

RUNNER INFORMATION GUIDE

2024



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trails+

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Welcome

Welcome to the 16th edition of the You Yangs trail running festival. As always Trailsplus events are supporting young people living with cancer. Since 2008 when Racer Director Brett ran his first 100mile event as a charity run, we have continued supporting Canteen via Trailsplus events. Trailsplus are able to 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 5km, 15km 21.1km 30km, 42.2km, 50km, 100km and 100mile. 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.

We love the You Yang's and the support from Parks Victoria and know you will enjoy a great day and great trails. The weather at the You Yangs can vary greatly, typically we get some mild mid-July winter conditions however, always come prepared for any type of weather. The start will be cold even if a perfect clear day awaits us, so bring warm stuff for pre and post-race.

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

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

Thanks again for supporting the event.

WELCOME TO THE



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 You Yangs 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 eight races operating over the weekend 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

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 them", 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 both Saturday and Sunday events. Occasionally the same information may be repeated.

- Information about Saturdays Events
- Information about Sundays Events
- General information covering the overall weekend

Emergency Contacts

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

About trail running

Trailsplus 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, sticks and roots, small and larger rocks, washed out trails, soft sandy trails at times slippery as well as other surface conditions. 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

You Yangs Regional Park, Branch Road Little River, Victoria

Turntable Car Park

ENTER OFF – Branch Road, follow bitumen road to lower picnic ground carpark, or turntable carpark if running Hardcore 100 distances.

When

Saturday 13th – Sunday 14th July 2024, from 8am, check event schedule for your race distance start time and check in time and be sure to allow yourself time to park and walk to start hub, then relax and collect your race bib on the morning.

Course Elevation

- 100 Miles – 5000M
- 100 Km – 3100M
- 50 Km – 1600M
- 42.2 km – 1230M
- 30 Km – 990M
- 21.1 Km – 615M
- 15 Km – 425M
- 5 Km. – 165M

After Park Closure Access

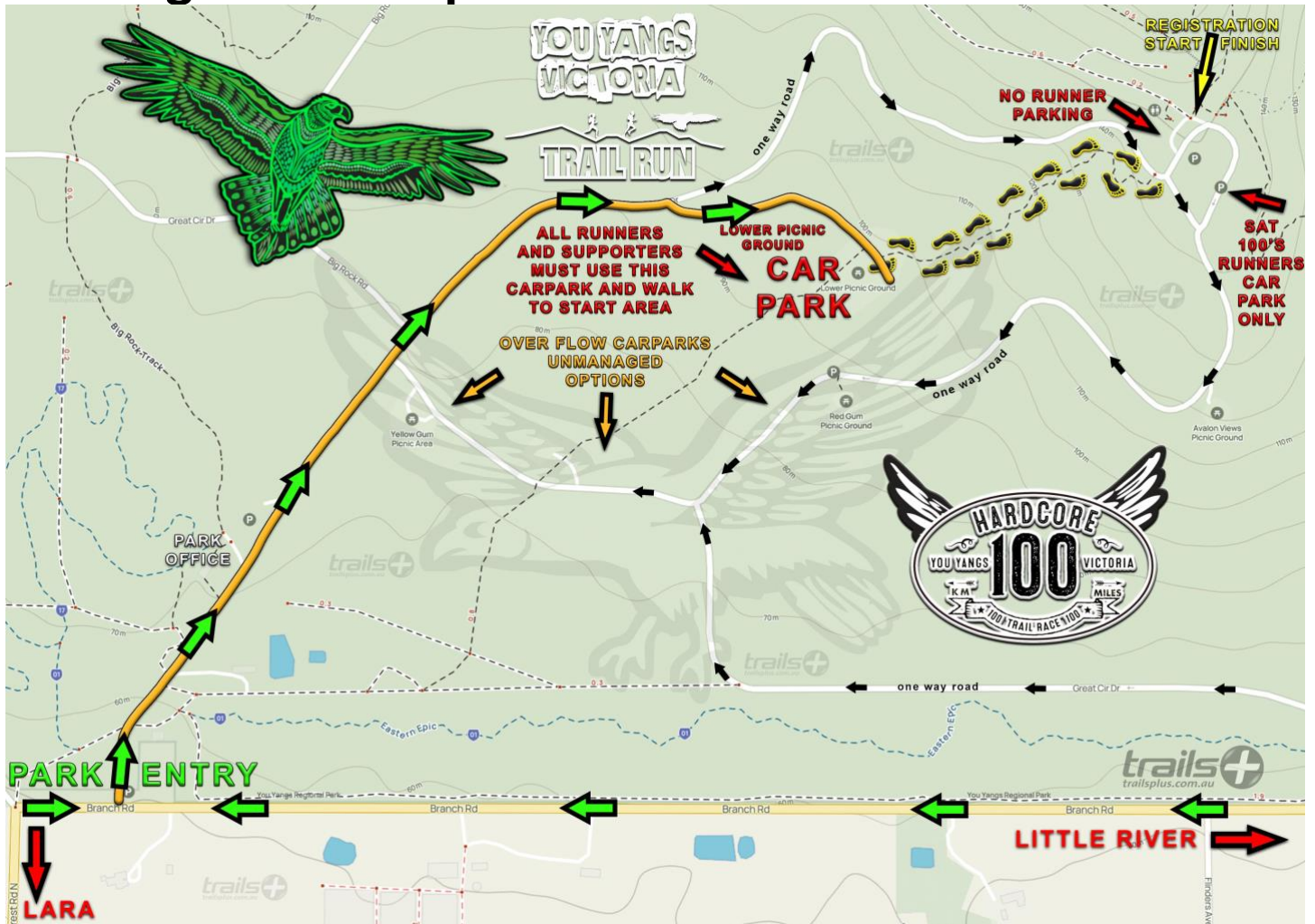
The You Yangs automatic gate will close after sunset. While we can open the gate after hours, it is for exceptional circumstances only. There may also be delays of up to 30minutes before the gate can be opened. We advise all night runners to plan with their supporters to access early.

Car Parking

Except for 100km and 100Mile runners, ALL runners and visitors must park in the lower picnic ground carpark. Then walk 500M via the single track to the start area. (Allow 10 minutes to walk from car to check in). 100s may park only in the exit side of flinders peak carpark, not in the main carpark at flinders peak. This must be reserved for the public.

Runners supporters MUST also park in the lower picnic ground.

Getting to the Carpark



Cup Free Event

As a key part of our support of the environmental 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. 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 collapsible cups that are great for your running events or even family picnics



Event Schedule

Saturday 13th July

105km and 105 mile can park at the top overflow area only (NOT MAIN CARPARK) if space available, drive straight to start, Limited space and see map for allowable 100s Parking below in Maps section

6:15 am Park Gates Open

6:45 am Pre Race Check in Hardcore 105M-105KM

7:45 am Pre Race Briefing Hardcore 105M-105KM

7:55 am Compulsory Group Photo

8:00 am Race Start Hardcore 105M-105KM

42.2km & 21.1km **must park** in the lower picnic ground car park and walk 500m via the walking track to the start line car park marshals will assist with Parking

7:45 am Pre Race Check in Bib Collection 42.2KM

8:45 am Pre Race Briefing 42.2KM

9:00 am Race Start 42.2KM

8:45 am Pre Race Check in Bib Collection 21.1KM

9:45 am Pre Race Briefing 21.1KM

10:00 am Race Start 21.1KM

Sunday 14th July

PLEASE PAY CAREFUL ATTENTION TO TIMES AND ALLOW PLENTY OF TIME TO WALK TO START

6:15 am Park Gates Open

7:00 am 50km Registration

7:45 am 50km Race Briefing

8:00 am 50km Race Start

8:00 am 30km Registration

8:45 am 30km Race Briefing

9:00 am 30km Race Start

9:00 am 15km Registration

9:45 am 15km Race Briefing

10:00 am 15km Race Start

10:00 am 5km Registration

10:45 am 5km Race Briefing

11:00 am 5km Race Start

THE BEST WAY TO ENJOY YOUR DAY IS BY BEING A LITTLE EARLY

Race Bibs are not mailed out

Trailplus 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.



Saturday Events – Section

100Miles (105), 100km (105), 42.2km Marathon, 21.1km Half Marathon

The Hardcore 100 events as they are known were created to provide the ultra-running community an opportunity to take on the challenge of 100km and 100miles in a well-supported safe environment. With a focus on easy access to support crew, while still providing a very significant challenge for the runner. The physical and mental strength to complete the hardcore 100's should not be underestimated.

We wish everyone a successful and enjoyable journey as you take on your challenge.

Car Parking 100km / 100Mile only

100km / 100Miler runners will be able to park at turntable car park, but not in the Main car park we will be double parking cars in the overflow car park which is about 100M from the start, so it is accessible during the race if needed. Please do not park in the main car park bays. We MUST leave places for PUBLIC PARKING.

Car Parking for Supporters

Please note that during the day supporters are required to park in the lower carpark, it's a pleasant 10 min stroll up a single track, We must not fill the upper turntable carpark or Parks on roadsides risking blocking traffic.

Pacers 100Mile / 100km only

Runners pacers are permitted for safety reasons from Saturday night from approximately 5pm or whenever the runner comes past closest to 5pm whereby they will be on the next lap in darkness. The role of the pacer is to ensure the safety of the runner. A pacer must not assist the runner mechanically to achieve a finish. A pacer must not carry anything for the runner. A pacer must be prepared for the weather conditions just like the runner and not be a burden on the runner.

Any physical assistance provided to any Runner outside of a Checkpoint by any person will result in the disqualification of the Runner. Please also note that only OFFICIAL 100km/mile PACERS are permitted, See definition of OFFICIAL PACERS below. You must only have the official pacer with you identified by a pacer bib. You can have a different pacer on different laps but only one at a time

Pacers Official Requirements

Must register before beginning pacer duties. This requires the runner to sign a pacer sheet acknowledging, they will operate within the rules of the event. That they are fit and healthy and of no risk to themselves or the organising team. The pacer is required to have the same suitable clothing and food stores as the runner. (eg) If the runner has been instructed to wear a sealed seam hooded jacket, then the pacer must also wear a sealed seam hooded jacket. The Pacer must have a suitable quality head torch or handheld to safely navigate the course. If a pacer is observed with a runner and has not registered the runner may be disqualified from the event. This means a pacer cannot join a runner mid trail having just arrived, without coming to the HQ location. There must be only one official pacer on course with a runner at any time. Exception to the one pacer rule. Up to 3 registered pacers may do the final leg from Park information office to the finish line to soak up and celebrate those final few km's. Pacers must wear a pacer bib. Except on the last 3km if more than one

Race Bib placement and visibility

Runners should always have their race number visible. Thy 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 Pacer or 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.

Key Hardcore Points

About the Hardcore 100s

- 105 Miles / 105km
- 8 or 5 x 21Km Course
- start time Jul 13th 8am
- finish July 14th 4pm
- cutoff time 32hrs
- minimum 2 aid stations approx. 10km apart
- total elevation gain = 3000 and 5000M
- pacers are permitted from the 5pm to 7am to share the trail during darkness hours and must wear the provided pacer race bib
- a 105Km time will be recorded (separate result noted)
- if 8 full laps are not completed you register a DNF or 5 not recorded for 100km, also a DNF
- 100Mile a Custom Designed Buckle will be awarded to all finishers under **32hrs** (Bronze)
- 100Mile a Custom Designed Buckle will be awarded to all finishers under **28hrs** (Silver)
- 100Mile a Custom Designed Buckle will be awarded to all finishers under **24hrs** (GOLD)
- 100km a Custom Designed Buckle will be awarded to all finishers under **24hrs** (Bronze)
- 100km a Custom Designed Buckle will be awarded to all finishers under **18hrs** (Silver)
- 100km a Custom Designed Buckle will be awarded to all finishers under **14hrs** (GOLD)
- Pacers from approx. 5pm Saturday permitted, NO Muling (Carrying any runners needs)
- Drop bags can be left at aid stations, organizers will deliver them to Aid Station 2 when volunteers are available.
- Poles can be used and dropped after flinders peak ready for next climb, though personally I'd keep them for saddle back track climb 😊

Kitchen Hardcore 100s

We will have some hot foods during the nighttime, including Pasta, Noodles, Soup, Toasties

Hot tea and coffee will also be available

Runners and crew are welcome to use the kitchen but must keep it clean and tidy after each visit.

A microwave oven may also be available, depending on power availability

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.

2km 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. Please email to discuss an early start.

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.

Saturday

12:30 – 21km

12:30 – 42km

10:00pm – 100km

Sunday

Approximate times and where possible will flow together

12:00pm – 5km

12:00pm – 15km

1:00pm – 30 km could be earlier if we have podium present

2:00pm – 50 Km could be earlier if we have podium present

3:00pm – 100 Mile could be earlier if we have podium present

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 and within the cut off times, you will receive a custom designed medal for 5km, 15km, 21km, 30km, 42km and the 50km, buckles are awarded to 100km/100Mile runner.

Mandatory Gear

There is no enforced mandatory gear, however it is highly recommended that you have appropriate clothing available onsite to suit weather conditions of the day. Suggested items, Warm jacket, Beanie/Buff, Cap. (Please check conditions and use common sense, refer details below)

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 Shelters

Runners are permitted to setup their own marquee shelters in approved locations. Trailsplus will provide some shelter, but strongly advise runners to have their own, however there is limited suitable ground areas to set up so please consult with race director prior to claiming your turf. Shelters must be weighted and not pegged.

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 offer assistance 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 Crossing



At the park entry you will cross the entry road to the You Yangs via the Pedestrian crossing, please take extra care here while crossing. You will also cross Great Circle Drive in two locations, please look out for cars for crossing the dirt roads.

Sharing the trails

You may find yourself on the same section of trail as other users it is imperative that we give way to other park users, if a bike comes along just step aside, it's easy to do. If you come up on bush walkers, please ensure you politely let them know you are there and pass respectfully.

Disqualification

The Race Director, or any member of the Medical Support staff or any Authorised Checkpoint Personnel may prevent any Runner from starting (even after their Entry has been accepted) or continuing in the Hardcore100 if any of the following occurs.

- The Runner, their Pacer, or their Support Crew breach Race Rules.
- It is decided that the Runner may be placing themselves or others at any risk whatsoever.
- Any other reason that may breach the spirit of the event.

Flinders Peak

Summiting Flinders Peak one, two three, five or eight times is going to be one of the major challenges. Runners must climb the metal platform at the top. We know every runner will go all the way before turning back, however we are recording split times at the top to check your progress.

Common Sense Gear

Rather than stating you must have mandatory gear for this event we want you to use your common sense, you rarely go outside at home for a run and not dress for the weather. So, on race day be sure to have the gear you may need on hand. We are not in Alpine conditions, but if you roll an ankle and can't move to keep warm you will get cold very quickly. So, in particular for the 100Km/Milers be sure to have suitable gear. Temps are often sub zero through Saturday night to early Sunday morning, the cold air is what ends most runners race, so you have been advised, please use common sense and have the right gear.

Aid Stations

Located at the base of Flinders Peak and (0-3km point per lap)

The Northern track Branding yard Road Crossing (9 – 12km point per loop)

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.

We will have some hot foods during the night time, Pasta, Noodles, Soup

Hot tea and coffee will also be available

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.

Drop Bags are for 100mile, 100km, 50km, 42km, but must be in drop box in time to be delivered.

Runners Personal Belongings Tent

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

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.

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.

Head Torches

Head torches must be carried from sunset to sunrise. You must have your torch with you at the beginning of the lap that the sun will set, don't get caught out without it.

Mandatory Gear 100km 100Mile (Only)

The following items must be part of a runner's kit bag at the start finish line where they can access it if required. While this is required for the 100's it's also recommended for others just in case and for your comfort before during and after.

This is **not mandatory gear** you have to carry with you, but it is a requirement that you have it available at the main aid station.

MANDATORY TO HAVE AT AID STATION MINIMUM (applies to longer distances)

- Sealed seam weather proof jacket
- Sealed Seam weather proof pants
- Headtorch, Spare Torch and Batteries
- Thermal Top
- Thermal Bottoms
- Gloves, more than 1 pair
- Beanies or Buffs
- Mobile Phone (for photos and to call us if you need us)
- *Sense of humour, strong spirit, can do attitude*
- *PACERS MUST ALSO HAVE THE SAME GEAR*

The race director may instruct you to carry any of these items, failure to do so may result in a disqualification.

Remember due to the accessible nature of this course and close proximity to aid stations these are recommended gear items, we expect you to carry all the correct gear if conditions call for it, common sense should prevail.

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 spend the weekend, Running and 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 beer. Pizza and Coffee will shut down later on Saturday and re open Sunday morning

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.

Sunday Event Section



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.

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 You Yangs 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. We would also like to try and keep the flow of the start finish area as clear as possible for those still on the course. It gets very busy with runners going up and down the peak. We ask that you consider the other competitors during pre race and post race mingling with friends and give them clear passage to keep running. We will provide some basic flagged off areas to help achieve a smooth flow. Also remember it is highly likely there will be many non race related public in the park and using the trails. Please ensure they are also extended the courtesy of clear passage along the trails, do not approach at speed from either direction. As soon as you see them slow and pass safely and say hi, it's amazing how much people respect and appreciate a simple acknowledgement and it shows as trail runners we are very respectful of all park users.

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

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.

Cut Off Times

We expect all 50km runners will complete the course well inside 9hrs. The official cut off is 8 hrs with discretion and opportunity to finish before 9hrs. Shorter distances do not have cut off times, cutoffs ONLY apply to 50k, 100k, 100Mile, refer full detailed cutoff notes.

Parks Victoria

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

Wudawurrung People

Our event is being held on the lands of the Wudawurrung 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, and Branding yard Aid Station, there is also a good toilet block at the lower picnic ground where you park. We recommend making use of this facility for your comfort and convenience.

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. We must also follow all instruction of park authorities and be sure not break rules, especially around parking and use of the park and preserving the environment.

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

Trailsplus are proud members of the sports environment alliance, 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.

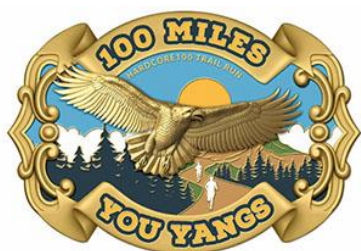
Medic Service

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. 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.

Course Descriptions

The Miler Loop – aka 21.1km course for used for all events over 21km.

Starting with a climb up flinders peak you will ascend **1.5km**, climb the metal platform. Walk around the column at the top and return to the Aid Station **3km**. Turn left alongside the car park and take branding yard trail. Continue on branding yard trail without making any turns. When you come to the bottom of saddle back track **4.7km**, turn left and make the big climb to the top of the saddle. **5.6km** Once at the top you will immediately turn right into the Northern Range track continue along Northern range until you arrive at the Aid station. **9km** At the aid station you will cross straight over to the single track between the wooden stumps and continue for approx. 200M, **9.2km** then turn left. Continue on this track, crossing a timber bridge you veer to the right and remain on the single track. You will arrive at Branding yard Road **10.5km** where you turn right and head along the wider road for approx. 1km, be careful here and make sure you take the right hand single track **11.3km** and head past the seat and over the wooden bridge. Continue on the single track as it winds below the large eagle rock formation, go over another small wooden bridge, continue past the T junction **12.3km** that you have previously turned at from the opposite direction continue until you connect with Branding Yard Road Aid Station at **12.5km**. Turn right onto the large sandy road and continue to the gate. **12.7km** Go around the gate and cross Great Circle Drive carefully to the fence line, do not exit the park **12.8km**. At the fence turn right and follow the boundary trail with the fence on your left. Continue until you pass the farm house and keep going to the end **14.3km** turn right and run along the branch road boundary fence for 3km almost to the front entry where you make a right turn at **17.3km** then in 100M turn left and head toward the old School House **17.5km**. Cross the park entry road at the pedestrian crossing and continue straight ahead 100M before turning right onto bike track number 17, **17.7km** follow this through the gums staying on single bike tracks, not wide roads and you will arrive at the rear of the Park Office / toilet block. Continue past the office toward the carpark. At the park office be sure to take the big rock trail **18.5km**, by keeping the car park close to your right side, follow the big rock track around and cross Great Circle Drive the large sandy road **19km**. Continue on and take the left turn **19.4km** and go around under the big rock. Continue around to the front of the rock and turn left at the main access point to the rock. **19.8km** Head toward the car park but don't go into the car park. Turn left off the trail and cross on the grass, keeping the BBQ shelter to your left and the car park to the right **20km**. Where the car park finishes and meets the dirt trail, follow this trail (Contour Track) until you intersect with Rockwell Road **20.3km**. At Rockwell Road turn right and head to the finish line. You have just completed **21.1Km**, repeat depending your distance. Good Luck 😊



100MILE = 24HOURS
100KM = 14HOURS



100MILE = 28HOURS
100KM = 20HOURS



100MILE = 32HOURS
100KM = 24HOURS

COURSE NAVIGATION

Signs and Markings

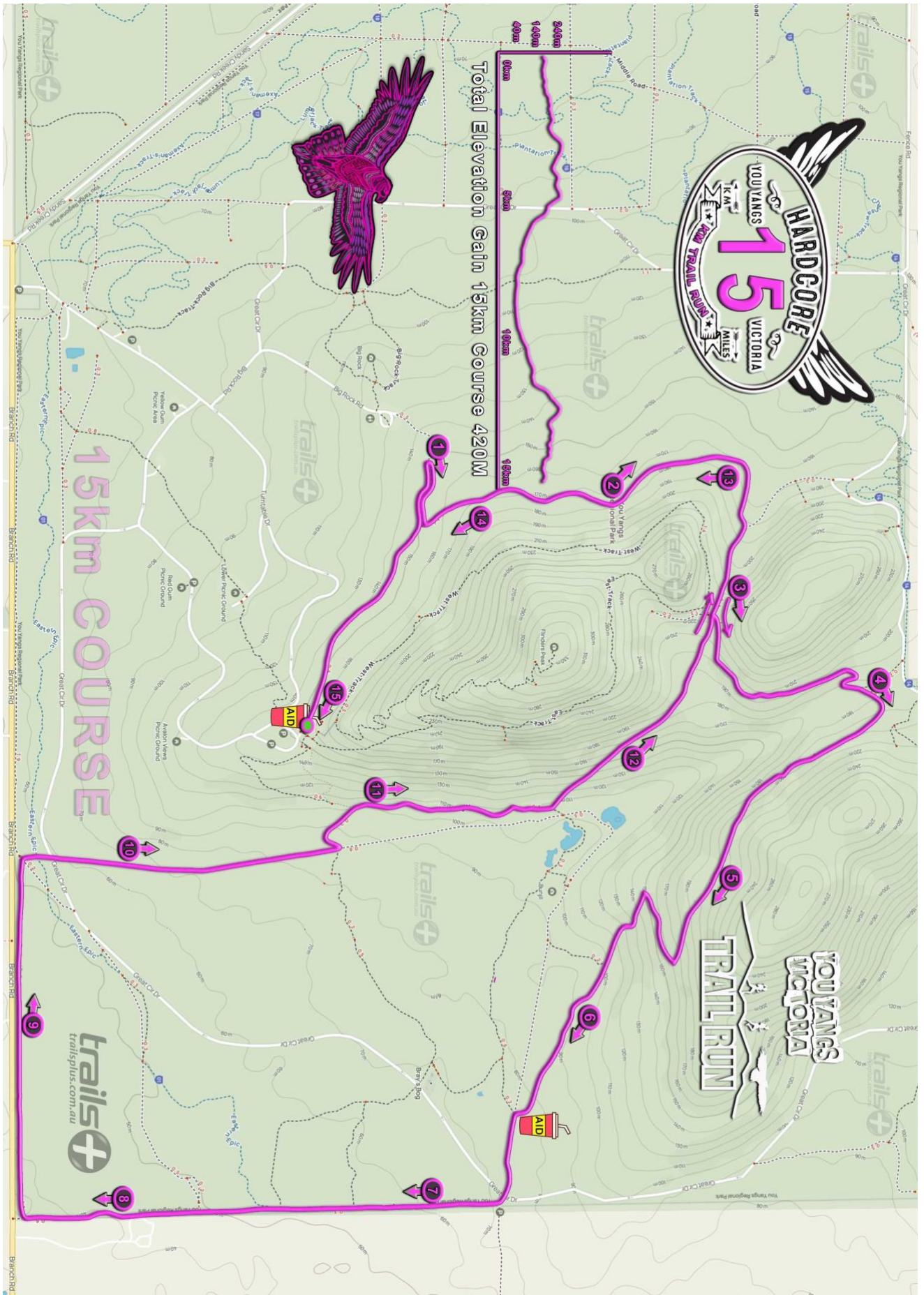
Navigating the course is "EASY". It really is!

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

At the You Yangs 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.



15KM COURSE MAP



21.1KM COURSE MAP



30KM COURSE MAP



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



100KM -100Mile COURSE MAP = 5/8 x 21.1km course



Merchandise Range

You Yangs design shirts pre 2024



2024 You Yangs and Mountain Series Shirts



You Yangs Headwear Range pre 2024



Head Wear / Buffs 2024 Mountain Series



FINAL NOTES

Timing Chips **MUST** be Returned

REMINDER

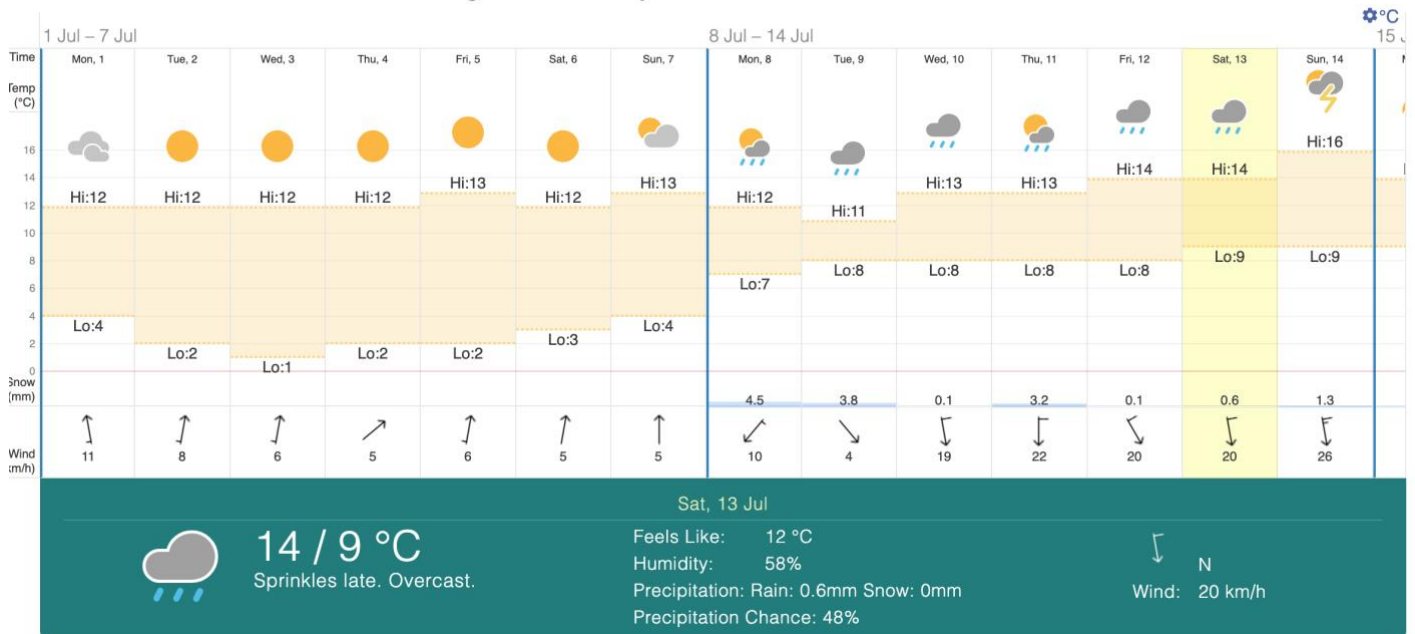
On completion of your event we will present you with a Finishers Medal, it is extremely important that we get the timing chips off your race bib at this time, please do not leave with your timing chips. The chip is on the foam in the plastic pouch. A volunteer will remove the timing chips, please flip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



Weather Forecast

This is the long range forecast and will change as we get closer, might get a sprinkle of rain or not.

Little River Extended Forecast with high and low temperatures



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