



**100KM**

**50KM**

**6HR**

**MARATHON**

**HALF MARATHON**

**12KM**

**4KM**



**Proudly Presented by**

# PRE-RACE BRIEFING NOTES 2021

Well, it's a bit different to our normal events we love to put on, however we hope we can deliver you a safe and memorable day during these times of lockdowns and unlocked periods. I know many of us need our exercise and the event experience with others, I certainly do to stop going crazy.

Welcome and thank you for supporting the TAN ULTRA RUNNING FESTIVAL, this year consisting of a 4km, 12km, 1/2Marathon, Marathon, 50km-6hr and 100km events. There is a maximum cap of 300 people at the event including none competitors, we estimate a maximum of 150 runners and each group that exceeds 10 people will be sent off in waves of 10 at 1 minute intervals.

I hope you are all looking forward to the day as different as it might be.

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 based on entrant numbers and thanks to our runners we have exceeded \$60,000:00 ion donations.

The TAN is probably one of the most recognised and frequented tracks by runners from all walks of life and ability, many of whom you will be sharing the track with on Sunday. I'm sure they will be intrigued by your efforts and commitment to run the ultra distance 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.

## **YOUR COURSES and START times Today**

4am- 100km – 650M to turn around come to start, then begin 26 full laps

7am- 50km – 325M to turn around come to start, then 13 full laps

8am- 42.2km – 215M turn around come back here, begin 11 full laps

9am- 21.1km – 1km turn around come back here, begin 5 full laps

10am-12km – 305M turn around come back here, begin 3 full laps

11am- 4km – 100M turn around come back here, begin 1 full lap

We cannot overstate the importance of COVID SAFE compliance, and I don't just mean from a legal perspective but most importantly from a safety level to ensure we all keep safe and stay safe from others.

This next section is focused on COVID SAFE event attendance and participation.

# PRE-RACE BRIEFING NOTES 2021

## SAFETY REQUIREMENTS ARE NOW IN PLACE



Keep a face mask handy at all times.



Maximum number of customers at any time.



Keep 1.5M apart and avoid moving seats and tables closer to each other.



At first sign of any symptoms, get tested then stay home.

STAY SAFE  
STAY OPEN

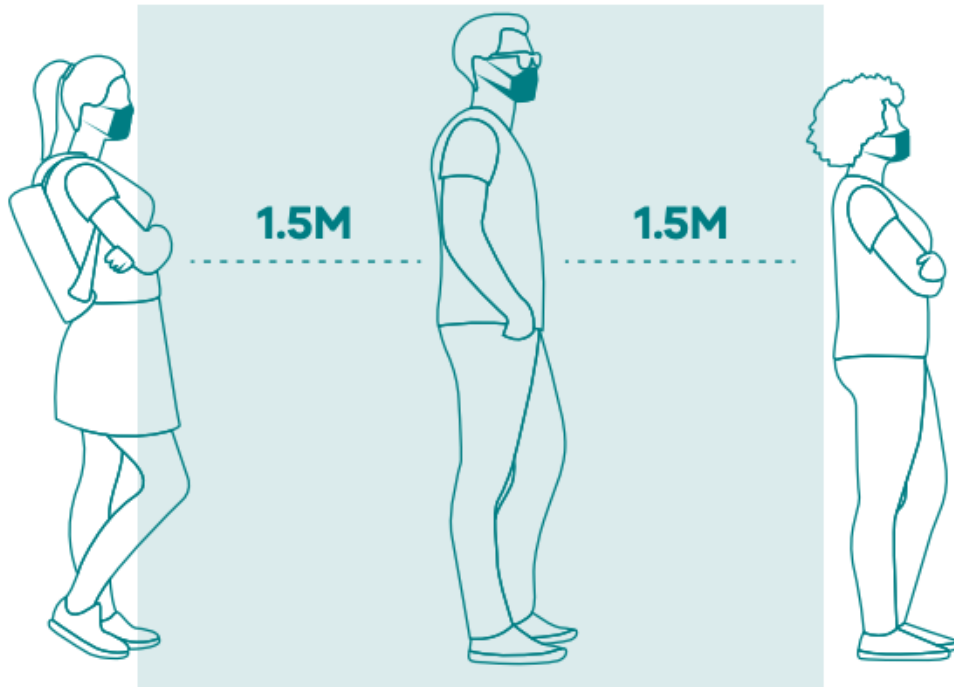
Keep up to date at [CORONAVIRUS.vic.gov.au](https://coronavirus.vic.gov.au)

Authorised by the Victorian Government, 1 Treasury Place, Melbourne



# PRE-RACE BRIEFING NOTES 2021

**Safety requirements are now in place**



**PLEASE**

**QUEUE**

**1.5M**

**APART**

**HERE**

**STAY | SAFE**

**STAY | OPEN**

**Keep up to date at [CORONAVIRUS.vic.gov.au](https://coronavirus.vic.gov.au)**

Authorised by the Victorian Government, 1 Treasury Place, Melbourne



# PRE-RACE BRIEFING NOTES 2021



## Face masks

### What you can and cannot wear in public



A fitted mask needs to be worn covering both your nose and mouth.



You can wear a face shield only if it is worn with a fitted face mask.



A fitted snood or gaiter can be worn covering both your nose and mouth.

There are two types of face masks you can wear: cloth masks and surgical masks with no one-way valves.

- Cloth masks are made of washable fabric and can be washed and re-used.
- Surgical masks are single-use masks and **cannot** be washed or re-used.



You cannot wear a bandana.



You cannot wear a face shield on its own.



You cannot wear a loose snood or gaiter.

### How to put your mask on



**Step 1:** Clean your hands with soap and water or hand sanitiser before putting on the mask.



**Step 2:** Make sure the mask is not damaged or dirty before putting it on.

Secure the ties at the back of the head and neck or place the ear loops over the ears.

Make sure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



**Step 3:** Do not touch the front of the mask while wearing it. If you do touch the mask, clean your hands with soap and water or hand sanitiser.

Do not wear the mask under your nose, around your neck or anywhere else other than over your nose and mouth.

### How to take your mask off



**Step 1:** Clean your hands with soap and water or hand sanitiser before removing the mask.

**Step 2:** Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

**Step 3:** If your mask has filters, remove them and throw them in a rubbish bin. If your mask is a single-use surgical mask, throw it in a rubbish bin – it should not be reused.



**Step 4:** If the mask is a reusable cloth mask, put it directly into the laundry or into a washable bag for laundering in hot soapy water.

**Step 5:** Clean your hands with soap and water or hand sanitiser after removing the mask.

**Note:** this information is not for use in health care and support worker settings.

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Available at: DHHS.vic – coronavirus disease (COVID-19)  
<<https://www.dhhs.vic.gov.au/face-masks-vic-covid-19>>



Health  
and Human  
Services

## PRE-RACE BRIEFING NOTES 2021

# COURSE NOTES AND SAFETY

### CAR PARKING

Is free and available around most of the TAN on Sunday, you may get a park 50M away or you may need to walk for 5 to 10 minutes to the start area.

### YOU MUST CARRY A MASK AT ALL TIMES

and wear it always when performing strenuous exercise.

### THE START

Is located at the Pillars of Wisdom, this is slightly passed the Swan St Bridge heading out of the city along Alexandra Ave, Google it if unsure.

### CHECK IN BEFORE RACE

We do not send out race numbers, these must be collected on race morning, please refer to schedule for check-in window.

### 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 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

### SCHEDULE

4am 100km Race start, check in at least 30 minutes before

7am 50km/6hr Race start, check in at least 30 minutes before

8am 42.2km Race start, check in at least 30 minutes before

9am 21.1km Race start, check in at least 30 minutes before

10am 12km Race start, check in at least 30 minutes before

11am 4km Race start, check in at least 30 minutes before

### THE COURSE IS NOT MARKED

The Tan track is famous, and our event does a clockwise loop of the Tan track after your initial out and back section that all events need to do to make up correct distances.

### PERSONAL BELONGINGS STORAGE

Yes, there will be a sheltered area to leave bags and clothing, this area is not strictly monitored, and participants leave items at own risk

### AID STATION

There is one aid station you pass every lap and it also has a post-race aid station section away from runners still circulating. It is not self-serve, you must wait for volunteers to fill your cups/bottles or hand you food via tongs, be patient.



## PRE-RACE BRIEFING NOTES 2021

### CUP FREE EVENT – YOU MUST HAVE A CUP OR BOTTLE

Our environmental support policy has excluded plastic and paper cups and you must have your own means to have a drink, you must not self serve at the aid station.

### IF YOU ARE A FAST RACER

You should be very self-sufficient, especially if waiting for a volunteer is going to delay you and upset you.

### ZERO TOLERANCE

Under no circumstances will disrespectful behaviour towards anyone associated with the event, supporters, or general public, this goes for participants and their support people. Participants will be disqualified if there are any reports or observations of disrespectful behaviour.

### TOILET LOCATIONS

There are several toilets around the Tan, the nearest to the start is approx. 300M Others are at various locations around the track.

### FUTURE OF THIS EVENT

The Tan will revert to a biannual event held in conjunction the Princes Park on alternate years and is dependant of Melbourne City Council approval.

### ALWAYS BE RESPECTFUL OF OTHER TRACK USERS

Please respect all users of the Public Tan track, take care and watch out for dogs on leads, bikes, prams and slower walkers 3-4 abreast, be polite and respectful always.

### ROAD CROSSINGS

There are two road crossings on the Tan track; these are located at Dallas Brooks Drive and Government house drive. Dallas Brooks Drive is unlikely to see any car traffic on Sunday and there will be minimal traffic on Government House Drive, but please ensure you take care and give way at these crossings as Tan Track users do not have right of way over vehicular traffic. You Must not have any form of music in your ears within 100M of road crossings.

### WINNER ACKNOWLEDGEMENT

During these stricter covid times we are minimising gatherings and official presentations may not take place pending localised gathering, if there is an award to be presented this may be done on an individual basis.

### MEDALS

All participants that complete the event distance they start will receive a Medal after they hand back their timing chips.

### TIMING CHIPS

You must return your timing chips immediately after you finish the event, a volunteer will ask you for your race bib so they can remove the chips then return your bib. If you leave without returning your timing chips, your name will be withheld from the final results.

## PRE-RACE BRIEFING NOTES 2021

### STOPPING YOUR RACE SHORT

If for any reason you are not able to complete your race you must report your withdrawal to an official and be recorded as a DNF.

### TIMING YOUR RACE

Your race number has two timing chips inserted in plastic pouches on the rear of your bib, our timing systems will record as you pass by each lap.

### PASSING OVER THE TIMING MAT AT THE FINISH

Please take care as you cross the timing mat and as the track is briefly narrowed, watch for other members of the public.

### Support People – SEEKING LAP INFORMATION

LIVE results from your smart phone or iPad, simply log on to our website and a Live link will be available in two locations.

Our Home Page – [www.trailsplus.com.au](http://www.trailsplus.com.au) check the results drop down menu, and

The Event Home Page - [www.trailsplus.com.au/tan](http://www.trailsplus.com.au/tan)

**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

### THIS DOCUMENT SUPPLIMENTS THE NORMAL BRIEFING

Due to covid and gathering numbers our normal briefing will not take place pre race, however we still require you to be ready to start well before you scheduled start time.

### WAVE STARTS

Covid regulations require us to not gather in groups greater than 10, therefore some events will use wave starts when participant numbers exceed 10, Faster runners will be invited to the start initially followed by middle packers and back of pack runners and walkers, they will start in 1 minute intervals

### 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 or finish time) you spend with a runner in need; you are then able to continue on with the event and finish.

### RUNNERS PERSONAL PROVISIONS

There is only one aid station located at the start finish area next to the Pillars of Wisdom. You can place you own food and drinks here if running marathon or longer, please only take up the space you need and respect other runners needs. No Drop Bags should not 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.



# PRE-RACE BRIEFING NOTES 2021

## 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 gantry. Please don't have music in your ears within 50M of the start finish or when approaching road crossings.

## START FINISH

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

## RACE REGISTRATION / START

Registration for all events will be at the Pillars of Wisdom located next to the start line

100km Registration opens at 3:45am

100km Abbreviated Race Briefing held at 3:55am at the start line

**100km Race start 4:00am**

50km/6hr Registration opens at 6:00am at the pillars of wisdom

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

**50Km/6hr Race Starts 7:00am**

42km Registration opens at 7:00am at the pillars of wisdom

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

**42Km Race Starts 8:00am**

21km Registration opens at 08:00am at the pillars of wisdom

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

**21Km Race Starts 9:00am**

12km Registration opens at 9:00am at the pillars of wisdom

12km Abbreviated Race Briefing held at 9:45am at the pillars of wisdom

**12Km Race Starts 10:00am**

4km Registration opens at 9:00am at the pillars of wisdom

4km Abbreviated Race Briefing held at 10:45am at the pillars of wisdom

**4Km Race Starts 11:00am,**

## PRE-RACE BRIEFING NOTES 2021

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**RACE NUMBERS **MUST NOT** BE PINNED TO YOUR LEGS  
THEY **MUST** BE WORN ON YOUR FRONT ABOVE THE WAIST**

\*\*\*\*\*

### **YOU MUST RETURN YOUR TIMING CHIP**

This means after you finish you will be presented with your finishers medal and at this time a volunteer will remove the chip from the rear of your race bib, If by chance you leave with your chip please ensure it is posted to us within 7 days. Chips that are not returned will see a replacement fee of \$20 invoiced to the runner and results withheld.

**Navigating the course “EASY” You Must Run in a Clockwise direction  
Depending on your distance you will do a short out and back in the reverse direction on lap 1, between 100m and 1km.**

The weather forecast is looking fairly good for this time of year, sun and cloud unlikely to rain, but you never know what we may get, please ensure you have appropriate clothing and change available.

## YOUR FINISHERS MEDAL

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



## CAR PARKING

There is a lot of FREE parking along the river and Alexandra Ave at the start line area, though it will fill quickly and you may have to walk as far as 1km from Anderson St, but there should be ample for runners before any public start to need the parking

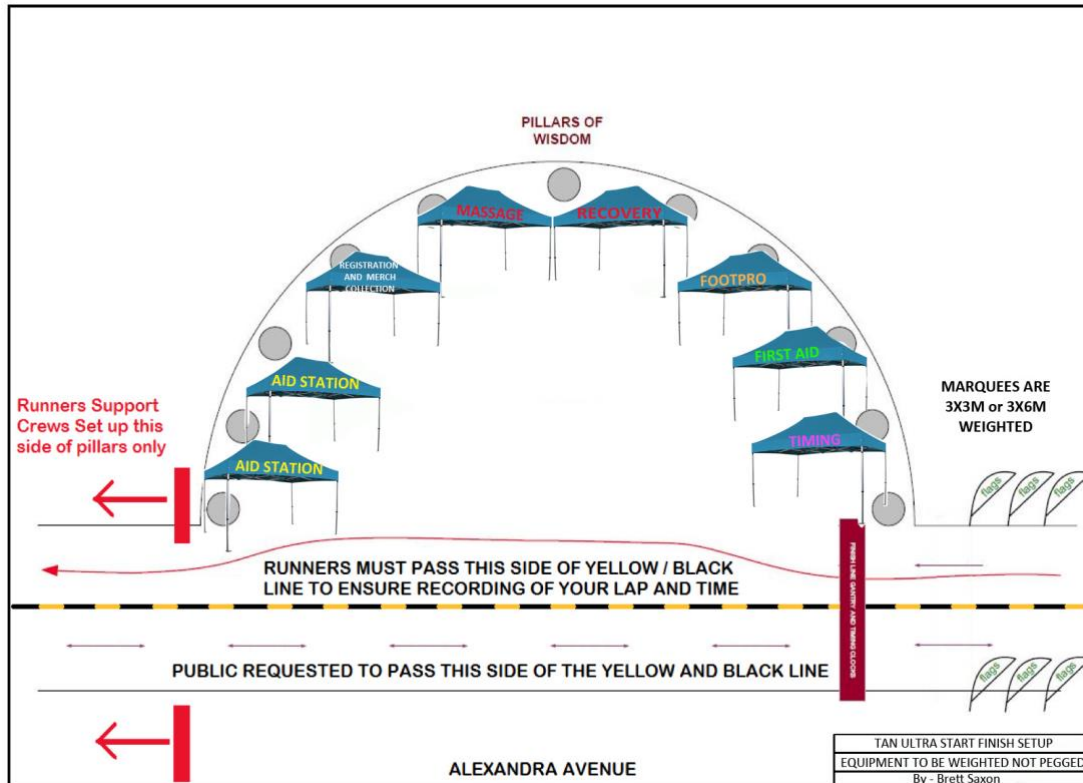
## PHOTOGRAPHY

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 at the Tan. 😊

# PRE-RACE BRIEFING NOTES 2021

## PACERS

The Tan track is open to the public and we cannot and will not restrict none event runners from running on race day. However if it is deemed a runner is receiving outside assistance or reported as such that runner may be disqualified. This will be heavily scrutinised at the Podium level, so don't risk it if unsure. If you want a fellow runner running fast with you make sure they are entered and race them.



## ESTIMATED WEEKEND WEATHER






















MELBOURNE 7-DAY WEATHER FORECAST

Hover Your Mouse Over Any Forecast Item To Identify Its Source

Weatherzone/BoM

Opticast

BoM

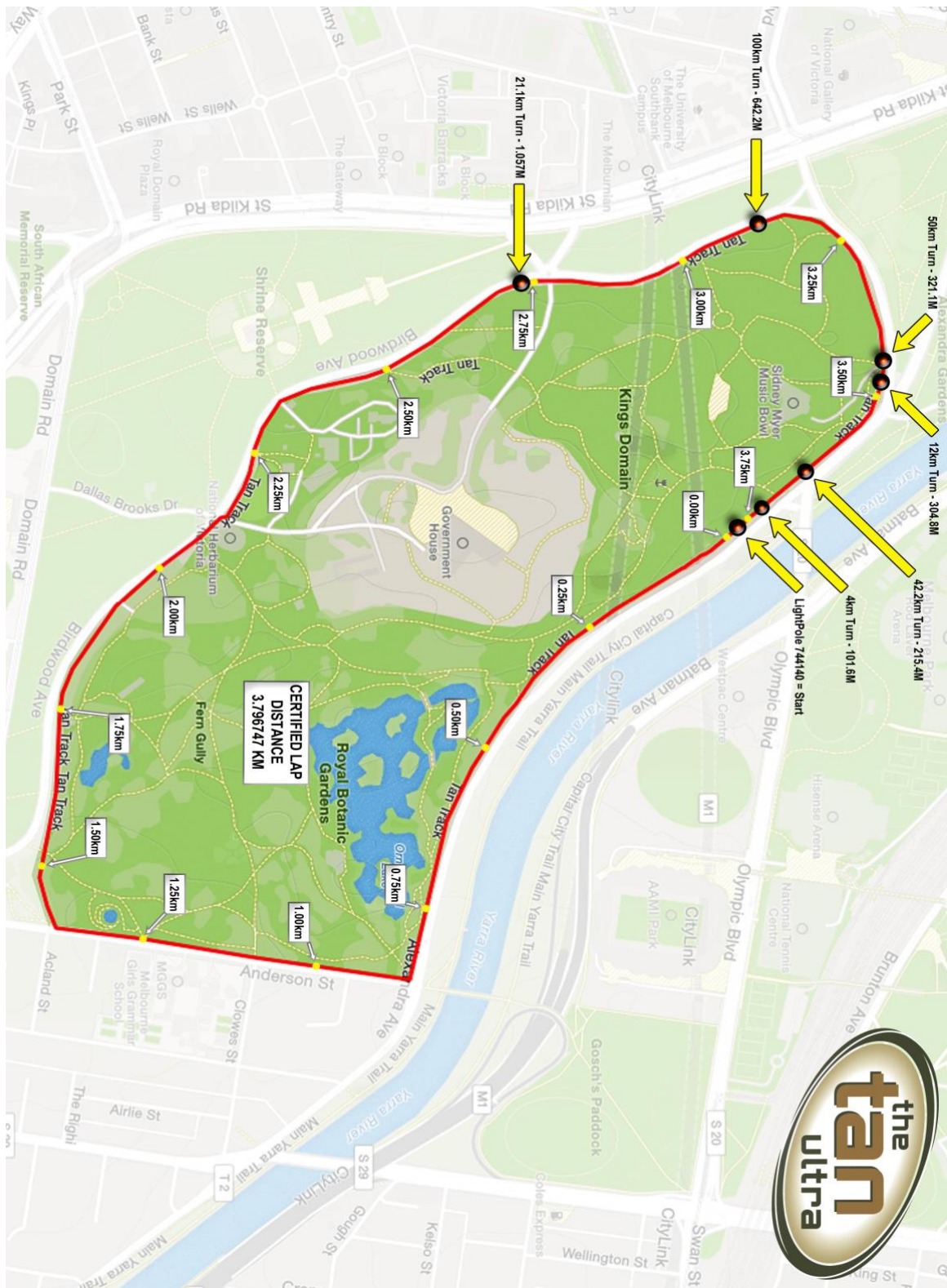
	Thu Jul 29		Fri Jul 30		Sat Jul 31		Sun Aug 1		Mon Aug 2		Tue Aug 3		Wed Aug 4	
Summary	 Increasing sunshine		 Windy		 Showers increasing		 Showers		 Showers		 Showers		 Showers	
Maximum	17°C		15°C		19°C		15°C		16°C		15°C		15°C	
Minimum	7°C		8°C		11°C		9°C		8°C		9°C		8°C	
Chance of Rain	10%		30%		80%		30%		70%		90%		80%	
Rain Amount	< 1mm		< 1mm		5-10mm		< 1mm		1-5mm		1-5mm		< 1mm	
UV Index	Low		Low		Low		Low		Low					
Frost Risk	Nil		Nil		Nil		Nil		Nil		Nil		Nil	
	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm
Wind Speed	11 km/h	16 km/h	27 km/h	28 km/h	23 km/h	22 km/h	6 km/h	10 km/h	16 km/h	24 km/h	15 km/h	19 km/h	12 km/h	17 km/h
Wind Direction	 NNW	 NNW	 NNE	 NNE	 NNE	 N	 NW	 W	 NNE	 NNE	 NNW	 W	 NW	 W
Relative Humidity	69%	51%	62%	48%	62%	55%	79%	52%	78%	55%	73%	62%	75%	61%
Dew Point	4°C	5°C	3°C	4°C	6°C	10°C	7°C	5°C	7°C	7°C	6°C	7°C	6°C	8°C

# PRE-RACE BRIEFING NOTES 2021

## PRESENTATION 2021 COVID VERSION

There will not be a formal presentation in 2021 for podium places.

### Start / Finish location and Map showing direction of run. DIRECTION OF RUN CLOCKWISE





# PRE-RACE BRIEFING NOTES 2021

## TOILET LOCATIONS



## PRE-RACE BRIEFING NOTES 2021

### COFFEE

We are very fortunate to have Ang join us with her excellent Coffee , Ang operates Divine Grind Coffee and is booked for many of our events, please support her . The van will be parked in a prime position just 50 metres from the start line and be there most of the day, so be sure to bring some cash or card, yes pay wave excepted.

### PIZZA

Mariana will be onsite with her awesome pizza's, Mariana has been with us for three years now and is a big hit with our runners. Please support her for making the effort to be at our events and provide a hot food option right at the start finish line

### GOING GREEN

We have started going paper cup free this year and are thankful for the positive support from everyone. We understand that filling your own cup may take an extra few seconds but your support has made a huge difference. If you are fast runner who normally grabs a paper cup of water on the run, please consider how you will manage your hydration if time is important to you. Bring your own bottle or buy our \$5 collapsible reusable silicone cups.





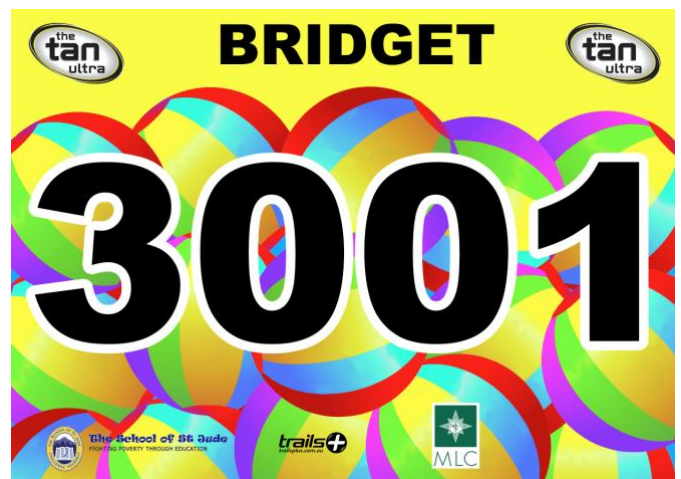
## PRE-RACE BRIEFING NOTES 2021

### 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.

### IMPORTANT TIMING CHIP RETURN

**Please ensure your timing chips  
are returned as soon as you are finished**



A volunteer will cut the chip from the rear plastic pouch of your race bib at completion of your event.

## PRE-RACE BRIEFING NOTES 2021

# Supporting

## CanTeen

Fundraising on behalf of

