



**RUNNER  
INFORMATION  
GUIDE**

**2024**



GARMIN.





<b>Welcome .....</b>	<b>4</b>
<b>Important information please read .....</b>	<b>5</b>
<b>Emergency Contacts .....</b>	<b>5</b>
<b>About trail running.....</b>	<b>6</b>
<b>Where.....</b>	<b>6</b>
<b>When.....</b>	<b>6</b>
<b>Course Elevation .....</b>	<b>6</b>
<b>Car Parking .....</b>	<b>6</b>
<b>Getting to Lorne .....</b>	<b>7</b>
<b>Shuttle Bus.....</b>	<b>7</b>
<b>Friday Dinner Lorne Pub .....</b>	<b>7</b>
<b>Saturday Dinner Lorne Pub .....</b>	<b>7</b>
<b>Course Navigation .....</b>	<b>7</b>
<b>Course Changes.....</b>	<b>7</b>
<b>Race Bibs are not mailed out .....</b>	<b>8</b>
<b>Cup Free Event.....</b>	<b>8</b>
<b>RIVER WATER CROSSINGS .....</b>	<b>8</b>
<b>Event Schedule.....</b>	<b>9</b>
<b>Race Bib placement and visibility .....</b>	<b>10</b>
<b>Runner and Supporter conduct .....</b>	<b>10</b>
<b>Rubbish .....</b>	<b>10</b>
<b>Withdrawing during the race .....</b>	<b>10</b>
<b>Timing Chips - IMPORTANT.....</b>	<b>10</b>
<b>Recording Split Times .....</b>	<b>10</b>
<b>Photography .....</b>	<b>11</b>
<b>Changing distance .....</b>	<b>11</b>
<b>Slower Runner .....</b>	<b>11</b>
<b>Guide to Finish Times .....</b>	<b>11</b>
<b>Presentation Times (approx.).....</b>	<b>12</b>
<b>Mandatory Gear.....</b>	<b>12</b>
<b>Drop Bags .....</b>	<b>12</b>
<b>Runner Safety .....</b>	<b>12</b>
<b>Road Section Running.....</b>	<b>13</b>
<b>Sharing the trails .....</b>	<b>13</b>
<b>Aid Stations .....</b>	<b>13</b>

Runners Aid Station Drop Bags .....	13
Runners Personal Belongings Tent .....	14
Walking Poles .....	14
Pizza and Coffee.....	14
Insurance Cover .....	14
Electronic Timing.....	14
Race Bibs Timing Chips .....	14
Phone Coverage.....	14
Winners Awards Podium .....	15
Finishers Medals .....	15
Finishing your race under the clock.....	15
Respect all park visitors.....	15
Refund Policy .....	15
Transferring or giving your entry away.....	15
Parks Victoria.....	16
Gudabunad People.....	16
Toilets.....	16
Preserving the future event options.....	16
Environment .....	16
Music Devices .....	16
Medic Service.....	16
Dogs Not Permitted.....	16
<b><i>COURSE NAVIGATION</i></b> .....	<b>17</b>
<b>Signs and Markings</b> .....	<b>17</b>
<b>Maps</b> .....	<b>18</b>
6KM COURSE MAP .....	18
13KM COURSE MAP .....	19
25KM COURSE MAP .....	20
42.2KM COURSE MAP .....	21
52KM COURSE MAP .....	22
<b>Merchandise Range</b> .....	<b>23</b>
<b><i>FINAL NOTES</i></b> .....	<b>24</b>
<b>Timing Chips MUST be Returned</b> .....	<b>24</b>
<b>Weather Forecast</b> .....	<b>24</b>
<b>Shuttle Bus Information</b> .....	<b>25</b>

# Welcome

Welcome to the 10th year of the Wonderfalls trail running festival. (3 years as Hell Run 2015-2017) As always Trailsplus events are supporting young people living with cancer. Trailsplus can continue donating funds to CanTeen through your entry, so thanks to all of you who participate and help. This year we have passed \$75,000:00, such an awesome effort thanks to our supportive running community and volunteers.

Our goal at Trailsplus is to provide a safe, friendly, encouraging opportunity for people to connect with trail running 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. Participants have several options to choose something that suits their level of fitness, ranging from 6km, 14km 25km, 42.2km, 52km, and 75km. One person achieving a 6km finish can be as equally challenging and rewarding as someone who finishes a 52km run. These are all great personal results, and we want to help you achieve them.

The courses may vary in distance and sections used depending on weather conditions to ensure your safety. We can guarantee your GPS watches will all read differently and the courses will read longer than expected. While our stated distances are 5-13-25-42-52km these can vary up to 3km either way depending on trail conditions and access availability.

We think the Wonderfalls trail run is the most spectacular run providing a variety of trail conditions and scenic views, including as many as 10 waterfalls depending on your chosen distance. Plus river crossings, ocean outlooks, tall mountain timber and fern line trails. We are very grateful for the opportunity to enjoy this location and create amazing adventures and memories and express our gratitude to the local Parks Victoria team for allowing us to enjoy this amazing part of the surfcoast.

You will also be sharing some 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.

The key to an enjoyable adventure here at Wonderfalls is to make sure you are early. Please make the effort to arrive well before your start time, catch the earlier bus, you will have an awesome day if you make a little bit of effort at the very beginning of your day.

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

Thanks again for supporting the event.

WELCOME TO



Brett Saxon

Trailsplus - Race Director

# Important information please read

These notes are very important. They are provided to you to ensure you have a fantastic day at the Wonderfalls trail run and a memorable experience of trail running at a Trailsplus event. Runners can make errors when running trails. The very nature of lots of trails combined with effectively 5 races operating over the day can create confusion if you don't have a basic understanding of what your specific event consists of, so please in particular check the maps and the notes so you are prepared for your event.

## **IF YOU ARE UNSURE – SAVE A MAP TO YOUR PHONE FOR REFERENCE**

**GPX download files are available on the website, Load your Garmin or use the Alltrails App, it will keep you on course**

## **LET'S MAKE 2024 AN ERROR FREE RUN FOR ALL**

Most errors occur by not concentrating, or following someone who is not in your event

distance. The courses are very simple when viewed as an individual distance, you just need to know where you are distance wise and follow the directions or signage on course. It is a trail run, we don't want to paint white lines for you to follow the whole way, bitumen roads have them and they aren't much fun at all. So please look at the maps, print one or save to phone "we don't supply paper versions", carry one with you or look and listen to directions from officials.

The Fast runners likely to place should have done their homework, they should know where they are going, wrong course equal DSQ result even if first over the line and you have covered enough Km's, so don't risk it. We provide all the tools to safely and easily guide you, so long as you do a little bit of work and pay attention. You will have no issues navigating the course if you have done your homework and pay attention.

Most importantly we want you all to enjoy the day.

This information document covers Saturdayevent and shuttle bus notes. Occasionally the same information may be repeated.

- Information about Saturdays Events
- Information about Shuttle Bus service \$10
- General information covering the overall weekend

## **Emergency Contacts**

- Race Director Brett Saxon – 0418557052
- Event Manager – Chris Ackerman 0414 273 518
- Timing Official Robyn Saxon – 0419 533 018
- Police, Ambulance, Fire 000. 112 from Mobile

# About trail running

Trailplus trail running events goal is to take runners away from the busy streets and hard surfaces of concrete paths. It's all about getting into nature and enjoying your surroundings. Taking you into beautiful locations and off flat hard repetitive paths creating amazing adventures, but it also comes with the responsibility of runners to be aware of the surfaces they are running and walking on. Please ensure you are prepared and ready for the many small challenges that include, rough surfaces, river crossing, wet feet, sticks, rocks and roots, washed out trails, soft sandy trails and at times slippery muddy surfaces. You may have close encounters with wildlife, ranging from Kangaroos, Birds, Echidnas and of course in hotter periods lizards and snakes may be seen sunbaking. We ask that you consider what you need to do to be comfortable and safe, including correct footwear, clothing for the weather, nutrition and hydration.

## Where

Otways National Park – Lorne Victoria

Cumberland River Holiday Park (Start/Finish) – 2680 Great Ocean Road Lorne Vic 3232

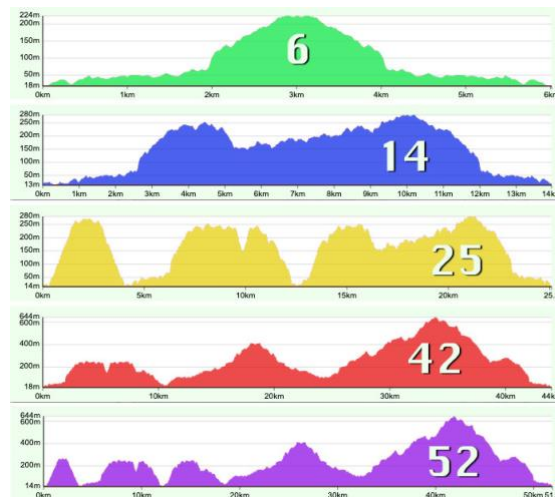
Unless staying at Cumberland River Holiday Park, there is no event personnel parking. You must use the shuttle bus service provided.

## When

Saturday 17<sup>th</sup> August 2024, from 8am, check event schedule for your race distance start time and check in time and be sure to allow yourself time to catch the shuttle bus from Lorne, arrive early and relax and collect your race bib on the morning.

## Course Elevation

- 75Km – coming 2025
- 52 Km – 2130M
- 42.2 km – 1630M
- 25 Km – 1125M
- 14 Km – 490M
- 6 Km. – 240M



## Car Parking

There is no event personnel parking at Cumberland River. All family friends supporters must catch the shuttle bus, refer bus information section. (\$10 payable by runners only)

Runners' supporters MUST also park in the lower picnic ground.

## Getting to Lorne

There are two ways to drive to Lorne, either via the coastal route along the great ocean road from Geelong to Anglesea or inland via Winchelsea and Deans Marsh, both options are approximately a 2 hour drive from the Westgate Bridge.

## Shuttle Bus

The shuttle service will start operating from 6:15am to ferry the 52km runners and continue to circulate until the 5km event starts. The bus will then have a break and will resume later for returning you to your car or accommodation in Lorne. The round trip takes approximately 20-30 minutes. Allow plenty of time to catch the bus and check in and collect race bib. We suggest to allow an hour just in case you miss the previous bus. ALSO don't stress if you look like missing the start time, we will work with you ( but this is not an out to be late just the same 😊 ). Unless you are staying at Cumberland river, you MUST catch the Shuttle bus, there is a \$10 fee cash payable to driver.

## Friday Dinner Lorne Pub

The Trailsplus team aim to have dinner at the Lorne pub between 6pm and 8pm, assuming we are all setup in time. While it's not an organised formal dinner its always great to see runners mingle together pre event, keep an eye out and say hi.

## Saturday Dinner Lorne Pub

There is nothing better than sharing the stories of the day with friends, family and fellow runners, like Friday, the Trailsplus team gather at the Lorne Pub between 6:30 – 8:30.

## Course Navigation

The Wonderfalls course is very easy to follow. The most important things to remember are

- When there are arrows, follow them
- When there are distances signs, follow your distance sign only, ignore others
- Don't assume the person in front of you is doing the same distance and blindly follow
- Listen to our team at HQ, Aid Stations or marshal points

## Course Changes

In 2024, due to some track closures through storm damage, and track repairs we have new courses. They are just as awesome, we know you will love them, check the maps out. As always if heavy rain we may be required to make further alterations to the course.



# Race Bibs are not mailed out

Trailsplus events do not mail out runners race bibs prior to the event. Your bib number must be collected on race morning. Wait times to collect bibs typically will not exceed 10 minutes. However, it is advisable to present at the race hub check in marquee with time to collect your bib, collect any merchandise available and present to race briefing 15 minutes before your official start time.



# Cup Free Event

As a key part of our support of the environment our events are cup free. This means any participants requiring a drink at any of our aid stations on course will need to carry their own drinking vessel. We prefer this is not in the form of single use plastics, please help us help the environment. You can purchase one of our re-usable cups that are great for your running events or even family picnics



# RIVER WATER CROSSINGS

YOU WILL GET YOUR FEET WET, the Cumberland river is a seasonal flow river, at times the water is a trickle and can be stepped over, but at full flow the river can be 30M wide and 1M deep. We will be carefully monitoring the depth of the crossing points and water flow, if deemed unsafe it's likely the event will be postponed or cancelled. We may install ropes across the river to use to balance and maintain steady footing on the rocky bottom. Regardless of depth extreme care is needed picking up a sturdy stick or a walking pole maybe helpful, its up to the individual. Recent conditions suggest it will be ankle to knee deep, however any heavy rain can change that.





# Event Schedule

## Friday Night Dinner

6:00 – 8:00 Pm

The trailsplus team try to gather at the Lorne Pub, providing we have completed event setup in time. This gathering is informal and great to catch up with runners pre event. Booking your table is your responsibility.

## Saturday Race Day

### 52km and 42km

6:15am – Bus Shuttle Service begins at Lorne Information Centre ( refer shuttle bus guide for full details )

6:45 am Pre Race Check in Opens 52km – 42km Runners

7:45 am Pre Race Briefing 52km – 42km Runners

8:00 am Race Start 52km – 42km Runners

### 25km

8:45 am Pre Race Check in Opens 25km Runners

9:45 am Pre Race Briefing 52km – 42km Runners

10:00 am Race Start 25km Runners

### 13km

9:30am Pre Race Check in Opens 13km Runners

10:45 am Pre Race Briefing 13km Runners

11:00 am Race Start 13km Runners

### 5km

10:30 am Pre Race Check in Opens 5km Runners

11:45 am Pre Race Briefing 52km – 42km Runners

12:00 pm Race Start 5km Runners

## Shuttle Bus Service

1:30 pm Shuttle Bus service resumes to return runners to Lorne

4:00 pm Shuttle Bus service ceases, Trailsplus team will arrange a ride for later runners

Event Close

5:00 pm Last runner expected to be finished

## Saturday Dinner

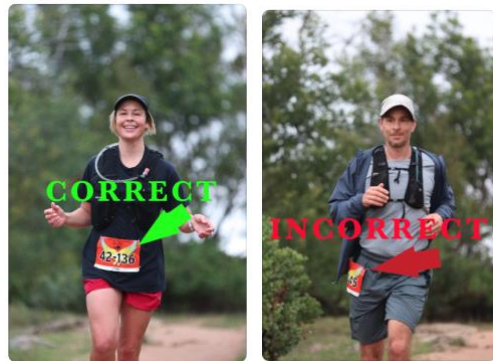
6:30pm – 8:30pm

The trailsplus team try to gather at the Lorne Pub, providing we have all runners safely finished. This gathering is informal and great to catch up with runners post event, and share your experiences.

Booking your table is your responsibility.

# Race Bib placement and visibility

Runners should always have their race number visible. They must be on the front of the runner, not on their leg or backpack. This will not only allow us to utilise our back up timing system, but it helps keep tabs of where you are on the course and makes you identifiable.



## Runner and Supporter conduct

We know this won't happen, but if any runner abuses Race Officials or Volunteers, or whose Support Crew abuses Race Officials or Volunteers, they will be instantly disqualified, we have zero tolerance to poor, abusive or Bullying behaviour, failure to adhere to officials direction on this matter will result in additional event sanctions, we are here for fun not to be abused or to have unpleasant discussions with runners or supporters.

## Rubbish

We operate a leave no trace policy at Trailsplus events, that means you leave nothing on the course, please ensure you do not drop gel packets or tear offs on the course, there are bins at aid stations please carry any rubbish to the next aid station and deposit it in the bins provided.

## Withdrawing during the race

Runners must only withdraw at one of the two aid stations. You **MUST** report to the aid station and ensure you are recorded as withdrawing from the event. If you walk off course and go home with crew and we don't know where you are. We will invoke a search and the cost will be on you so please ensure you notify officials before leaving.

## Timing Chips - IMPORTANT

Timing Chips remain the property of Trailsplus, the rear of your race number contains two timing chips, these will be removed by our chip collector immediately on finishing. YOU MUST return the chips, do not leave the finish area until you have had your chips collected. We know who has what chips and if you leave with the chip, you must notify us via email within 3 days and place the chips in the post or a \$20 fee will be charged.

## Recording Split Times

All races will start under the gantry to give a chip read of the start. It is extremely important that you only ever pass under the finish line gantry in the finish direction, i.e. toward the timing marquee, you should never run down the fenced chute from the aid station. This will falsely read a lap split for those who are doing greater than 21.1km.

We will also have on course tracking devices to monitor other sections of the course and your progress, a minimum of 6 on course timing points will exist.

# Photography

At our events we always try to have photographers. These may be professional, amateur or weekenders. Please keep an eye out for these photographers that may be spotted around the trail, give them a smile and a wave. If you don't want to be photographed cross your arms in front of your face. We hope to have a finish line photographer also, so be prepared with a big smile and don't look down and stop your watch until after the finish line what's 2 sec 😊. While we respect you may not want to be photographed it is a condition of entry that you acknowledged.

## Changing distance

A runner may request to change distance either up or down. There will be a fee and price difference payable regardless of stepping up or down. Requests should be made via email as early as possible. Series entrants will also forfeit points in competition if changing distance.

## Slower Runner

If you have concerns about how long your distance will take you, you can discuss a possible early start time with the race director, this should be done no later than Thursday prior to the event.

Email – [info@trailsplus.com.au](mailto:info@trailsplus.com.au)

## Guide to Finish Times

52km – 8am Start – Expected Latest Finish Time 5pm (Total 9hrs)

42km – 8am Start – Expected Latest Finish Time 5pm (Total 9hrs)

25km – 10am Start - Expected Latest Finish Time 4pm (Total 6hrs)

13km – 11am Start - Expected Latest Finish Time 3pm (Total 4hrs)

5km – 12pm Start - Expected Latest Finish Time 3pm (Total 3hrs)



## Presentation Times (approx.)

Race Presentations – Due to the nature of the finish times being spread out over the longer distance, these are approximate times, however if you are in the top 3 you should make sure you are available in the presentation area regardless of time listed below, it's best to check with the race director on the day if you need to leave.

12:30 – 25km

12:30 – 13km

1:00pm – 5km

1:30pm – 42.2km Male

2:30pm – 42.2km Female

2:30pm – 52km Male

3:30pm – 52km Female

Podium presentations based on previous year's average finish time for top 3 Male and Female

If you have placed in your event and need to leave before the Presentation, please ensure you come and collect your winner's trophy from the race director. Also, every runner that finishes the event they started by covering the correct course will receive a custom designed medal.

## Mandatory Gear

*Suggested and required gear to have with you*

**Mandatory Gear** to have in your kit bag at the start that you may be required to be carried on the day.

Waterproof Hooded Jacket, Gloves and Beanie or Buff.

**Recommended Gear** to carry with you during the event

Mobile Phone, Map/Digital download, Wide compression bandage, Handheld water bottle or hydration pack, emergency food. There is a safe place to keep your bag at the start finish area.

## Drop Bags

Runner drop bags must be clearly labelled, 100km / Mile runners can leave them at the start finish aid and we will transport them to the Branding Yard aid station for you. They may not be there for your first loop pending volunteer movements. We will endeavour to have all drop bag and personal items returned to the finish line before you leave, but sometimes it's not possible. Please note we will not post any items left behind; it is your responsibility to collect them.

## Runner Safety

As with all Trailsplus events participant safety is our number one priority. If a runner comes across another runner in need, you must stop and help or get assistance. You will find the race directors and other phone numbers on the rear of your bib. Time taken to care for a runner will be deducted from your finish if desired.

# Road Section Running



52km and 42km runners will be on Allenvale road for approx. 1.5km after you leave Sheoak Picnic Ground, it is a low traffic road, but you may encounter a car. Please ensure you keep left at all times as any encounters are likely to be cars coming toward you, not from behind you.

## Sharing the trails

You may come across public users on the trail visiting waterfalls. It is imperative that we give way to other trail users. If you come up on bush walkers, please ensure you politely let them know you are there and pass respectfully.

## Aid Stations

Aid stations approximate location

52km – 7km, 12km, 16km, 20km, 26km, 32km, 42km, 49km

42.2km – 3km, 8km, 13km, 19km, 24km, 34km, 41km

25km – 7km, 12km, 17km, 22km

13km – 3km, 6km, 11km

5km – 3km.

Aid stations will have the regular Trailsplus items available

Generally consisting of, lollies, chips, chocolate, fruit cake, fruit, water, electrolyte and coke, depending on aid location.

## Runners Aid Station Drop Bags

We will transport runners' personal nutrition items to nominated aid stations, providing they are placed in the appropriate container on time for delivery by available volunteers.

**ALL DROP BAGS MUST BE PLACED IN CONTAINERS BEFORE 8:15 TO ENSURE THEY ARE DELIVERED TO LOCATION.**

Generally, this applies to the 42km and 52km runners

Sheoak Picnic 8k/16k – Blanket Leaf 19k/26k – Sharps Track 34k/42k

## Runners Personal Belongings Tent

We provide a sheltered area for you to leave your belongings, however you do so at your own risk, though it is a safe area at the start. This means you can bring a bag of clothes with you on the bus to have at the start / finish line.

## Walking Poles

Walking poles are permitted, however must be used safely and not hinder other runners trying to pass, especially on stairs and single tracks section.

## Pizza and Coffee

Our favourite Pizza and coffee ladies will be with us for the weekend, nothing but the best service and taste from both. What better way to refuel, while relaxing and chatting with friends and enjoying a sunny winters day after your race while cheering your fellow runners over the finish line with pizza and coffee. There will be postrace food available including, Pizza, Coffee and perhaps a zero+ beer. Pizza and Coffee are expected to be available from (Coffee 7am, Pizza 9am) We hope they will be available until 3pm, however this is dependent on how in demand they are, so late finishing runners be aware they may have gone by the time you finish, sorry.

## Insurance Cover

The event has public liability cover this does not cover personal accident, please ensure you have your ambulance subscription up to date, it is very expensive to travel in an ambulance, by road and much more by air.

## Electronic Timing

We use electronic chip timing for our start/finish and at various locations on course. Results are available live on race day and a link to these results will be provided on race weekend, via a QR code or directly from our website.

## 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.

In the event of VERY LATE entries, you may receive a plain black and white bib.

## Phone Coverage

Generally speaking the phone coverage is average, however, moving a little along the trails can change that. Poor reception is experienced at the Start Finish at Cumberland River and at Sheoak Picnic ground.



## Winners Awards Podium

We present our 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male and female winners on our podium for all distances. We always provide a small trophy item and when available some prizes. Please ensure you stay around for presentations; unclaimed trophies can be collected, or a postage fee can be paid to have the trophy sent to you.



## Finishers Medals

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



## Finishing your race under the clock

Keep the finish line clear for our photographers that will be trying to capture your special moment. Once finished move to medal collection area slightly away from the finish arch. Try not to stop your Garmin until well past the finish, it makes for a much better photo if you raise arms and celebrate your achievement.

## Respect all park visitors

Do not startle other park users by charging up behind them, let them know you are coming and would like to pass, slow down when passing and when approaching from the opposite direction

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

## 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. Random ID checks will be made at bib collection.

## **Parks Victoria**

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

## **Gudabunad People**

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

## **Toilets**

There are toilets located at the start finish Holiday Park, Sheoak Picnic Ground (portaloos) Blanket Leaf

## **Preserving 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.

## **Environment**

Trailsplus are proud members of the sports environment alliance. We work hard to minimise our impact on our precious environment, we ask you 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. Please help us by placing the correct type of rubbish or recyclables in the bins provided.

## **Music Devices**

Whilst we understand many runners like to run with music, how about leaving the music home for this event and enjoy nature and your surrounds, listen for encouragement and support. If you feel you must have music in your ears, please ensure you remove devices from your ears when approaching Marshals, Aid Stations, and the start finish area. We have had runners taking wrong trails and been yelling at them to stop but they don't hear from the music, and they ruin their own day.

## **Medic Service**

Trailsplus engage medical personnel for our events. If you have any injuries no matter how small, please be sure to engage with our medic. They are more than happy to assist you with any issues. If you just don't feel well we prefer you speak to our medics so they can give you the best advice about your participation or recovery.

## **Dogs Not Permitted**

Unfortunately, you will have to leave the furry one home. Cumberland River Holiday Park does not allow dogs and we are in a National Park, where dogs are not permitted

# COURSE NAVIGATION

## Signs and Markings

Navigating the course is "EASY". It really is!

Note, trail running events rarely have marshals, you need to follow signs.

At the Wonderfalls we will use a combination of white chalk on the ground, large orange arrows, orange ribbons, pink/yellow ribbons, red stop signs, occasionally there may be special signs for various distance options. Unless a specific sign for your distance tells you which way to go then simply follow the arrows and markers.

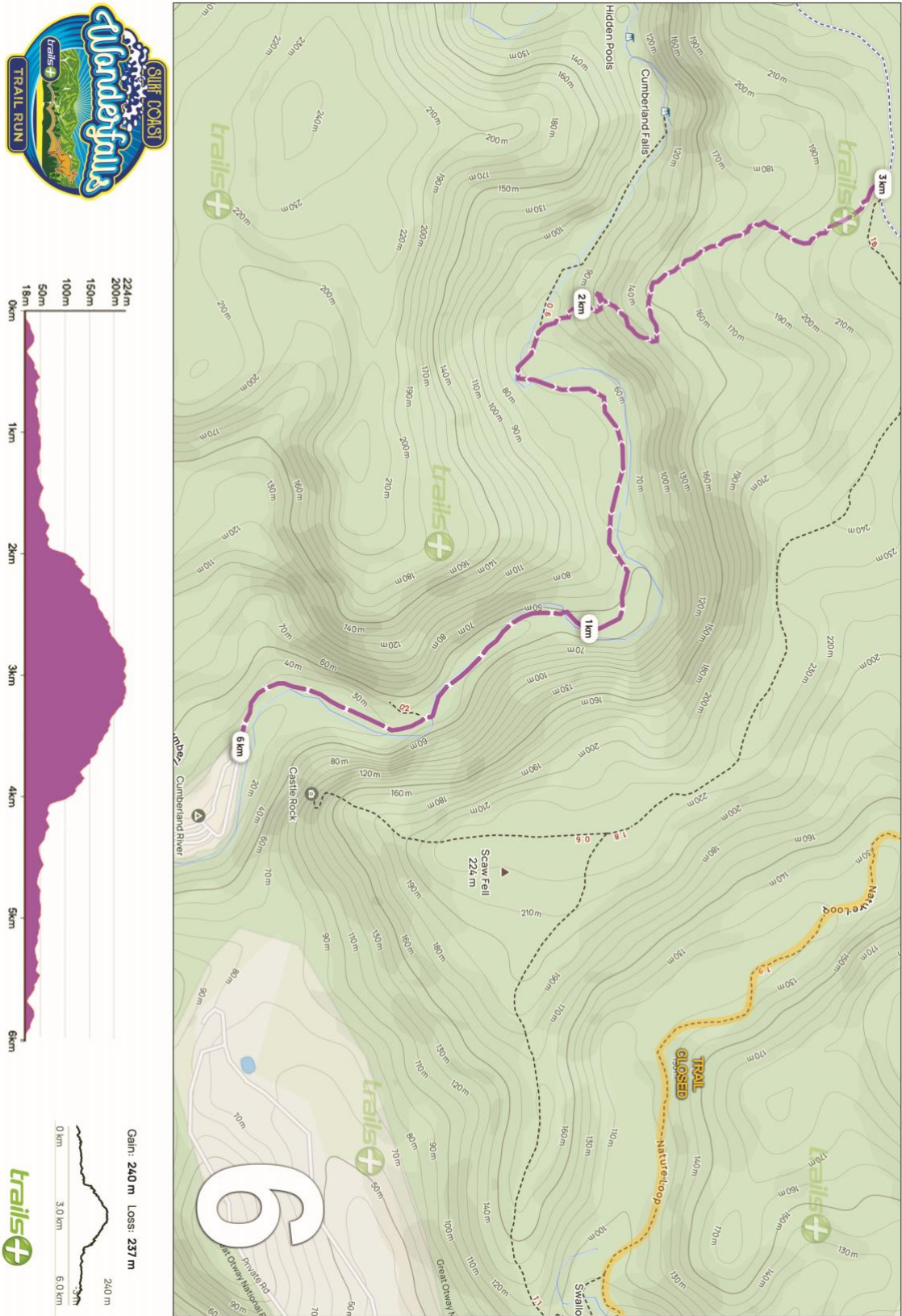




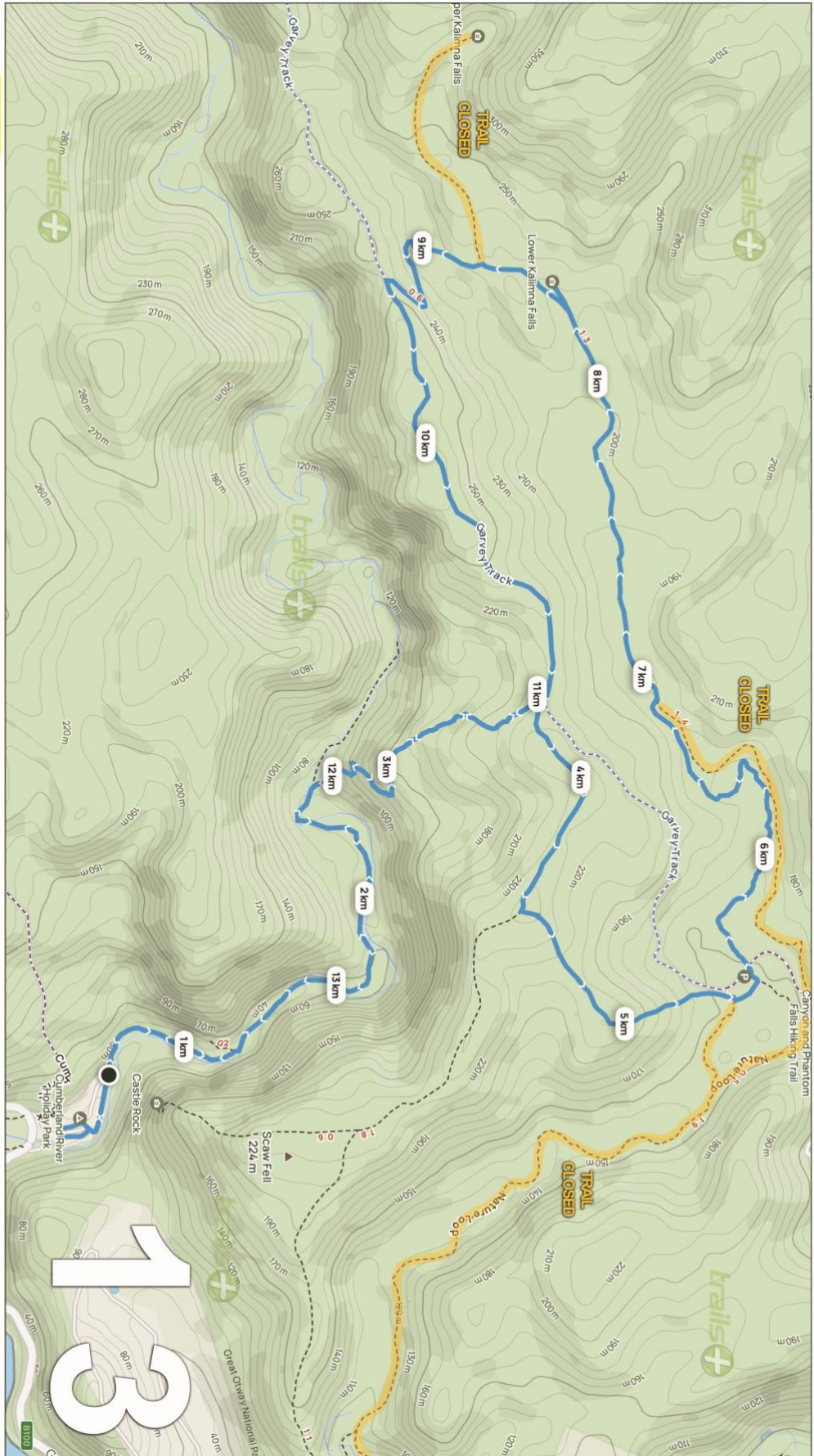
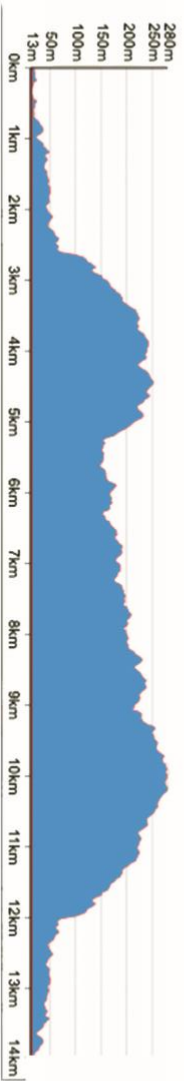
# Maps

STUDY YOUR DISTANCE ONLY

## 6KM COURSE MAP



# 13KM COURSE MAP

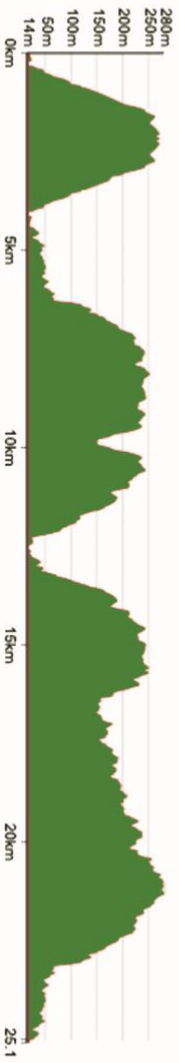




# 25KM COURSE MAP

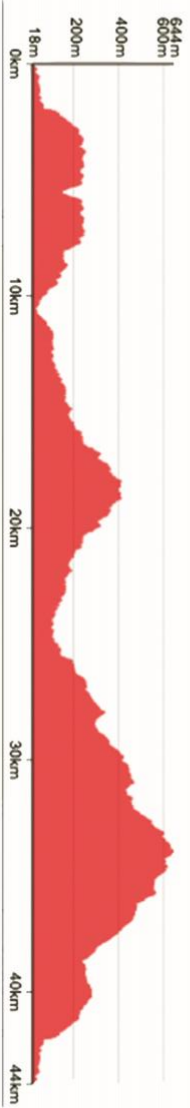
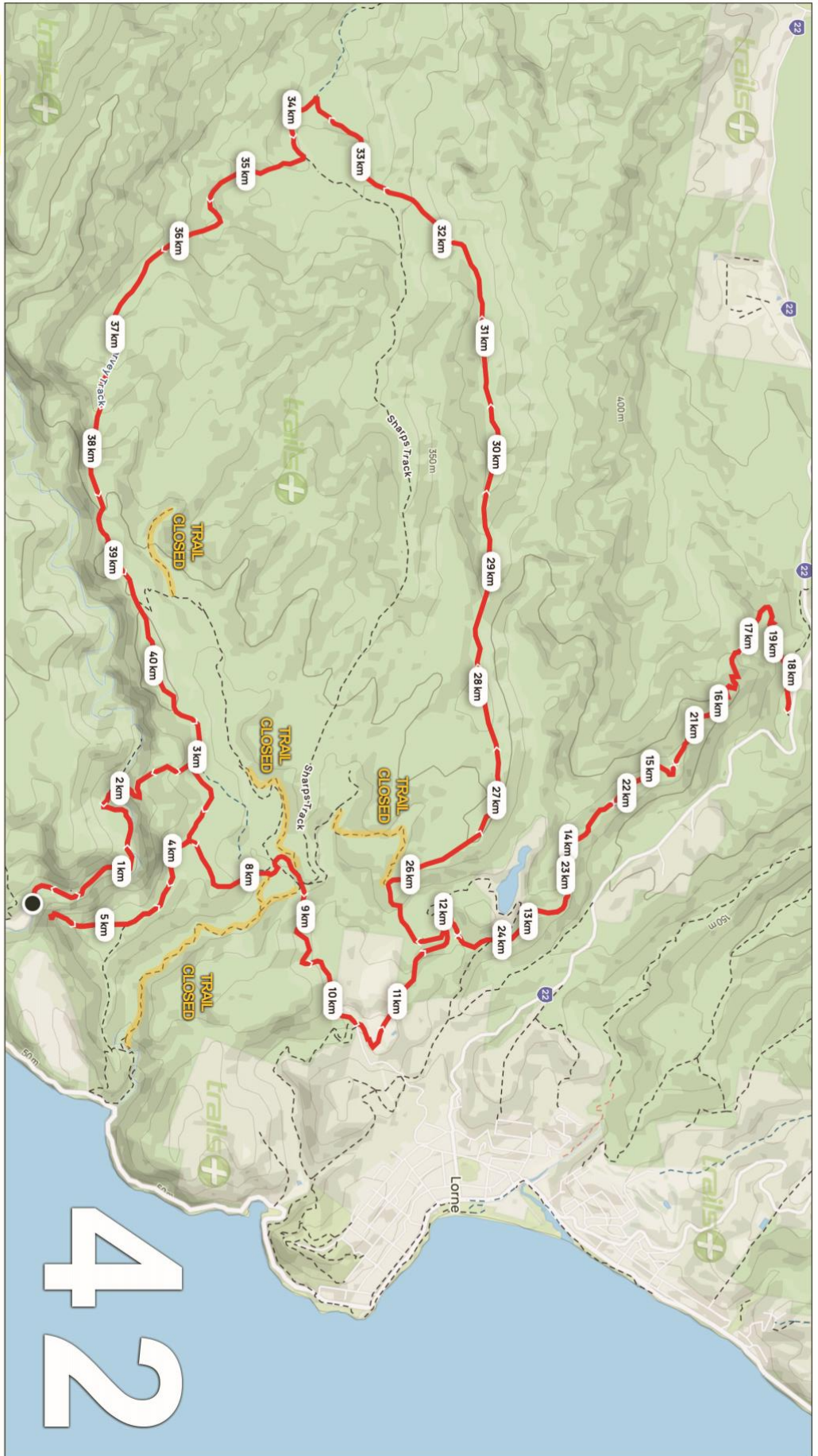


# 25



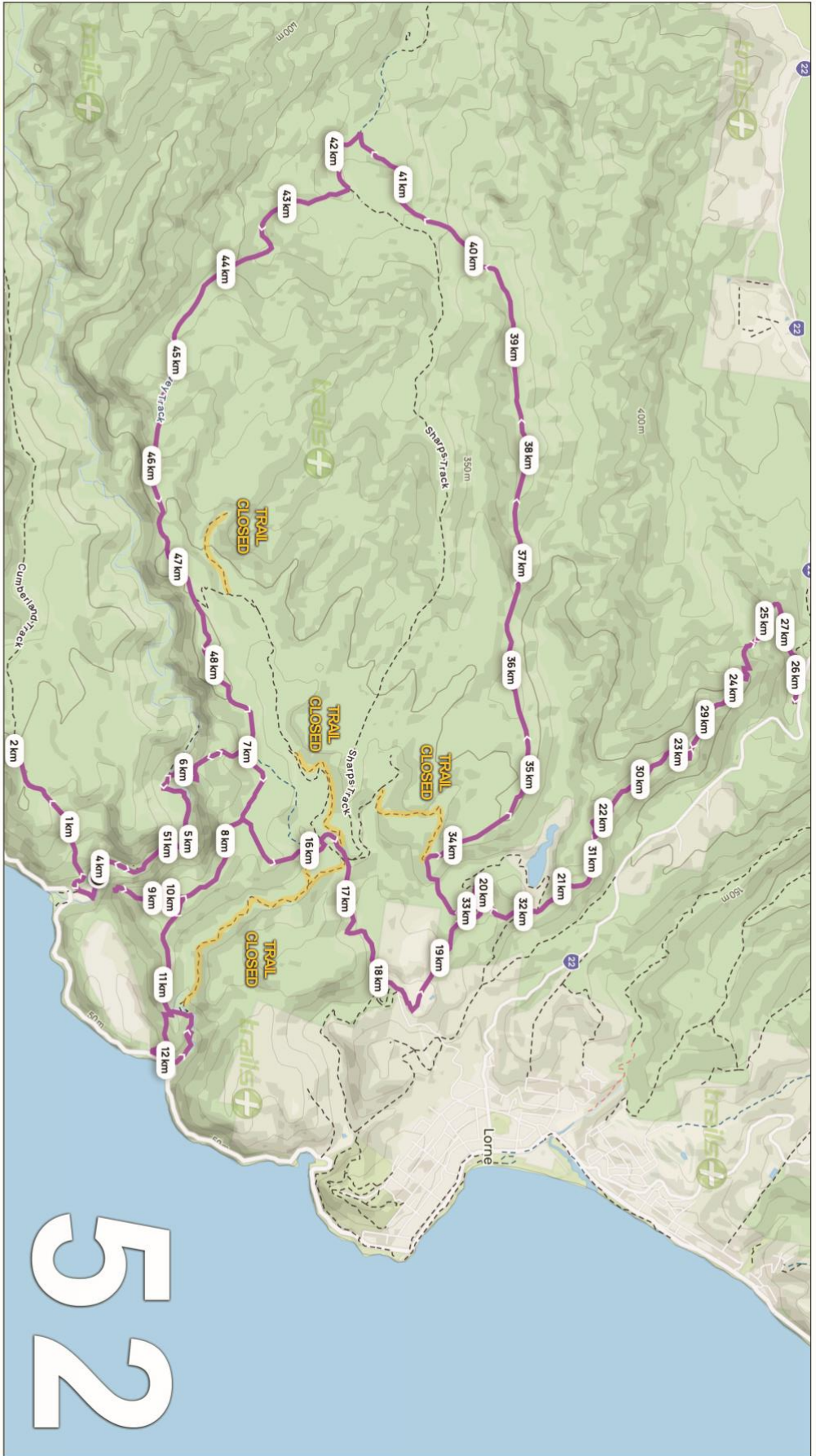
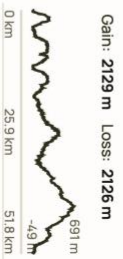
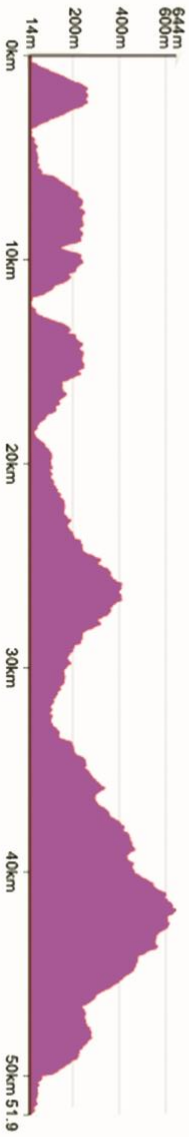


# 42.2KM COURSE MAP





# 52KM COURSE MAP





# Merchandise Range

You Yangs design shirts pre 2024



2024 Wonderfalls and Mountain Series Shirts



Some of our Headwear Range pre 2024



Head Wear / Buffs 2024 Mountain Series



# FINAL NOTES

## Timing Chips **MUST** be Returned

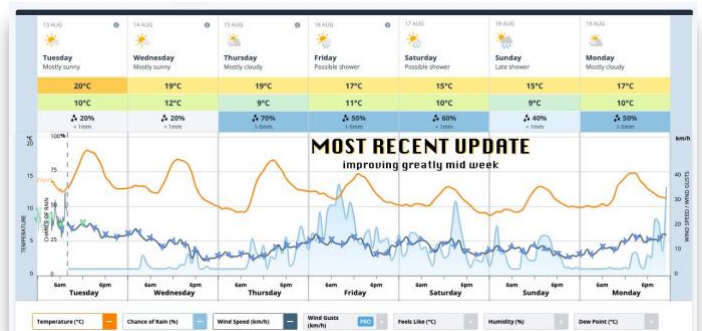
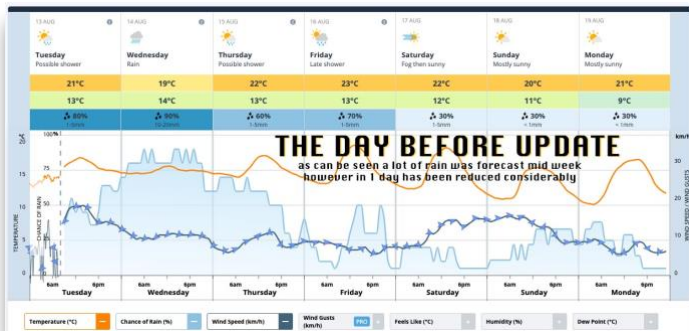
### REMINDER

On completion of your event, we will present you with a Finishers Medal, it is extremely important that we get the timing chips off your race bib at this time, please do not leave with your timing chips. The chip is on the foam in the plastic pouch. A volunteer will remove the timing chips, please flip your bib for them to access chips.



## Weather Forecast

Depending on which model you look at, 2 days ago they said there is a fair bit of rain mid-week, this has changed from last week. Last week it was predicted there would be very little rain, If the maximum amount of rain falls, there is a chance, the river will rise a reasonable amount, however the most recent forecast at document update has now dramatically reduced the predicted rain so it's looking good, however 24hrs can still things change. But right now, it's looking very good for this time of year.





# Shuttle Bus Information

We are required to operate a shuttle bus service to transport runners and supporters to and from the Cumberland River Holiday Park. Please ensure you follow the requirements and do not use Cumberland River holiday park car park. Unauthorised parking at Cumberland River holiday park can result in us having our permit and authority to operate from this location revoked.

What you need to know to make the Wonderfalls trail run weekend hassle & stress free before you run.

## BACKGROUND

This awesome location has limited parking options. Therefore, as part of our permission to use this location as a host headquarters we must not use the carpark at Cumberland River holiday park for event related cars. Of course, if you are staying at Cumberland River as a guest you can park inside the park.

All participants in all distances must catch the shuttle bus from the 3 designated locations in Lorne. You are permitted to have a vehicle drop you off at the start line, but the car must not be left unattended (No Parking), that means drop off and leave straight away please.

## RUNNER REQUIREMENTS

### Race Start Times

8am 52km	<i>Runners should be in</i>
8am 42km	<i>Cumberland River Holiday Park</i>
10am 25km	<i>1hr before their race distance starts.</i>
11am 13km	<i>We have a 57 Seat Bus it will circulate from 6:15,</i>
12:00pm 5km	<i>requires \$10 fee</i>



## WHO MUST CATCH THE BUS

Please don't try to bypass the system, it's safer and better for everyone if the following is adhered too.

**EVERYONE** must catch the bus

There is a fee of \$10 and to speed up the process please have a \$10 note ready to drop in the collection bucket. Only Runners have to pay, supporters do not, but runners have seat priority ALWAYS, if you are standing around waiting and it looks like too many for the bus, please only runners should board. If you're a later distance runner please allow next race runners on as a priority to ensure they make the start.

We highly recommend that you catch the bus allowing enough time for trip which is about 15minutes. Plus remember sometimes it takes 15 minutes to find a suitable carpark spot in Lorne

Please refer to the maps and estimated bus schedule and pick up locations and parking options.

Please also make sure that you park legally, there are parking restrictions in Lorne, we are offering some suggestions, but these also need to be checked by you to ensure no new parking restrictions apply.

We recommend if you are staying in Lorne to walk to the bus if possible as your car is parked at your accommodation, this will help day trippers find a spot a little easier. Be Early and relax, Drive Safe.



## AN OVERVIEW OF THE LORNE TOWNSHIP AND BUS PICK UP & DROP OFF LOCATIONS

INFO CENTRE #1 – LORNE HOTEL #2 – GRAND PACIFIC HOTEL #3



### PROCEDURE AND SCHEDULE FOR CATCHING THE BUS

**THIS MIGHT ALL SOUND A LITTLE OFFICIOUS BUT ITS IN THE INTEREST OF YOU HAVING A GREAT DAY**

**ALL participants MUST catch the bus**

Families and supporters coming to watch MUST catch the bus.

Under no circumstances is it ok to park for 15minutes even, so please use the bus service.

Dropping runners off is ok, but don't stop the engine, drop them and keep going.

Runners MUST pay Bus Driver \$10, your family supporters are free. PLEASE have \$10 Note.

Make it part of your race kit, just like you put your shoes and socks in, Put a \$10 note in.

Playing around with change will delay the bus and we want to keep it a tight schedule.

**PLEASE NOTE THIS SCHEDULE MEANS YOU SHOULD ALLOW TO CATCH THE BUS**

**60-75min BEFORE YOUR SCHEDULED RACE START TIME**

**Time for bus trip, Time to walk to start, Time to collect Bib, Time for Briefing**

**BUSES WILL LEAVE EARLY IF FULL – SO YOU BE EARLY**

**TO ENSURE TIGHT SCHEDULE GET ON BUS AND GO TO BACK OF BUS DON'T HOLD PEOPLE UP**

- 6:15am      **(1)** Bus will start From Bus Stop #1 Info Centre  
Pick up at Lorne Pub Bus Stop #2  
Pick up at Grand Pacific / Lorne Pier Bus Stop #3
- 6:45am      Drop off at Cumberland River Holiday Park
- 7:10am      **(2)** Bus will start From Bus Stop #1 Info Centre  
Pick up at Lorne Pub Bus Stop #2  
Pick up at Grand Pacific / Lorne Pier Bus Stop #3
- 7:40am      Drop off at Cumberland River Holiday Park

**The above buses are prioritised for 52 and 42km runners, they need to be on these buses**

**The below bus times suit the 25km 13km 5km runners with plenty of time to get to the start and relax**

- 8:05am      **(3)** Bus will start From Bus Stop #1 Info Centre  
Pick up at Lorne Pub Bus Stop #2  
Pick up at Grand Pacific / Lorne Pier Bus Stop #3
- 8:35am      Drop off at Cumberland River Holiday Park
- 8:55am      **(4)** Bus will start From Bus Stop #1 Info Centre  
Pick up at Lorne Pub Bus Stop #2  
Pick up at Grand Pacific / Lorne Pier Bus Stop #3
- 9:25am      Drop off at Cumberland River Holiday Park
- 9:55am      **(5)** Bus will start From Bus Stop #1 Info Centre  
Pick up at Lorne Pub Bus Stop #2  
Pick up at Grand Pacific / Lorne Pier Bus Stop #3
- 10:25am     Drop off at Cumberland River Holiday Park

**If you are on this bus, you will miss the scheduled 5km start, a late start is possible, the clock is running.**

- 10:55am     **(6)** Bus will start From Bus Stop #1 Info Centre  
Pick up at Lorne Pub Bus Stop #2  
Pick up at Grand Pacific / Lorne Pier Bus Stop #3
- 11:25am     Drop off at Cumberland River Holiday Park

1:30pm      Bus will begin returning runners from finish line to Lorne, the bus will cycle until approx. 3pm.  
Trailplus will arrange to transport any runners who are late finishing requiring a lift to Lorne.

SOME IMAGES BELOW TO HELP YOU PLAN. PLEASE NOTE THAT ON A NICE DAY LORNE BECOMES EXTREMELY BUSY, CARPARKING SPOTS FILL UP VERY QUICKLY – WE HIGHLY RECOMMEND EARLY ARRIVAL.

**CAR PARKING OPTION ONLY - LOCATED DIRECTLY OPPOSITE THE SHELL PETROL STATION**

**BUS WILL NOT STOP HERE, WALK TO INFO CENTRE OR LORNE PUB**



ABOVE DIRT CARPARK CHECK PARKING RESTRICTIONS, WALK TO BUS AT INFO CENTRE OR LORNE PUB



ABOVE A VIEW OF THE DIRT CARPARK OPPOSITE THE SHELL PETROL STATION, CHECK RESTRICTIONS



**BUS PICK UP AND DROP OFF #1 LOCATION – LORNE INFORMATION CENTRE**

BUS STOPS ARE **NOT** MANNED BY VOLUNTEERS THERE ARE NO SIGNS



Above info centre on left, bus will collect on road to left.



Above overview of Info Centre bus collection point, none of the parking here is all day.



Above the bus shown is where you will get on and off



**BUS PICK UP AND DROP OFF #2 LOCATION – LORNE PUB / SURF LIFE SAVING CLUB**  
**PLEASE CHECK CAR PARKING RESTRICTIONS, PARK AND WALK SAFELY TO THE BUS STOP**  
**BUS STOPS ARE NOT MANNED BY VOLUNTEERS**



ABOVE VIEW OF SURF LIFE SAVING CLUB CARPARK CAPABLE OF OVER 100 CARS, BUT IT FILLS EARLY



ABOVE AN OVERVIEW OF SLSC SHOWING TOILETS, BUS STOP, PUB



ABOVE OVERVIEW OF THE SLSC AND PUB CAR PARKING OPTIONS





ABOVE VIEW OF THE LORNE PUB AND BUS STOP #2



ABOVE VIEW OF ADDITIONAL CARPARKS AFTER THE LORNE PUB

**BUS PICK UP AND DROP OFF #3 LOCATION – GRAND PACIFIC HOTEL / LORNE PIER**  
**PLEASE CHECK CAR PARKING RESTRICTIONS, PARK AND WALK SAFELY TO THE BUS STOP**  
**WHERE POSSIBLE PARK ON GRASS AREA, CHECK IF DRY FIRST**  
**BUS STOPS ARE NOT MANNED BY VOLUNTEERS**



ABOVE AN OVER VIEW OF THE GRAND PACIFIC HOTEL AND CARPARKING AT THE PIER AND BEYOND

# OUR SUPPORTERS and SPONSORS

We would like to express our appreciation to our sponsors for supporting this event

<a href="#"><u>GARMIN</u></a>	<a href="#"><u>TARKINE</u></a>	<a href="#"><u>BOGONG EQUIPMENT</u></a>
<a href="#"><u>SPORTSBEER</u></a>	<a href="#"><u>PETZL</u></a>	<a href="#"><u>TEKO SOCKS</u></a>
<a href="#"><u>32GI</u></a>	<a href="#"><u>ANDREW PEACE WINES</u></a>	<a href="#"><u>PARKS VICTORIA</u></a>

