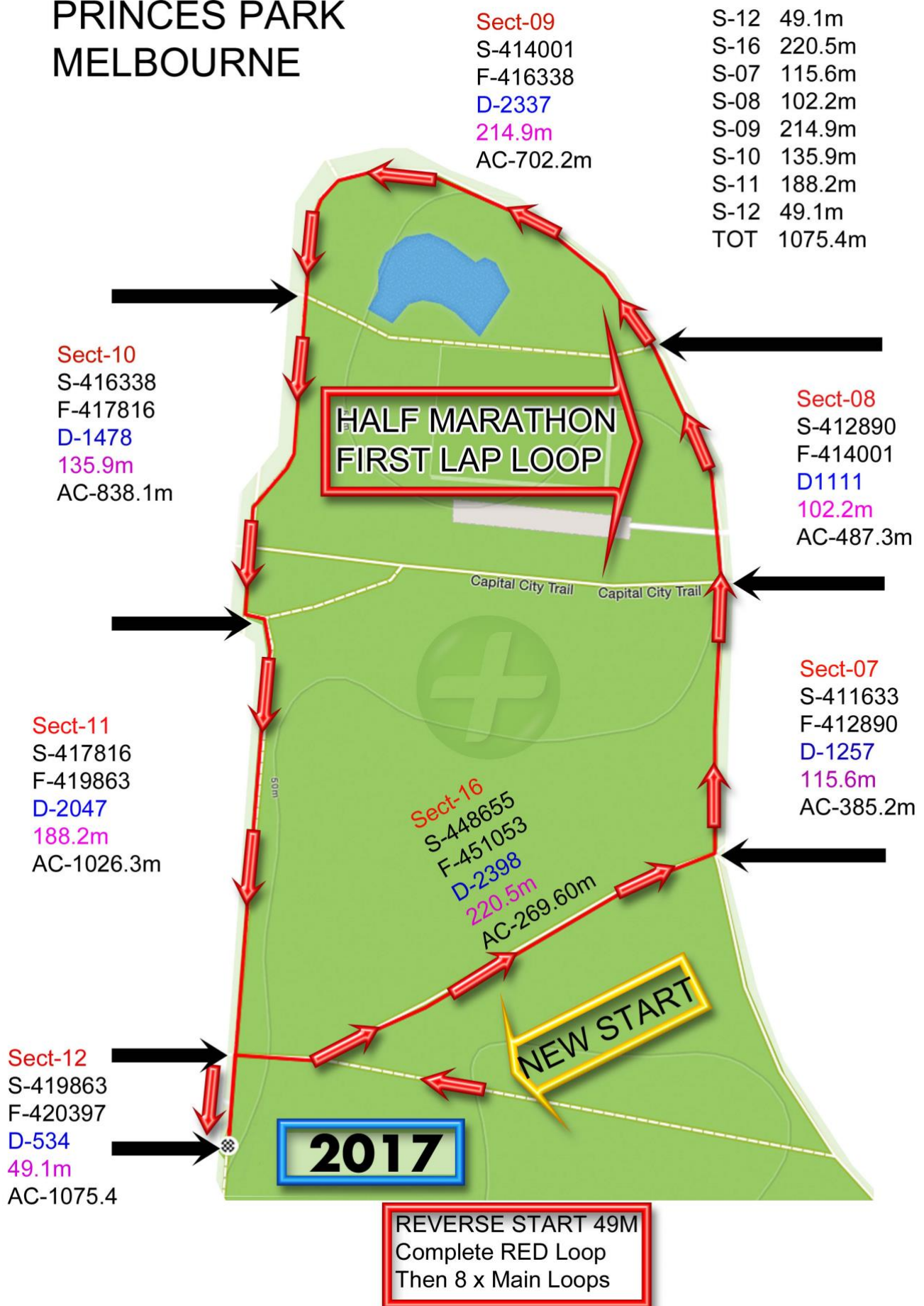


Head Buff

COURSE MAP INFORMATION



PRINCES PARK MELBOURNE





THE ABOVE START LOCATION HAS BEEN MOVED 200M FOR 2017

TOILETS



300M



1700M



600M



Melbourne City Council

We are extremely grateful for the opportunity to conduct this event on the Princes Park Track. We appreciate the opportunity to stage a trail running event in the City of Melbourne and express a sincere appreciation to the Team at the MCC for helping us get the event organised for 2021.

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.

**I would like to thank the
sponsors and supporters of our events over recent years
Please consider supporting them as they support our running passion**

Garmin Australia

The Running Company Yarraville

Altra Running

Spelean Petzl

32GI Australia

Teko Socks Australia

Andrew Peace Wines

Fundraising on behalf of

