

THE TRAIL RUNNING-SERIES

RACE 3 - SILVAN
SUNDAY 4TH AUGUST 2019

EVENT PROGRAM

RACE 1

16 JUNE

PLENTY GORGE

6KM | 11KM | 17KM

RACE 2

14 JULY

SMITHS GULLY

7KM | 14KM | 18KM

7KM / 15KM / 21KM

OF MIGHTY HILLS AND
TOWERING TREES IN THE
DANDENONG RANGES...

+ KIDS RUN!

RACE 4

22 SEPTEMBER

ANGLESEA

9KM | 15KM | 23KM

+ KIDS RUN

RACE 5 (NIGHT)

SAT 5 OCTOBER

YARRA BEND

5KM | 10KM | 15KM

BITUMEN
IS BORING



TrailRunningSeries.com.au



WELCOME

TO THE 2019 TRAIL
RUNNING SERIES



We are really excited to return to Silvan for race #3 of The Trail Running Series. Despite being the hilliest of the series, the courses at Silvan are most runners' favourite thanks to the beautiful wilderness and fresh air we get to enjoy... we're talking towering trees, verdant gullies filled with ferns, extensive views up the Yarra Valley and air so fresh you could bottle it. We look forward to sharing it with you on a Sunday morning.

The Rapid Ascent team

EVENT SCHEDULE

FRIDAY 19TH JULY

RACE PLATES for all entries received up until 9:00am on Friday 19th July will be POSTED to competitors (Victorian residents only). Entries received after this date must collect your number plates on race morning.

SUNDAY 4TH AUGUST

7:00am – 8:45am	Race registration opens for all competitors
8:20am	HIIT Factory Warm Up for long and medium course runners
8:30am	RACE START Medium Course
8:35am	RACE START Long Course
8:52am	HIIT Factory warm up for Short course runners
9:00am	RACE START Short Course
9:35am	Short Course winner expected to finish
9.40am	Medium Course winner expected to finish
10.05am	Long Course winner expected to finish
10:00 – 11:00am	Race Registration for the kids' run
11:00am	RUN START for the Kids' Run
11:30am	Presentations and spot prize giveaways

THE EVENT CENTRE

The event centre is located at the Silvan Reservoir Park. The following competitor services and facilities will be set up at the Event Centre, making a welcoming environment for everyone to enjoy whether you are running or spectating:

- The start and finish line for all races
- Race registration and information marquee (from 7:00am)
- Footpro will have a pop up store with demo shoes, apparel and advice
- Displays and sales by our event sponsors HIIT Factory, 32gi Sports Nutrition, Nathan and others
- FREE massage provided by Rise Health Group and FREE Podiatry consultations by South East Sports Podiatry
- Event merchandise sales marquee
- Hydration / nutrition station with water and 32gi sports drink and fruit for all race finishers
- First Aid point
- Bag storage area for runners' clothing during the race
- Live music, MC and commentary at the race finish
- A range of food / drinks with a BBQ operated by the Silvan Primary School and a huge coffee van!



LOCATION & CAR PARKING

EVENT CENTRE AND FINISH LINE

Silvan Reservoir Park, Stonyford Road, Silvan (Dandenong Ranges) - in the parkland on Stonyford Road, below the dam wall. NOTE: This is a dog free park so please do not bring any dogs.

DRIVING DIRECTIONS

If coming from central Melbourne, drive out on the Eastern Freeway and continue onto Eastlink past Ringwood. Turn left onto Canterbury Rd and follow this through Montrose, then turn right onto York Rd to Mt Evelyn where you turn right onto Monbulk Rd and finally right onto Stonyford Rd at Silvan. This leads to the parkland at the base of the reservoir wall.

CAR PARKING

We recommend people car pool with friends because parking is very limited in the start / finish area. Please follow these guidelines and the directions of parking marshals on the day:

- 1st to fill: Lower car park adjacent the start / finish area at the base of the wall (limited spots, the first ~100 cars will fit)
- 2nd to fill: Upper car park and overflow parking areas on Stonyford Road: Cars will be directed here once the lower car park is full
- 3rd to fill: Along the side of Stonyford Road leading to the start / finish area (last resort parking!): Please park on the LEFT hand side (southern side) only and ensure that TWO WAY ACCESS IS MAINTAINED at all times.



COMPETITOR SERVICES @ THE EVENT CENTRE

HYDRATION POINT - NO CUPS!!

There will be a hydration station located in the event expo area that will have water and 32gi available – but you must BRING YOUR OWN CUPS OR BOTTLES... As a way of minimising our environmental footprint and reducing the number of single-use plastic cups we use at our events we WILL NOT BE PROVIDING ANY CUPS at the water point at the start / finish area and we ask you to please bring your own (or buy one of our cool, collapsible silicon cups for \$5).



We will provide some cups at the water points out on the course (but you can also BYO out there too!)

FREE 32GI SPORTS DRINK

Our 2019 hydration partner 32gi will have a free Endure Hydrate as a premixed sports drink available for all runners after the race so come and fill up your cup. If you like the taste, feel free to buy some from Magnus at the 32gi expo stand.

GET TRAIL RUN READY

TRAIL RUNNING SHOES, APPAREL & ACCESSORIES



PROUD STOCKIST OF



AUSSIE GRIT

STORE 121 GLENFERRIE ROAD, MALVERN VIC
PHONE (03) 9509 9199

footpro

WWW.FOOTPRO.COM.AU

BAG STORAGE

We will store your bags and keep an eye over them whilst you're out on the trails. Please drop your bags off at least 5-10 minutes before your race start, just make sure all items are in a closed bag with your race number written on the side, with no valuables inside.

All number plates have a removable 'bag-tag' at the bottom. We encourage you to use this to help identify your bag when you leave it with us.



HIIT FACTORY WARM UPS AND EXERCISE STATION

The HIIT Factory will be conducting a warm up for all runners starting 5 minutes before each race start to get you ready to race. They will also be hosting some fun competitions from their marquee and awarding some great prizes to the fastest (and the funniest).

EVENT MESSAGE

Event sponsor Rise Health Group will be attending race #3 to provide FREE MASSAGE and PHYSIO SUPPORT to competitors before / after the race. They will have a number of professional practitioners in attendance who can help heal those weary muscles and give you some expert advice on injury prevention and recovery. For more serious cases we encourage you to visit their clinics at either 96 Kelletts Road, Rowville, or 9 Humphreys Way, Rowville. www.risehealthgroup.com.au



COMPETITIONS AND SOCIAL MEDIA FUN

It's not all serious at The Trail Running Series, so there are plenty of competitions and spot prizes to be won in the lead up to and on each race day. We encourage you to be part of it.

FREE EVENT PHOTO FOR ALL RUNNERS

As an added benefit for doing the Trail Running Series all runners receive a free professional photo of you in full stride out on the trails! Our event photographers Photos 4 Sale will capture you in action and then e-mail you a link to your photos on Monday morning, you can then select one photo and receive it as a downloadable digital file FOR FREE.

Win some sunnies! →

Share the photo and win some Goodr sunglasses! If you share and tag the photo with #trailrunningseries we will select one lucky winner to receive a free pair of these sunnies.

Buy a few more photos. Photos 4 Sale will capture heaps of photos of you running on the day, you can receive one for FREE and then buy the rest at their novel pricing strategy where you pay what you think they are worth! So if you think they are fair pay \$5 but if they are 100% quality (which they are) you can choose to pay a bit more! So keep an eye out for your e-mail link on Monday morning and/or head over to www.photos4sale.com to relive the fun.

VIP GROUP EXPERIENCE

If you see a group of runners relaxing in their own VIP marquee after the race then chances are they are our winning VIP Group who'll be enjoying a tasty hamper of post race food, comfortable chairs, drinks & coffee.

We will award a new VIP Group for each race so put yourself in the running by entering your group name online as part of the entry process. (Minimum 5 people to make a group - and you can log back into your entry and retrospectively add your group name in).

THE HIIT FACTORY HILL CLIMB

Silvan is the hilliest of all the races so it's the perfect venue for a timed segment up the steepest climb on the course! All races include this iconic climb that is like a stairway to hell as you climb 120 vertical thigh-smashing metres in just 500m! We will identify a separate time for each runner up the climb with the fastest male and female winning a great prize thanks to the HIIT Factory.





FAST. FATBURNING. FITNESS.

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YARRAVILLE - WERRIBEE - ESSENDON - NORTH GEELONG
BAIRNSDALE - NORTHCOTE - CANNING VALE (WA)
+ MORE OPENING SOON

WWW.THEHIITFACTORY.COM.AU

COMPETITOR IDENTIFICATION

REGISTRATION AND RACE PLATES

COMPETITOR RACE PLATE COLLECTION

IN THE MAIL - Competitors who entered Race 3 (or the Series) before 9:00am Friday 19th July will receive their race plate in the POST prior to the event (Victorian residents only).

If you are going to be away from home or if you have not received it in the post by Wednesday 10th July, please call the Rapid Ascent office on 03 5261 5511.

COLLECTION AT THE RACE - Competitors who entered Race 3 (or the Series) after 9:00am Friday 19th July **MUST COLLECT** their race plate on race morning, between 7:00am and 8:45am from Race Registration.

GOT YOUR PLATE? Once you have received your race plate, you do not need to 'report in' or register at the event venue on race morning, just warm up and arrive at the start line ready to race!

FORGOTTEN RACE PLATES - If you forget to bring your race plate there will be a \$10 replacement charge. Please see Race Registration.

ON THE DAY ENTRIES - Entries will be accepted on the day, subject to field limit availability. (Rapid Ascent have self-imposed a field limit of 500 runners in each course distance.)

All competitors are required to wear their race plate whilst running in the race. Please attach it to the front of your t-shirt / top (and not on your shorts or leggings) so it is clearly visible from the front during the race.

If you have a GOLD race plate and are doing at least 4 of the 5 races in the Series, please **KEEP YOUR RACE PLATE** to use it for your following races in The Series.

Gold Runners plate



Long Course plate



Medium Course plate



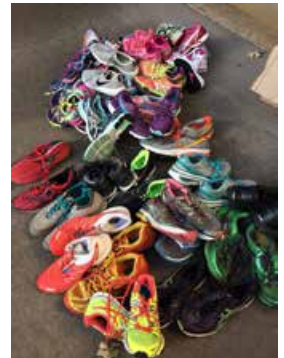
Short Course plate



Once again in 2019 we will accept your second-hand shoe donations for 'Shoes for Planet Earth' a non-profit organisation who distribute recycled running shoes to those in need around Australia and the world – including the homeless, indigenous communities, orphanages, disaster victims and more.

Donated shoes must be sports shoes and in reasonable condition - please knot the laces together so they stay in pairs – and drop them into the designated area in the event centre.

Thanks a lot!



AUSSIE GRIT

Built For the Trails

Get 15% off your first order with code TRS15



EVENT MERCHANDISE FOR SALE

All event merchandise will be available to purchase from the merchandise marquee at the event - or on line before / after the event. All pre-purchased items should be collected from the merchandise marquee.

FREE T-SHIRT COLLECTION FOR GOLD RUNNERS

'Gold Runners', competitors who have entered at least 4 of the 5 races held as part of The 2019 Series, receive a free event shirt as part of their entry package. Please present your gold number plate at the merchandise marquee to claim your shirt. (Shirt sizes for gold runners will only be set aside for collection at Race 1 or Race 2. If not collected at these races we cannot guarantee we will have your size unless you contact us separately to keep yours aside).

COMPRESSPORT EVENT T-SHIRTS

We love our new - all black - event t-shirts and are sure you will too! They are made of a high performance sports fabric by Compressport and are great for running. Free for Gold Runners or purchase for \$25 from the merchandise marquee. Womens, mens and kids' sizes / colours.



Event shirt \$25

Event Hoodie \$75



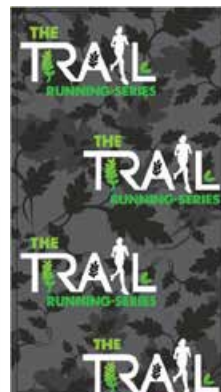
event hoodies

Our new Event Hoodies are definitely a must have item with black fleecy fabric and striking coloured print. With tunnel pocket and hood for those cold mornings they are the perfect item.



Headtorch \$29 A small but very bright headtorch to keep you on the trails through winter's darkness. 300lumens, rechargeable, 3 light strengths + SOS strobe.

Headbuff \$15



Running waist belt \$15 A comfortable, light weight waist belt that fits all sizes of mobile phone and your keys.

Collapsible Cup \$5



Running Cap \$25



Run Beanie \$25



Trucker cap \$30

Selling fast! get yours now!!

Sunsol PRO-biotic



new

Natural trail fuel!

Toasted muesli
boosted with probiotics.

Available from Coles.

For more info visit [sunsol.com.au](https://www.sunsol.com.au)

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THE RACE COURSES

Race 3 at Silvan is often rated as everyone's favourite event thanks to the beautiful scenery and sense of satisfaction at the finish line - but it's not easy running out there so be prepared!

For those runners who participated in Race 1 and 2 you should be aware that all courses at Silvan are harder than the earlier races in the series! It is not that the terrain is any rougher, its more because there are some significant hills that take extra energy and determination to conquer. Each race includes a mix of single and double tracks with many tracks being covered in leaves which can make them a bit slippery if its wet. Don't be afraid... be prepared and you will love it!

We are also thrilled to return with the KIDS RUN as part of the race 3 events at Silvan - designed for kids aged up to 12yrs this is a great way to get our youngsters involved in the trail running fun!

RACE DISTANCES (all race distances are +/- 500m)

- Long Course: 21km, includes 750m elevation gain / loss
- Medium Course: 15.5km, includes 680m elevation gain / loss
- Short Course: 7.2km, includes 250m elevation gain / loss.
- Kids' Run: 2.2km includes 80m of elevation gain / loss.

THE START

START TIMES:

- 8:30am - Medium course
- 8:35am - Long course
- 9:00am - Short course
- 11:00am - Kids' run

START LINE LOCATION: All races will start in the 'finish chute', approximately 50m forward of the finish arch in Silvan Reservoir Park.

STARTING PROCEDURE: All distances will start racing with a single wave start at the times listed above. There is plenty of space for runners to spread out before you get to the single track and your time doesn't start until you cross over the start mat.

SELF SEEDING: Please place yourself in the start chute according to your honest running ability, with fast runners near the front, recreational runners in the middle and those who are purely here to enjoy yourself towards the back.

PASSING ETIQUETTE

With a large number of runners sharing a narrow trail there are a few points of common etiquette when it comes to passing another runner.

If you are a faster runner who wants to pass a slower runner on a narrow bit of track:

- Let the slower runner know you are there and want to pass. Say something like, "Can I go past when there's a chance..." or even "Track please" then wait for a wider section of track - don't barge on through
- The slower runner can then say, "OK, go past on the right" or "just up here it's a bit wider, go there". But it's good to acknowledge that you heard them and give direction for when they can go past.
- It's also nice for the faster runner to say, "Thank you, keep going" once you're past - share the love
- If you are going to pass, then make sure you are actually faster, don't pass if you are pushing 120% effort to get around them and then slow down afterwards
- Slower runners - don't feel like you need to totally stop and bow down as a faster runner comes through, make space but keep trotting along as well.

HEADPHONES

We strongly recommend that runners DO NOT WEAR HEADPHONES and listen to music during the race. This is primarily for your safety, so that other runners and marshals can communicate with you. The courses also pass through some magnificent eucalypt bush land filled with birds and other wildlife that is all part of the trail running experience and if you're pounding away to music you can't hear that either!

WATER POINTS

ON COURSE WATER POINTS: Water points on the course will have cups of water available (although we encourage you to bring your own cup or drinking vessel). Please place your cup in a bin afterwards.

- **SHORT COURSE (7km):** There will be no water points on the short course.
- **MEDIUM COURSE (15.5km):** There will be two water points on the medium course located at approximately the 4.5km and 10.5km points.
- **LONG COURSE (21km):** There will be two water points located at the 10.5km and 16.5km points.
- **KID'S RUN (2.2km):** There are no water points in the kids' course.

FINISH LINE WATER POINT: There will be a water station at the finish line but you need to **BRING YOUR OWN CUP OR WATER BOTTLE** and fill it up from the taps provided. See explanation under Competitor Services.

THE HIIT FACTORY HILL CLIMB

The HIIT Factory Hill Climb will be a timed segment with a separate time identified for each runner up this killer hill. All courses (other than the kids') tackle this steep incline that ascends 120m in just 500m as it climbs up amongst the trees. HIIT Factory Hill Climb times will be published in the results and we'll award a small prize to the fastest



COURSE MARKING - IMPORTANT!!

Trail running events are quite different to road running in that they are not lined with fences or red and white flagging tape and will not have marshals every 100m ready to direct you where to go every step of the way - you need to **KEEP AN EYE OUT FOR AND FOLLOW THE COURSE MARKINGS** to make your way around.

LONG COURSE:

- **red and/or orange arrows** (pegged into the ground and fixed to trees or bushes)
- **fluoro pink coloured** plastic surveyor's tape (tied to trees or bushes)

MEDIUM COURSE:

- **green arrows** (pegged into the ground and fixed to trees or bushes)
- **green coloured** plastic surveyor's tape (tied to trees or bushes)

SHORT COURSE:

- **blue arrows** (pegged into the ground and fixed to trees or bushes)
- **aqua blue coloured** plastic surveyor's tape (tied to trees or bushes)

The colours of these course markings match the colour of the race plate for runners in that particular course distance (except Series Entrants who have a GOLD race plate).

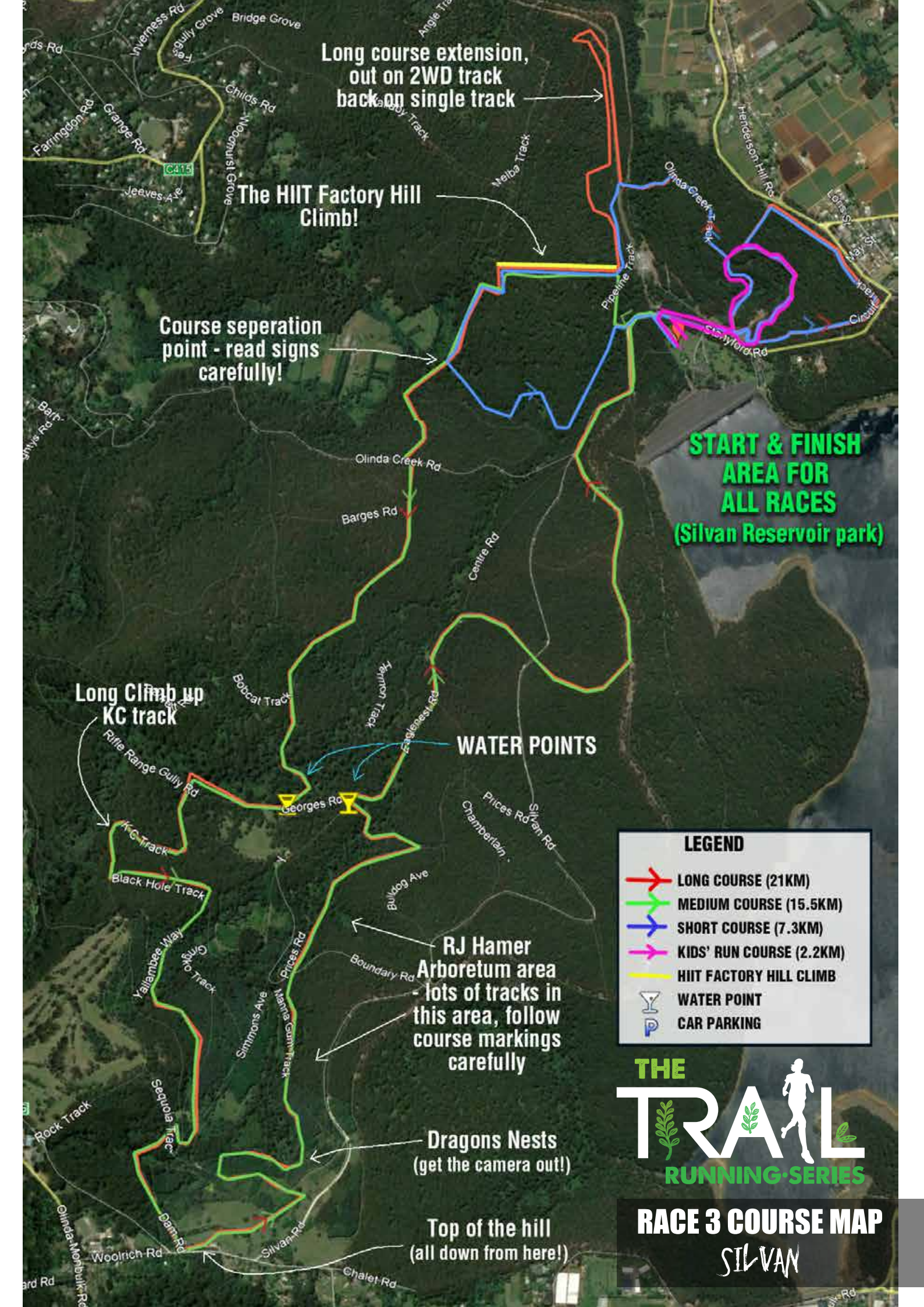
TRACK INTERSECTIONS: All track intersections will be clearly marked. Surveyor's tape will be placed immediately following a track junction to confirm you are on the correct track. Unless otherwise marked or directed, competitors should follow the most major track at all intersections. If there is no arrow at a minor track junction then continue along the major track.



NO SLIP. NO BOUNCE. ALL POLARIZED. ALL FUN.

Running is fun and your gear should be. www.goodr.co.nz

Available from the Footpro stand / shop or www.footpro.com.au/



Long course extension,
out on 2WD track
back on single track

The HIIT Factory Hill
Climb!

Course separation
point - read signs
carefully!

**START & FINISH
AREA FOR
ALL RACES**
(Silvan Reservoir park)

Long Climb up
KC track

WATER POINTS

**RJ Hamer
Arboretum area**
- lots of tracks in
this area, follow
course markings
carefully

Dragons Nests
(get the camera out!)

Top of the hill
(all down from here!)

LEGEND

-  **LONG COURSE (21KM)**
-  **MEDIUM COURSE (15.5KM)**
-  **SHORT COURSE (7.3KM)**
-  **KIDS' RUN COURSE (2.2KM)**
-  **HIIT FACTORY HILL CLIMB**
-  **WATER POINT**
-  **CAR PARKING**

**THE
TRAIL**
RUNNING SERIES

RACE 3 COURSE MAP

SILVAN

COURSE DESCRIPTIONS

LONG COURSE - 21KM *(Course goes in anti-clockwise loop on the map)*

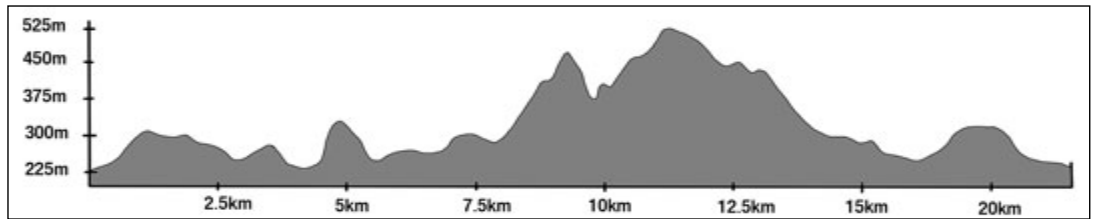
All runners will gather in the start / finish chute in Silvan Regional Park in the wide grassy parkland. Once under way, runners cross Stonyford Road and then veer right to pass around the back of some water tanks and continue up a gradual hill on a nice double track. This trail soon turns into single track and descends for a lovely section through towering fern trees and over a foot-bridge deep in the forest.

At the 4.2km point you will emerge onto another 2WD double track for a short stretch of flat running before turning left to return on a flowing section of MTB single track that will deposit you at the base of the 'HIIT Factory Hill Climb'.

Turn right to climb the hill climb - this nasty little pinch climbs 120m in just 500m and will really get your heart going! After descending off the other side you have a long, gradual climb on a mixture of grassy 4WD tracks that's all runnable, leading to the water point at the 10.5km pt. Soon after the water pt the route returns to single track and climbs steeply up, entering the RJ Hamer Arboretum area and the groves of different tree species planted back in the late 1970's.

Once at the top of the Arboretum (you will know it when you get there!) its anchors-away for a flying descent back down into the Stonyford Valley on a mixture of double tracks through the forest, going past the Dragons' Nests at the 15km pt and a second water point at the 16.5km mark on the way down. There is a final climb to the edge of the reservoir catchment and then its downhill back to Stonyford Road and into finish chute in the expo area at the base of the reservoir wall. Well done.

Long Course elevation profile



NATHAN®



WE
RUN WITH
YOU



VaporHowe™

12L Race Vest
with 1.8L Bladder

4L Race Vest
with 2x 355ml Soft Flasks

The VaporHowe Collection. From Stephanie's brain to your back.

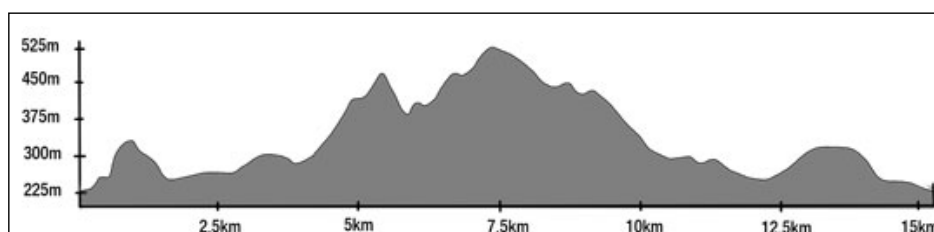
MEDIUM COURSE - 15.5KM *(Course goes in anti-clockwise loop on the map)*

All runners will gather in the start / finish chute in Silvan Regional Park in the wide grassy parkland facing away from the dam wall. Once under way, runners turn left on Stonyford Road and soon after right where you join the long course at the base of the 'HIIT Factory Hill Climb'.

This nasty little pinch climbs 120m in just 500m and will really get your heart going! After descending off the other side you have a long, gradual climb on a mixture of grassy 4WD tracks that's all runnable, leading to the water point at the 4.5km pt. Soon after the water pt the route returns to single track and climbs steeply up, entering the RJ Hamer Arboretum area and the groves of different tree species planted back in the late 1970's.

Once at the top of the Arboretum (you will know it when you get there!) its anchors-away for a flying descent back down into the Stonyford Valley on a mixture of double tracks through the forest, going past a second water point at the 10.5km mark on the way down. There is a final climb to the edge of the reservoir catchment and then its downhill back to Stonyford Road and into finish chute in the expo area at the base of the reservoir wall. Well done.

Medium Course elevation profile



32Gi Sports Nutrition

ENDURANCE PACK

8 HOUR

Vegan Friendly

YOU ARE THE ENGINE
ENDURANCE RACING

CHALLENGE YOUR LIMITS
HIGH INTENSITY RACE

MAKE EXCELLENCE A HABIT
RECOVERY PRODUCTS

BE THE FLAME TO SUCCEED
TOP-SELLERS



At 32Gi we understand that not all athletes are created equal. 32Gi caters not just for the elite athlete performing at a high intensity, but also for athletes who race socially and those that exercise for health, fitness and weight maintenance - that's why 32Gi's range is completely designed around the athlete's unique needs.

www.32gi.com.au

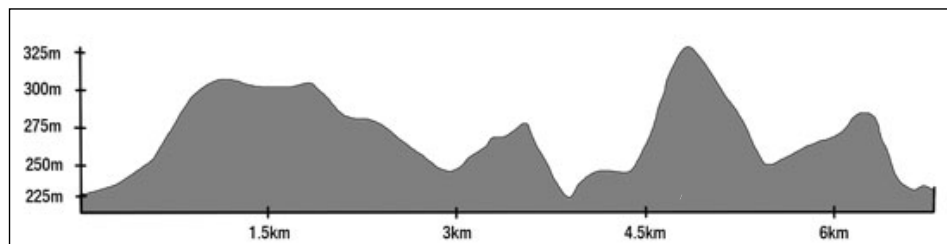
SHORT COURSE – 7.1 KM *(Course goes in anti-clockwise loop on the map)*

All runners will gather in the start / finish chute in Silvan Regional Park in the wide grassy parkland facing away from the dam wall. Once under way, runners cross Stonyford Road and then veer right to pass around the back of some water tanks and then continue up a gradual hill on a wide double track. Soon after a left hand turn, the track descends down a gradual hill on a nice single track through the forest to re-emerge back at the water tanks for a short section of double up where you keep right and continue along more single-track running through the fern trees and over a foot-bridge deep in the forest.

At the 4.2km point you will emerge onto a wide 2WD track and turn left that will lead you to the base of the 'HIIT Factory Hill Climb'. This nasty little pinch climbs 120m in just 500m and will really get your heart going!

After descending off the other side you turn left for a onto a lovely, flat 2WD track lined with fern trees that leads you back to the finish chute in the expo area at the base of the reservoir wall. Well done.

**Short Course
elevation profile**



KIDS COURSE - 2KM

We have designed a fun and safe course for kids that will give them a taste for the trail running we all love so much. The course includes plenty of single track and scenic terrain whilst not straying too far from the expo area.

THE TRAIL
RUNNING
SERIES
KIDS RUN

COURSE DESCRIPTION: *The course goes in a clockwise direction on the map.*

All kids will gather in the start / finish chute in Silvan Regional Park in the wide grassy parkland facing away from the dam wall. Once under way, kids cross Stonyford Road then continue uphill to the edge of a car park beside some water tanks where they turn left (marshal here).

Continue along this nice double track (Olinda Creek Track) for about 900m and then turn right at the big arrow (and marshal here) to run along a nice winding section of single track (Messmate track) that leads you back to the water tanks and car park.

Cross back over Stonyford Rd (watching out for cars – marshal here) and then power down the finish chute and under the arch to complete your kids' run. WELL DONE!

NOTE:

- This is a run is NOT a race! It is purely participation-based to get the kids involved in this inspiring event. Participants will receive a race plate however the event is NOT timed and no results will be recorded.
- We recommend that adults / parents do not run with your child but let them experience it for themselves and grow their independence (if you want to / need to run with them that is also fine).
- Marshals will be positioned in key places to encourage kids along the way.



CATEGORIES & PRIZES

ENTRY CATEGORIES

The following categories will be recognised at each of The Trail Running Series races.

- Under 15 Male and Female – Short Course only
- Under 20 Male and Female
- 20-39yrs Male and Female
- 40-49yrs Male and Female
- 50-59yrs Male and Female
- 60-69yrs Male and Female
- 70+yrs Male and Female

Categories will be determined by your age on race day.

RACE MEDALS AND AWARDS

Medals will be presented to 1st, 2nd and 3rd in each category in each race distance at each race location. And a prize will be awarded to the fastest male and female runners in the HIIT Factory Hill Climb.

RANDOM PRIZES AND AWARDS

A range of random prizes, encouragement awards and other presentations will be made to runners at each race so it will be well worth waiting around after you have finished as anyone can be a winner!

RESULTS AVAILABLE:

Available from the event website post-race www.trailrunningseries.com.au OR check it out at the results centre at the venue.

RACE RULES

- Juniors only - (under 18 on race day) must have have a parent or guardian to read and sign an authorisation and indemnity during registration.
- Competitors must follow the complete course as marked and directed. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors will result in disqualification. It is the competitor's responsibility to ensure that the correct course is followed.
- Your race number must be visible at all times on the outside of your clothing (at the front).
- Competitors shall not receive any external assistance on the course.
- One competitor cannot provide assistance in forward progression through physical pushing / pulling / towing, or the provision of food or drinks to a competitor except in emergency circumstances.
- Australian Road Rules apply at all times on all roads, tracks and trails.
- Any competitor who withdraws from the race MUST notify an official. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged.
- Rapid Ascent has sole discretion to alter or amend the race rules in order to increase the safety of participants or for any other reason deemed appropriate.
- If the race is cancelled or called off after it has started, it is each competitor's responsibility to get themselves to the start / finish area as soon as you have been notified of the cancellation.

GOLD RUNNER REQUIREMENTS (Competitors doing 4 or 5 races in the 2019 Series)

To receive an overall ranking and result in the 2019 Trail Running Series runners must:

- Compete in at least 4 of the 5 races in the 2019 Series, entering either individually for each race, OR be entered as a 'Gold Runner'
- Runners must compete in the same distance event at each race – i.e. all long course events or all short course events
- If a runner changes category during the course of the series (i.e. because of a birthday) for the purposes of the series they will be ranked in the category they competed in for their first race (Race 1 or Race 2).
- Points will be awarded according to your overall place in your category at each race, the runner with the lowest number of points wins
- If points are tied between two or more runners, then the runner with the best result in Race 3 will win.

100KM

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