

WOODLANDS TRAIL RUN

Presented by



WOODLANDS HISTORIC PARK



WOODLANDS TRAIL RUN

HOME OF THE LIVING LEGENDS

5KM 10KM 21KM 42KM 50KM



LIVING LEGENDS

2023

RUNNERS PRE RACE
INFORMATION PACK

PREPARED BY RACE DIRECTOR BRETT SAXON

Welcome to the inaugural running of the Woodlands Park Running Festival 2023. We are very excited to bring you to this fantastic park that offers a great variety of trail running in a unique environment. Located under the flight path of Melbourne International Airport, not only will looking skyward have you catch a glimpse of the flying kangaroo, you will also share the trails and paddocks with around 2000 kangaroos. Of course the Woodlands historic park is most famous for being the home of retired race horses. They get to enjoy their retirement with tender loving care from the staff of "The Living Legends". A charity based organisation that we are very proud to be supporting through our running festival.

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 5km 10km 21.1km, 42.2km or 50km. One person achieving a 5km finish can be as equally challenging and rewarding as someone who finishes a 50km run. These are all great personal results, and we want to help you achieve them.

Since 2007 Brett and Trailsplus events have been supporting CanTeen, the organisation for young people living with Cancer. We have raised \$70,000 for charities since 2007. With the edition of the location here at Woodlands we are also proud to be making a donation to the Living Legends.

You could almost consider Woodlands a bit of a wildlife sanctuary, With wild Kangaroos, Echidnas, Eastern Barred Bandicoots and of course the retired race horses, along with many bird species. You may find it hard to believe you are located on the edge of the suburbs.

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 wide, 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.

Brett Saxon

Trailsplus - Race Director

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GENERAL INFORMATION

Where

Woodlands Historic Park, Woodlands Homestead – Living Legends Entry

Woodlands Dr, Greenvale VIC 3059

When

Sunday May 21st 2023, from 8am, check event schedule for your start time.

Car Parking

Will be on grass area between upper and lower carparks, at the Homestead Café. 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.

Event Schedule

06:30 Park Gates Open, via Woodlands Drive off Oaklands Road.

07:00 50km Check in Opens, 07:45 Race Briefing, 08:00 50km Race Start

08:00 42km Check in Opens, 08:45 Race Briefing, 09:00 42km Race Start

09:00 21km Check in Opens, 09:45 Race Briefing, 10:00 21km Race Start

10:00 10km Check in Opens, 10:45 Race Briefing, 11:00 10km Race Start

11:00 5km Check in Opens, 11:45 Race Briefing, 12:00 5km Race Start

Distance Cut Off Times

50km 9hrs with early start, slow runners discuss with Race Director prior to event.

42km 10hrs with early start, slow runners discuss with Race Director prior to event.

21km No Time Limit Walkers Welcome, conditional early starts by prior arrangement.

10km No Time Limit.

5km No Time Limit.

Note: early starts where permitted are only available for slow runners and walkers on request, it is not available to choose your own start time. Early starters cannot podium and must be self-sufficient prior to aid stations being setup where required.

Mandatory Gear

There is no enforced mandatory gear, however it is highly recommended that appropriate clothing is available onsite to suit weather conditions of the day. Suggested items – Warm jacket, Beanie/Buff, Sunscreen, Cap.

Aid Stations

Our Aid stations are located approximately every 7km, this may vary with course changes and available volunteers. Our aid stations generally provide, 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.

Runners Personal Belongings Tent

We provide a sheltered area for you to leave your belongings, however you do so at your own risk.

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.

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 Trailspplus 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.

Winners Awards Podium

We present our 1st, 2nd, 3rd 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 Woodlands Medal.

Presentation Schedule

We try to keep to a schedule based around finishers times, typically presentations take place within 30 min of the first 3 males and females finishing, however for longer distances this can be up to an hour after the winner crosses the line. If you know you are a winner and have to leave early, please be sure to collect your trophy.

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.

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 Woodlands trail run in this fantastic location.

Wurundjeri People

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

Toilets

There are toilets located at the start finish, Somerton Road Picnic Area, Moonee Ponds Creek Turn around.

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.

Living Legends

We will be operating our start finish line below the Living legends homestead café. Visit the homestead to learn about its construction and significance. Just in front of the Homestead are real Living Legends! Established to bring retired champion horses back to the public, the front paddocks are home to some of Australia's finest retired racehorses. The homestead also operates a café with some great food options. Let's get behind the Living legends and support the café and even take a tour of the legends.

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.

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, 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.

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 Woodlands we will use a combination of white powder on the ground, large red arrows, orange ribbons, pink/yellow ribbons, small red and white arrows, and crosses, 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.



A cross means don't go that way.

A double headed arrow means you go both out and later come back the same way.

Our blue/yellow signs are for 50km first 8k only.



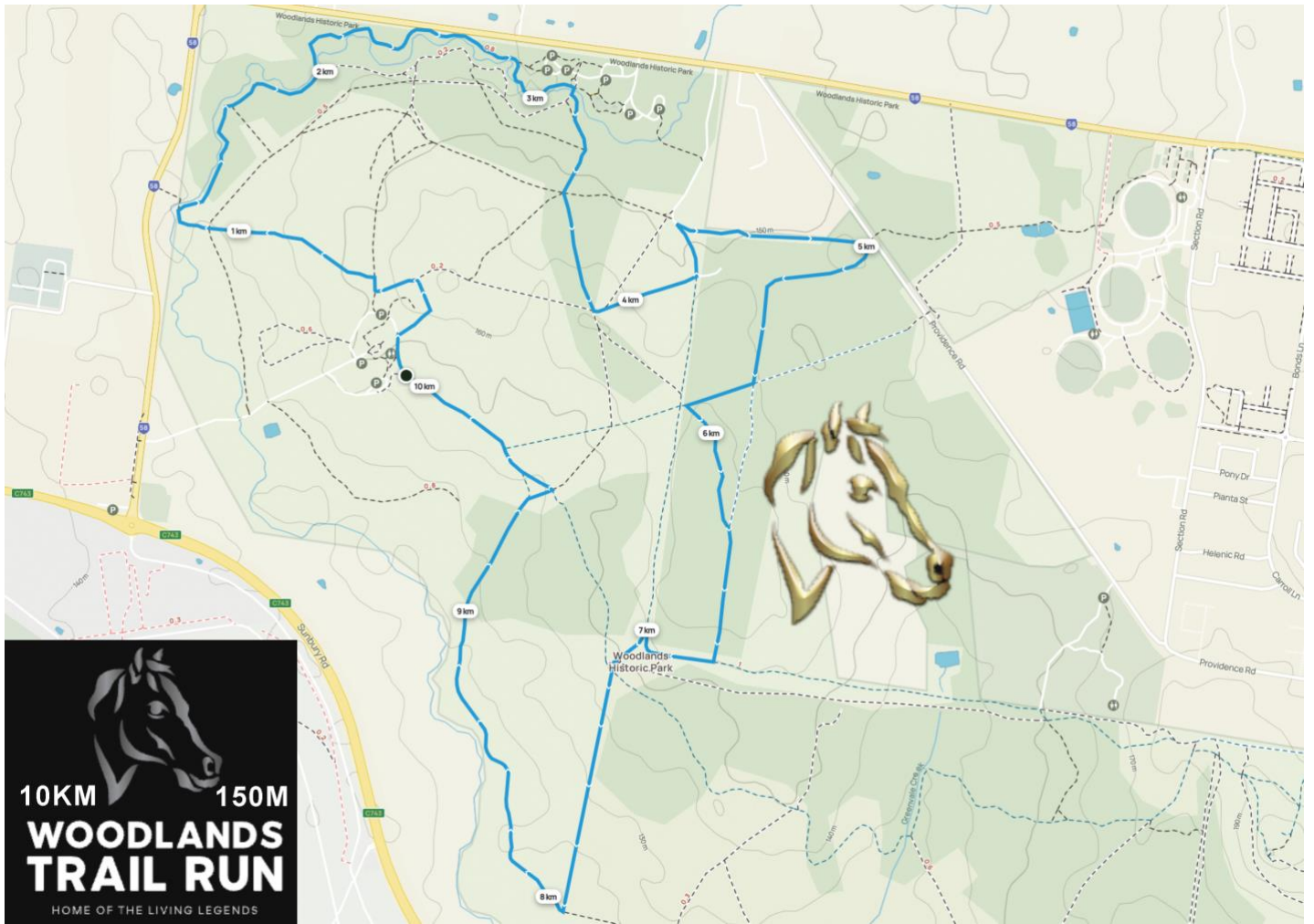
Maps

STUDY YOUR DISTANCE ONLY

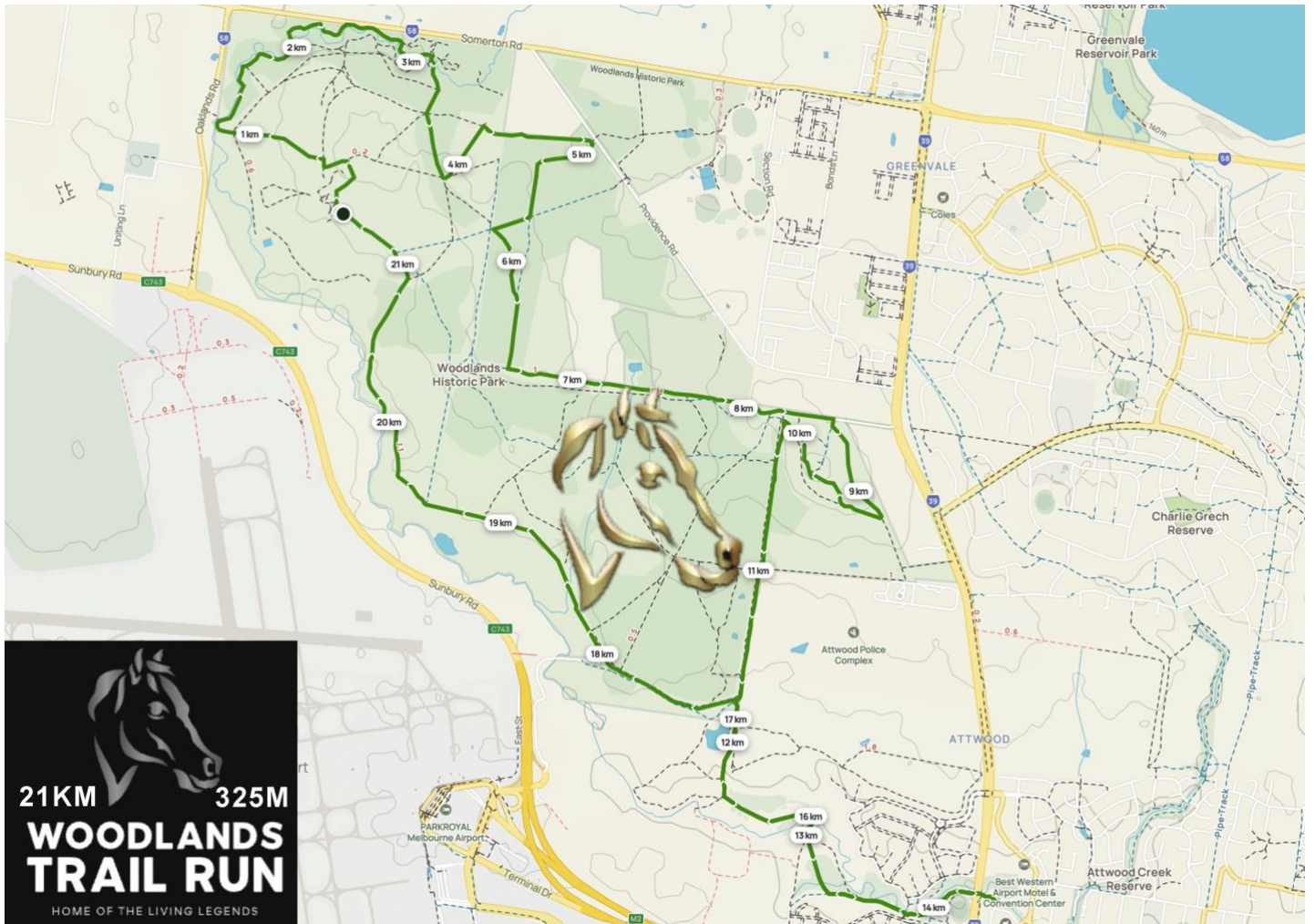
5KM COURSE MAP



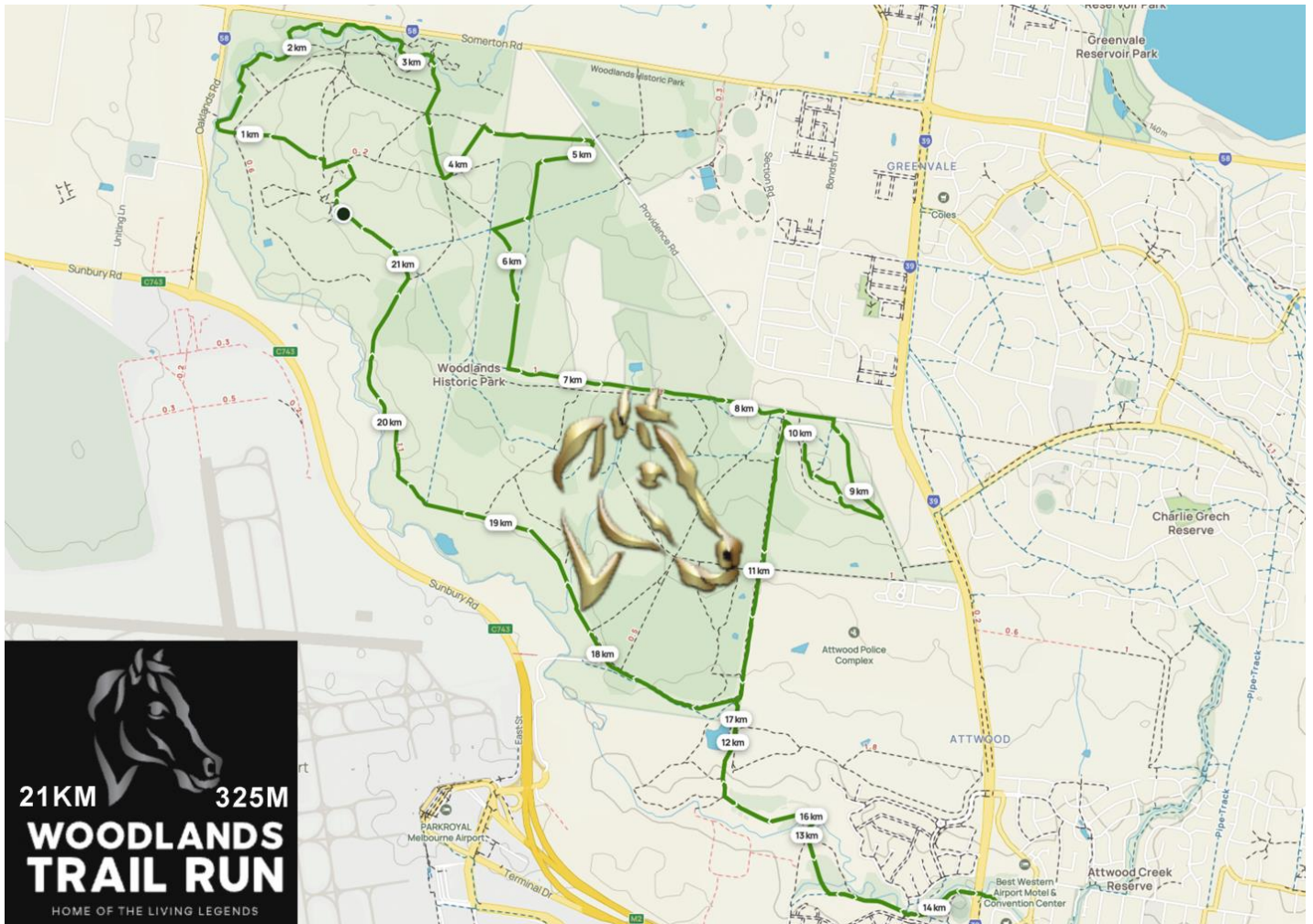
10KM COURSE MAP



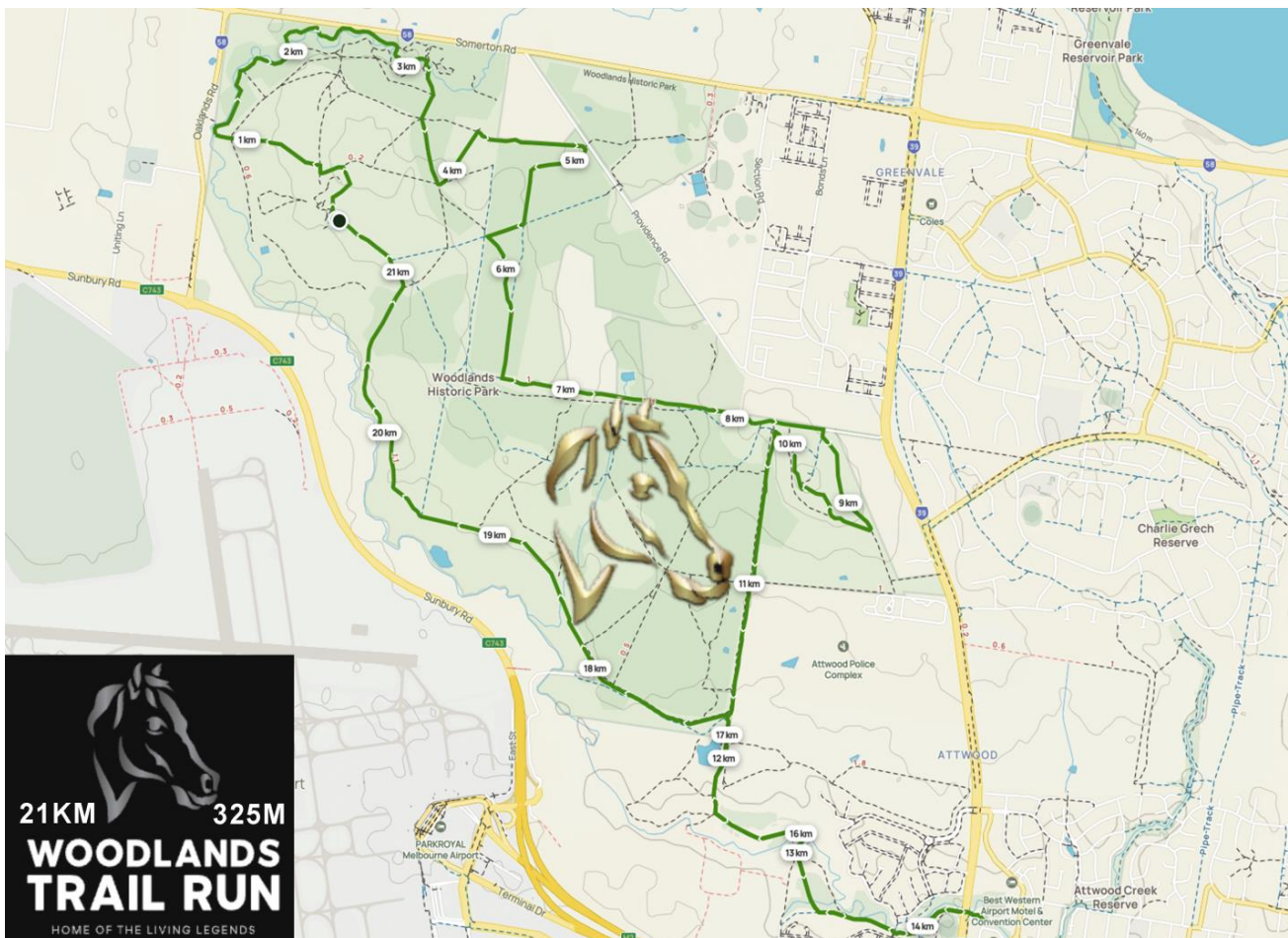
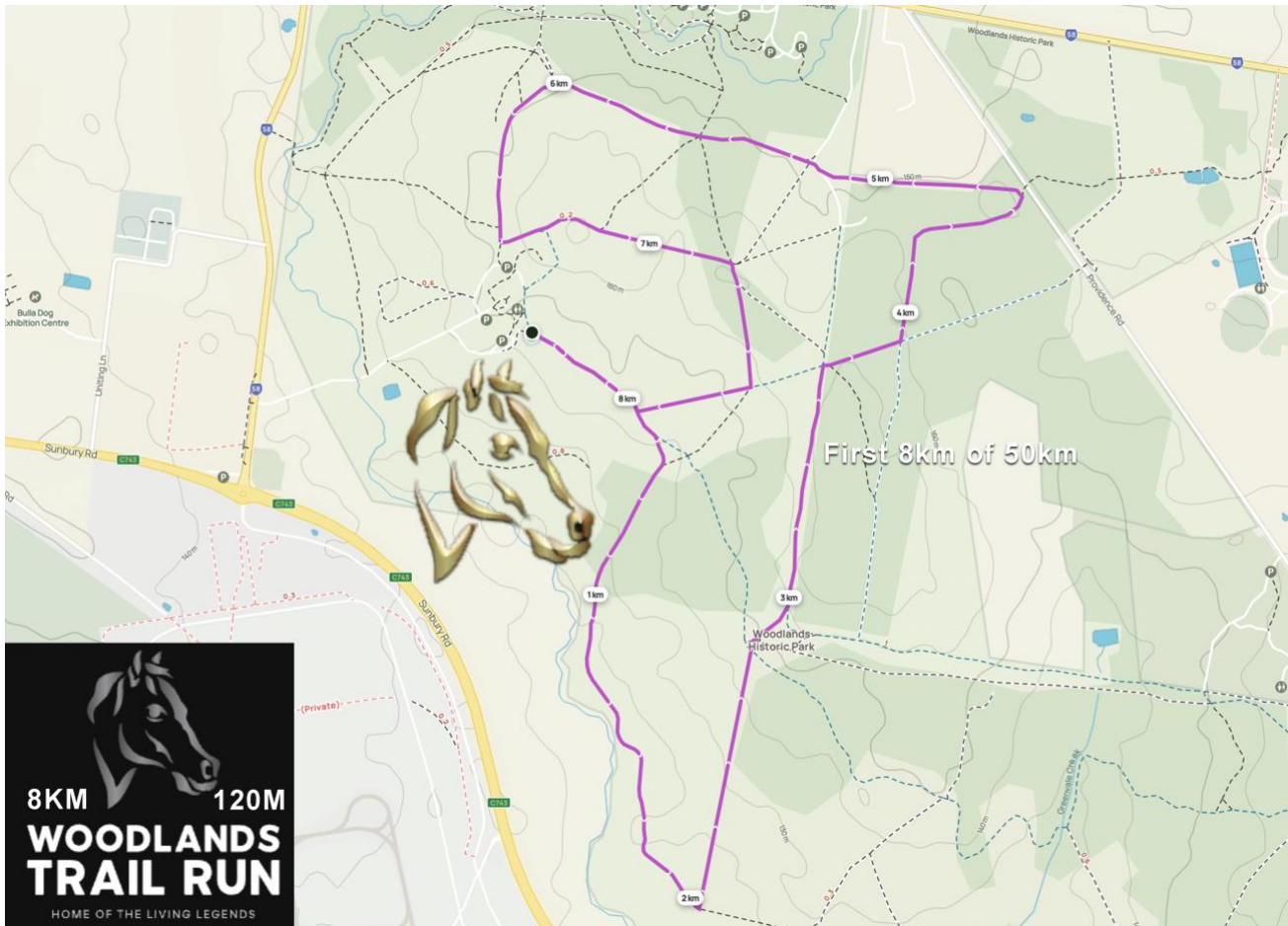
21.1KM COURSE MAP



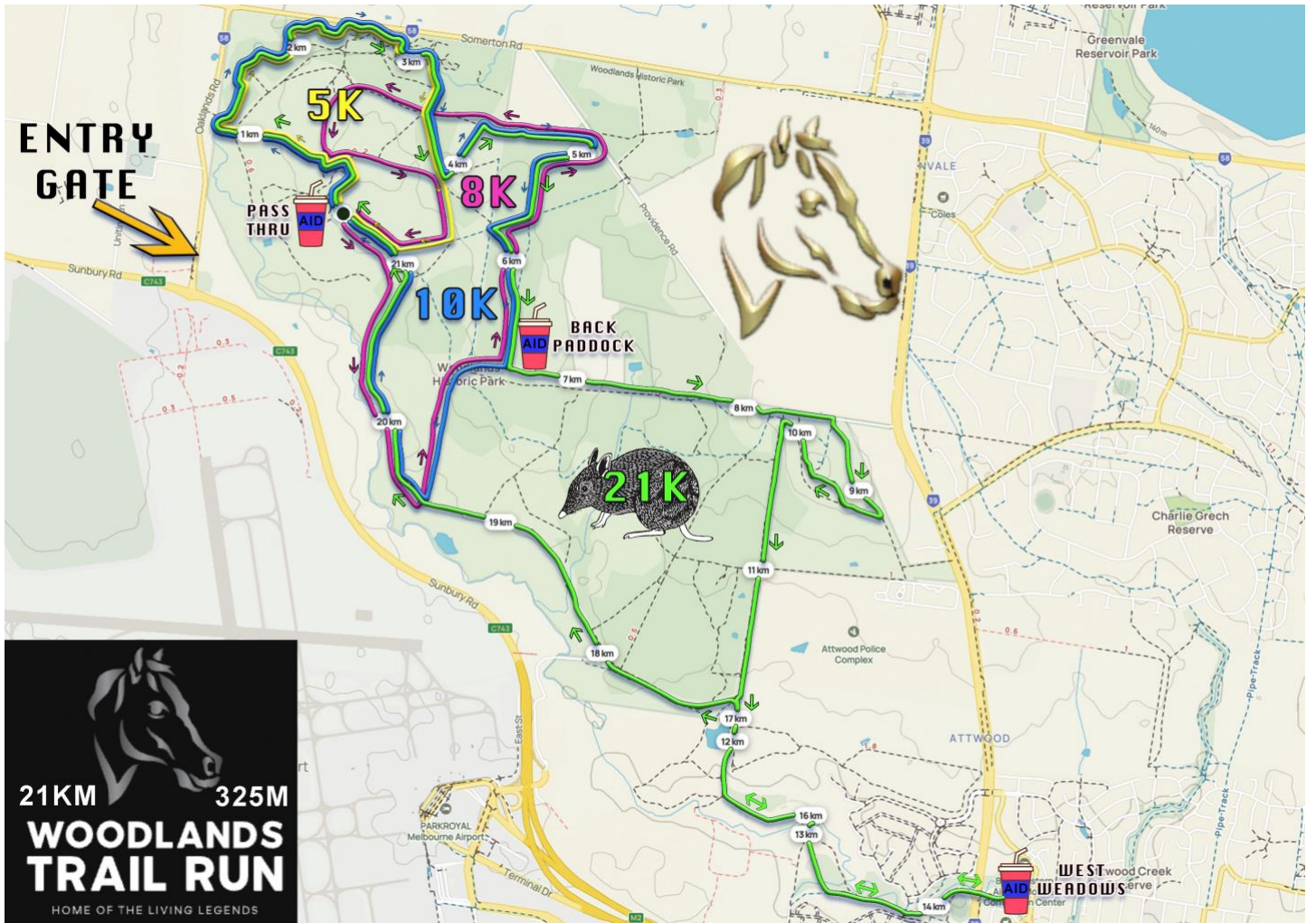
42.2KM COURSE MAP = 2 x 21.1km course



50KM COURSE MAP = 8km+2x21.1km Course



AID STATION LOCATIONS



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

This is the long range forecast and will change as we get closer, however its looking good right now.

2 Week Extended Forecast in Melbourne, Victoria, Australia

Day	Conditions		Comfort			Precipitation		Sun		
	Temperature	Weather	Feels Like	Wind	Humidity	Chance	Amount	UV	Sunrise	Sunset
Tue 9 May	16 / 11 °C	Passing showers. Cloudy.	16 °C	17 km/h	↑ 72%	39%	1.7 mm	0 (Low)	7:07 am	5:25 pm
Wed 10 May	15 / 10 °C	Morning clouds.	15 °C	12 km/h	↑ 57%	5%	-	3 (Moderate)	7:08 am	5:24 pm
Thu 11 May	18 / 8 °C	Sunny.	18 °C	15 km/h	↓ 47%	1%	-	3 (Moderate)	7:09 am	5:23 pm
Fri 12 May	17 / 9 °C	Isolated tstorms late. Cloudy.	16 °C	7 km/h	↔ 67%	57%	0.5 mm	0 (Low)	7:10 am	5:22 pm
Sat 13 May	16 / 9 °C	Sunny.	16 °C	5 km/h	↑ 56%	4%	-	3 (Moderate)	7:11 am	5:21 pm
Sun 14 May	19 / 9 °C	Broken clouds.	19 °C	14 km/h	↓ 51%	2%	-	0 (Low)	7:12 am	5:20 pm
Mon 15 May	20 / 9 °C	Sunny.	20 °C	4 km/h	↑ 41%	2%	-	3 (Moderate)	7:12 am	5:19 pm
Tue 16 May	19 / 9 °C	Sunny.	19 °C	8 km/h	↑ 48%	3%	-	3 (Moderate)	7:13 am	5:18 pm
Wed 17 May	18 / 9 °C	Mostly sunny.	17 °C	4 km/h	↗ 46%	3%	-	3 (Moderate)	7:14 am	5:18 pm
Thu 18 May	18 / 9 °C	Decreasing cloudiness.	18 °C	4 km/h	↖ 46%	6%	-	0 (Low)	7:15 am	5:17 pm
Fri 19 May	18 / 10 °C	Mostly sunny.	18 °C	3 km/h	↖ 51%	6%	-	0 (Low)	7:16 am	5:16 pm
Sat 20 May	18 / 10 °C	Sunny.	18 °C	12 km/h	↓ 49%	4%	-	3 (Moderate)	7:17 am	5:15 pm
Sun 21 May	18 / 10 °C	Sunny.	18 °C	7 km/h	↑ 56%	5%	-	3 (Moderate)	7:17 am	5:15 pm
Mon 22 May	15 / 10 °C	Isolated tstorms late. Mostly cloudy.	13 °C	19 km/h	↗ 71%	51%	1.2 mm	0 (Low)	7:18 am	5:14 pm
Tue 23 May	15 / 9 °C	Breaks of sun late.	15 °C	16 km/h	↗ 46%	45%	0.7 mm	0 (Low)	7:19 am	5:13 pm

* Updated Tuesday, 9 May 2023 7:22:50 am Melbourne time - Weather by CustomWeather, © 2023

YOUR REWARD FOR FINISHING YOUR EVENT

1st Place Blue Design



2nd Place Red Design



3rd Place Green Design

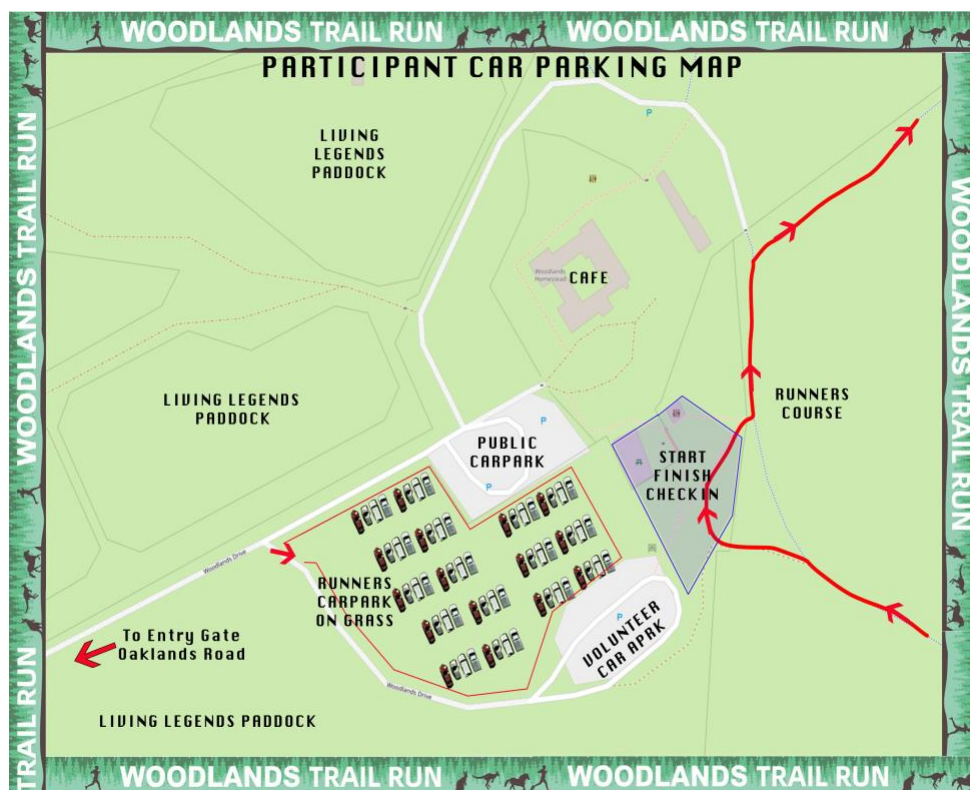


All competitors who complete their event distance will receive a custom designed medal.



ACCESS TO WOODLANDS PARK

FROM OAKLANDS RD – GATES OPEN 7AM



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

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