



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 3km of bitumen
You require additional concentration to follow the course safely
It's a challenging course, enjoy the experience forget about PB's

SUMMARY OF KEY POINTS

Saturday

2:00pm – 4:00pm

Where

9:00am – 5:00pm

Sunday

6:00am

CarParking

Merchandise

BIB NUMBER

TIMING CHIP

Aid Stations

Weather

Cancellation

Electrolytes

Gels

Paper Cups

Massages

Recovery AREA

Photos

Medals

Post Race

Kids Stuff

Certificates

Pre Race Dinner

Trail or Road Shoe

Results

Trophies

Prizes

Runners Pre Registration

Gallipoli Park Falls Road Marysville enter from oval side

Event Setup, extra hands welcome

Registration begins (refer Details in Document)

All participants will be directed by SES operators and signage to the correct car parking area.

(A GOLD COIN DONATION WOULD BE FANTASTIC)

Available for collection at registration and during the day.

You must wear it on your front torso, don't bend it

In your BIB, will be removed when issued your medal

More than you will need on course (Well Stocked)

Always great 😊, but keep an eye on things just in case.

If weather turns keep an eye online for event status update

There will be plenty for the long courses

NO BYO

NO, BYO or buy our \$5.00 reusable enviro friendly ones

YES, thanks to RISE Health Group

YES thanks to RISE Health Group

We will have some photo opportunities

Yes every finisher gets a medal

Food stalls, Coffee, PIZZA, BBQ, ICECREAM

Animal Farm, Face painter, Obstacle Course, Music

No sorry we don't print certificates or do electronic ones

Yes URGENT BOOK it in – email or call Brett to get your spot 0418 557 052 or fill the survey out we provided

Road Ok, unless it rains heavily,

Live via race results

YES

Various sponsor Prizes when available

WELCOME TO THE 11th MARYSVILLE MARATHON FESTIVAL



I hope this update before race 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 Marysville Marathon is an enjoyable, rewarding and importantly a 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, as well as the Marysville Triangle Community Fund who offer support to the community.

The event would not be possible without the support of our sponsors, a very special thank you to all of our sponsors to ensure a great event is experienced by everyone.

Thank you Garmin Australia, Footpro, Teko Socks, Petzl, Andrew Peace Wines, Rise Health Group, 32Gi, Greenlands Guest House, Marysville Triangle Community fund and Professionals Real Estate and all 75+ fantastic volunteers

VOLUNTEERS

What can I say, without you we have no 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, photographers, medal presenters 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 perfect, a little rain to settle the dust and then an average 20 on race day so be sure to sunscreen up and keep hydrated

Extreme Wet, not likely to be an issue this year but will keep you updated.

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.

Please note our risk management plan requires under certain conditions to close sections of the course, this could result in shorter loops being used to make up the distances needed.

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

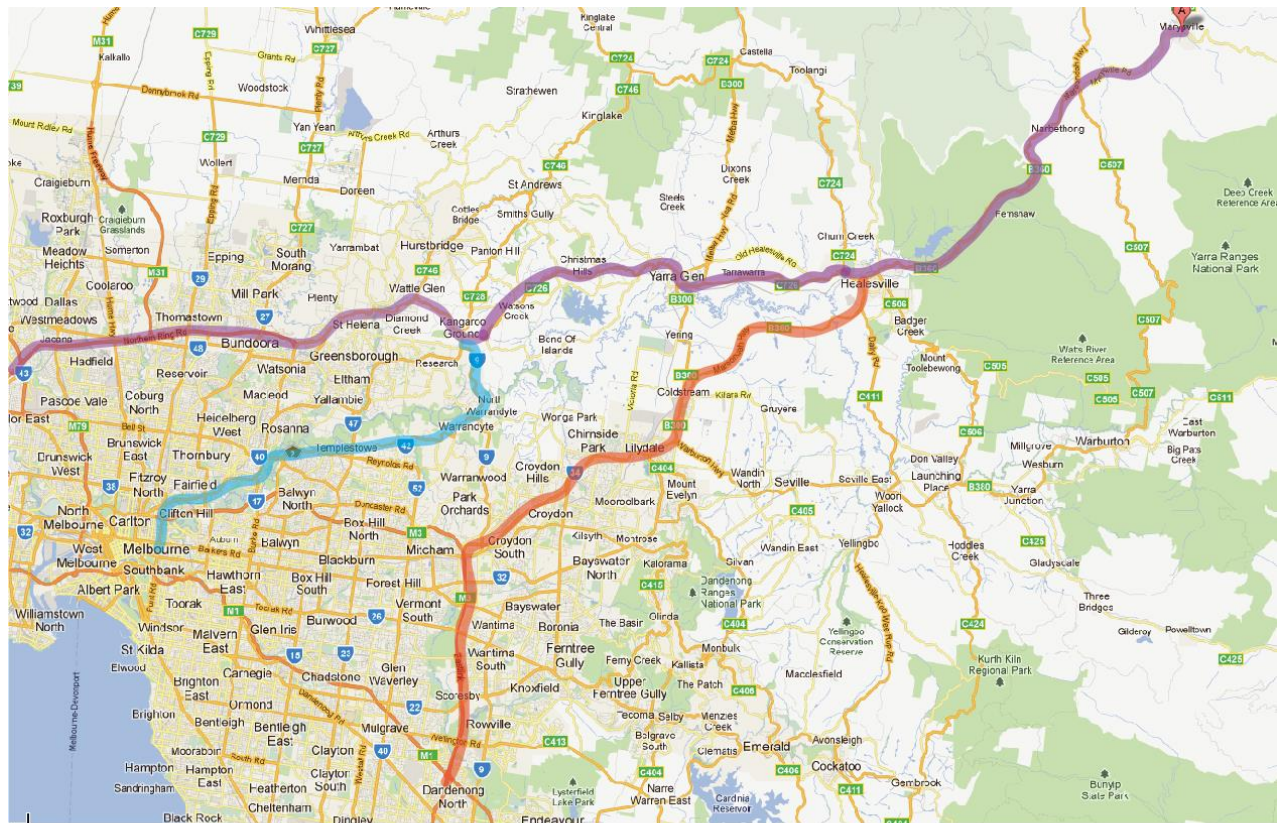
Medium = Modification of course to exclude Cameron's Track and Sands Road

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

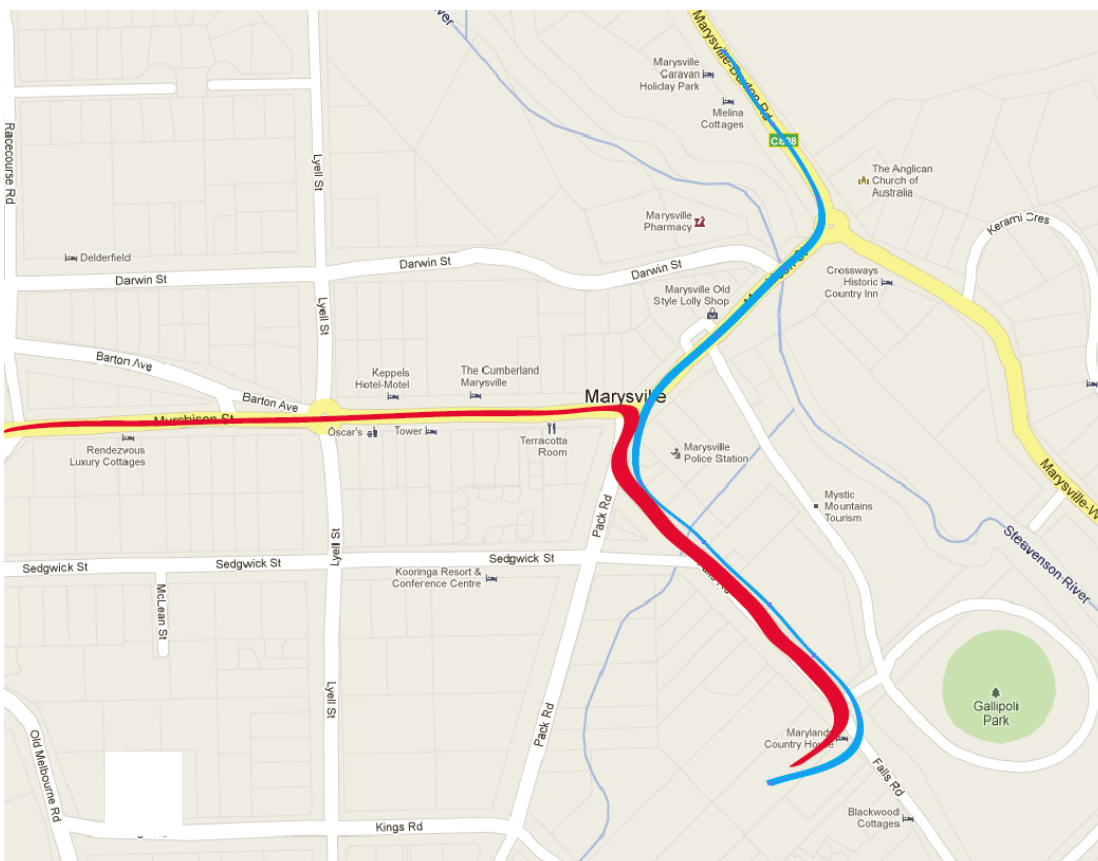


VERY IMPORTANT

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

2:00pm – 4:00pm	Race Bib Collection at Community centre on Gallipoli Park, access via the roller doors from the football oval side of the building.
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 buffet dinner – Outdoor Education Group Buxton Road

Sunday

6:00am	Pre arranged early starters in the 50km and Marathon event only
6:00am - 6:40am	Ultra Marathon Registration, Race Bib and merchandise collection
6:40am	Pre Race briefing
6:50am	Remembrance and Reflection
7:00am	Race Start Ultra Marathon Event
7:00am - 7:40am	Marathon Registration ONLY , Race Bib and merchandise collection
7:40am	Pre Race briefing
7:50am	Remembrance and Reflection
8:00am	Race Start Marathon Event
7:45am - 8:40am	½ Marathon Registration ONLY , Race Bib and merchandise collection
8:40am	½ Marathon Pre Race briefing
8:50am	Remembrance and Reflection
9:00am	Race Start ½ Marathon Event
8:45am - 9:40am	10km Registration ONLY , Race Bib and merchandise collection
9:40am	Pre Race briefing
9:50am	Remembrance and Reflection
10:00am	Race Start 10km Event
10:00am	Music and Entertainment (TBA)
9:30am – 10.40am	4km Registration ONLY and race bag collection
10:45am	Pre Race briefing
10:50am	Remembrance and Reflection
11:00am	Race Start 4km Event
12:00pm – 1:00pm	Approximate time, pending results Official Event Presentations music Presentation of Trophies and Prizes
13:00pm – 14:00pm	More Entertainment
10:00am – 3:00pm	Kids activities includes: TBC <ul style="list-style-type: none">• Music• Face Painting• Animal Farm• Obstacle Course
3:00pm	Marysville Marathon Festival Closed. We look forward to seeing you all at next years event

PRESENTATION PROCESS

Sunday

12:00pm Welcome message and acknowledgements
from Race Patron Dr Lachlan Fraser (if finished running the marathon)

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

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

13:00pm Marathon Event
Awarding trophies to 1st 2nd & 3rd Place
Male and Female
Random Prize Draws

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

TEAM AWARD – MOST KM ACCUMULATED

Prizes include
Greenlands Guest House 2 Nights Accom
Teko Socks
Footpro Vouchers
Petzl head torches
Andrew Peace Wines
Coffee packs
Rise Health Group Packs

CHANGE OF EVENT

Please note that if you wish to change events, either upgrade or downgrade you should arrive at least 1hr before your desired event is due to start to make the changes. Upgrading requires the difference in \$amount from the original event to new event fee. If downgrading, there is a \$20 fee. Please note that under no circumstances can an entry be given to another runner who has not gone through the proper registration process and provided full personal details and signed waivers, ID checks maybe carried out. This is a real safety concern and permit/insurance requirement, please comply.

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.

There will be several lines to register in the stadium so generally it flows very well.

Once you register, you will be given a race number 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 in the Hall , 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, these aid stations **A2 ltd-sunds, A5 galipolli park & A7 keppel lookout** 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. This is an optional courtesy and not a guarantee of delivery. Any left over items in drop boxes must be collected before leaving as no items will be returned or stored for you. Delivery of items depends on volunteers and timing, we cant always guarantee items will arrive before you do.

LOST / LEFT PROPERTY

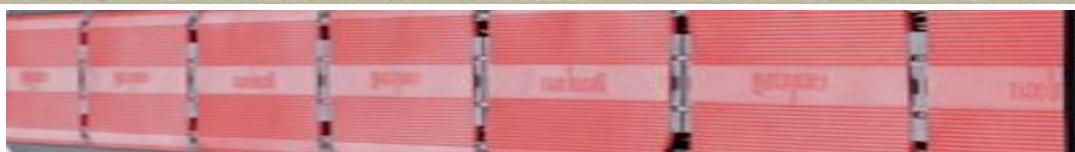
Items of clothing or other equipment left behind will be held for a period of two weeks, if not claimed the items will be disposed of as appropriate. To receive your items you must make arrangements to collect, this can be by coming to the location they are stored or sending a pre paid post bag for us 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 and there is a toilet block at Steavenson Falls, there are no other remote toilets on the course.

EVENT TIMING

This year we are using our trailsplus Race Results timing system, this will provide live results instantly, check the website for the live link on the home page. You will have two electronic chips inserted in the back of your race bib. (**PLEASE DON'T BEND OR DAMAGE THEM**) Gopro camera's will be 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; live results will be available by the time you collect your medal. 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.



Note: a rubber timing mat will be on the ground to record your finish time, don't trip over it.

OFFICIALS WILL GIVE YOU YOUR MEDAL AND REMOVE THE TIMING CHIPS

Notes on the Start finish area

Do not approach timing officials after the event to receive your time; results are available live via your smart phone.

RACE BIBS

All runners will receive a race bib as per below, it must be 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.

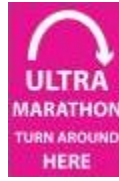
Yellow 4km Blue 10km Green 21km Red 42km Purple 50km

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



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. There will be white flour on the ground showing directions also



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 **PUT IT IN YOUR PHONE NOW**

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 accidentally been dropped by a participant, please collect it and dispose of at the next aid station.

NO PAPER CUPS – ENVIROMENTALLY FRIENDLY EVENT

A first for Marysville, please get behind us as we do our bit to minimise landfill. Our reusable cups are designed to be easily carried and stored and not just for running events but camping, picnics or even at home, Grab 1 or grab a set of 4, \$5.00.



CUT OFF TIMES

Cut off times will be applied on return to the oval for the half marathon, full marathon and ultramarathon. 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 check and confirm your own finish time for the records though in case this has been missed.

times are approx and assessed on each individual circumstance, guide below

½ Marathon Start	09:00	Cut off at 11km = 12:00pm, easy 3hrs to do 11km
Marathon Start	08:00	Cut Off at 28km Gallipoli Park = 1:00pm, 5hrs
Marathon Start	08:00	Cut Off at 32km = Lookout = 2:00pm, or 6hrs
Ultra Start	07:00	Cut Off at 35km = Gallipoli Park = 1:00pm, 6hrs
Ultra Start	07:00	Cut Off at 40km = Lookout = 1:00pm, 6hrs for 40km

Our Overall Desire is to see all runners finished by 4PM, we try to accommodate slower runners, but it is important they respect the teams decisions if their race is cut short and this decision can be made at any time on course if deemed required.

Early starts can be requested for 6am, but must be done via email and is only available to people who genuinely are concerned about the time, early starters cannot podium or receive prizes, this option is available to provide and ensure all those who want to try the course can be included. Early starters also need to be self-sufficient early, as some aid stations will not be set up. (Most likely Aid1&2)

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.

EMERGENCY CONTACT NUMBERS

Race Director Brett Saxon – 0418557052

Police, Ambulance, Fire 000. 112 from Mobile

MANDATORY GEAR – you should have it regardless

We don't set mandatory gear as aid stations are located very close and are accessible, however we do require that you carry suitable clothing for worst case scenario, a phone and compression bandage is recommended, and a map should be considered, if any doubts.

NO TRANSFERING OF RUNNERS “to mates” – we are checking

We can't stress enough that it is not permissible for a runner to transfer their race bib to another runner. This is very much against the events rules, insurance, safety, risk management policies. A runner must complete all waivers and entry information before participating in the event. Recent years a runner ran as another person and caused many issues and concerns.

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, Electrolyte at selected aid stations.

FINISHERS MEDALS & TROPHIES & PRIZES

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

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

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



FRONT OF THE 10th Anniversary Year

AGE LIMIT CONSIDERATIONS

Please note that age limits to events do apply, this is generally based around a marathon distance and above being at least 18 YO. For the Half Marathon it is generally considered to be 16YO, parent approval and signed waivers will be considered under exceptional circumstances.

PHOTOGRAPHY

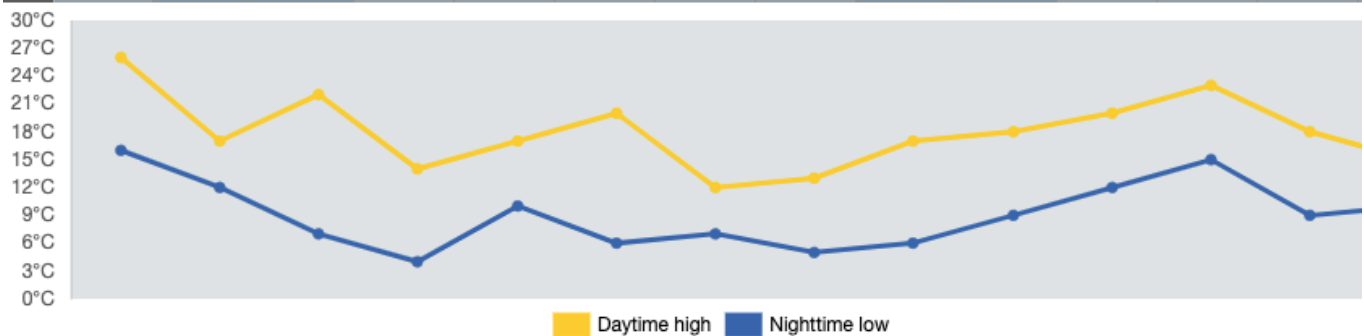
We always try to provide volunteer photographers, some years we have plenty sometimes we have at least one at the finish line, Photos will be available to purchase mid week post event.

CURRENT WEATHER

We think its going to be perfect for running. 😊

Full 14 Days Overview
Nov 1 - Nov 14

	Fri 11/01	Sat 11/02	Sun 11/03	Mon 11/04	Tue 11/05	Wed 11/06	Thu 11/07	Fri 11/08	Sat 11/09	Sun 11/10	Mon 11/11	Tue 11/12	Wed 11/13
Day	26°	17°	22°	14°	17°	20°	12°	13°	17°	18°	20°	23°	18°
POP	30 %	100 %	40 %	40 %	30 %	20 %	70 %	70 %	30 %	10 %	20 %	20 %	20 %
Night	16°	12°	7°	4°	10°	6°	7°	5°	6°	9°	12°	15°	9°
POP	80 %	90 %	90 %	40 %	30 %	40 %	30 %	30 %	20 %	20 %	20 %	20 %	20 %



COURSE AND AREA MAPS

Attached 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 affect the operation of the local businesses. `

BYO MAP PLEASE PRINT YOUR RELAVENT MAP HI RES MAPS available from website

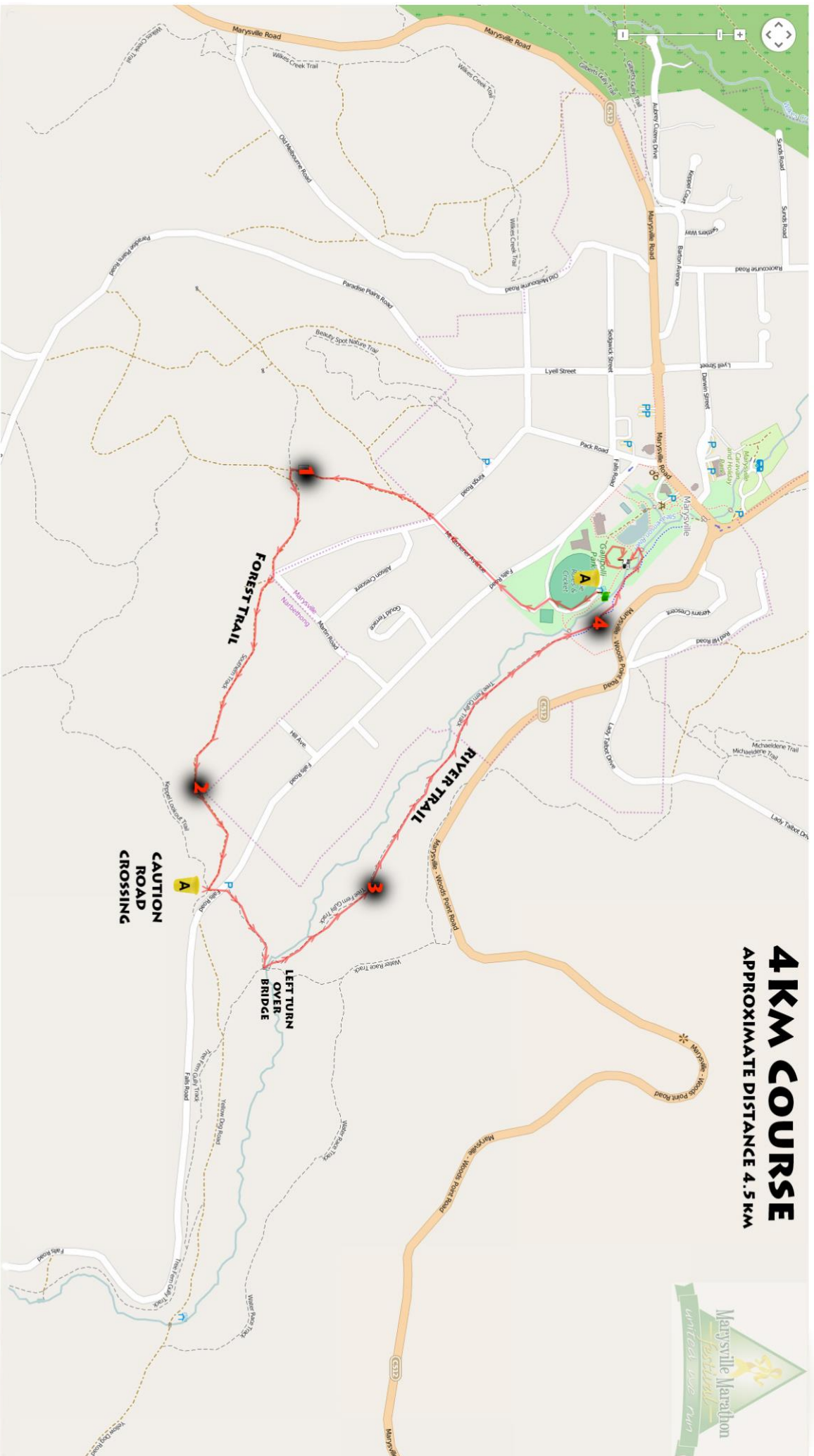
Please print out your race map to carry if you have any doubts about following the course

MAPS FOR VIEWING ONLY WILL BE AVAILABLE AT REGISTRATION

YOU SHOULD PRINT YOUR OWN TO CARRY WITH YOU particularly 42km and 50km events.

4KM COURSE

APPROXIMATE DISTANCE 4.5 KM



**CAUTION
ROAD
CROSSING**

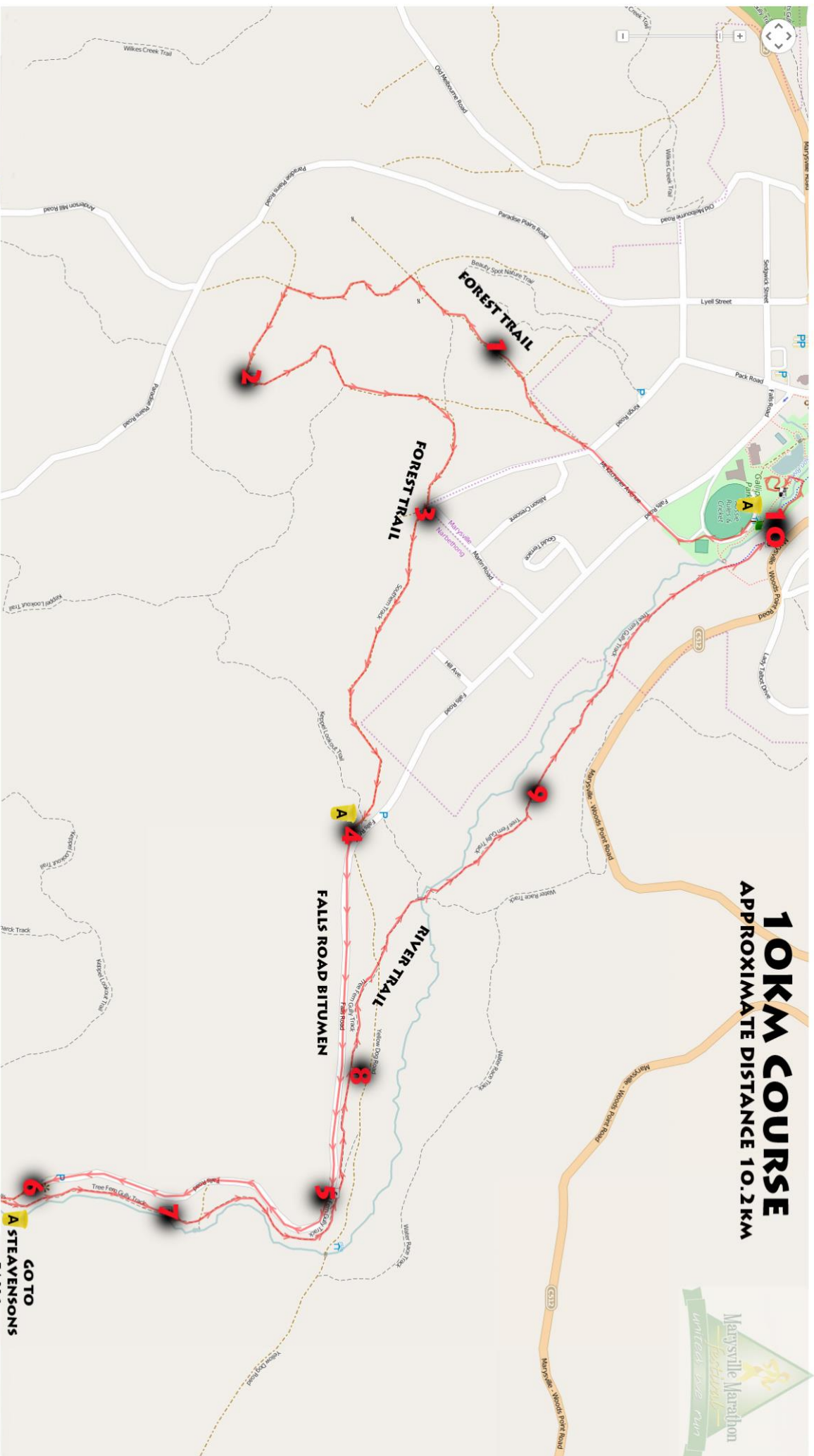
**LEFT TURN
OVER
BRIDGE**

FOREST TRAIL

RIVER TRAIL

10KM COURSE

APPROXIMATE DISTANCE 10.2KM



HALF MARATHON COURSE

APPROXIMATE DISTANCE 21.1KM

