



THE
TRAIL
 RUNNING-SERIES

4 SEPT
PLENTY GORGE
 6KM | 11KM | 17KM

Race program



WELCOME TO THE 2022 TRAIL RUNNING SERIES

For race number 4 we're excited to return to an old favourite Trail Series destination at Plenty Gorge, just past Bundoora. We last raced here in 2019 and for a number of years between 2012 and 2016 and it always provided an adventurous escape from the more 'polished' trails of the Yarra Valley.

Here you'll find a network of trails that criss-cross the Plenty River and a beautiful natural landscape and friendly Aussie wildlife all around you. We love it here and we're sure you will too. Have a great race!

The Rapid Ascent team

EVENT SCHEDULE

SUNDAY 4TH SEPTEMBER

- 7:00am - 9:30am Race Registration (race plate collection)
- 8:20am HIIT Factory warm up (long course runners)
- 8:25am START - LONG COURSE (17km)
- 8:40am HIIT Factory warm up (medium course runners)
- 8:45am START - SHORT COURSE (6.1km)
- 9:00am HIIT Factory warm up (short course runners)
- 9:05am START - MEDIUM COURSE RUNNERS (11km)
- 10:45am Presentations and spot prize giveaways
- 11:15am Courses close and event complete

Bitumen is Boring



LOCATION & CAR PARKING

EVENT CENTRE AND FINISH LINE

Yellow Gum Park, at the end of Goldsworthy Rd, Plenty. (Do not put 'Plenty Gorge' into Google Maps, type in 'Yellow Gum Park')

DRIVING DIRECTIONS:

Depending on where you are coming from, navigate yourself to Greensborough and the Greensborough Highway heading North East towards Hurstbridge. Continue along the Diamond Creek Rd and then turn left onto Yan Yean Rd and left onto Memorial Rd at Plenty. Goldsworthy Lane turns off to the left and the start / finish area is in the picnic area at the end of the road. (If you are navigating via Google maps put in 'Yellow Gum Park' rather than 'Plenty Gorge' to go to the right location).

EVENT ACCESS AND PARKING:

Event parking will be at the end of Goldsworthy Lane, immediately adjacent the start / finish area - although we encourage people to car pool where possible! There are two parking areas as referred to in the parking map:

- Parking Area A: If dry - 2WD and 4WD cars, If wet - 4WD cars only
- Parking Area B: If wet or dry - for 2WD and 4WD cars
- Overflow parking: On the side of Goldsworthy Ln, please park where directed



THE EVENT CENTRE

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 and Australian Sports Beer
- Event merchandise sales marquee
- First Aid point
- Bag storage area for runners' clothing during the race
- Live music, MC and commentary at the race finish
- Coffee and snacks

NO DOGS ALLOWED: Yellow Gum Park, Plenty Gorge is a DOG-FREE PARK, so please leave your canine friends at home!



COMPETITOR SERVICES @ THE EVENT CENTRE

SOCIAL CHILL ZONE

We'll set up a social chill zone where you can relax and enjoy your post race vibes with chairs, umbrellas and live music and more. Grab a seat, buy a coffee and enjoy life!

MC AND LIVE MUSIC

We'll be calling finishers over the line and sharing the love on the mic, with some live music to add to the scene and relaxed post-race vibe.

BITUMEN IS BORING BACKDROP

We will have our Bitumen is Boring backdrop with a range of fun placard signs for you to hold up and have fun with. Snap a selfie or grab a photo with some friends to create your own unique event photo.



HYDRATION POINT - NO CUPS!!

There will be a hydration station located in the event expo / finish line area that will have water and 32gi available – but you must BRING YOUR OWN CUPS OR BOTTLES... (There will also be NO CUPS at the water points out on course. Details below)

FREE 32GI SPORTS DRINK

Our 2022 hydration partner 32gi will have 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.



FREE 0% BEER

Our new friends and event sponsors Australian Sports Beer will be providing a free 0% alcohol beer for all runners. If you've not tried a 0% beer before or if you developed a taste for it at earlier races then come and have a chat to Barry and grab a can for yourself or buy some for home if you like what they're doing (we do).



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 - so make sure you're in the start chute and be part of this electrifying kick starter!



'FOR WILD PLACES' BAG STORAGE

We will store your bags and keep an eye over them whilst you're running. Put all items in a closed bag with your race number written on the side, with no valuables inside, and then drop your bag off to the storage area 5-10 minutes before your race start. 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.



Our volunteers for the bag storage area (and elsewhere around the finish line) come from a terrific organisation we're partnering with called 'For Wild Places' who aim to lead the trail running community into immediate action to protect places of environmental and cultural significance.



They want to use their love of trail running for good, to create a platform that will allow trail runners to have a positive impact on the environment and through education, awareness and action encourage trail runners to become sports activists who stand up for our wild places. Please have a chat to them about their terrific work or www.forwildplaces.com

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 and a free 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).

JOIN THE TRAIL RUNNING SERIES FACEBOOK GROUP

In case you haven't found it already, there is a great Facebook group for The Series where we post a whole bunch of updates, competitions and more, so connect to social media and follow us on Facebook at The Trail Running Series.

COMPETITOR IDENTIFICATION REGISTRATION & PLATES

COMPETITOR NUMBER PLATE COLLECTION

If you entered:

- **before 8:00am Friday 19 August** your number plate has been posted to you - bring it on the day. You do not need to 'report in' or do anything else on race day, just warm up and go!
- **after 8:00am Friday 19 August** you need to collect your number plate on race morning. Please bring your entry confirmation e-mail.

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

ON THE DAY ENTRIES - Entries will be accepted on the day at the event. Please enter via your phone and show the entry confirmation e-mail. (We will not be doing any paper based entries on race day).

NUMBER PLATES

- All competitors must race with their race plate attached 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 series runners



Long Course plate



Gold Runners plate
Medium course series runners



Medium Course plate



Gold Runners plate
Short course series runners



Short Course plate



THE RACE COURSES

All runners will complete a scenic loop deep within local bushland made friendly with plenty of kangaroos, echidnas, galahs and other friendly Aussie wildlife to keep you company.

Runners will criss-cross the Plenty Gorge a couple of times, climbing up and down the sides of the valley and its steep sided walls. Each course allows competitors to enjoy the views from the valley top, but also sees Medium and Long course runners definitely getting your feet wet crossing the ankle-deep Plenty River at the valley bottom – this added adventure component is an often talked about feature, which is why we wanted to bring it back because, after-all, #BitumenIsBoring.

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

- Long Course: 17km, includes 760m elevation gain / loss
- Medium Course: 11km, includes 460m elevation gain / loss
- Short Course: 6.1km, includes 250m elevation gain / loss.

THE START

START TIMES:

- 8:25am - Long course
- 8:45am - Short course
- 9:05am - Medium course

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.

START LINE LOCATION: In Yellow Gum Park, just east of the little dam at the road end. This is adjacent to the Finish 100m away.

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.

WATER POINTS

ON COURSE WATER POINTS: Water points on the course will water and 32gi Sports Drink available but you must BYO your own cup or water bottle to drink from.

- Long course: There will be two water points on the long course that will be located at the 6.6km and 13km points of the race.
- Medium course: There will be one water point on the medium course that will be located at the 6.6km at the top of a hill.
- Short course: There will be no water points on the short 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.

RIVER CROSSINGS

The Medium and Long courses cross the Plenty River on several occasions (Medium cross it twice and Long course cross it four times) and will result in you getting wet feet (2nd and 3rd crossing for Long course runners and the 2nd crossing for the Medium runners). Pending the rainfall leading up to the day these river crossings may be up to knee deep but there is a rope to hold onto for support and stability and a course marshal to supervise.

We advise all runners to TAKE CARE crossing the river, and suggest that you walk across and take your time to avoid potentially falling in (although that would add to the adventure even more!). This is another reason not to wear headphones because if you fall over or drop it your device will soon be water-logged.



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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 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!



THE HIIT FACTORY HILL CLIMB

The HIIT Factory Hill Climb is a timed section of each course where we encourage you to go full gas to record a fast time for this particular section of track. At race 4 the Hiit Factory Hill Climb will be the final hill climb leading into the finish, and being just 400m long we encourage you to crank up the legs and ‘power’ up the hill through to the finish as hard as you can!

Your HIIT Factory Home Straight times will be published in the results and we’ll award a small prize to the fastest to add to the fun!

COURSE MARKING - IMPORTANT!!

The course will be clearly marked with the colours listed below. Note that you need to keep an eye out for and follow the course markings, there will not be marshals every 100m ready to direct you!

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.



COURSE DESCRIPTIONS

LONG COURSE - 17KM (Course goes in a clockwise direction on the map)

All runners start immediately beside the Yellow Gum Picnic Area then set off into the bushland following a wide double track that drops through a small gully and then crosses a cleared plain where you'll be sure to see a flock of kangaroos enjoying the grass.

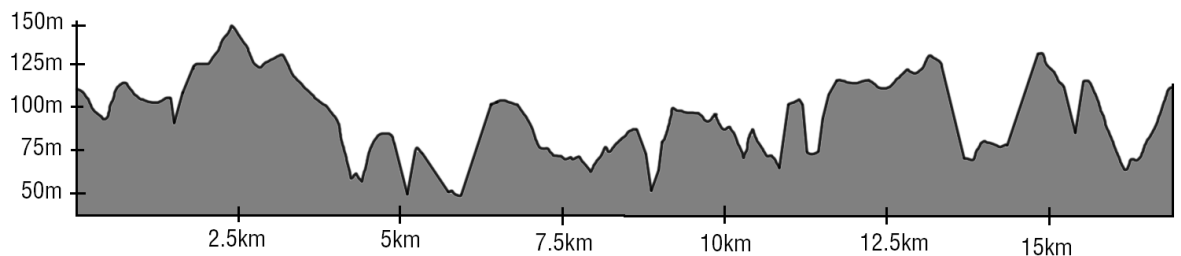
The course climbs gradually as it winds its way through the bushland and up to a large water tank at the 2.5km point before a long, enjoyable descent to cross the Plenty River for the first time on a small timber bridge at the 4.5km mark. The course climbs out of the river and then follows alongside the valley with a sharp climb at the 5.6km mark that leads you to the water point at the 6.6km mark at a distinctive right hand turn beside the clearing.

After the water point there is a gradual downhill before more undulating running on twisting single track through to the second river crossing at the 8.8km mark (no bridge = wet feet!). Keep following the single track and enjoy the views up stream as the track is dug into the side of the valley that leads you back towards the start finish area. After a very short and steep hill at the 10.4km point, long course runners turn left to head out on the northern loop.

The technical trail running character continues in the northern loop with plenty of undulating single track through the bush. Not long after turning left at the 10.4km pt long course runners cross the Plenty River in calf deep water (no bridge) and continue up a couple of short and sharp hills before a pleasant (flat) section across a plateau that provides views up the Plenty Gorge and your second water point at the 13km point.

Follow the course as it descends down to your final river crossing on a small timber bridge at the 13.8km point and continue along the undulating trail as it goes past some large rock formations and then the remarkable Blue Lake before the Hiit Factory Hill Climb up to the finish line in the Yellow Gum Picnic Area. Well done!

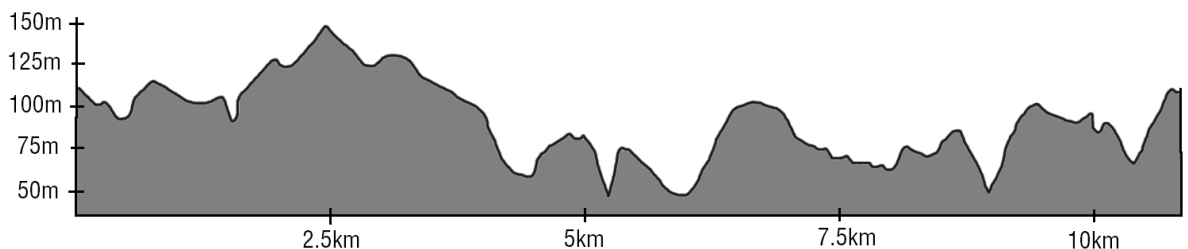
Long Course elevation profile



MEDIUM COURSE - 11KM (Course goes in a clockwise direction on the map)

The medium course is the same as the long course until the 10.4km pt where you turn right and head to the finish. Read the course description above.

Medium Course elevation profile



SHORT COURSE - 6.1KM (Course goes in an anti-clockwise direction on the map)

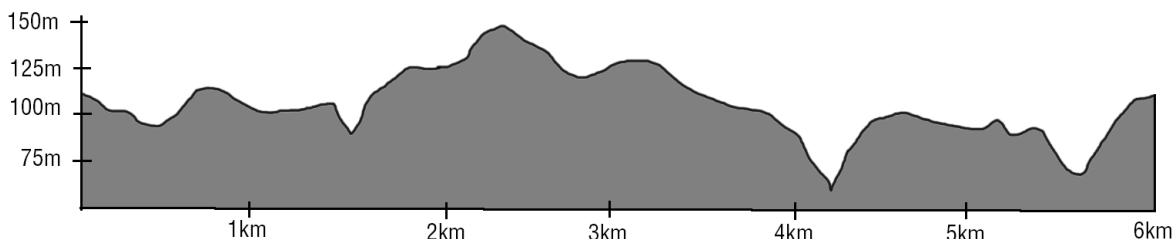
(Course goes in a clockwise direction on above map.) The short course basically does the first third of the medium course by completing most of the 'southern loop'.

All runners start immediately beside the Yellow Gum Picnic Area then set off into the bushland following a wide double track that drops through a small gully and then crosses a cleared plain where you'll be sure to see a flock of kangaroos enjoying the grass.

The course climbs gradually as it winds its way through the bushland and up to a large water tank at the 2.5km point before a long, enjoyable descent into the Plenty River valley. Short Course runners turn right before actually crossing the river and continue through the bushland and into the Plenty Gorge itself, running along a track that is benched into the side of the valley before it drops away to the river below.

After a very short and steep hill at the 6.0km point, short course runners keep right and power up the Hiit Factory Hill Climb through to the finish line back in the Yellow Gum Picnic Area. Well done!

**Short
Course
elevation
profile**



Feel that Aussie Spirit

with



GET TRAIL RUN READY

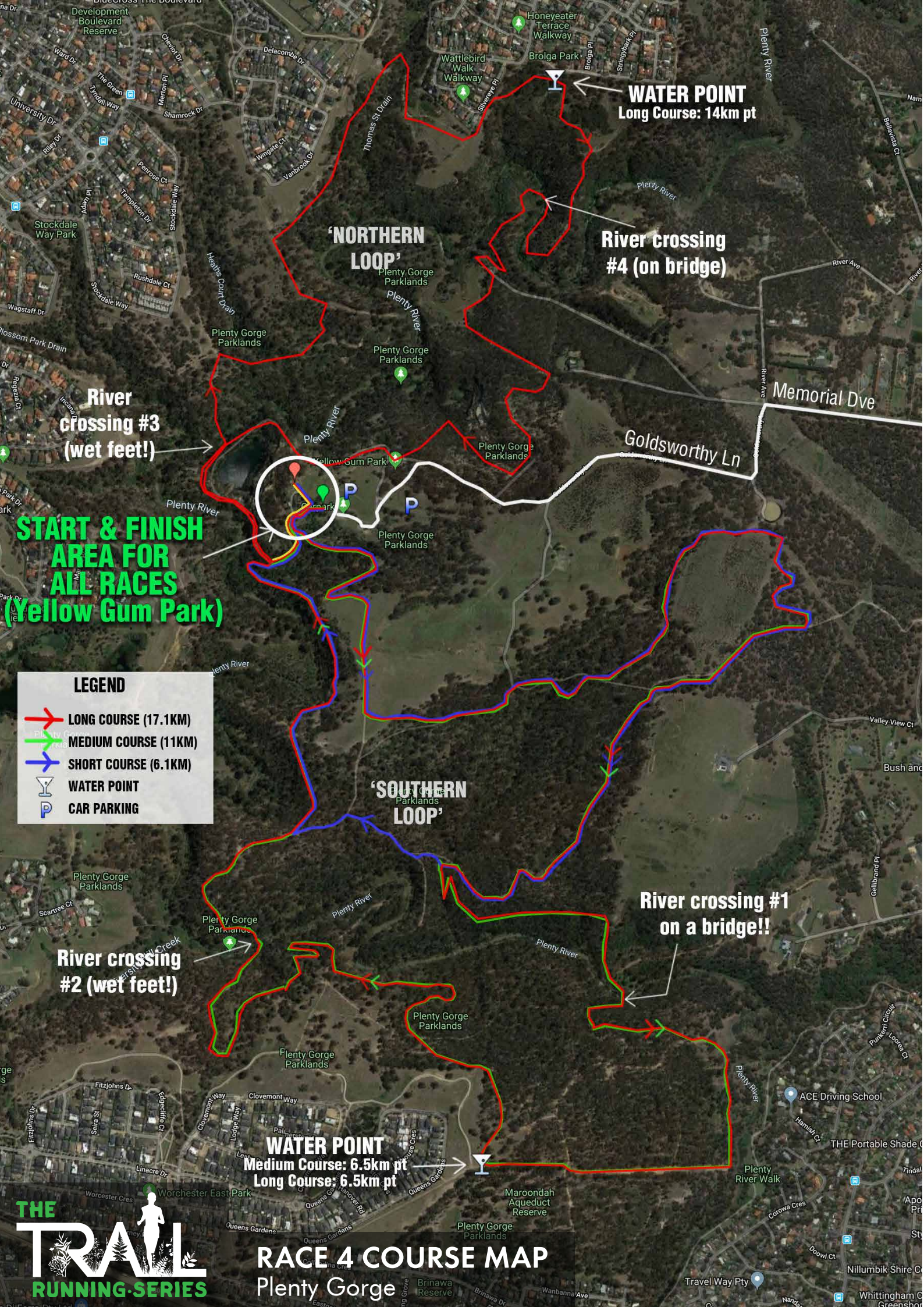


TRAIL RUNNING SHOES, APPAREL & ACCESSORIES

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WATER POINT
Long Course: 14km pt

'NORTHERN LOOP'

River crossing #4 (on bridge)

River crossing #3 (wet feet!)

START & FINISH AREA FOR ALL RACES (Yellow Gum Park)

LEGEND

-  **LONG COURSE (17.1KM)**
-  **MEDIUM COURSE (11KM)**
-  **SHORT COURSE (6.1KM)**
-  **WATER POINT**
-  **CAR PARKING**

'SOUTHERN LOOP'

River crossing #1 on a bridge!!

River crossing #2 (wet feet!)

WATER POINT
Medium Course: 6.5km pt
Long Course: 6.5km pt



RACE 4 COURSE MAP
Plenty Gorge

100KM

SURF COAST CENTURY

17 SEPTEMBER
ANGLESEA VICTORIA 2022

ULTRA
RUNNING
AT ITS
BEST!



TORQUAY

BELLS BEACH

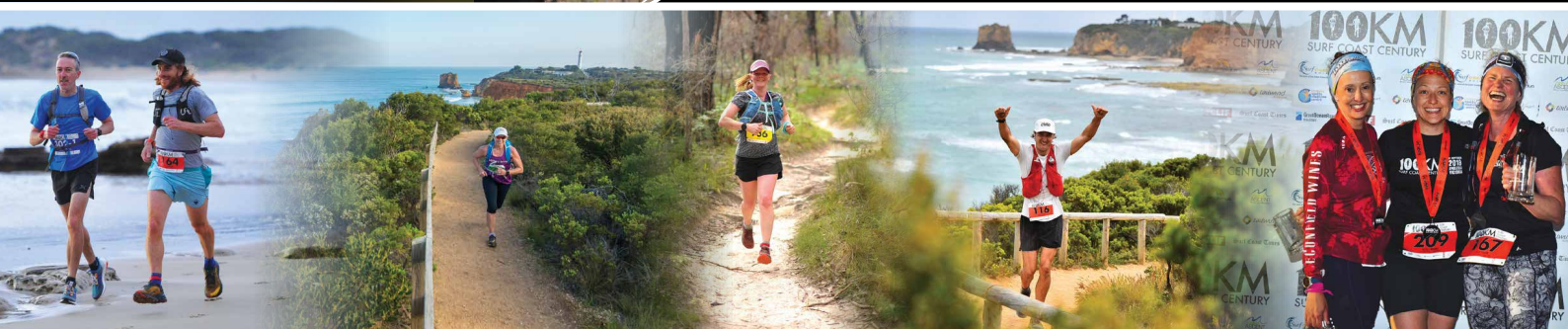
POINT ADDIS

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START/FINISH

- > Ideal for first timers and experts
- > Great Ocean Road region
- > Diverse, achievable course
- > Electric race atmosphere

AIREYS INLET

100KM SOLO
50KM SOLO
100KM RELAY TEAMS



CATEGORIES & PRIZES

ENTRY CATEGORIES

The following categories will be recognised at each race, categories determined by your age on race day.

- 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

RACE MEDALS AND AWARDS

Medals will be presented to 1st, 2nd and 3rd in each category in each race distance.

Results will be available on the event website post-race www.trailrunningseries.com.au

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

To receive an overall ranking in the 2022 Series runners must:

- Compete in at least 4 of the 5 races in the 2022 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.



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BITUMEN IS BORING MERCHANDISE

Share the message that 'Bitumen is Boring' with our range of branded merchandise that says what we all know is true...!

GOLD RUNNERS must collect their free event shirts ASAP at race 4. We will offer uncollected shirts for sale at race 5.

BITUMEN IS BORING T-SHIRTS \$35

Made of a high performance sports fabric by Indigo Wolf these are great for running and all sports. Womens and mens' sizes.



BITUMEN IS BORING SOCKS \$25

These high performance technical running socks are custom made by Geelong based business Steigen. 'Half' length, one-size-fits-all with elasticated midfoot and cuff.

BITUMEN IS BORING HOODIE \$75

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.

RUNNING VISOR \$20



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