RACV

Marysville Marathon festival
united we run
2014

RACV

SUNDAY

November 9th
2014

Pre Event Race Brief Information

Please take the time to read this document as it contains important information you will find necessary to have a safe and enjoyable event

This event is mostly a trail running festival with only 2km of bitumen
You require additional concentration to follow the course safely
It's a challenging course, enjoy the experience forget about PB's

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SUMMARY OF KEY POINTS

Saturday 8th	
1:00pm – 4:00pm	Runners Pre Registration
Where	Gallipoli Park Falls Road Marysville
10:00am – 5:00pm	Event Setup, extra hands welcome
6:00 – 8:30pm	Pre Race Dinner at El Kanah (book via entry or advise organisers of your intention to attend and numbers. (Limited Seating)
Sunday	
6:15am	Registration begins (refer Details in Document)
CarParking	All participants will be directed by SES operators and signage to the correct car parking area. **(A GOLD COIN DONATION WOULD BE FANTASTIC)**
Merchandise	Available for collection at registration and during the day.
BIB NUMBER	You must wear it on your front torso, don't bend it
TIMING CHIP	In your BIB will be removed when issued your medal
Aid Stations	More than you will need on course (Well Stocked)
Weather	Looking perfect, but keep an eye on things just in case.
Cancellation	If weather turns keep an eye online for event status update
Electrolytes	There will be plenty for the long courses
Gels	Also available on the long courses
Massages	YES, thanks to Freedom Sports Medicine
Recovery AREA	YES thanks to Runners Kitchen and Optimus Health
Photos	We have some amazing photo opportunities ~8 Cameras
Medals	Yes every finisher gets a medal
Post Race	Food stalls, Coffee, BBQ (for the kids of course)
Certificates	No sorry we don't print certificates or do electronic ones
Pre Race Dinner	YES in 2014 it is at el kanah, Marysville must book early.
Trail or Road Shoe	Road Ok, unless it rains, so go with road, it wont rain
Results	Semi Live, provisional posted by end of day
Trophies	YES Glass etched trophies this year

WE DO NOT POST OUT RACE NUMBERS OR RACE PACKS

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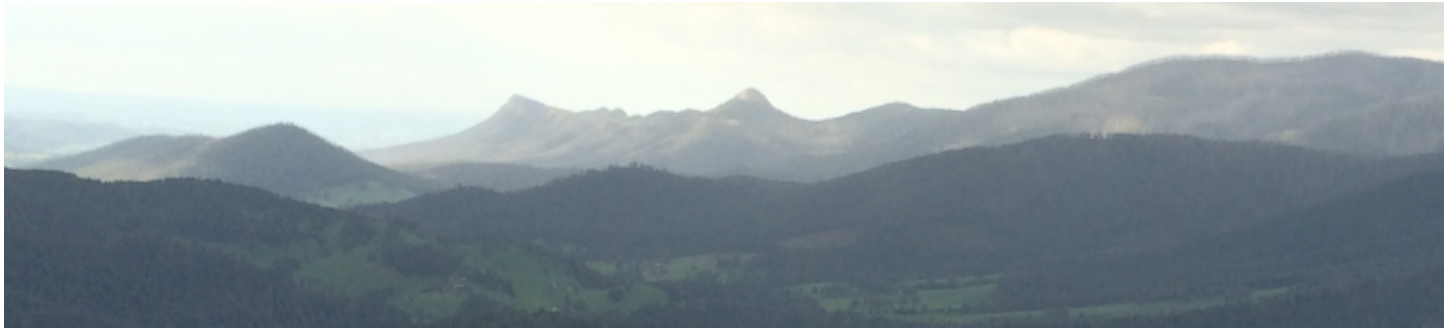
URGENT KEY POINTS

- **COURSES AND CONDITONS MAY CHANGE**
- If weather conditions deteriorate the courses will change on the morning of the event, this may result in loops of shorter courses being used to make up distances as required.

- 2014 COURSES ARE DIFFERENT TO 2013 PLEASE CHECK MAPS AND READ COURSE SIGNS TO BE SURE YOU TAKE THE CORRECT TRAIL
- TAKE TIME TO READ INSTRUCTIONS/ARROWS AT INTERSECTIONS
- DON'T JUST FOLLOW THE PERSON IN FRONT THEY MAY BE IN A DIFFERENT EVENT TO YOU AND BE REQUIRED TO TAKE A DIFFERENT TRAIL
- DO NOT GO DOWN A TRAIL WITH A RED X ON A WHITE CARD
- LONGER DISTANCE RUNNERS ADVISED TO CARRY A SUITABLE COMPRESSION BANDAGE FOR SNAKE BITE OR INJURY
- STICK TO THE LEFT TO ALLOW PASSING, EXCEPT ON THE RETURN FROM THE FALLS AS YOU WILL EXIT RIGHT
- TAKE CARE AT THE FALLS AID STATION IT'S A 2 WAY STATION IN/OUT
- RESPECT ALL PUBLIC USERS OF THE TRAILS
- LONGER RUNNERS ADVISED TO CARRY WATER
- LOOK AFTER EACH OTHER AND YOURSELF
- TAKE CARE ON DESCENTS SOME ARE STEEP AND ROUGH UNDER FOOT
- RUN WITHIN YOUR LIMITS, ENJOY THE SURROUNDINGS
- WALK AND ENJOY THE HILLS, ITS OK. EMBRACE THE FLATTER SECTIONS
- THANK AND ACKNOWLEDGE THE SUPPORT PEOPLE ON COURSE

WELCOME TO THE 6th RUNNING OF THE 2014 RACV MARYSVILLE MARATHON FESTIVAL



I hope this update before the weekend event finds you fit and well. Time flies when there is so much to do and it always seems to multiply as the race day approaches. I'm sure this is the same for participants as it is for the race organising committee. The main purpose of this update is to provide you with some key pieces of information to ensure that the experience at the RACV Marysville Marathon is an enjoyable, rewarding and importantly safe one. I know some of you will receive this update and have withdrawn from the event, but thought you might like to be kept updated just the same.
I would like to take this opportunity to thank all the runners who have entered and by doing so are providing real support to the Marysville community. This year we are supporting many volunteer groups as they fundraise for their clubs. The event continues to support the emergency service agencies SES and CFA who do a vital role in the community.

The event would not be possible with out the support of our sponsors, a very special thank you to our naming rights partner RACV and the fantastic staff that are assisting with various roles to ensure a great event is experienced by everyone.
Thank you also to Lions club Marysville region, Footpro, 3Zero, Freedom Sports Medicine, Hammer Nutrition, Garmin Australia, CW-X, Drymax Socks, Runner Kitchen, Greenlands Guest House, Andrew Peace Wines and all 100+ fantastic volunteers including the SES.

VOLUNTEERS

What can I say, without you we have no RACV Marysville Marathon Festival.
To each and everyone who has generously put up their hand to help on the weekend, the committee and participants are most grateful. To all the runners, be sure to personally thank the aid station, road marshal, photographer or registration person who is there to make your day a great day. The event can only continue to be on the running calendar if enough people are able to help, lets all try to ensure we have the Marysville Marathon for many years so we can come and enjoy the beautiful area and watch it regenerate to its former glory and support the community.

EXTREME WEATHER

We could be faced with three types of extreme weather that may impact the running of the event. Extreme heat, Extreme Wet or Extreme Wind

Extreme Heat, the lead up week is looking a warm and sunny with a cooler day predicted Sunday, so we are not likely to have a fire danger or extreme heat situation, however please ensure you keep well hydrated and wear correct clothing for the conditions.

Extreme Wet, weather trend is more likely to produce some rain in the lead up to the event and this may create some surfaces that are slippery, please ensure you take care and consider your safety and the safety of others, if wet trail shoes are recommended.

Extreme Wind, this could possibly be the main reason the event could be altered or cancelled. With many unstable trees the high or even moderate winds could bring them down, a decision will be made on the morning of the event if the course will be altered or the event cancelled due to extreme weather conditions.

Please ensure you come prepared for all weather conditions, it may be hot, so make sure you have a hat and sunscreen, but also be prepared for rain and cold wind.

Participant, Volunteer and spectator safety is our number one priority, though it can be a very tough decision to make and people go to a lot of effort to train and come to the event, we must consider safety first, if we are forced to cancel the event, we trust we will have your full support and understanding in the knowledge that it is for everyone's safety.

Depending on the wind strength rating the course may be altered in the following ways
This is unlikely to occur but please beware on race day that it is possible.

Extreme = Modify Course to Exclude all areas except Falls Road and Tree Fern gully

High = Modify Course to Exclude all areas beyond Taggerty river Picnic Ground
This is the half marathon turn point

Medium = Modification of course to exclude Cameron's Track and Sunds Road

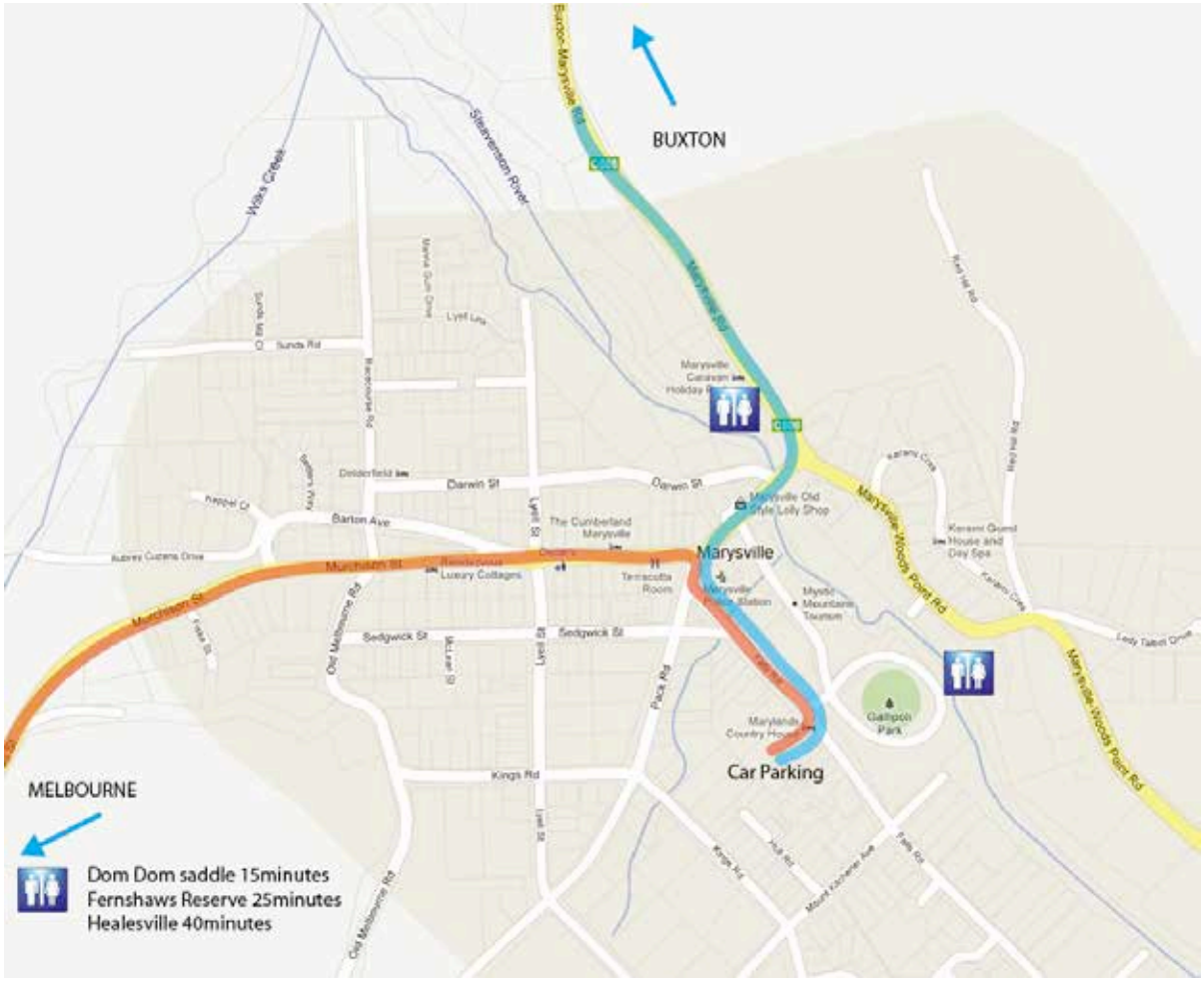
FUTURE ACCESS FOR EVENT

The ability to hold this event depends totally on how we as a running community conduct ourselves during the course of the weekend.

It is very important that we all do the right things on the roads and trails, Including, no litter, respecting the general public who may be out walking, following directions of course marshals and authorities. The event is to support the community and we hope it continues, we need your help to ensure it can.

GETTING TO THE EVENT IF YOUR NOT STAYING IN TOWN

ALL OF THE ABOVE ROUTES AVERAGE ABOUT 100 MINUTES DRIVE TIME IN GOOD TRAFFIC CONDITIONS
BE SURE TO LEAVE ENOUGH TIME TO GET THERE WITH THE EXTRA TRAFFIC AND DRIVE CAREFULLY PLEASE

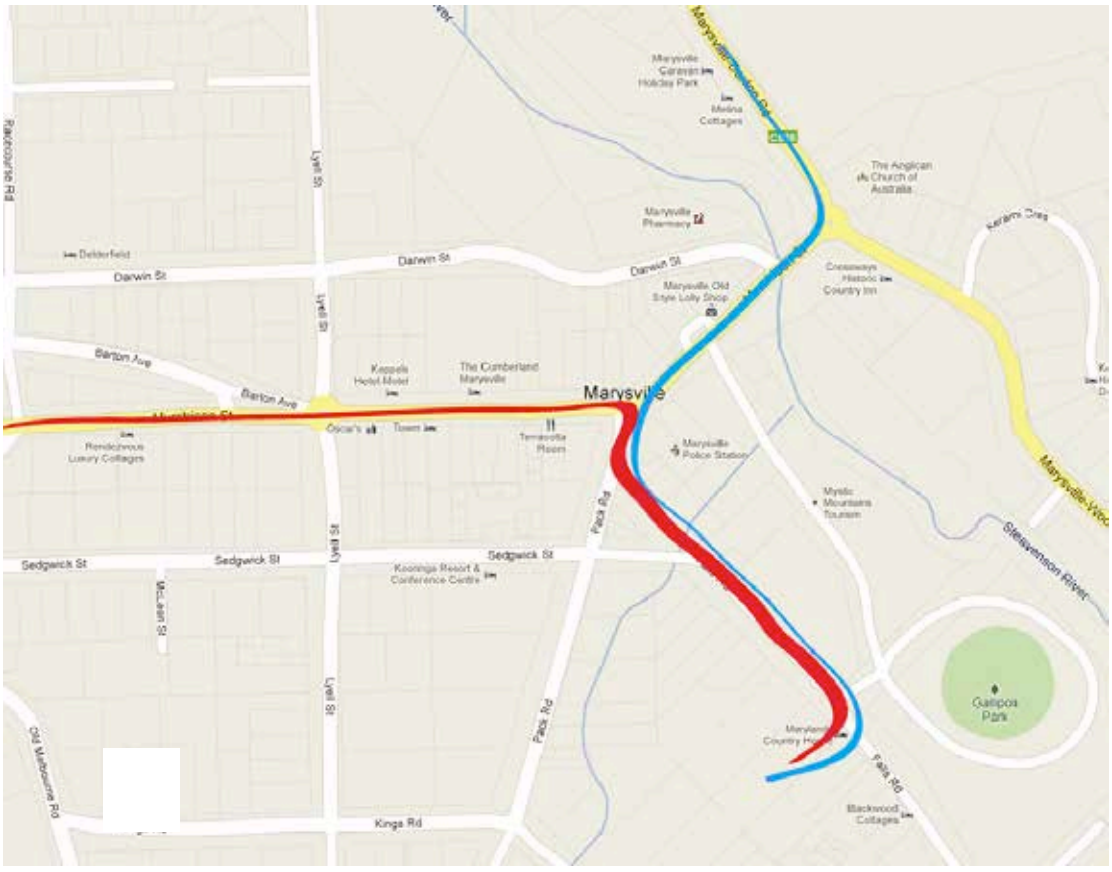


VERY IMPORTANT

Please take care on the roads getting to the event and heading home after the event. Access to Marysville for the majority of you will be via the Black Spur. This section of roads is extremely spectacular but it can be dangerous so please drive slowly and take care, there are no overtaking opportunities so relax and enjoy the trip

PARKING

On your arrival into Marysville you will be directed by signs and SES marshal's as you get closer to the parking locations. Please follow the signs and marshal's instructions and do not park in the main street blocking access to the businesses. There is ample parking and you will not be blocked in. If you have a low clearance car the marshals will place you in a suitable position. **The SES have generously donated their time to help us with the event Parking. It would be great if you had a gold coin in the console if you could make a small donation when being parked**



Event Schedule

Saturday, 8th November 2014

1:00pm – 4:00pm	Race Pack Collection at Community centre on Gallipoli Park, depending on weather and cricket match, we maybe inside on the indoor basket ball courts or setup with Marquees outside, we will be easy to find.
10:00am onward	Full steam ahead setting up start finish area, all hands on deck very welcome, followed by a BBQ for helpers with setup of the course and finish line area
6:00pm – 8:30pm	Pre event dinner at El Kanah

Sunday, 9th November 2014

6:15am - 6:40am	**Ultra Marathon** Registration **ONLY** and race bag collection
6:40am	Pre Race briefing
7:00am	Race Start Ultra Marathon Event
7:00am - 7:40am	**Marathon** Registration **ONLY** and race bag collection
7:40am	Pre Race briefing
8:00am	Race Start Marathon Event
7:45am - 8:40am	**½ Marathon** Registration **ONLY** and race bag collection
8:50am	½ Marathon Pre Race briefing
9:00am	Race Start ½ Marathon Event
8:45am - 9:40am	**10km** Registration **ONLY** and race bag collection
9:50am	Pre Race briefing
10:00am	Race Start 10km Event
9:30am – 10.40am	**4km** Registration **ONLY** and race bag collection
10:50am	Pre Race briefing
11:00am	Race Start 4km Event
12:00pm – 1:00pm	Approximate time, pending results Official Event Presentations music Opened by Hot Pans and Country Singer Leanne Patrick
12:00pm – 12:50pm	Presentation of Trophies and Prizes
13:00pm – 14:00pm	More Fantastic Music from Hot Pans,
10:00am – 3:00pm	Kids activities includes: TBC • Colouring competition • Face Painting • Animal Farm
3:00pm	RACV Marysville Marathon Festival Closed. **We look forward to seeing you all at the 7th** **Marysville Marathon Festival in 2015 even better, can you imagine ☺**

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PRESENTATION PROCESS

Sunday 9th November 2014 (Approximate Times)

12:00pm Welcome message and acknowledgements from Race Patron Dr Lachlan Fraser

½ Marathon Event
Awarding trophies to 1st 2nd & 3rd Place
Male and Female

10 Km Event
Awarding trophies to 1st 2nd & 3rd Place
Male and Female

Marathon Event
Awarding trophies to 1st 2nd & 3rd Place
Male and Female

50km Ultra Marathon Event
Awarding trophies to 1st 2nd & 3rd Place
Male and Female

4km Event
Awarding trophies to 1st 2nd & 3rd Place
Male and Female

Random Prize Draws

Prizes include
Greenlands Guest House 2 Nights Accom
Garmin GPS Watches
Geigerrig hydration packs
Led Lenser head torches
CW-X Conditioning Wear
Footpro Vocuhers
Drymax Socks
Andrew Peace Wines
Lake Mountain Package
Marysville Golf

REGISTRATION PROCEDURE

To try to keep a steady flow of registrations we ask that you don't register for your event until the scheduled time to ensure those in the events that start before you can make the start line on time.
The registration process will be sorted into three groups based on surname A-F, G-O, & P-Z.
Once you register, you will be given a race number and race pack and if you ordered a shirt you will be given a slip to take to the merchandise area to collect your shirt.

GEAR BAGS

You can leave your personal belongings under the Marquee or in the Hall provided, but please ensure there are no valuables, we do not except responsibility for lost or stolen items so please leave locked safely in your car. If you are just dropping a jacket or small items there is plenty of space in the hall and an area will be set aside.

RUNNERS PERSONAL FOOD DROPS

We will provide limited food / drink drops to the Marathon and Ultra Marathon tables, located at approximately these distances for Marathon 9-15-22-29-33km
And for the Ultra at 9-15-22-27-35-40km, these represent A2, A4, A5 & A7 stations
Please ensure you place your items in the boxes provided well before the race starts as the boxes will leave with the aid station crews. Any left over items in drop boxes must be collected before leaving as no items will be returned or stored for you.

LOST / LEFT PROPERTY

Items of clothing or other equipment left behind will be held for a period of two weeks, if not claimed the items will be disposed of as appropriate. To receive your items you must make arrangements to collect, this can be by coming to the location they are stored or sending a pre paid post bag for us to return them to you.

TOILETS

Toilets will be available at the start finish area. These consist of the brick toilet block and a semi trailer toilet. There are also several toilet options on your way to Marysville, in the centre of Healesville at the main set of lights there is a new public toilet block on your left, on your way over the mountain you can access some at Fernshaws reserve and then on the top of the mountain at Dom Dom Saddle Picnic ground. In Marysville there is a toilet block beside the river near the caravan park and the bakery also has a toilet. The information centre has a toilet also The new toilet block is open at Steavenson Falls, there are no other remote toilets on the course.

EVENT TIMING

This year we are using the trailsplus jaguar timing system. You will have an electronic chip inserted in the back of your race bib. (**PLEASE DON'T BEND OR DAMAGE IT**) a number of iPads with a race timing application will be used as backup and we will have a video recording the finish line. You **MUST** wear your race number on the front of you and must be visible as you approach and cross the finish line. If your number is not visible you risk having your finish time missed. No timing system is infallible; we will post results as soon as possible after the event and may even upload some during the event. If your time is missed please email us and we will be able to check the back up systems to ensure your time is recorded as a finisher, please provide us an approximate time to help us search for you. Please avoid stopping your watch as you approach the finish, do it just after as your hands in front of the bib can affect the read range, and it messes up a good finishing photo.

Notes on the Start finish area

Do not approach timing officials after the event to receive your time; results will be posted on the website ASAP after the event, time permitting we will have print outs to see on the information board also. A computer screen may also be made available to view on site.

RACE BIBS

All runners will receive a race bib as per below, it must b pinned to your front and be visible at all times; failure to have it visible may result in your time not being recorded.

Attached to the back of your bib is a timing chip that will be collected at the end of the race.

Yellow 4km Blue 10km Green 21km Red 42km Purple 50km

NUMBER RANGES MAY VARY BUT COLOURS THE SAME

PLEASE ENSURE YOU HAVE YOUR TIMING CHIP COLLECTED AT THE END OF THE RACE

UNACCOUTNED TIMING CHIPS MAY INCUR A FEE IF NOT RETURNED.

WE WILL HAVE PEOPLE AT THE FINISH LINE TO COLLECT THE TIMING CHIPS

COURSE MARKERS

All courses have colour coded markers and Marshalls in several locations, see sample signage

Please note that each event will also have KM markers placed on the course; these are there to help you get a feel for where you are and are colour coded to your race bib colour.
They are approximate only and there position will often depend on the ability to attach them to something, we know they will not all align with those of you who wear a Garmin GPS or similar, they will be close but are there for reference only. They may not be there as we have had people remove them in the past, so don't rely on them, they are just an additional aid.

Other signs and course marking Ribbons may appear on the course to direct you through a trail intersection that may offer options, please follow the arrows and ribbons, if a sign with a red "X" on it is placed on the course, it means don't go this way.

Some sections maybe marked with pink and yellow ribbon to guide you along the trail also

RESPECT OTHER PARK USERS

Do not startle other park users by charging up behind them, let them know you are coming and would like to pass, slow down when passing and when approaching from the opposite.

EMERGENCY CONTACT NUMBERS

Race Director Brett Saxon – 0418557052

Police, Ambulance, Fire 000. 112 from Mobile

ENVIRONMENT

Do Not Leave any sign of rubbish behind, it is very important that we don't drop rubbish or let rubbish get away from us at the aid stations. In particular our Gel packets please don't drop them on the trail carry them with you to an aid station and drop in the bin provided. It may be windy, please try to keep aid station areas free from rubbish by using the bins, if you do find a gel pack or rubbish on the trail that may have accidently been dropped by a participant, please collect it and dispose of at the next aid station.

CUT OFF TIMES

Cut off times will be applied on return to the oval for the half marathon, full marathon and ultra marathon. In the interest of runners safety and course marshals we have decided that the following time limits apply for these events. Early starts can be requested, you will need to provide your own finish time for the records though.

½ Marathon Start	09:00	Cut off at 11km = 12:00pm
Marathon Start	08:00	Cut Off at 25km = 12:00pm
Ultra Start	07:00	Cut Off at 35km = 1:00pm

These are very achievable times and only runners have difficulty on the day likely to be cut.

SAFETY

It is requirement of entry to the event that you assist any runner in need of help, if you come across an injured or distressed runner please offer assistance or get assistance for them. Runner's health and Safety is a number one priority.

iPODS

As runners will be travelling along roads that are still open to traffic iPods **MUST** not be worn, also experience tells us that runners who go the wrong way do so because they have not heard instructions from course marshals. Please no iPods, enjoy the fantastic sounds the forest produces naturally or chat to a fellow runner.

CHECK POINTS / AID STATIONS

There will be several manned aid stations on the course, we are providing a gourmet selection of items for you at some of the locations, **PLEASE** consider healthy handling of food, just select the item you want and not dive you hand into the bowl of jelly beans, snakes etc there's plenty of water, Hammer Heed Electrolyte and Gels at selected aid stations.

FINISHERS MEDALS & TROPHIES & PRIZES

All participants that complete the full and correct course will receive a finisher's medal.

Late entrants and on day entrant may receive theirs after the event if supply runs out

The top three place getters in each event will also receive hand crafted trophies.

We also have some fantastic Prizes and Random Prizes from our sponsors

COMPETITON DRAWS

The RACV and Freedom Sports Medicine will have two amazing prize draws to give away. You need to be present at the presentation to win the prize so be sure to hang around for this opportunity and much more, Approximate time of Draw 1:00pm

REAR OF THIS YEARS CUSTOM MEDAL

FRONT OF THIS YEARS CUSTOM MEDAL

RUNNERS BLUE SHIRTS AND VOLUNTEERS RED SHIRTS FOR 2014 EVENT

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PHOTOGRAPHY

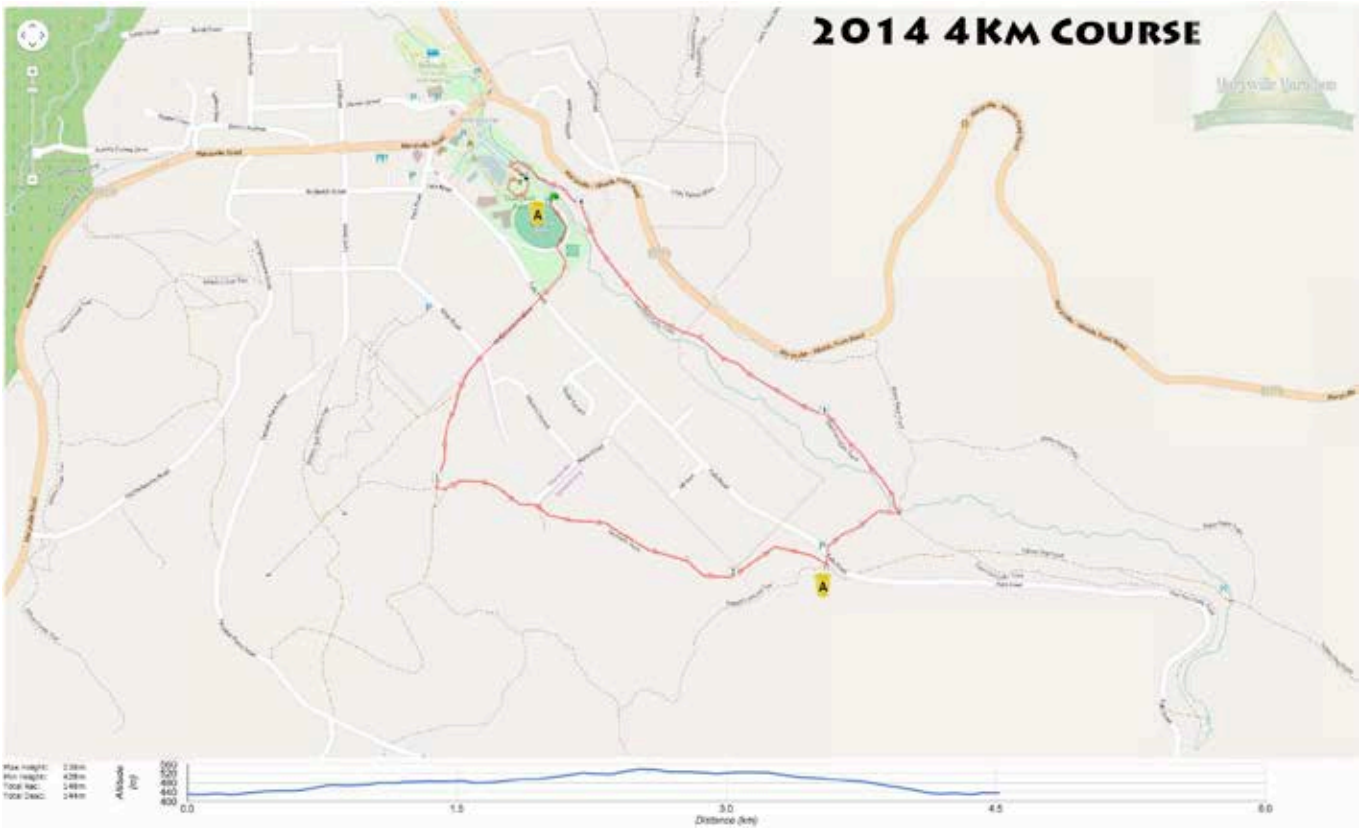
We are very lucky to have some passionate photographers who have taken up the cameras for this weekend in place of their runner shoes. They can be spotted around the trail at various locations, give them a smile and a wave. The finish line Gantry will have video Cameras mounted on it snapping you every second as you approach, look up at the clocks as you approach to ensure we get a great shot of you at the finish line. Photos will be available at some stage after the event when all sorted.

A huge thank you to all our budding photographers, we will also be at the finish line attempting to catch every one of you as you cross the finish line.

COURSE AND AREA MAPS

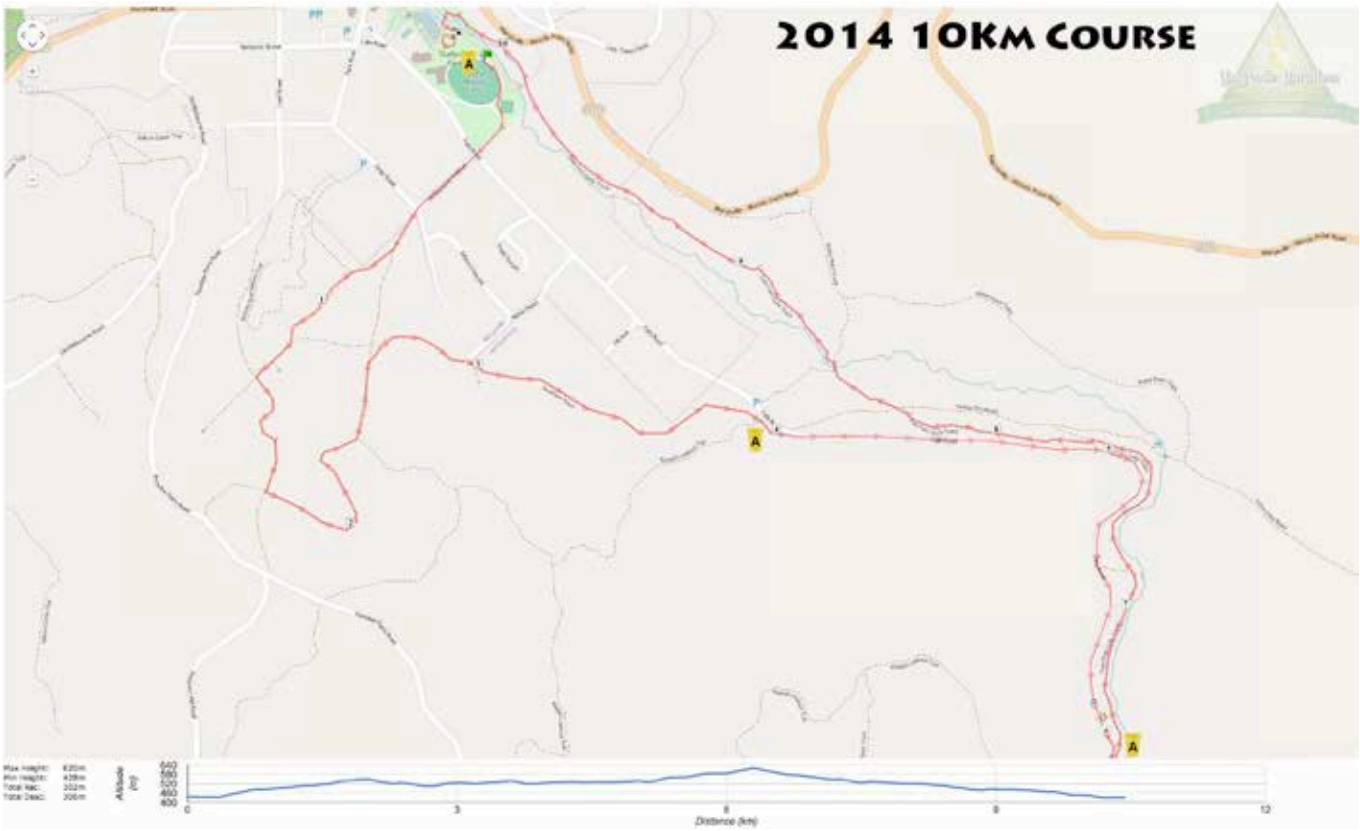
Following are a set of maps that will help you navigate your way to Marysville, around the town and on the course, please ensure you following the directions of the parking officers and obey all road laws, please only park where directed and do not park in main street car parks that will effect the operation of the local businesses.

4Km Course Details



The 4km walk run course starts on Gallipoli Park Oval near the BBQ Shelter.
You will follow the dirt road between the tennis courts and the horse paddock up to Falls Rd.
Continue straight ahead up Mt Kitchener Road (this is different to previous years). You will enter the dirt trail into the forest and continue to the southern firebreak where you turn left. This is a rolling section and briefly touches the corner of Kings and Martin rd before veering right onto the dirt trail, continue along this trail until you intersect with Falls road. There will be an aid station located here. Be sure to stay on the narrow track and cross the road and head down a single track to the bridge on Tree Fern Gully track.
You will cross the bridge to the other side of Steavenson River and follow the track back toward Gallipoli Park.
Continue on past the first bridge to the second bridge, turn left over the bridge then left toward to the BBQ Shelter,
you will be guided to the right where you complete a clockwise 3/4 lap to the finish line.

10Km Course Details



10Km Course Description

The 10km walk run course starts on Gallipoli Park Oval near the BBQ Shelter.
You will follow the dirt road between the tennis courts and the horse paddock up to Falls Rd.
Continue straight ahead up Mt Kitchener Road (this is different to previous years). You will enter the dirt trail into the forest and take the first trail to your right. Continue along this trail observing the signs, there are several trails in here and the correct ones will be marked. The initial part is uphill, once you loop around and start to come down, you will go through a gully and at the top of the gully veer left and down. Then you will turn right on to the southern firebreak. This is a rolling section and briefly touches the corner of Kings and Martin rd before veering right onto the dirt trail, continue along this trail until you intersect with Falls road. There will be an aid station located here.
You will leave the aid station and turn right onto Falls road and continue for approximately 2km, all the way to Steavenson Falls on the bitumen rd.
Go through the car park past an aid station to the base of the falls. (Don't forget to admire the beauty of them).
Turn around and head back toward the car park only this time you veer right off the trail (at the aid station you passed) down on to the walking trail beside the river. Follow tree fern gully track all the way to Yellow Dog road. Continue straight ahead on to tree fern gully track (this is different to previous years) you will cross the bridge to the other side of Steavenson River and follow the track back toward Gallipoli Park.
Continue on past the oval to the second bridge, turn left over the bridge then left toward to the oval, you will be guided to an entry on the football oval where you will complete an anticlockwise 3/4 lap to the finish line.

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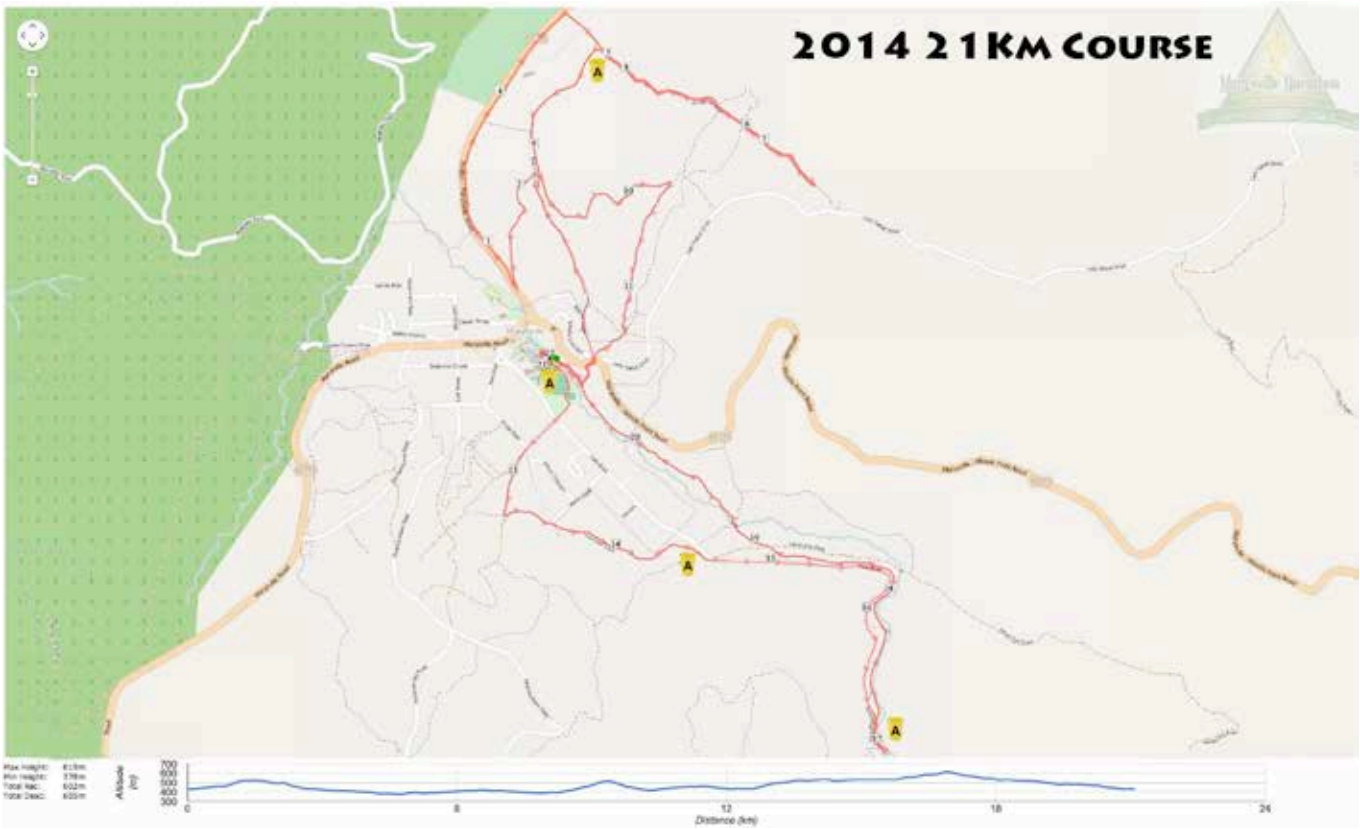
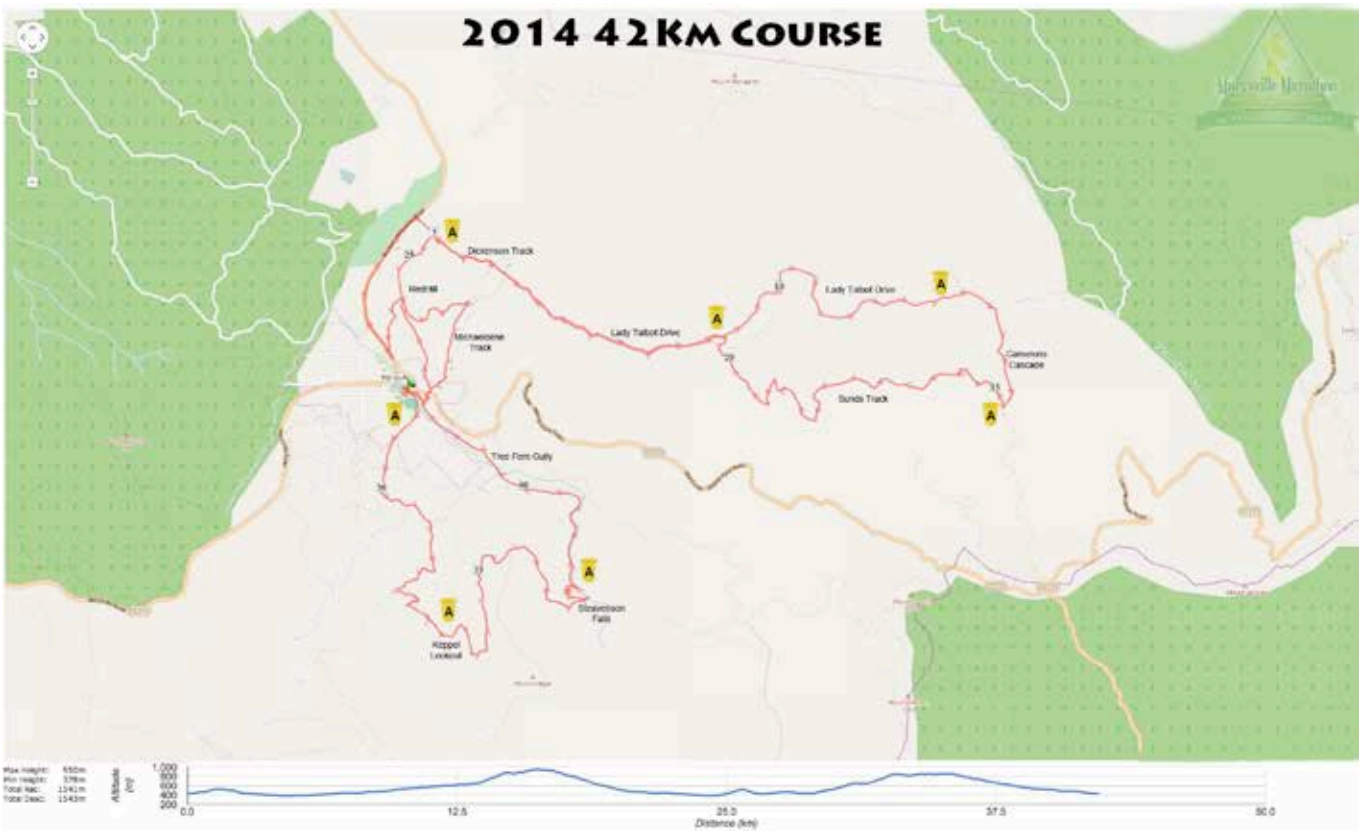
Half Marathon Course Details



Half Marathon Course Description

The RACV 1/2 marathon course starts beside the finish line gantry at Gallipoli Park, it will head down stream alongside the Steavenson River, then you will do a hook turn over the first bridge and follow the river trail back up stream for a few hundred metres. At the junction you make a left turn up a short but steep hill, at the top of the climb you turn right and marshal's will direct you across a road junction on to Redhill Road. You will follow this road for 300M, and then turn right at an angle up Red hill track, it is a steep climb but not overly difficult. You continue to the top and as you start to descend you take the left hand trail (this is different to last year) you continue down the trail until you meet the bike path next to Buxton Rd, turn right and follow the bike trail beside the main road all the way to Dickenson track. Turn right onto Dickenson track until you get to the first aid station at approx. 5km. Continue straight along Dickinsons track and remain on it until you see the half marathon turn around sign. (You do not go all the way to Lady Talbot Drive (this is different to last year). Now turn around continue back to Dickinsons track aid station and turn left up Red Hill track approx. 8km climb up Red Hill track, its steep going. Once near the top you will make a left turn onto the trail and decend, at the bottom make a hard right and continue along the trail until you return to the main traffic managed road crossing, Here you will follow the direction of the Marshalls to safely cross the road and head back down the track to the oval, again turning right along the river and then left over the bridge you first crossed at the start. You Turn left off the bridge and head toward the BBQ shelter where you will find an aid station. Continue along the path past the toilet block then turn right and follow the dirt road out of Gallipoli Park to Falls Road.
Continue straight ahead up Mt Kitchener Road (this is different to previous years). You will enter the dirt trail into the forest and continue to the southern firebreak where you turn left. This is a rolling section and briefly touches the corner of Kings and Martin rd before veering right onto the dirt trail, continue along this trail until you intersect with Falls road. There will be an aid station located here. You will leave the aid station and turn right onto Falls road and continue for approximately 2km, all the way to Steavenson Falls on the bitumen Rd. Go through the car park past an aid station to the base of the falls. (Don't forget to admire the beauty of them). Turn around and head back toward the car park only this time you veer right off the trail (at the aid station you passed) down on to the walking trail beside the river. Follow tree fern gully track all the way to Yellow Dog road. Continue straight ahead on to tree fern gully track (this is different to previous years) you will cross the bridge to the other side of Steavenson River and follow the track back toward Gallipoli Park.
Continue on past the oval to the second bridge, turn left over the bridge then left toward to the oval, you will be guided to an entry on the football oval where you will complete an anticlockwise 3/4 lap to the finish line.

Neil McKern Marathon Course Details



Neil McKern Marathon Course Description

The Neil McKern Marathon course starts beside the finish line gantry at Gallipoli Park, it will head down stream alongside the Steavenson River, then you will do a hook turn over the first bridge and follow the river trail back up stream for a few hundred metres. At the junction you make a left turn up a short but steep hill, at the top of the climb you turn right and marshals will direct you across a road junction on to Redhill Road. You will follow this road for 300M, and then turn right at an angle up Red hill track, it is a steep climb but not overly difficult. You continue to the top and as you start to descend you take the left hand trail (this is different to last year) you continue down the trail until you meet the bike path next to Buxton Rd, turn right and follow the bike trail beside the main road all the way to Dickenson track. Turn right onto Dickenson track until you get to the first aid station at approx. 5km. Continue straight along Dickinsons track and remain on it passing the ½ Marathon turn sign an on until you intersect with Lady Talbot Drive at approx 7km mark. Turn left at Lady Talbot Drive and continue along passing the 9km aid station at Sunds road and the 13km aid station at the closed gate. Continue through the gate for 500M and turn right up the Camerons Cascade track, it's a steep climb, go at a pace you are comfortable with and aid station awaits you at the top. At the aid station turn right and descend carefully down Sunds track for 6km until you meet back at Lady Talbot drive where you will find the earlier aid station you passed. Turn left on to Lady Talbot and head back to Dickensons track, veer right on to the track and head straight back to Dickinsons track aid station and turn left up Red Hill track approx. 25km climb up Red Hill track, its steep going. Once near the top you will make a left turn onto the trail and descend, at the bottom make a hard right and continue along the trail until you return to the main traffic managed road crossing, Here you will follow the direction of the Marshalls to safely cross the road and head back down the track to the oval, again turning right along the river and then left over the bridge you first crossed at the start. You Turn left off the bridge and head toward the BBQ shelter where you will find an aid station. Continue along the path past the toilet block then turn right and follow the dirt road out of Gallipoli Park to Falls Road.

Continue straight ahead up Mt Kitchener Road (this is different to previous years). You enter the dirt trail and follow the signs directing the Marathon event, be careful as some other events take different turns. As a tip you are climbing to the Keppel Lookout so for the most part you will be heading with one short downhill stretch. At Keppel Lookout, there is an aid station waiting with all your needs and some special treats, be sure to take a moment and enjoy the view back down to the oval and across to the Cathedral Ranges. Leave the aid station and turn left and head on a magic journey mostly downward to Steavensons falls, you will cross several small fresh water streams. You MUST go to the steel platform at the top of the falls, it's a short 50M diversion, so turn right at the T intersection, go to the platform, then return and continue down the to the bottom of the falls. Takecare, as this is one place you may meet the general public coming up. When you get to the bottom turn right and go to the steel platform and then head back along the trail to the aid station. Veer right off the trail and down on to the walking trail beside the river. Follow tree fern gully track all the way to Yellow Dog road. Continue straight ahead on to tree fern gully track (this is different to previous years) you will cross the bridge to the other side of Steavenson River and follow the track back toward Gallipoli Park.

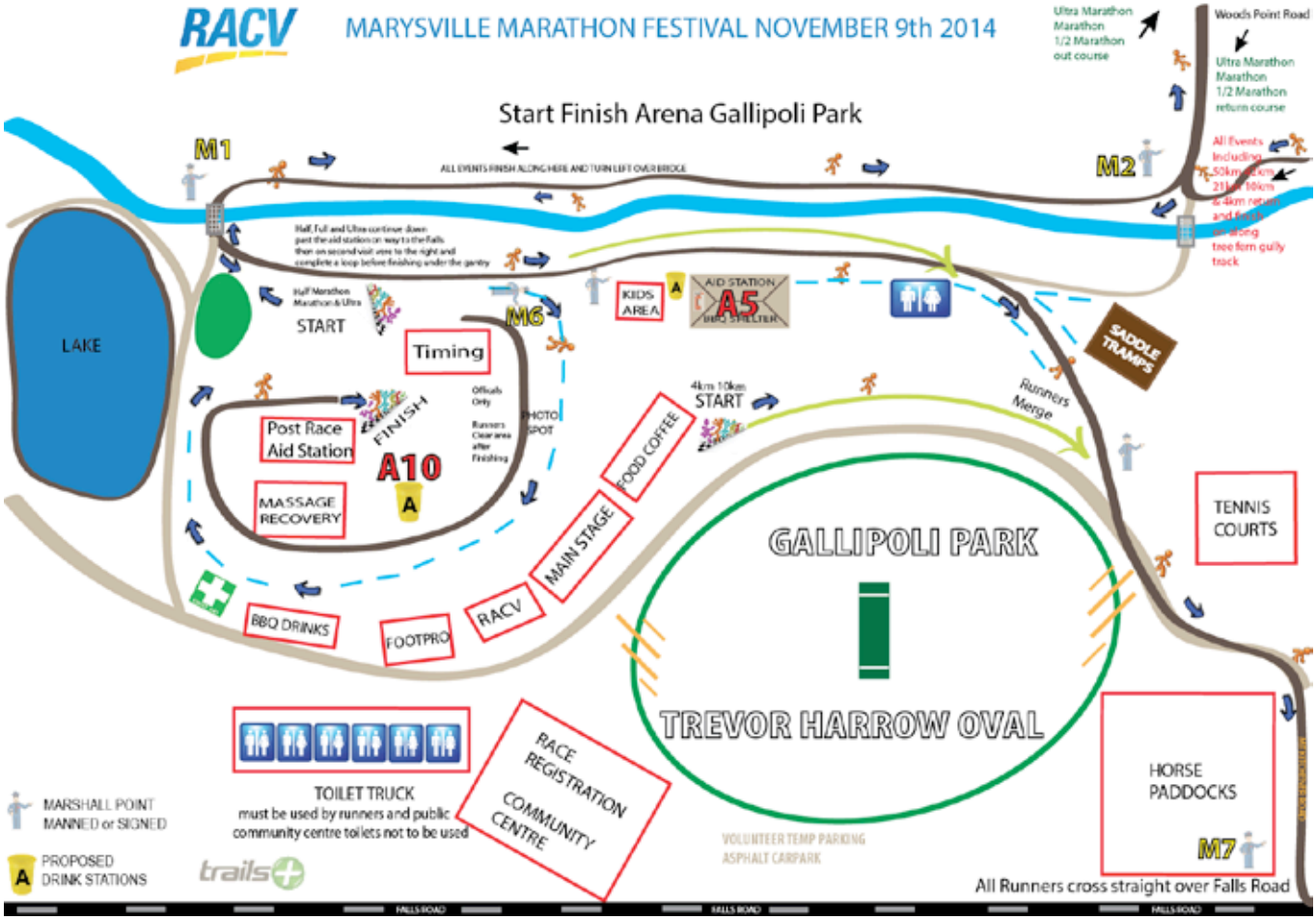
Continue on past the oval to the second bridge, turn left over the bridge then left toward to the oval, you will be guided to an entry on the football oval where you will complete an anticlockwise 3/4 lap to the finish line.

Ultra Marathon Course Details

Ultra Marathon 50km Course Details

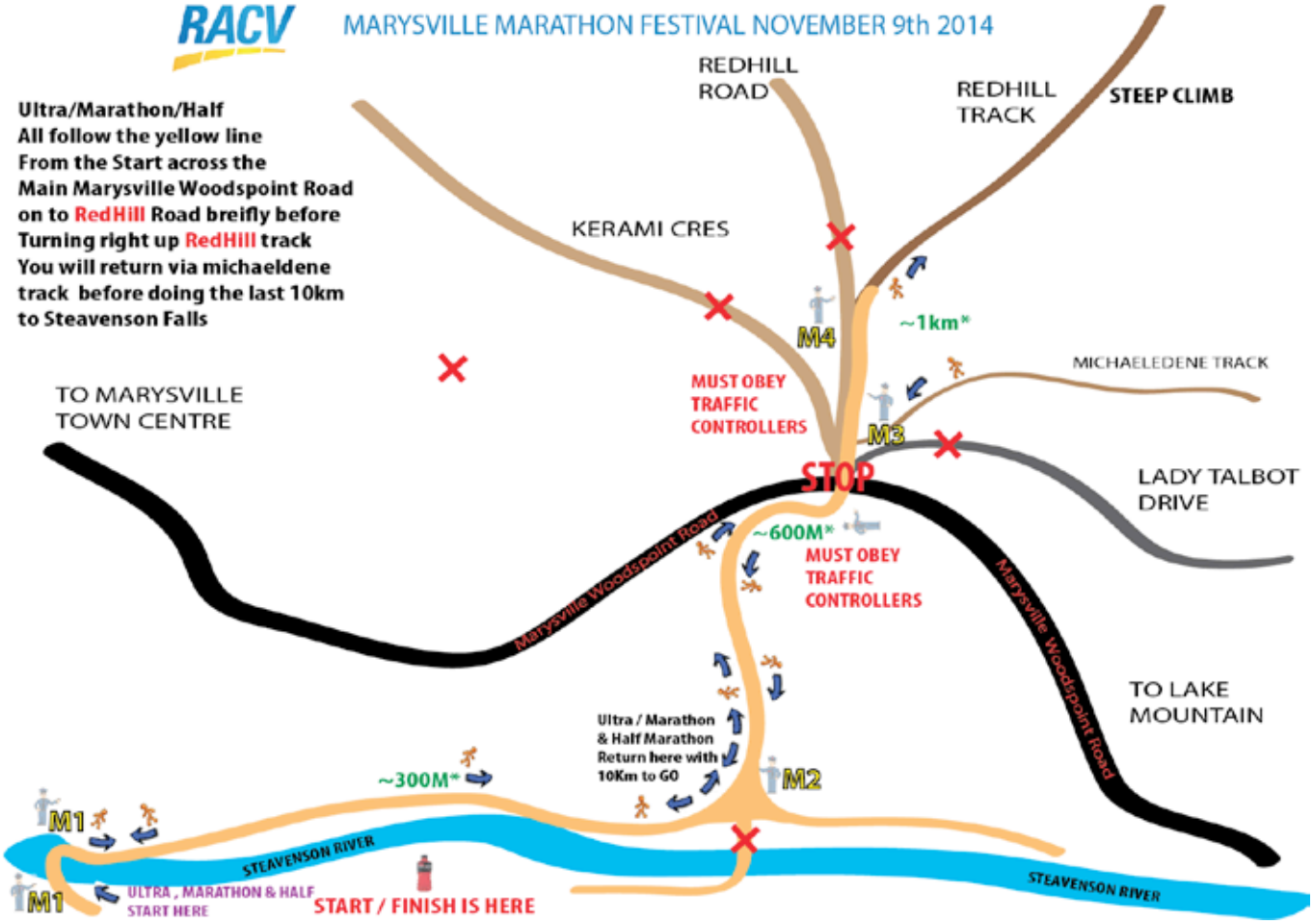
The Ultra Marathon course starts beside the finish line gantry at Gallipoli Park, it will head down stream alongside the Steavenson River, then you will do a hook turn over the first bridge and follow the river trail back up stream for a few hundred metres. At the junction you make a left turn up a short but steep hill, at the top of the climb you turn right and marshals will direct you across a road junction on to Redhill Road. You will follow this road for 300M, and then turn right at an angle up Red hill track, it is a steep climb but not overly difficult. You continue to the top and as you start to descend you take the left hand trail (this is different to last year) you continue down the trail until you meet the bike path next to Buxton Rd, turn right and follow the bike trail beside the main road all the way to Dickenson track. Turn right onto Dickenson track until you get to the first aid station at approx. 5km. Continue straight along Dickinsons track and remain on it passing the ½ Marathon turn sign an on until you intersect with Lady Talbot Drive at approx 7km mark. Turn left at Lady Talbot Drive and continue along passing the 9km aid station at Sunds road and the 13km aid station at the closed gate. Continue through the gate for 500M and turn right up the Camerons Cascade track, it's a steep climb, go at a pace you are comfortable with and aid station awaits you at the top. At the aid station turn left and continue for approx. 2.5km to the junction of TICKET TRACK, turn left into ticket track and continue for approx. 1Km, turn around and retrace you steps back to the aid station. When back at the aid station veer left and descend carefully down Sunds track for 6km until you meet back at Lady Talbot drive where you will find the earlier aid station you passed.
Turn left on to Lady Talbot and head back to Dickensons track, veer right on to the track and head straight back to Dickinsons track aid station and turn left up Red Hill track approx. 31km, climb up Red Hill track, its steep going. Once near the top you will make a left turn onto the trail and descend, at the bottom make a hard right and continue along the trail until you return to the main traffic managed road crossing, Here you will follow the direction of the Marshalls to safely cross the road and head back down the track to the oval, again turning right along the river and then left over the bridge you first crossed at the start. You Turn left off the bridge and head toward the BBQ shelter where you will find an aid station. Continue along the path past the toilet block then turn right and follow the dirt road out of Gallipoli Park to Falls Road.
Continue straight ahead up Mt Kitchener Road (this is different to previous years). You enter the dirt trail take the first right fork and follow the signs directing the ultra event, be careful as some other events take different turns. There are some challenging climbs in this section but the rewards are plenty. At Keppel Lookout, there is an aid station waiting with all your needs and some special treats, be sure to take a moment and enjoy the view back down to the oval and across to the Cathedral Ranges. Leave the aid station and turn left and head on a magic journey mostly downward to Steavensons falls, you will cross several small fresh water streams. You MUST go to the steel platform at the top of the falls, it's a short 50M diversion, so turn right at the T intersection, go to the platform, then return and continue down the to the bottom of the falls. Takecare, as this is one place you may meet the general public coming up. When you get to the bottom turn right and go to the steel platform and then head back along the trail to the aid station. Veer right off the trail and down on to the walking trail beside the river. Follow tree fern gully track all the way to Yellow Dog road. Continue straight ahead on to tree fern gully track (this is different to previous years) you will cross the bridge to the other side of Steavenson River and follow the track back toward Gallipoli Park.
Continue on past the oval to the second bridge, turn left over the bridge then left toward to the oval, you will be guided to an entry on the football oval where you will complete an anticlockwise 3/4 lap to the finish line.

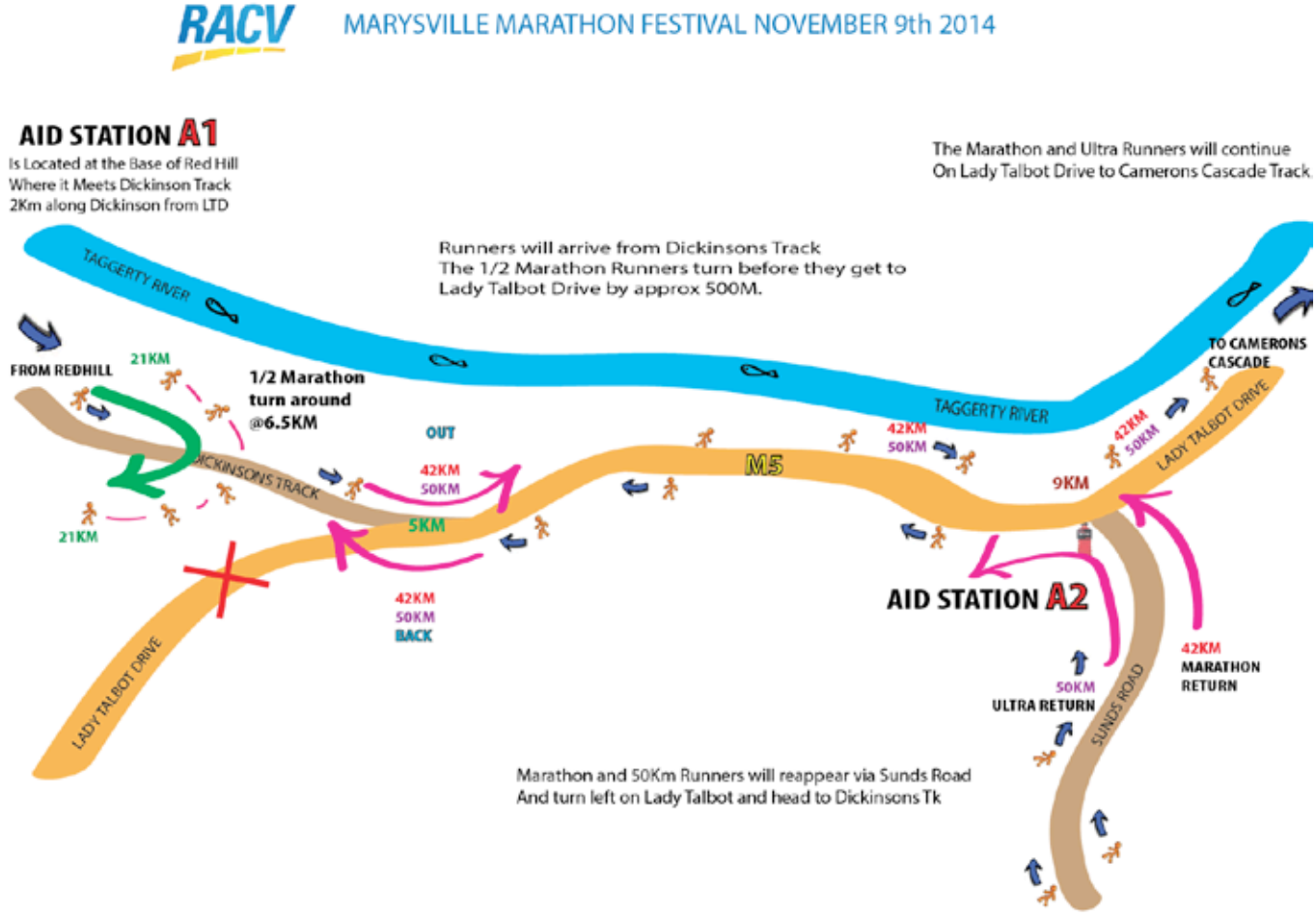
Gallipoli Park Setup



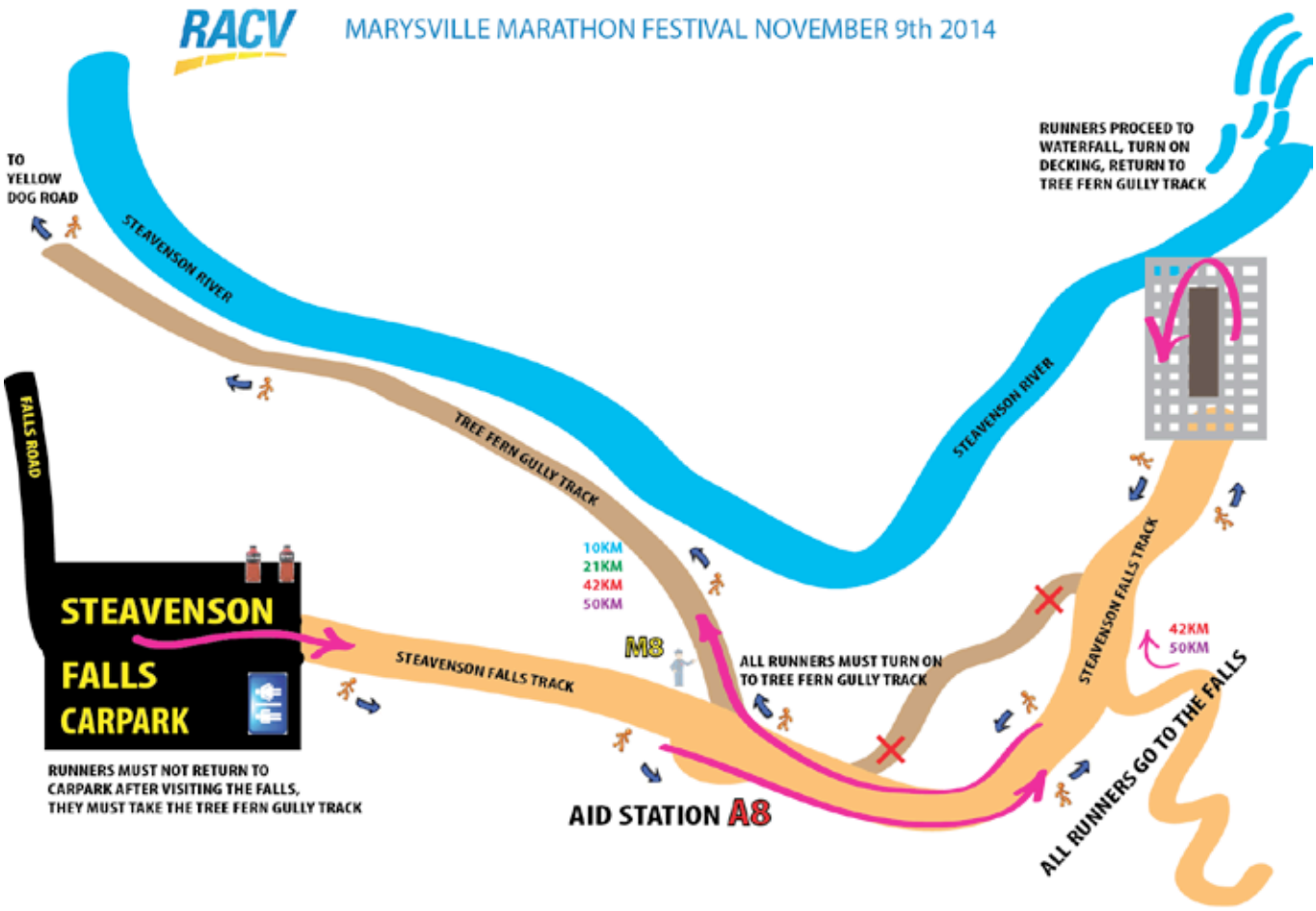
Above are the approximate directions runners will pass through Gallipoli, though the weather may bring a change to the directions runners take.

DETAILED INTERSECTIONS

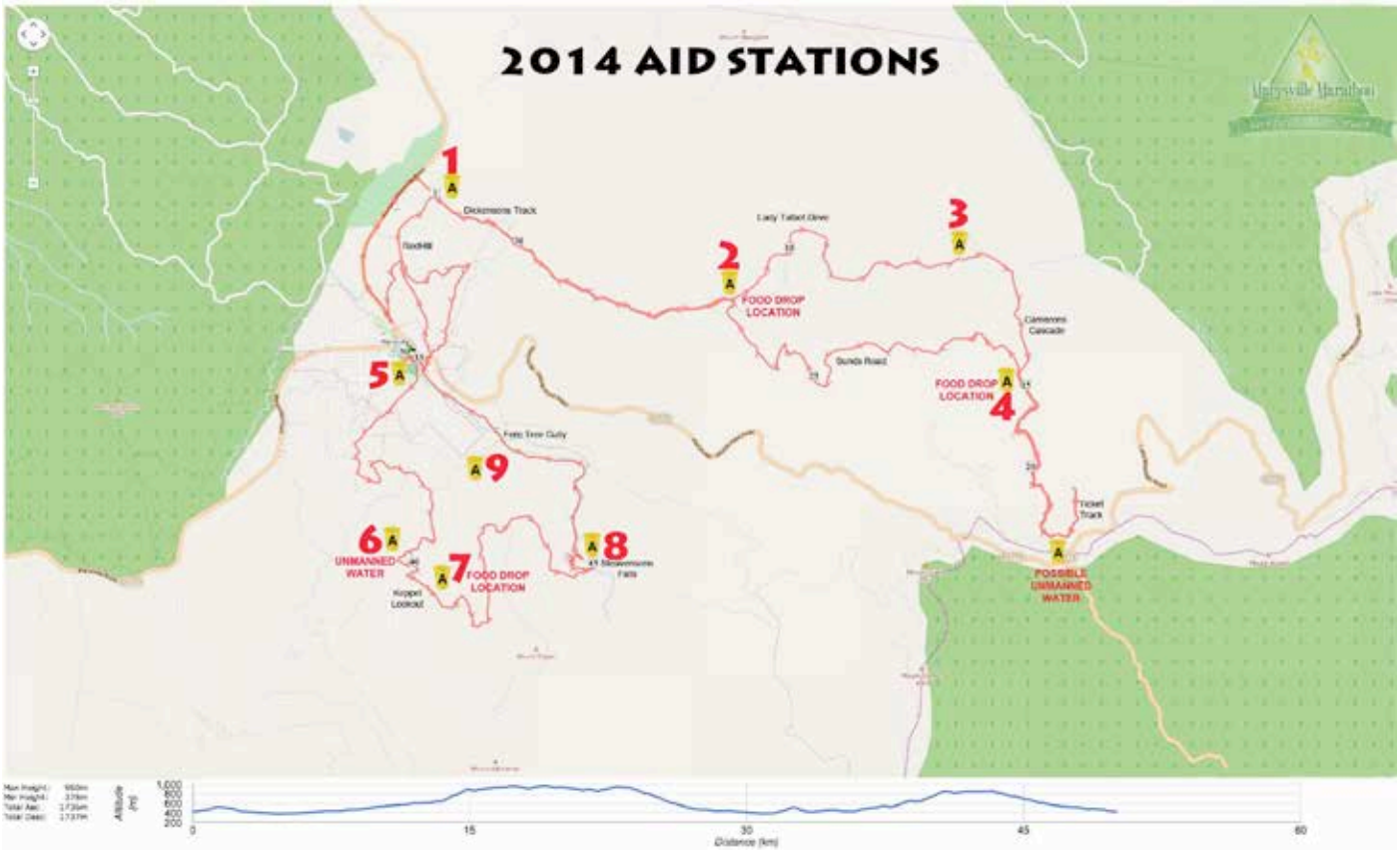




trails+



Aid Station Locations



WAIVER DISCLAIMER

As a participant of this event you acknowledge and understand the risks involved.

You agree to take part in the event in the full knowledge that you may injure yourself.

You waive all claims against the event organisers and all third parties associated with the event.

PARTICIPANT AGREEMENT

1. I acknowledge that long distance running and trail running involves the real risk of serious injury or even death from various causes including overexertion, dehydration, accidents with other competitors, spectators or other road/trail users, course or weather conditions and other causes.

2. I understand that I should not compete in this event unless I have trained appropriately and, should I become sick or injured prior to the event, then I shall withdraw from the event.

3. By competing, I accept all risks necessarily flowing from my participation that could result in loss of life or permanent injury. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the event from all claims, demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for all injury, loss or damage arising out of or connected with my participation in this event. This release shall extend to and include Australian Ultra Runners Association Inc. (AURA) and its respective directors, partners, managers, officers, agents, contractors, employees and volunteers including medical and paramedical personnel appointed for the event, the owners, licensees and occupiers of land upon which the event or any part of it is conducted, any statutory body or local authority having control over any land upon which the event or any part of it is conducted or which is involved directly or indirectly with the event in any manner whatsoever and promoters, sponsors and event organisers. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns.

4. I consent to receiving any medical treatment including ambulance transportation that the event organisers consider appropriate during or after the event and take all responsibility therefore.

5. I consent to the organiser and AURA using my name, image and likeness before, during or after the event for event promotional broadcasting or reporting purposes in any media. I also consent to having my name placed in the AURA database for the receipt of newsletters and other promotional material relating to the sport of ultrarunning.

6. I understand that safety precautions undertaken by organiser/s (such as course supervision, gear checks and race safety briefings) are a service to me and other competitors but are not a guarantee of safety.

7. I am fully responsible for the security of my personal possessions at the event.

8. My registration as a competitor is not transferable to any other person. If I am unable to compete, or if the event is cancelled by way of circumstances outside the control of the race organiser/s, my registration fee may be non refundable.

9. I have informed or will inform the race organiser/s of any medical or physical conditions from which I suffer that might be relevant in affecting my performance or might be relevant if medical treatment is required.

10. I agree to abide by the race rules and directions issued by the event organiser/s.

11. The event organisers may change the race format, course or other race conditions at their discretion. Should such change occur then this agreement applies to the changed conditions.

12. It is acknowledged that the event is staged as a sanctioned event under the Australian Ultra Runners Association Inc (AURA) and that it is being conducted by the Race Director (RD) in his/her capacity as a member of AURA.

I agree to the above terms and conditions, by entering the event you have effectively signed this form

THANK YOU

I would like to thank all of the **Runners/Walkers** who have entered the event, by being a part of the Marysville Marathon Festival you are helping support the Marysville Community.

RACV are our naming rights sponsor have been fantastic supporters of the event for five years, a huge thank you to the team at the RACV for all the pre event and on day support provided.

Dr. Lachlan Fraser, with out his passion, vision and dedication to the community this event would never have been created. A huge thank you to Lachlan for bringing his love of running to the Marysville and Surrounding communities and creating a fantastic and supportive community event.

Parks Victoria Yarra Ranges National Park supporting and encouraging "A Healthy Life"- "healthy parks, healthy people" and permitting use of the areas under their management

Department of Environment and Primary Industries for also providing access and assisting with making the event happen and the guidance for course alternatives

Lions Marysville & District for the fantastic support of the event in many ways including equipment supply, marquee setup volunteers and food and drink services

Footpro / 3Zero fantastic vouchers and support of event

Garmin Australia for Fantastic FR220 GPS running watches as prizes

Runners Kitchen for fantastic natural energy food and recovery aid station area, where you will enjoy a very soothing massage and some great nutritional advice.

Freedom Sports Medicine a massive thank you to Ross Kinsella and the team at Freedom Sports Medicine for providing post race recovery services including massage, physio, Myotherapy, Podiatry

Mal Gamble for the brilliant graphics designs associated with the Marysville Marathon festival and Trails Plus events and creative onsite photography.

Hammer Nutrition suppliers of Heed Electrolyte and Hammer Gels and Bars

CW-X Awesome prizes, conditioning wear vouchers

DRYMAX SOCKS Awesome trail running socks to keep your feet happy

Lake Mountain for the fantastic prizes and radio communications support

Marysville golf and Bowls Cub for their support

Volunteers to all of you for your amazing support and a huge thank you to my wife Robyn for the incredible help getting the volunteers sorted and assigned to tasks and arranging all of the food requirements and to any one I missed a huge thanks, sorry if I forgot you.

Steven Lane from PrintX for his support and assistance with a vast range of signage.

ANDREW PEACE WINES Andrew has provided a selection of great Australian wines to be presented as prizes on the day, I have had the pleasure to already sample a selection and give the wines the thumbs up. Longer distance winners will a bottle APWine if over 18.

Don't forget there is a whole lot more to do in the area as the recovery process continues, for more information on the many great outdoor adventure and great relaxing things to do around Marysville make sure you pay a visit to the new information centre on Murchison street or go to www.marysvilletourism.com.au for all the latest news and links

I hope you all enjoy Marysville and have a safe run, take care.

Brett Saxon
trailsplus
Marysville Marathon Festival
Race Director

2015 VICTORIAN TRAIL CHAMPIONSHIPS and OTHER EVENTS COMING SOON

Dates are still being finalised and will be announced very soon, for all the latest news and information keep an eye on our website.

Trailsplus.com.au

Approximate month for 2015 trailsplus events

1- Dendy Park Brighton, Late Feb, 2km, 4km, 10km, 21km, 42km, 50km or alternate venue

2 - Maroondah Dam – late 15th or 22nd March , inc 8km 30km, 50km (20th Anniversary)

3 - Brimbank Park – April, 2km, 5km, 10km, 21km, 42km, 50km

4 - New Trail Event – May, inc 10km, 21km, 42km, 50km

5 - Mt Macedon – June inc 10km, 30km, 50km

6 - You Yangs – Early July, inc 5km, 15km, 30km, 50km, 80km, 100Mile

7 - Tan Ultra - Late August, inc 12km, 21km, 42km, 50km 100km

8- New Event – September, inc 10km, 21km, 42km, 50km

9 – RACV Marysville Marathon – Late November, inc, 4km, 10km, 21km, 42km, 50km

10 - Special Event – 2 Weeks before Christmas

at least two weekend running camps are planned also

Other Great events trailsplus assist with
Andy Hewats trailrunning company
January B2H Bogong to Hotham 35km / 64Km
October GOW100 Great Ocean Walk 100km