



# RUNNER INFORMATION GUIDE

# 2025



GARMIN.



GARMIN.






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# Welcome

🎉 Welcome to the 17th You Yangs Trail Running Festival! 🎉

We're thrilled to have you here for one of Victoria's most iconic trail running events, set against the stunning backdrop of the You Yangs. Whether you're chasing your first 5km finish or tackling the mighty 100 miler, **you're part of something special today.**

Since 2008, when Race Director Brett took on his first 100-mile run to raise funds for young people living with cancer, Trailsplus has proudly supported **Canteen Australia**. Thanks to amazing runners like YOU, we've now raised over **\$85,000.00**, what an epic effort! Your entry continues to help us make a real difference, and we can't thank you enough. ❤️

At Trailsplus, we believe trail running is more than just racing, it's about **connection, adventure, and personal triumph**. Whether you're new to the trails or a seasoned mountain goat, today is YOUR day. We've got a range of challenges on offer, from 5km, 15km, 21.1km, 30km, 42.2km, 50km, 100km to the ultimate 100 miler, so there's a goal for everyone.

Remember: finishing 5km might be just as powerful a moment as conquering 50km or more. **Your race. Your journey. Your victory.**

We're incredibly grateful for the ongoing support from **Parks Victoria**, and we know you're going to love the **scenic, rugged, and rewarding** trails of the You Yangs. But, trail tip, mid-July weather here can throw a few surprises. Expect anything from blue skies to bracing winds, so **dress warm for the start**, and layer up to stay comfy pre- and post-run.

You'll also be sharing these beautiful trails with the public. Many will be cheering you on. Please represent the trail community with pride, be polite, give a smile, and pass safely. Kindness and patience go a long way, especially when the legs are tired!

Now, get ready to **soak in the views, push your limits, and celebrate every step**. Whether you're sprinting, hiking, or just soaking it all in, thank you for being part of this adventure and for supporting a cause that truly matters.

**Let's make this a day to remember. Run strong. Smile often. Finish proud.**

❤️ The Trailsplus Team

## WELCOME TO THE



Brett Saxon

Trailsplus - Race Director

# Important information please read

 YOU YANGS TRAIL RUN, COURSE NOTES & NAVIGATION TIPS 

Let's set you up for an amazing day out on the trails!

These notes are here to help you have a fantastic time at the You Yangs and to make sure your Trailsplus experience is both fun **and** memorable. Trail running is exciting, but with so many trails and up to eight races happening over the weekend, it's possible you could take a wrong turn, **unless you're prepared**.

That's why information and maps are important. Please take a few minutes to read through them and check the map for your specific distance. A little preparation goes a long way!

 NAVIGATION = NO STRESS!

**IF YOU'RE UNSURE – SAVE A MAP TO YOUR PHONE!**

 GPX files are available on the website.

**We don't supply printed maps**, so save one to your phone or print a copy at home.

Let's work together to make **2025 an ERROR-FREE run for everyone!**

Remember, **if you make a navigation error**, you're placed at the bottom of the results list, even if you run extra distance. Ouch! 😞

 WHY DO MOST MISTAKES HAPPEN?

1. **Not concentrating**
2. **Following someone in the wrong event**
3. **Guessing instead of checking signs or maps**

The courses are clearly marked and simple, **if you know what distance you're doing and follow the signs**. This is trail running, we don't paint white lines like on bitumen roads (boring!) so it's up to you to **stay alert** and trust the signage and your map.

 IF YOU'RE GOING FOR A PODIUM...

Fast runners, we're looking at you!

Make sure you've done your homework and know where you're going. Even if you cross the line first, if you've gone off course, it's a **disqualification**. 😞 Don't let all that hard work go to waste!

We give you **everything you need to succeed**, you just need to do a little prep and stay focused out there.

 MOST IMPORTANTLY...




**Have fun. Enjoy the trails. Take in the views. Celebrate every step.**

We're so excited to share the weekend with you!



## THIS INFO COVERS BOTH SATURDAY & SUNDAY EVENTS

Some sections may repeat but double-check your day and your distance.

-  Information about Saturday's Events
-  Information about Sunday's Events
-  General event info for the whole weekend

## EMERGENCY CONTACTS

If you need help, don't hesitate to reach out:

- **Race Director – Brett Saxon:** 0418 557 052
- **Operations – Chris Ackerman:** 0414 273 518
- **Timing Official – Robyn Saxon:** 0419 533 018
- **Emergency (Police/Fire/Ambulance):** 000 or 112 from mobile

## About trail running




### TRAIL RUNNING THE TRAILSPUS WAY

#### Ditch the pavement, embrace the adventure!





At Trailsplus, our mission is to take you off the concrete and into the wild. Our events are about more than just racing, they're about reconnecting with nature, exploring stunning landscapes, and tackling exciting, ever-changing terrain.

But with great trails come a few trail-running truths...

You're not just running on flat, smooth surfaces, you're navigating through **nature's playground!** That means:

-  Uneven terrain, roots, sticks & loose rocks
-  Washed-out tracks, soft sandy sections, and the occasional slippery slope
-  Wildlife sightings, kangaroos, echidnas, birds... even a sunbaking snake or two in warmer weather!

We don't say this to scare you, we say it to **prepare you**. Trail running is a different kind of challenge, and that's what makes it epic. So make sure you're ready:

-  Wear **sturdy, trail-appropriate footwear**
-  Dress for the **weather**, layers are your friend!
-  Stay on top of your **hydration and nutrition**
-  And most of all, **stay alert** and enjoy every moment!

**Every step is part of the story.** So gear up, be smart, and savour the trail adventure ahead.

# Where

 Event Location, You Yangs Regional Park

**Turntable Car Park, Branch Road, Little River, Victoria**

## Entry Instructions:

Enter the park via **Branch Road** and follow the bitumen road.

- All participants and supporters must park at the **Lower Picnic Ground Car Park**.
- If you are running the **Hardcore 100 distances**, please proceed further to the **Turntable Car Park** for closer access to your event base.

Look for Trailsplus signs and volunteers to help guide you on arrival.

# When

 Event Dates & Times

**Saturday 12th – Sunday 13th July 2025**

**From 8:00 AM each day**

Be sure to **check the official event schedule** for your specific race distance **start time and check-in time**.

 Race Day Tips:

- Allow enough time to **arrive, park, and walk to the start hub (10min walk)**
- Once you arrive, take a moment to relax, soak in the atmosphere, and
- **Collect your race bib on the morning of your event**

Planning ahead means less stress and a much better start to your trail adventure!

# After Park Closure Access

 Important, You Yangs Gate Access After Hours

Please be aware that the **You Yangs Regional Park gate automatically closes at sunset**.

While Trailsplus staff can open the gate after hours in **exceptional circumstances**, this is **not guaranteed to be immediate**. Delays of up to **30 minutes** or more may occur before access can be arranged.

We strongly advise all **over night runners** and their **support crews** to plan ahead and ensure any necessary vehicle access is made **before sunset** to avoid inconvenience.

# Course Elevation

 [Event Distances & Elevation Gain](#)

Explore the challenge that suits you best:

Distance	Elevation Gain
 100 Miles	5,000 m
 100 km	3,100 m
 50 km	1,600 m
 42.2 km (Mara)	1,230 m
 30 km	990 m
 21.1 km (Half)	615 m
 15 km	425 m
 5 km	165 m

## Car Parking

 [Parking Instructions, You Yangs Trail Running Festival](#)

To help us protect the park and ensure smooth operations for everyone, please follow these parking guidelines:

 [All Runners & Visitors](#)

**Except 100km & 100 Mile runners, everyone must park at the Lower Picnic Ground Carpark.**

- From there, it's a **500m walk** via a scenic single-track trail to the start/finish hub.
- **Allow at least 10 minutes** to walk from your car to check-in.

 [100km & 100 Mile Runners Only](#)

- May park at the **Flinders Peak Carpark, Exit Side Only**
- **Do not park** in the **main Flinders Peak Bitumen Carpark**, this area must remain available for the general public.

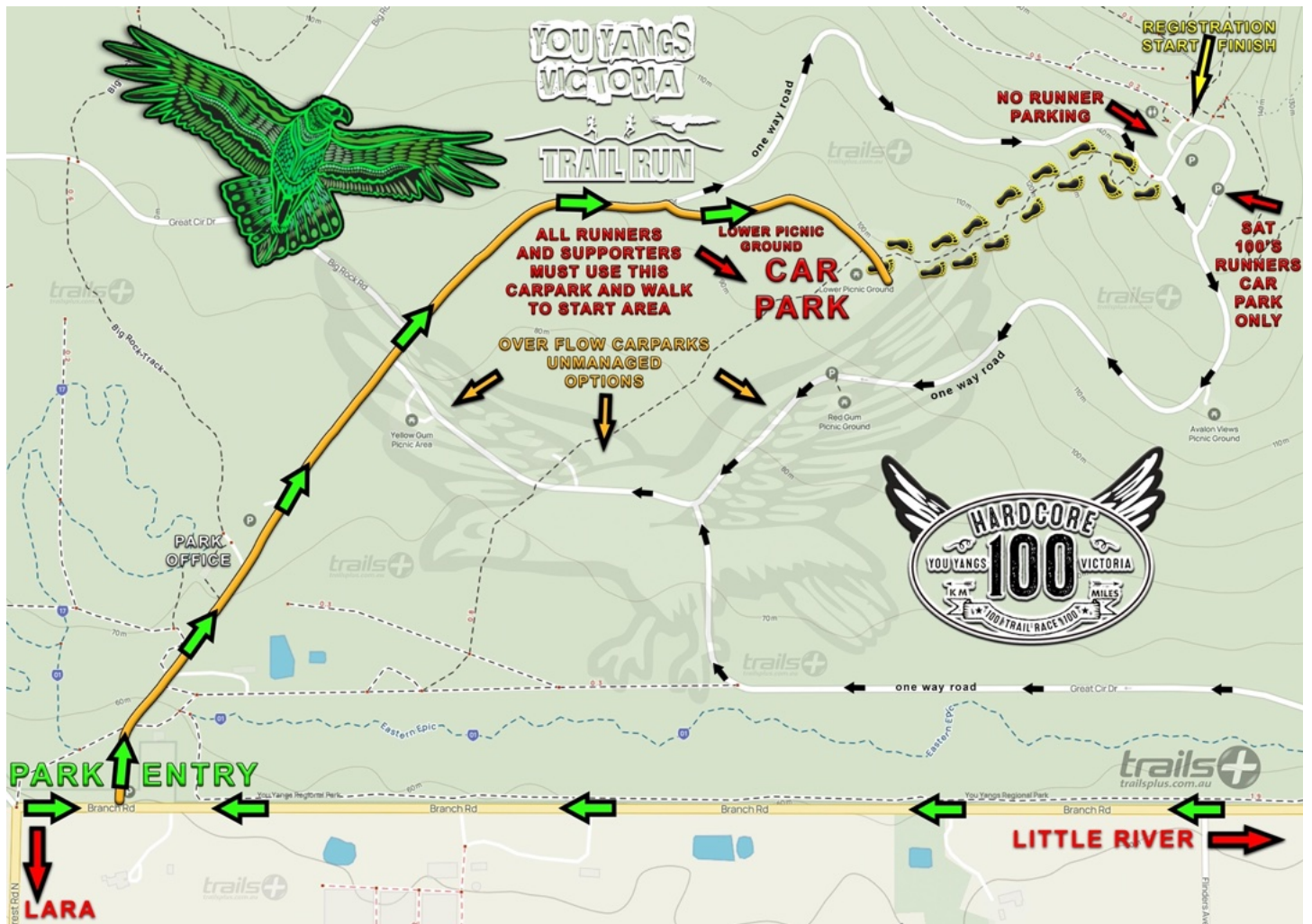
 [Supporters of 100km & 100Mile runners](#)

Supporters **must also park** in the **Lower Picnic Ground Carpark**, not at Flinders Peak.

We appreciate your cooperation in helping us maintain a great relationship with Parks Victoria and providing a safe, enjoyable event for all.



# Getting to the Carpark



## Cup Free Event

 Cup-Free Event, BYO Hydration!

As part of our commitment to protecting the environment, Trailsplus events are proudly CUP-FREE.

This means:

- ✓ No disposable cups at aid stations
- ✓ Bring your own cup, bottle, or hydration system

We encourage all runners to use reusable, non-single-use plastic options to help us reduce waste and keep our trails beautiful.

Need one? You can grab one of our collapsible Trailsplus cups, perfect for race day, training runs, or even your next family picnic! Compact, lightweight, and eco-friendly.

Help us help the environment, one sip at a time! 



# Event Schedule

🔥🏃 Saturday 12th July 🏃🔥

## 🚗 Reiterating Parking Info:

- 🏅 **105km & 105 Mile Legends:**  
Park **ONLY at the Top Overflow Area** (NOT Main Carpark) if space is free. Drive straight to the start line. 🚫 Limited spots, arrive early! Check the Maps section for exact parking zones.
- 🏃 **42.2km & 21.1km Warriors:**  
Park in the **Lower Picnic Ground Carpark** and take a scenic 500m walk 🏃 via the walking track to the start line. Marshals 🧑 will guide you.

















## 🕒 Race Day Timeline:

🕒 Time	📅 Event	🏅 Distance
6:15 am	🚗 Park Gates Open	All
6:45 am	✅ Pre-Race Check-In	Hardcore 105M/105KM
7:45 am	🎤 Pre-Race Briefing	Hardcore 105M/105KM
7:55 am	📸 <b>Compulsory Group Photo</b>	Hardcore 105M/105KM
8:00 am	🏁 <b>Race Start</b>	Hardcore 105M/105KM
7:45 am	✅ Pre-Race Check-In & Bib Collection	42.2KM
8:45 am	🎤 Pre-Race Briefing	42.2KM
9:00 am	🏁 <b>Race Start</b>	42.2KM
8:45 am	✅ Pre-Race Check-In & Bib Collection	21.1KM
9:45 am	🎤 Pre-Race Briefing	21.1KM
10:00 am	🏁 <b>Race Start</b>	21.1KM




# Sunday 13th July

## **IMPORTANT:**

 Please pay close attention to times and allow plenty of time to WALK  to your start line!

 Time	 Event	 Distance
6:15 am	 Park Gates Open	All
7:00 am	 Registration Opens	50km
7:45 am	 Race Briefing	50km
8:00 am	 <b>Race Start</b>	50km
8:00 am	 Registration Opens	30km
8:45 am	 Race Briefing	30km
9:00 am	 <b>Race Start</b>	30km
9:00 am	 Registration Opens	15km
9:45 am	 Race Briefing	15km
10:00 am	 <b>Race Start</b>	15km
10:00 am	 Registration Opens	5km
10:45 am	 Race Briefing	5km
11:00 am	 <b>Race Start</b>	5km

## **Pro Tip:**

 **The BEST way to enjoy your day? Be a little EARLY!** Arrive ahead, soak in the atmosphere , and get pumped for an unforgettable race day! 




# Race Bibs are not mailed out





 BIB COLLECTION INFO, READ ME! 

At Trailsplus events, we **do not post race bibs** ahead of time.

All runners must collect their bib **on race morning** at the **Race Hub Check-In Marquee**.


 **Wait times are usually under 10 minutes**, but to make your day smooth and stress-free:

 Here's What to Do:

1.  **Arrive early** and head straight to the **Check-In Marquee**.
2.  **Collect your race bib** (and any pre-purchased merch).
3.  Get yourself race-ready, stretch, hydrate, soak in the vibes!
4.  **Be at your race briefing 15 minutes before your start time.**

 **Pro Tip:**

Early birds avoid queues, enjoy the atmosphere, and start with a smile.

See you at the marquee – your number is waiting! 





## Saturday Events – Section

🔥 Saturday Events Overview 🔥

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

The **Hardcore 100 events** were created with YOU, the ultra-running community, in mind. These epic challenges of **100 miles and 100km** offer a **well-supported, safe environment** to push your limits and conquer huge distances.

Designed to give easy access to your support crew while still delivering a **major physical and mental test**, these races demand respect and resilience. The strength and determination it takes to finish a Hardcore 100 are not to be underestimated.

To everyone stepping up on Saturday, from marathon runners to ultra warriors, we wish you an **incredible, fulfilling, and successful journey**. Lace up, trust your training, and soak in every moment of your challenge.

## Car Parking 100km / 100Mile only

🚗 Important Parking Info for 100km & 100 Mile Runners 🚗

You can park at the **Turntable Carpark**, but **please do NOT park in the Main Carpark bays**.

We will be **double-parking cars in the Overflow Carpark**, which is just about **100 meters from the start line** — meaning it's **easily accessible during your race** if you need it.

⚠️ **IMPORTANT:** We must keep the Main Carpark bays free for PUBLIC PARKING, so please help us respect this by parking only where directed.

Thank you for your cooperation, and good luck out there! 🔥👟

## Car Parking for Supporters

🚶🚗 Supporters' Parking & Access Info 🚶🚗

Supporters, please park **ONLY in the Lower Carpark** during the day.

It's a lovely **10-minute stroll uphill along a single track**, a great chance to stretch your legs and enjoy the fresh air! 🌿

⚠️ **Please do NOT park in the Upper Turntable Carpark or on roadside Parks**, as this risks blocking traffic and access for emergency vehicles.

Thanks for helping keep the course safe and accessible for everyone! 🙌🙌

# Pacers 100Mile / 100km only

  Runners & Pacers, Important Safety Guidelines  

**Pacers are permitted for safety reasons starting Saturday evening from around 5:00 PM**, or when the runner passes closest to that time and will be continuing into the night lap.

## Pacer Role & Rules:

- The **pacer's primary role is to ensure the runner's safety** throughout the course.
- **Pacers must NOT provide mechanical assistance** (e.g., carrying gear, pushing, or pulling) to help the runner finish.
- Pacers **must carry their own gear and be prepared for the same weather conditions** as the runner, no burdening your runner!
- **Only OFFICIAL 100km/100 Mile PACERS are allowed**, identified by a special pacer bib.
- You may have **different official pacers on different laps**, but only **one pacer at a time** is permitted.
- **Any physical assistance given outside of a checkpoint by anyone other than an official pacer will result in runner disqualification.**

Respect these rules to keep the race fair, safe, and challenging for everyone. Thank you for your cooperation, and happy pacing! 🙌

## Pacers Official Requirements

To ensure safety and fairness, all pacers **must register before starting pacer duties**. This process includes:

- The **runner must sign a pacer acknowledgment form**, confirming the pacer will operate within event rules.
- The pacer must be **fit, healthy, and pose no risk** to themselves or the event team.

## Gear & Preparedness:

- Pacers must wear the **same suitable clothing and carry the same food supplies** as the runner.  
*Example:* If the runner is required to wear a sealed seam hooded jacket, the pacer must wear one too.
- A **high-quality head torch or handheld torch** is mandatory for safely navigating the course, especially in darkness.

## Important Rules:

- **Unregistered pacers spotted on course with runners risk runner disqualification.**
- Pacers **cannot join a runner mid-trail.**
- Only **ONE official pacer per runner on course at any time** is allowed.

## Exception:

Up to **3 registered pacers may accompany the runner for the final leg**, from the Park Information Office to the finish line, to celebrate those last few kilometers!

- Pacers **must wear their official pacer bib**, except in this final stretch where more than one pacer is allowed.

# Race Bib placement and visibility

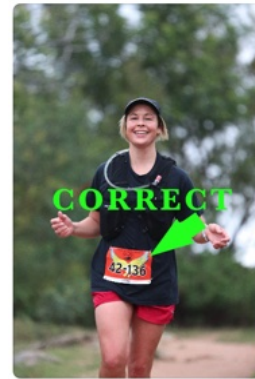
## 👉 How to Wear Your Race Bib 👉

For safety and accurate timing, **your race bib must always be clearly visible, worn on the FRONT of your body**, not on your leg or backpack.

Why?

- This helps us use our **backup timing system** effectively.
- It allows race officials and volunteers to **track your progress on the course**.
- It makes you **easily identifiable**, ensuring your safety and support throughout the event.

So, pin it proud and wear it upfront, it's your official race badge! 🏆



# Runner and Supporter conduct

## 💙 Let's Keep It Positive & Respectful! 💙

We're all here to have an amazing time out on the trails, so let's look out for each other! While we're confident it won't happen, **any runner, pacer, or support crew member who abuses or disrespects our Race Officials or Volunteers will be immediately disqualified.**

We have **zero tolerance for bullying, poor behaviour, or ignoring officials' directions**, and failure to comply may lead to further event sanctions.

Remember, our team is here to help make your day awesome, not to have unpleasant chats. So, bring your best vibes, respect each other, and let's keep the fun rolling! 🎉🏃🏃🏃

# Rubbish

## 🌿 Leave No Trace, Respect Our Trails! 🌿

At **Trailsplus events**, we're proud to follow a strict **Leave No Trace** policy. That means **you leave nothing behind on the course**, no gel packets, no tear-offs, no litter.

♻️ Please **carry any rubbish with you** until you reach the next aid station, where you'll find bins ready for disposal.

Let's keep our beautiful trails clean and pristine for everyone to enjoy—your trail, your responsibility! 💚👉

# Withdrawing during the race

⚠️ Important: Withdrawal Procedures for Runners ⚠️

If you need to withdraw from the race, **you MUST do so at one of the two designated aid stations.**

Please **report to the aid station staff and ensure you are officially recorded as withdrawing.**

⚠️ **Do NOT leave the course without notifying officials.** If you walk off course and go home with your crew without letting us know, a search may be launched, and the costs will be your responsibility.

Your safety matters, please keep us informed so we can look after you properly.

Thank you for helping keep everyone safe! 🙏

## Timing Chips - IMPORTANT

🕒 Timing Chips, Please Read Carefully! 🕒

Your race number has **two timing chips on the back**, which remain the **property of Trailsplus.**

🔴 **You MUST return your chips immediately after finishing**, our chip collectors will be waiting to take them off.

**Do NOT leave the finish area until your chips have been collected.**

If you accidentally leave with your chips, please:

- **Email us within 3 days** to let us know, and
- **Post the chips back to us.**

⚠️ If chips are not returned or reported, a **\$20 replacement fee will be charged.**

Thank you for helping us keep the race running smoothly! 🙏

## Changing distance

🔄 Distance Change Requests 🔄

Runners may request to change their race distance **either up or down**, but please note:

- A **fee and price difference** will apply regardless of whether you step up or down.
- **Requests must be made via email as early as possible** to help us manage logistics.
- If you're a **series entrant**, changing distances will result in **forfeiture of points** in the competition.

Thanks for your understanding, and good luck with your chosen challenge! 💪




# Recording Split Times

## Race Start & Course Timing, Important Info!



All races will **start under the timing gantry** to ensure your chip is recorded right from the get-go.

 **IMPORTANT:** You must **only pass under the finish line gantry in the correct finish direction**, that is, heading toward the timing marquee.

 Please **do NOT run down the fenced chute from the aid station**, as this will trigger false lap splits for anyone running distances longer than 21.1km.

## On-Course Tracking

To keep tabs on your progress, we'll have a minimum of **6 on-course timing points** around the course, helping us track your race journey and keep everyone safe.

Run smart, run clean, and enjoy the adventure!  

# Photography

## Smile for the Trail Cameras!

At Trailsplus events, we love capturing those epic moments! Photographers, professional, amateur, and weekend warriors, will be spotted around the course snapping your best angles.


 **See a photographer? Give them a smile and a wave!**

If you'd rather NOT be photographed, simply **cross your arms in front of your face** and they'll know to give you space.

## Finish Line Photos

We'll also have a finish line photographer ready to capture your victorious moment!

**Tip:** Don't look down or stop your watch until AFTER you cross the finish line, what's an extra 2 seconds of glory? 😊

 **Please remember:** While we totally respect your choice, it's a **condition of entry that you acknowledge photography will happen** at the event.

Get ready to shine, those memories will last forever! ✨

# Key Hardcore Points

## 🔥 About the Hardcore 100s 🔥

- **Distances:** 105 Miles / 105km
- **Course:** 8 or 5 laps of ~21km each
- **Start Time:** July 12th, 8:00 AM
- **Finish Time:** July 13th, 4:00 PM
- **Cutoff:** 32 hours (early starts/exceptions considered, just ask!)
- **Aid Stations:** Minimum 2, approx. 10km apart
- **Total Elevation Gain:** 3,000m (100km) / 5,000m (105 miles)

## 🕯️ Pacers & Rules

- Pacers allowed from approx. 5:00 PM Saturday to 7:00 AM Sunday during night laps
- Pacers **must wear official pacer bibs**
- **No muling**, pacers cannot carry anything for runners
- Drop bags accepted at aid stations; volunteers will move them to Aid Station 2 when available
- Poles allowed, recommended to keep them for the Saddle Back Track climb!

## 🕒 Timing & Results

- 105km time recorded separately
- **DNF rules:**
  - If fewer than 8 laps completed for 100 miles → DNF
  - If fewer than 5 laps completed for 100km → DNF
- If you start 100 miles but drop out after 100km, you **CAN'T** switch events and register a 100km finish, while your split times are recorded, it does not place you into the 100km final results.

## 🏆 Finishers' Buckles

Distance	Time Cutoff	Buckle Level
100 Miles (105)	Under 32 hrs	Bronze
	Under 28 hrs	Silver
	Under 24 hrs	Gold
100 km (105)	Under 24 hrs	Bronze
	Under 18 hrs	Silver
	Under 14 hrs	Gold

Good luck, embrace the challenge, and enjoy every step of this epic journey! 💪🔥

# Kitchen Hardcore 100s

## Nighttime Food & Refreshments

During the night, we'll have **hot food options** to keep you fuelled and cozy, including:


- Pasta
- Noodles
- Soup
- Toasties

 **Hot tea and coffee** will also be available to keep you warm and energized.

## Kitchen Use

Runners and crew are welcome to use the kitchen facilities, just please **keep it clean and tidy after each visit**.

A **microwave oven may be available**, depending on power supply.

Stay warm, refuel well, and keep those legs moving! 


# Distance Cut Off Times

## Race Time Limits & Early Starts

Distance	Time Limit	Early Start Policy
50km	9 hours	Slow runners should discuss early start with Race Director prior to event
42km	10 hours	Slow runners should discuss early start with Race Director prior to event
30km	7 hours	Slow runners should discuss early start with Race Director prior to event
21km	No limit	Walkers welcome. Conditional early starts by prior arrangement only
15km	No limit	—
5km	No limit	—

## Important Notes on Early Starts:

- Early starts are available **only for slow runners and walkers by request**, not for choosing your own start time.
- Early starters **cannot podium** and must be **self-sufficient before aid stations open** where applicable.
- Please **email us to discuss early start requests** ahead of time.

Your safety and success are our top priorities, we're here to support you on every step of this amazing adventure! 

# Presentation Times (approx.)

## Race Presentations & Awards

Because finish times for longer distances are spread out, presentation times are **approximate**.

**If you place in the top 3, please ensure you're available at the presentation area regardless of the time listed below.**

It's always best to check with the Race Director on race day if you need to leave early.

## 17 Presentation Approximate Schedule

### Saturday:

- 12:30 PM – 21km
- 12:30 PM – 42km
- 10:00 PM – 100km

### Sunday: (times approximate and may merge together)

- 12:00 PM – 5km
- 12:00 PM – 15km & CaniCross
- 1:00 PM – 30km (may be earlier if podium is ready)
- 2:00 PM – 50km (may be earlier if podium is ready)
- 3:00 PM – 100 Mile (may be earlier if podium is ready)

## If You Need to Leave Early

If you've placed but must leave before presentations, please **collect your winner's trophy from the Race Director** before you go.

## Finishers' Awards

Every runner who completes their event by covering the full course within cutoff times will receive:

- **Custom-designed medals** for 5km, 15km, 21km, 30km, 42km, and 50km finishers
- **Custom-designed buckles** awarded to all 100km and 100 Mile finishers

Celebrate your incredible achievement, you've earned it!  

# Mandatory Gear

## Recommended Gear, Be Prepared!

While there's **no mandatory gear specified to carry**, we **strongly recommend** bringing appropriate clothing to handle the day's weather conditions. Refer to actual mandatory onsite gear below.

### Suggested Gear to Have Onsite:

- Warm jacket
- Beanie or buff
- Cap or hat

Please **check the weather forecast** before the event and use your best judgment to stay safe and comfortable on the trails. See the details below for more tips!

# Drop Bags

## Runner Drop Bags, Important Info

- Drop bags **must be clearly labelled** with your name and race number.
- **100km / 100 Mile runners** can leave drop bags at the Start/Finish Aid Station, if you have some for midway Aid we'll transport them to the Branding Yard Aid Station for you.
- Please note, drop bags **may not be available on your first loop**, depending on volunteer availability and logistics.
- We will do our best to have **all drop bags and personal items returned to the finish line before you leave**, but sometimes this may not be possible.
- **We will NOT post any items left behind**, it is your responsibility to collect all belongings.

Keep your gear safe and labelled to ensure smooth access during your race!

# Runner Shelters

## Shelter & Marquee Setup Info

Runners are welcome to **set up their own marquee shelters** in **approved areas** near the event hub.

- **Trailspus will provide limited shelter**, but we strongly recommend bringing your own for comfort and convenience.
- Please note, **space is limited**, so you must **check with the Race Director before setting up** to avoid crowding or blocking access.
- All shelters **must be safely weighted down, no pegs allowed** due to ground conditions and park regulations.



# Runner Safety

🛡️ Runner Safety Comes First 🛡️

At all Trailsplus events, your **safety is our #1 priority**.

If you come across another runner in need, whether injured, unwell, or in distress, **you must stop and assist**, or seek help immediately.

📱 The **Race Director's contact number** (along with other emergency contacts) is printed on the **back of your race bib**. Use it if you need urgent support.

❤️ **Time spent helping another runner can be deducted from your final result**, just chat with us after your finish if this applies.

Looking after each other is what makes our trail community strong. Thanks for being part of it! 🙌🏻

## Road Crossing



⚠️ Road Crossing Safety – Please Read ⚠️

Your course includes a few **road crossings**, so please stay alert and put safety first:

- At the **park entry**, you'll cross the entry road into the You Yangs using the **designated pedestrian crossing**, please take **extra care** and look both ways before stepping out.
- You'll also cross **Great Circle Drive at two points**, these are **dirt road crossings**, but cars may still be present, so **always look and listen before crossing**.

👁️ Your safety is more important than a few seconds, take your time and be smart.

Thanks for helping us keep everyone safe out there on the trails! 🙏🌳

# Sharing the trails

👉 Sharing the Trails, Be Trail Kind 🌿

During your run, you may find yourself on the same trails as other park users, including hikers, cyclists, and families.

Please remember:

- 🚲 **Always give way to bikes**, simply step aside and let them pass safely. It's quick, easy, and courteous.
- 🧑 **If you come up behind bushwalkers or hikers, politely let them know you're there and pass with care and respect.**

A friendly smile or "thank you" goes a long way in keeping the trail community strong and positive. Let's show everyone what the Trailsplus spirit is all about! 🙌👟

## Disqualification

🚫 Event Safety & Participation Authority 🚫

The **Race Director, Medical Support Team, or Authorised Checkpoint Personnel** reserve the right to **prevent any runner from starting or continuing** in the **Hardcore 100**, even if their entry has already been accepted.

This may occur if:

- The **runner, pacer, or support crew breaches any race rules**
- It is determined that **continuing may pose a risk** to the runner or others
- There is **any other behaviour or situation that goes against the spirit of the event**

These measures are in place to protect the safety, integrity, and community values of Trailsplus events. We appreciate your understanding and cooperation. 🙏

## Flinders Peak

🏔️ Flinders Peak – Your Summit Challenge! 🏔️

Whether you're tackling **1, 2, 3, 5 or 8 climbs**, **summitting Flinders Peak** is one of the most iconic and challenging parts of your race! 💪

At the top, all runners **must climb the metal platform** before turning back, it's part of the adventure, and **we'll be recording split times at the summit** to track your progress.

We trust every runner will give it their all and reach the top **every single time**, no shortcuts, just that unbeatable summit feeling! 🏔️🔥

# Common Sense Gear

 Gear Up with Common Sense, Your Safety Matters 


At Trailsplus You Yangs event, we don't enforce a strict **mandatory gear list**, instead, we ask you to use your **common sense and experience**. After all, you wouldn't go for a run at home without dressing for the weather, right?

 **Saturday night through to Sunday morning often brings sub-zero temps**, and it's not the terrain, it's the **cold** that ends many runners' races.

Especially if you're tackling the **100km or 100 Mile**, you must be prepared. Even something as simple as a rolled ankle can leave you immobile, and that's when the cold hits hard.

 So Please Make Sure You Have:

- Warm, weather-appropriate gear ready
- Layers to adjust as temperatures change
- A solid backup in your drop bag if conditions worsen

We're not running in alpine blizzards, but we are in nature, and nature doesn't compromise. You've been advised, now plan smart, run strong, and keep safe out there! 

## Runners Aid Station Drop Bags

 Drop Bags & Personal Nutrition Transport 


Need your own fuel on course? We've got you covered, but timing is everything!

 **All drop bags must be placed in the correct container by 8:15 AM sharp** to guarantee transport to your nominated aid station.

 Drop Bags Are Available For:

- 100 Mile
- 100 km
- 50 km
- 42.2 km

We'll do our best to have everything where it needs to be, but **late bags may miss the trip** if volunteers have already left.

 **Hot tip:** Label your bag clearly with your name, event, and destination aid station. Help us help you stay fuelled and flying!

# Aid Stations





 Aid Stations, Fuel for the Journey 

You'll be supported by **two key aid stations** on each lap:

-  **Start/Finish Area (0–3km mark per lap)** located at the base of Flinders Peak
-  **Branding Yard Road Crossing (9–12km mark per lap)** on the northern track





 What You'll Find at Aid Stations:


Our aid stations are stocked with all the classic **Trailsplus favourites**, including:

- Lollies 
- Chips 
- Chocolate 
- Fruit cake 
- Fresh fruit 
- Water 
- Electrolyte drink 
- Coke 

 Nighttime Extras:


During the night, we'll also serve up **hot food and drinks** to keep you warm and fuelled:



- Pasta 
- Noodles 
- Soup 
- Hot tea & coffee 

Your comfort, energy, and finish line vibes matter to us, refuel often, stay warm, and keep moving strong! 

## Runners Personal Belongings Tent


 **Leave your gear in our sheltered spot!**

We've got a safe-ish cozy area for your stuff, but just a heads up, it's **at your own risk**. 

Bring a bag of clothes from your car to keep comfy at the **start & finish line**, because feeling good = running good!  

# Walking Poles

 **Walking poles are allowed!**

Just please use them safely and be mindful of other runner, especially on stairs and narrow single-track sections, so everyone can pass smoothly. 

# Head Torches


 **Head torches are mandatory from sunset to sunrise!**

Make sure you have your torch with you **at the start of any lap when the sun is going down**, don't get caught out in the dark without it! 

# Mandatory Gear 100km 100Mile (Only)

 **Runner Kit Bag Requirements, Start/Finish Line**




All runners must have the following items **available at the main aid station** where you can access them if needed.

 This is **mandatory for 100-mile/100-km runners** and **strongly recommended for others** for your comfort and safety before, during, and after the race.

**This gear does NOT need to be carried with you on course, however, must be available at the aid station** when required.

---

 **MANDATORY KIT TO HAVE AT AID STATION (Longer Distances):**

- Sealed seam weatherproof jacket
- Sealed seam weatherproof 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 help )
- Sense of humour, strong spirit, and a can-do attitude 

 **Pacers must also carry the same gear.**

 The race director **may require you to carry any of these items on course**, failure to comply could result in disqualification.

 **Remember:**

Due to the accessible nature of the course and close proximity to aid stations, these items are recommended gear for most distances. Use your common sense and be prepared to carry all necessary gear if conditions demand it.




# Pizza and Coffee

 Our favourite Pizza and Coffee vendors will be with us all weekend!

Nothing beats great food and top-notch coffee after a big run. Imagine spending your weekend running, then relaxing with friends, soaking up the winter sunshine, and cheering fellow runners across the finish line, all while enjoying delicious pizza and fresh coffee.

Post-race food options will include pizza, coffee, and maybe even a cold beer! 

 On Saturday, pizza and coffee will wind down later in the evening, then reopen Sunday morning to keep you fuelled and happy.

In 2025, we're excited to have **two food vans and coffee trucks onsite with extended hours**, so please make sure to show them some love and support!

# Insurance Cover

 Important Insurance Information


The event is covered by public liability insurance; however, **this does NOT cover personal accidents**.

Please ensure your **ambulance subscription is current and up to date**. Ambulance transport can be very costly, especially by air, and it's important to avoid unexpected expenses.


Stay safe and be prepared! 

# Cup Free Event

 Our events are CUP FREE!

If you want to grab a drink at our aid stations, make sure to bring your own cup or bottle.  We *strongly* encourage reusable cups or bottles to help protect the environment.


✨ Need one? You can buy our handy, reusable **collapsible cups** for just \$5 on the day while stock lasts!

Please, let's all avoid single-use plastic bottles and keep our trails clean! 



## Sunday Event Section

### Sunday Race Information

Welcome to the Sunday race section! These notes are mainly for the **50km, 30km, 15km, 5km, and Canicross events**. 


Some information may also apply to Saturday events, so it's worth having a quick read-through even if you're racing both days.

Get ready for an awesome Sunday on the trails! 

## Electronic Timing


### Electronic Chip Timing


We use electronic chip timing at the start, finish, and multiple spots along the course to track your progress.


 Live results will be available on race day! You'll get easy access via a QR code or directly through our website so you can follow the action as it happens.

## Race Bibs Timing Chips

### Race Bibs & Timing Chips

Our race bibs are custom-designed for each event and include **two timing chips** secured in pouches on the back.  These chips are the property of Trailsplus and **must be returned** after your race.

 **Do not remove the chips yourself**, a volunteer will assist you at the finish line.

 Please wear your bib **on the front of your body** and always make sure it's clearly visible. Bibs **must not** be worn on your back or leg.

 Bibs are **always collected at check-in**, we do **not** post them out.

 Runners who register very late may receive a plain black & white bib.

# Winners Awards Podium

## 🏆 Podium Presentations

We celebrate our **1st, 2nd, and 3rd place male and female finishers** for all distances with a podium presentation. 🥇🥈🥉

Winners will receive a **trophy item** and, when available, **additional prizes**. 📺

Please stick around for presentations, it's a great way to celebrate everyone's efforts and cheer on your fellow runners! 🎉

If you're unable to stay, **trophies can be collected later or posted to you for a small postage fee.**



# Finishers Medals

## ★ Finisher Medals

Every participant who completes the event distance they started will receive our **custom designed You Yangs medal**! 🏅

It's our way of celebrating your achievement and giving you a keepsake to remember your run through the beautiful You Yangs. 🌄



# Finishing your race under the clock

## 🚧 Finish Line Etiquette & Trail Courtesy

### 📸 Smile for the camera!

Please **keep the finish line area clear** so our photographers can capture your special moment. Once you've crossed the line, move promptly to the **medal collection area**, just beyond the finish arch.

### 🚶 Help keep the flow moving

The start/finish area can get busy, especially with runners going up and down the peak, so we ask that you **avoid blocking pathways** while catching up with friends before or after your run. Let's keep things flowing for those still racing! 🏃

🚧 We'll have **flagged-off areas** to help guide the flow and make the space easier for everyone to move through smoothly.

### 🌳 Respect other park users

The You Yangs is a public park, so please be mindful of non-race visitors. If you see someone ahead—**slow down, give them space**, and always pass safely. A simple **"Hi!" or smile** goes a long way in showing how respectful trail runners are of shared spaces. 😊

# Presentation Schedule

## Presentation Timing

We aim to keep presentations running close to schedule, typically **within 30 minutes** of the **top 3 male and female finishers** crossing the line.

 For longer distances, presentations may be held **up to an hour after the winner finishes** to allow time for other podium places to be confirmed.

If you know you've placed in the top 3 but need to leave early, **please remember to collect your trophy** before you go! 🏆

Thanks for helping us celebrate everyone's achievements! 🎉

# Refund Policy

## Refund Policy

Our refund policy is agreed to during the ticket purchase process and is also available anytime in our **Terms & Conditions** online.

### The basics:

✓ **Partial refunds** are available **up to 30 days before the event**.


✗ **No refunds** are available **within 30 days of the event**.

Please review the full policy online if you have any questions or need clarification.

# Transferring or giving your entry away

## Ticket Policy – No Transfers or Giveaways

Tickets are **not to be sold or given away**. We have a **strict policy** requiring all participants to personally acknowledge the event entry conditions.

 **Every runner must be the original ticket holder.**

 **Random ID checks** will be conducted at bib collection to ensure this.

In **exceptional circumstances**, you may contact us to discuss a possible ticket transfer, **an admin fee will apply** if approved.

Thanks for helping us keep the event safe, fair, and well-organised! ✅

# Cut Off Times

## Cut-Off Times

For **50km runners**, we expect most to finish **well within 9 hours**. The **official cut-off time is 8 hours**, but there is some discretion allowing finishes up to 9 hours.

🚫 **Shorter distances do NOT have cut-off times**, however early start requests can be made if you are likely to finish your event after 4pm,

🕒 Cut-offs apply **only to 50k, 100k, and 100-mile events**. Please refer to the full detailed cut-off notes for more information.

# Music Devices

## Music on the Trails?

We know many runners enjoy music, but how about leaving it at home for this event? Embrace the natural sounds around you and soak up the encouragement from fellow runners and supporters! 🌿🎵

If you do choose to run with music, please **remove your headphones** when approaching:

- Marshals 🚩
- Aid Stations 💧
- Start/Finish area 🏁

This helps you stay aware and connected with race officials and the event atmosphere.

# Medic Service

## Medical Support at Trailsplus Events

We have professional medical personnel on site for your safety and care. If you experience **any injury, no matter how small**, please don't hesitate to seek help from our medics, they're here to assist you.

😓 If you're just not feeling quite right, we encourage you to speak with our medical team. They can provide the best advice on your participation and recovery to keep you safe and healthy.

Your wellbeing is our priority! 💙

# Parks Victoria

## A Huge Thank You to Parks Victoria

We're incredibly grateful for the support of **Parks Victoria** and the opportunity to host the You Yangs Trail Run in this stunning location.

Their partnership helps us create an amazing experience for all runners amidst nature's beauty.



# Wudawurrung People

## Acknowledgement of Country


Our event is held on the lands of the **Wudawurrung People**, and we respectfully acknowledge them as the **Traditional Owners** of this land.


## Respect all park visitors

### Be Respectful on the Trails

Please **don't** **startle other park users** by charging up behind them. Instead:

 Politely **let them know you're approaching** and would like to pass.

 **Slow down** when passing, whether from behind or head-on.

 Always give plenty of space and pass safely.

Let's show the community that trail runners are respectful, courteous, and great trail-sharing humans! 🌿😊

## Toilets

### Toilet Facilities

Toilets are available at:

- The **Start/Finish area**
- The **Branding Yard Aid Station** (behind the Parks Information Centre)
- The **Lower Picnic Ground** near the main parking area

We recommend using these facilities for your comfort and convenience before and during the event.

## Preserving the future event options

### Respecting Our Trails and Hosts

At Trailsplus, we work closely with various authorities to gain access to these incredible locations, crafting events that create lasting memories and help you achieve your personal best.

To ensure we can keep enjoying these amazing places, it's vital that **we all respect the environment, wildlife, and local communities**.

Please follow all instructions from park authorities, and be especially mindful of:

- Parking regulations 🚗
- Responsible park usage 🌳
- Preserving the natural environment 🌱




By doing so, we help protect these special places for future runners and generations to come.


# Environment

 Leave No Trace, Protecting Our Trails

At Trailsplus, we’re proud members of the **Sports Environment Alliance** and are committed to minimising our impact on the beautiful environments we run through.

We ask all participants to do their part:

-  **Do not leave any rubbish on the trail**, this includes **gel packets**, **tear-off tabs**, and any other waste.
-  Use the bins provided at aid stations and make sure to **dispose of your rubbish and recyclables correctly**.
-  If you bring it in, take it out, or drop it in the right bin!

Let’s work together to keep our trails clean, green, and open for future events. Thank you for respecting the environment and helping us lead by example. 

# Weather Forecast

## Long-Range Weather Forecast

Here’s an early look at the weather, **please keep in mind this is a long-range forecast and may change** as we get closer to event day.

There’s a **chance of a light sprinkle**, but we may also stay dry, the forecast continues to improve each day. Either way, come prepared for all conditions, we're trail runners, after all!



# Course Descriptions

## The Miler Loop (21.1 km)

*Your perfect backyard for any event over 21 km—packed with rollers, rocks, and rock-solid views!*

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### 0 km → 3.0 km : Flinders Peak Ascent

- **Kick off** with a solid 1.5 km climb up to the metal viewing platform on Flinders Peak.
  - **Reward:** Spin once around the column at the top, soak in the panoramas, then jog back down toward Aid Station 1 at 3km.
- 

### 3 km → 4.7 km : Branding Yard Trail

- At **3 km**, turn **left** alongside the car park onto Branding Yard Trail.
  - **Keep straight**—no detours—enjoy the rolling single-track flow until you meet the base of Saddle Back Track at **4.7 km**.
- 

### 4.7 km → 5.6 km : Saddle Back Crusher

- **Left turn** onto Saddle Back Track. Brace yourself for a lung-burning climb up to the summit at **5.6 km**.
- 

### 5.6 km → 9 km : Northern Range Skyline

- **Right turn** onto Northern Range Track.
  - Roll along undulating ridges through granite rocks and steep descents, then coast into Aid Station 2 at **9 km**.
- 

### 9 km → 12.5 km : Branding Yard Loop

1. **9 km:** Cross straight over to a narrow single track between wooden stumps. After ~200 m, **left turn**.
  2. Cross a timber bridge, veer **right**, stay on single track.
  3. **10.5 km:** Hit Branding Yard Road; turn **right** onto the sandy service road.
  4. Run ~800 m, then at **11.3 km**, jump onto the right-hand single track (past the seat & wooden bridge).
  5. Wind under Eagle Rock, over another teeny bridge, past the T-junction you met earlier (**12.3 km**), until you reconnect with Branding Yard Road at Aid Station 3 (**12.5 km**).
- 

### 12.5 km → 14.3 km : Boundary Trail

- Turn **right** onto the big sandy road, follow it to the gate (**12.7 km**).
- **Slip** around the gate, cross Great Circle Drive carefully (**12.8 km**), then turn **right** and hug the fence line.
- **Checkpoint:** Pass the farmhouse, keeping the wire fence on your left until **14.3 km**.

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### 14.3 km → 17.5 km : Front-Entry Mental Challenge

1. **14.3 km:** Turn **right** onto the branch-road boundary trail.
2. Cruise 3 km nearly to the park's main entry.
3. **17.3 km:** Take a **right**, then in 100 m, a quick **left** toward the historic Old School House (**17.5 km**).
4. Cross the entry road at the pedestrian crossing, then run 100 m and turn **right** onto Bike Track #17.

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### 17.7 km → 19 km : Gums Tree Beauty

- **17.7 km:** Weave through the gums on single-track bike trail, no big fire roads used.
- Emerge behind the Park Office & loos, then continue past the car park.
- **18.5 km:** head along "Big Rock Trail", circle until great circle drive.
- **19 km:** Cross Great Circle Drive again and push on.

---

### 19 km → 20.3 km : Rocking it BIG

- **19.4 km:** keep on left trail at Big Rock, wrap around to its main entrance, then turn **left**.
- **19.8 km:** Head toward the car park, but stay left onto grass, BBQ shelter on your left, vehicles on your right.
- **20 km:** Where tarmac meets dirt (Contour Track), follow it until you hit Rockwell Road at **20.3 km**.

---

### 20.3 km → 21.1 km : Roller Coasting Home

- Turn **right** onto Rockwell Road and sprint (or shuffle!) the final 800 m to the finish line.

---

🎉 **Congratulations!** You've nailed 21.1 km of the YouYangs Miler Loop. Repeat for longer distances, or grab an ice-cold drink and celebrate your achievement! 🏆



100MILE = 24HOURS  
100KM = 14HOURS



100MILE = 28HOURS  
100KM = 20HOURS



100MILE = 32HOURS  
100KM = 24HOURS



# Signs and Markings






 Course Navigation – It's *EASY*!

Seriously, it really is. Just keep your eyes open and trust the markers.

 **Important to know:**

Trail running events **rarely have course marshals**, so it's up to you to follow the **signs and markers**.

Here's what to look for at the You Yangs:

-  **White chalk** markings on the ground
-  **Large orange arrows**
-  **Orange and pink/yellow ribbons**
-  **Red stop signs** (when you're *not* meant to go that way)
-  Occasional **special signs for specific distances**

Unless a sign clearly tells you otherwise, just follow the arrows and markers and you'll stay on track.



# Maps

STUDY YOUR DISTANCE ONLY

5KM COURSE MAP





**HARDCORE 15 MILES**

**TEAM YOU YANGS VICTORIA**

**Total Elevation Gain 15km Course 420M**

**15km COURSE**

**trails+**  
trailsplus.com.au

**TRAIL RUN**

**YOU YANGS VICTORIA**



## 21.1KM COURSE MAP





## 30KM COURSE MAP





42.2KM COURSE MAP = 2 x 21.1km course





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





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





# Merchandise Range

You Yangs design shirts 2025



You Yangs design shirts pre 2024



2024 You Yangs and Mountain Series Shirts



You Yangs Headwear Range pre 2024



Head Wear / Buffs Mountain Series



## FINAL NOTES

# Timing Chips **MUST** be Returned

🎉 **Congratulations on finishing your event!**

At the finish line, you'll receive your well-earned **Finisher's Medal** – a symbol of your effort and achievement.

🕒 **IMPORTANT:**

Your **timing chip** is attached to the **foam strip inside the plastic pouch on your race bib**.

We **must collect these chips** immediately after you finish.

👉 Please **flip your bib forward** so our volunteers can easily remove the chip for you.

**Do not leave with your timing chip**, as we need it for accurate results and future events.

Thanks for helping us keep things running smoothly!



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

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