



THE
TRAIL
 RUNNING-SERIES

16 OCT
SILVAN
 8KM | 15KM | 21KM

Race program



WELCOME TO THE 2022 TRAIL RUNNING SERIES

Welcome to the final race of the 2022 Trail Running Series at spectacular Silvan in the Dandenong Ranges. This course has long been a favourite amongst runners and is a fitting conclusion to the 2022 Series.

Here you'll run through verdant green gullies, through forests of towering Mountain Ash and immense tree ferns – all to the sound of Lyre Birds and tumbling streams in this trail running paradise. It's sweet out here and we're ecstatic to share it with you.

Thank you for your participation in the 2022 Series – we hope you've enjoyed it as much as we have.

The Rapid Ascent team

EVENT SCHEDULE SUNDAY 16TH OCTOBER

| | |
|------------------|--|
| 7:00am - 11:00am | Race Registration (race plate collection) |
| 8:25am | HIIT Factory warm up (long course runners) |
| 8:30am | START - LONG COURSE (21km) |
| 8:40am | HIIT Factory warm up (medium course runners) |
| 8:45am | START - MEDIUM COURSE (15.2km) |
| 9:00am | HIIT Factory warm up (short course runners) |
| 9:05am | START - SHORT COURSE RUNNERS (7.6km) |
| 11:00am | START - KIDS' RUN (1.7km) |
| 11:30am | Presentations and spot prize giveaways |
| 12:00Pm | Courses close and event complete |



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.

EVENT ACCESS AND 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.



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: Silvan Reservoir Park 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 30 September** 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 30 September** 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 then this is your last chance to use it for 2022!



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THE RACE COURSES

The courses at Silvan often rate as everyone's favourite 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 the other races in The Series you should be aware that all courses at Silvan are harder than the others! 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 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: 21.1km, includes 680m elevation gain / loss
- Medium Course: 15.2km, includes 550m elevation gain / loss
- Short Course: 7.6km, includes 190m elevation gain / loss.
- Kids' Run: 1.8km includes 100m of elevation gain / loss.

THE START

START TIMES:

- 8:30am - Long course
- 8:45am - Medium course
- 9:05am - Short course
- 11:00am - Kids' 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: All races will start in the 'finish chute', approximately 50m forward of the finish arch in Silvan Reservoir Park.

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 10km and 16.5km points of the race.
- Medium course: There will be two water points on the medium course that will be located at the 4km and 10.5km points of the race.
- 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.

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



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- 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 HOME STRAIGHT

The HIIT Factory Home Straight will be a timed 200m segment leading into the finish line where we will record a separate time for each runner as part of your overall race. We encourage everyone to have a crack and the fastest male and female sprinters will receive a prize thanks to our sponsors the Hiit Factory! (Sadly the infamous ‘Hill from Hell’ is covered in fallen trees and is no longer part of the courses).

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 - 21.1KM (Course goes in an anti-clockwise direction on the map)

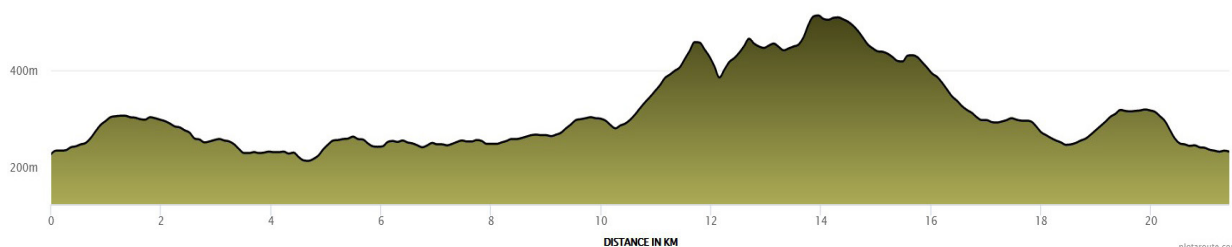
After starting in the event expo area, runners cross Stonyford Road and then veer right around some large water tanks and past the CFA sheds on a mix of wide double track and mountain bike single track through the forest. The first 10km to the first water point is on fairly flat to undulating terrain and makes for enjoyable running that'll get you warmed up for the hills to come.

After the water point the course turns upward as you ascend for roughly 4km through the RJ Hamer Arboretum on a mix of single track and double track through the different groves of trees planted back in the 1970's.

Once at the top of the Arboretum at the 14km pt (stop and enjoy the views across the upper Yarra Valley) it anchors-away for a flying descent back down into the Stonyford Valley on a mixture of double tracks through the forest, going past the Dagon's Nests at the 15.5km pt and a second water point at the 16.5km mark.

There is a final climb to the edge of the reservoir catchment at the 18.5km pt then it's all downhill to Stonyford Road and into finish chute in the expo area at the base of the reservoir wall. Well done.

Long Course elevation profile



MEDIUM COURSE - 15.2KM (Course goes in an anti-clockwise direction on the map)

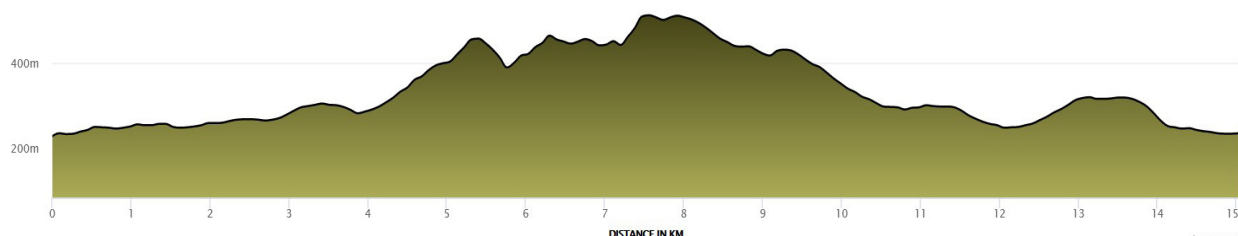
After starting in the event expo area, runners turn left onto Stonyford Road and right onto some flatter trails through a beautiful grove of fern trees. The first 4km to the first water point is on fairly flat to undulating terrain and makes for enjoyable running that'll get you warmed up for the hills to come.

After the water point the course turns upward as you ascend for roughly 4km through the RJ Hamer Arboretum on a mix of single track and double track through the different groves of trees planted back in the 1970's.

Once at the top of the Arboretum at the 8km pt (stop and enjoy the views across the upper Yarra Valley) it anchors-away for a flying descent back down into the Stonyford Valley on a mixture of double tracks through the forest, going past the Dagon's Nests at the 9.5km pt and a second water point at the 10.5km mark.

There is a final climb to the edge of the reservoir catchment at the 12.5km pt then it's all downhill to Stonyford Road and into finish chute in the expo area at the base of the reservoir wall. Well done.

Medium Course elevation profile



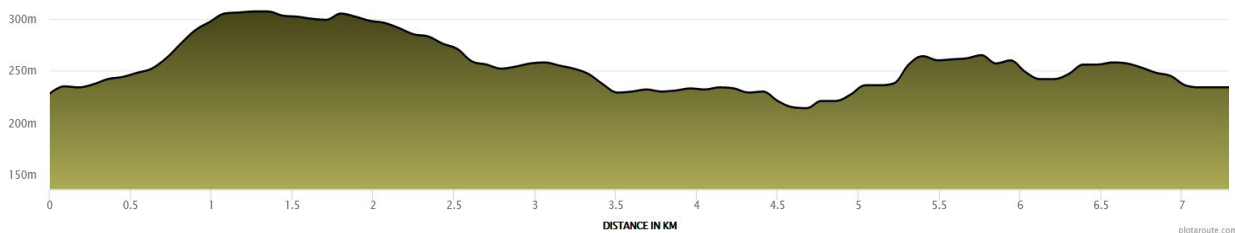
SHORT COURSE - 7.6KM (Course goes in anti-clockwise loop on the map)

After starting in the event expo area, runners cross Stonyford Road and then veer right around some large water tanks and uphill at a steady gradient for approximately 1km to pass the back of the CFA sheds at the highest point of the course.

The course continues with a steady downhill on a mix of double tracks, passing over a beautiful little bridge in the forest and then turns right onto a service track at the 3.5km mark. After 1km of flatter running the course does another short climb on some twisting MTB single track that'll get you working for a while but soon flattens out for some fun, technical running that brings you back towards the expo area.

Take care crossing Stonyford Road and then its into the finish chute in the expo area at the base of the reservoir wall. Well done.

Short Course elevation profile



KIDS COURSE – 1.7KM

This is 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 a short section on Stonyford Rd (traffic halted by traffic controllers) before returning to the Silvan Reservoir Park where parents can watch and cheer. We recommend that adults / parents do not run with your child but let them experience it for themselves and grow their independence.



Course description: All kids will gather in the start / finish chute facing away from the dam wall. Once under way, kids turn left onto Stonyford Road and then turn left again to return along some single track and back into Silvan Reservoir Park. Once back in the parkland kids complete a loop around the perimeter of the grassed area, tackling the hill to start with and then a fun downhill on the grass to finish under the arch to the cheers of the crowd. WELL DONE!



Feel that Aussie Spirit

with



RACE 5 COURSE MAP
SILVAN

MTB SINGLE TRACK

FERN TREES

START / FINISH
EVENT EXPO AREA

WATER PT 1

BIG UP-HILLS!

WATER PT 2

TOP OF THE COURSE

MAP LEGEND

- Long Course
- Medium Course
- Short Course



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...!

We will offer all uncollected GOLD RUNNER 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.