



WILD

Let's run a little
in the mountains!

EVENT GUIDE

SUNDAY 2ND AUGUST

SILVAN - DANDENONG RANGES

WELCOME TO THE 2026 TRAIL RUNNING SERIES

We can't wait to RUN A LITTLE WILD on the trails one more time as the Trail Running Series concludes with Race 3 at spectacular Silvan in the Dandenong Ranges on Sunday 2 August!

After two memorable races at Blackwood and Anglesea, we're heading for the hills for a fitting finale to the series. Whether you've been with us at every race or are joining us for the first time, you'll feel right at home among the trail running community that makes these events so special.

Race 3 takes place in and around Silvan, it's a venue that delivers a true mountain-trail feel, with plenty of fresh air, a few honest hills, and that special sense of adventure that comes from running wild in the ranges. Race 3 is also conducted in a handicap format where everyone starts at different times so we all finish at the same time - adding to the series finale celebrations.

Please carefully read the start process as explained on page 6 of this event program and get ready for a fun experience on the trails together

The Rapid Ascent Team

EVENT SCHEDULE

SUNDAY 2ND AUGUST

7:00am - 10:00am	Race Registration (race plate collection)
7:42am - 9:17am	LONG COURSE - START TIMES (21.6km)
8:38am - 9:47am	MEDIUM COURSE - START TIMES (15.1km)
9:18am - 10:20am	SHORT COURSE - START TIMES (7.4km)
11:00am	All runners finish together!
8:30am onwards	Food, live music, entertainment, expo open...
11:30am	Presentations for race 3 and The Series

IMPORTANT:
Read
about the
handicap start
process on
page 6.

skraitch LABS

LA SPORTIVA

SURF
COAST
EVENTS

FREE
TIME

GreatOceanRoad
REAL ESTATE

MOVE/BEYOND®

ProFeet

Surf Coast Times

Another event by:

rapid
ASCENT
Adventure Event Management

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. [Follow Silvan Reservoir Park on Google Maps.](#)

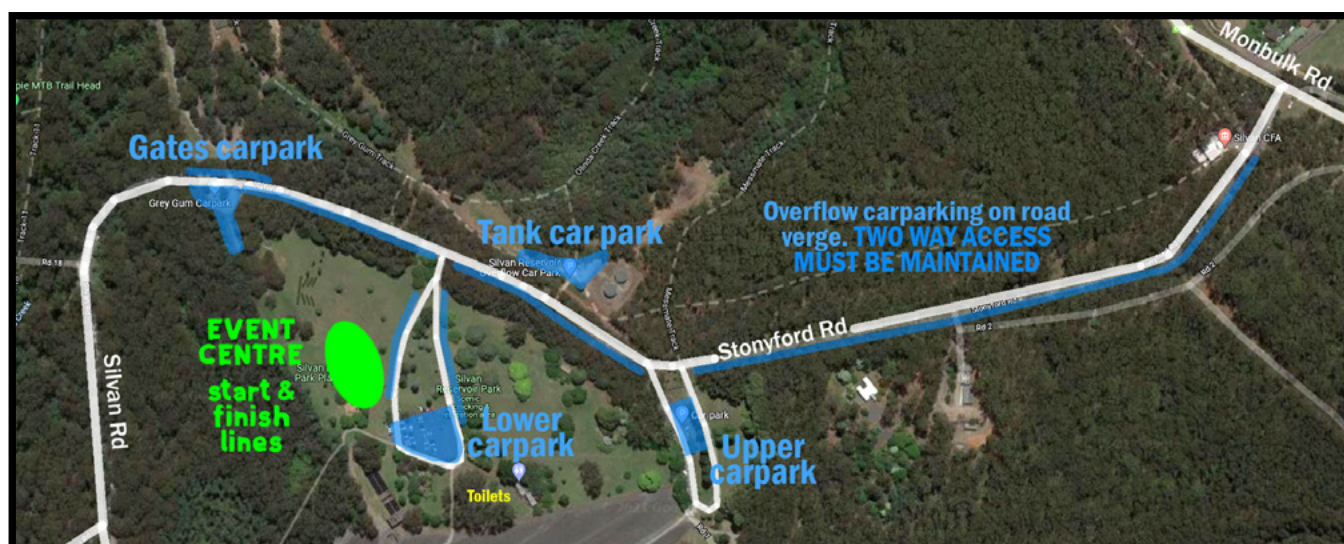


NOTE: This is in a National Park so please do not bring any dogs.

EVENT ACCESS AND CAR PARKING:

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

- 1st to fill: Lower car park adjacent the start / finish area at the base of the wall (limited spots, the first ~100 cars will fit)
- 2nd to fill: The named parking areas on Stonyford Road such as 'Gates' and 'Tanks', after which we'll fill the Upper Car park
- 3rd to fill: Once all designated parking areas are full cars will be parked along the side of Stonyford Road. Please park on the LEFT hand side (southern side) only and ensure that TWO WAY ACCESS IS MAINTAINED. Overflow parking is then along Monbulk Rd.



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 > [Read about the handicap start process on page 6](#)
- Race registration and information marquee (from 7:00am)
- Displays by a range of sponsors including:
 - **Free Time** giving away a free can of their 0% alc beer for all runners + sales
 - **La Sportiva** with a huge range of demo shoes to test run
 - **Skratch** Hydration and nutrition samples and sales
 - **Move Beyond** Allied Health Team providing free massages and advice
 - **Pro Feet Podiatry** consultations
- Event merchandise sales marquee
- Bag storage area for runners' clothing during the race
- Live music, MC and commentary at the race finish
- A range of food, coffee and snacks including
 - Silvan Primary School with a huge BBQ
 - Harringtons Coffee - coffee and more
 - Bahn Mi Brothers - Vietnamese food van

COMPETITOR SERVICES @ THE EVENT CENTRE

GOLD RUNNERS: remember to BRING YOUR GOLD NUMBER PLATE from the previous races!

FREE TIME 0% BEER

Our new partners Free Time (Bridge Road Brewers) will be providing a free 0% alcohol beer for all runners. Brewed with balance and refreshment in mind, it's the perfect post-event beer for sharing stories and soaking up the good vibes. Enjoy great taste, low alcohol, and more time for what you love.



LA SPORTIVA - DEMO SHOES

La Sportiva manufacture some superb trail running shoes and have a big following within the trail community (our Race Director Sam swears by them!). They will have a large number of demo shoes for you to try on and even race in so you can learn more about their popular models and give them a test run (we love the Prodigio Max and Pro).



SKRATCH HYDRATION POINT - NO CUPS!!

There will be a hydration station located in the event expo / finish line area that will have water and Skratch hydration sports drink available – but you must BRING YOUR OWN CUPS OR BOTTLES...



MOVE BEYOND & PROFEET PODIATRY - FREE MASSAGE + PODIATRY ADVICE

Our terrific healthcare partners Move Beyond and Profeet Podiatry are back again and will have a full allied health team on hand to help enhance your performance and avoid injuries. They'll be providing some free massages and injury advice as well as tips on shoes, blisters, socks and more. Stop past and say hi.

MOVE/BEYOND®



ONE MORE STEP.

PRODIGIO 2 | XFLOW

Redesigned from kilometres, hours, and meters of elevation on rocks and trails where every step is different. Redesigned in the key areas to ensure continuity, stability, and comfort as the distance increases. The XFlow technology works to absorb and return energy consistently, making progress smooth and natural. The new upper lightens the shoe, with a wider toe box for a more comfortable fit, without compromising precision. Precise fit. Stable structure. Comfort over long distances. Perfected to keep you in step. Find your flow at lasportiva.com



BAG STORAGE

We will store your bags and keep an eye over them whilst you're running. Put all items in a closed bag, attach the tear-off bag tag from the bottom of your number plate and hand the bag to the storage area before your run. All care no responsibility.



KIDS ACTIVITY ZONE

We'll have a bunch of games set up for kids (of any age) to play with during the morning, including Giant Jenga, Corn Hole and Quoits. *"Fun for the whole family!"*

SOCIAL CHILL ZONE + LIVE MUSIC

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/food/beer and enjoy life!

BYO CLUB MARQUEE

Groups and clubs are welcome to bring your own marquee to set up near the finish line to create your own race hub. Send us a quick e-mail with the details to events@rapidascent.com.au beforehand then set up your home base and enjoy the scene. (Marquees must be weighted down - no pegs at Blackwood - and safe).

SERIES PRESENTATIONS

Presentations will be conducted for race 3 and the overall 2026 Trail Running Series from 11:30am. The various results for each category will be read out at the same time and medal / trophies will be presented at the time. Please contact us if you are unable to attend / collect your items.

**THE
GREATEST
BEER OF
ALL TIMES**

Find some Free Time
at your local bottle shop
or supermarket.



COMPETITOR IDENTIFICATION

COMPETITOR NUMBER PLATE COLLECTION

GOLD RUNNERS - please bring your race plate from race #1 or #2 (sorry but there is a \$10 replacement fee.) All other runners must collect your number plate from the registration marquee on the morning of the race (unless you paid for it to be posted to you). So make sure you arrive early enough to collect your plate before your race starts!

ON THE DAY ENTRIES

Entries will be accepted on the day at the event. Please enter via your phone (or on paper at the event) and then show the entry confirmation e-mail at race registration.

GOLD RUNNER FREEBIES!

Hey gold runners, if you didn't collect at race #1 or #2 then this is your last chance to collect your new Trail Running Series Beanie from the merchandise marquee!



NUMBER PLATES

- All competitors must race with their number plate attached to the front of their t-shirt / top (and not on your shorts or leggings) so it is clearly visible from the front during the race.
- If you have a GOLD race plate and are doing all 3 races in The Series, you should use the same plate as for race #1 and #2.

Gold Runners plate
Long course series runners



Long Course plate



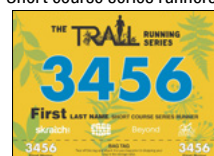
Gold Runners plate
Medium course series runners



Medium Course plate



Gold Runners plate
Short course series runners



Short Course plate



FINISH LINE MEDALS - AVAILABLE FOR PRE-PURCHASE \$11.50

We provide runners the opportunity to purchase a finisher medal before the race rather than including the cost of the medal in the entry fee for all runners. This is to keep entry fee costs down and to minimise the wastage of making and giving a medal to someone who does not want it.

We will award finish medals to those who purchased them from the Medal Marquee after your race - so if you ordered a medal THEN COME AND COLLECT IT ONCE YOU FINISH! (if you ordered but forgot to collect medals from race 1 and 2 we'll have them here for you).

Medals are made of recycled metal and can still be pre-purchased [via the website](#). We will have a limited number of medals for sale on the day.



Medals from each race combine to create a series trifecta medallion



Make a weekend of it!
**BOOK A SHORT TERM
RENTAL AND RELAX...**

THE HANDICAP START PROCESS

IMPORTANT:
read this!!

All race distances at Silvan are being conducted in a handicap format where slower runners start earlier and faster runners start later. Look at table of wave start times for your race below and read these guidelines so you start in the appropriate wave:

- Each race distance has 5 different wave starts numbered 1 to 5.
- Runners should start in the wave start number that matches your ability according to these guidelines:
 - If you raced at Blackwood then look up your overall place in the [RESULTS HERE](#) and start in the wave that's comparative to your placing. eg. if you came 212th in the medium course you should start in wave M2 at 8:56am
 - If you raced at Anglesea then look up your overall place in the [RESULTS HERE](#) and start in the wave that's comparative to your placing. eg. if you came 121st in the short course you should start in wave S4 at 9:49am
 - If you did not race at either Blackwood or Anglesea then choose your wave start according to your honest ability. Eg. If you are generally a mid-field finisher then start in wave 3. If you're a bit quicker than most runners but never on the podium for your age then start in wave 4... See the 5 different options on the right of the table.
- Be aware of your recommended wave start time and come to the start line 5mins beforehand – we'll marshal you into position and you'll start with others of the same ability.
- We really **RECOMMEND YOU START IN THE WAVE APPROPRIATE TO YOU** - then the whole system works and it's fun for everyone.

TABLES OF WAVE START TIMES:

LONG COURSE		Comparative placing at other series events		
Wave start time	Wave start number	Blackwood placing	Anglesea placing	Runner speed
7:42	L1	217 - 261	168 - 186	Slowest 20%
8:06	L2	188 - 216	134 - 167	Lower mid pack
8:30	L3	122 - 187	82 - 133	Mid pack finisher
8:53	L4	45 - 121	34 - 81	Upper mid pack
9:17	L5	1 - 44	1-33	Fastest 20%

MEDIUM COURSE		Comparative placing at other series events		
wave start time	Wave start number	Blackwood placing	Anglesea placing	Runner speed
8:38	M1	233 - 247	217 - 236	Slowest 20%
8:56	M2	201 - 232	171 - 216	Lower mid pack
9:13	M3	134 - 200	100 - 170	Mid pack finisher
9:29	M4	46 - 133	27 - 99	Upper mid pack
9:47	M5	1 - 45	1 - 26	Fastest 20%

SHORT COURSE		Comparative placing at other series events		
Wave start time	Wave start number	Blackwood placing	Anglesea placing	Runner speed
9:18	S1	226 - 231	186 - 201	Slowest 20%
9:33	S2	206 - 225	147 - 185	Lower mid pack
9:49	S3	115 - 205	90 - 146	Mid pack finisher
10:04	S4	36 - 114	25 - 89	Upper mid pack
10:20	S5	1 - 35	1 - 24	Fastest 20%

QUESTIONS ABOUT THE HANDICAP START PROCESS:

- *My comparative placings don't match up – eg. I did the long course at Blackwood and came 95th and at Anglesea I came 107th – which wave start do I choose?*

When times don't match up we suggest you start in the earlier wave start, eg. L3.

- *I want to run with my friend but they are faster than me – when do I start?*

If runners of varying ability want to run together then you should both start according to the speed of the slower runner.

- *What about congestion, won't I be passing people all the time?*

No. If everyone starts in the wave that matches their speed we'll all slowly catch each other towards the finish and not before. Also, the course is designed with wider tracks and roads towards the end to allow for larger groups, and each course approaches the finish on different tracks.

- *I'm feeling slow today, can I start in an earlier wave?*

No. We recommend you start in the wave that matches your results from earlier races... We all feel slow in the mornings and struggle to get going so your best comparison to others was the last race you did. We really recommend people start in the wave that matches their proven ability rather than how they feel.

- *I'm a faster runner and I think I'm going to catch people. Can I start earlier to be separate from all others?*

No. We really recommend that all runners start in the wave that matches your ability. The course is designed so we come together in the closing stages – and that's where the course is wider and capable of handling more runners at once.

- *What do I do if I catch someone?*

If you catch someone and are legitimately faster, alert them that you want to pass and overtake when safe. (Well done – you're running well today!)

If you have any questions then contact us at any time via info@rapidascent.com.au or phone us on (03) 5261 5511.



- drink when thirsty
- don't drink when not thirsty

skratch LABS
hydration
SPORT DRINK MIX

Hydrates faster than water

lemon + lime

90% of electrolytes in sweat is sodium

real athletes.
real food. always

We use science to inform what will help your body perform its best. We use nature to make it taste as good as possible so you'll enjoy it. Nobody knows your body better than you. But nobody knows sports nutrition better than us. The human body is complex but the solutions to help it perform aren't. We follow this rule when we create products that solve problems and simple ingredients that each have a purpose !!

w: skratchlabs.com.au - p: 02 9417 5755

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!

The Silvan courses are probably the hardest in the series primarily because of the HILLS! The long course especially includes big climbs, often on slippery, wet trails some that take some extra energy and determination to conquer. Having said that, all courses pass through some magnificent landscapes and make for some rewarding (if not a little challenging) running. Be prepared and you will love it!

THE START

STARTING PROCEDURE: All distances will start in the HANDICAP FORMAT start process outlined on page 6.

START LINE LOCATION: All races start in a specific start chute 100m from the event expo.

WATER POINTS

ON COURSE WATER POINTS: Water points on the course will have water and Skratch sports drink available but you must BYO your own cup or water bottle to drink from.

- Long course: 2 water pts located at the 9km pt and 17.3km points
- Medium course: 1 water pt located at the 9km point
- Short course: There are 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.

FINISH LINE SPRINT

We will record and award a special Finish Line Sprint time for each runner as part of your overall race. The sprint will be over the last 100m - 200m leading into the finish line and allows you to show us how fast you can finish at the end of the race! It's all in a bit of fun with fastest male and female sprinters receiving a prize thanks to our sponsors!



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 along the course to direct you!

LONG COURSE:

- **red and/or orange arrows** (pegged into the ground and fixed to trees or bushes)
- **fluro 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 race (except Series Entrants who have a GOLD race plate).

TRACK INTERSECTIONS: 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 MAP

RACE 3 - Silvan

TURN ONTO
TWISTING SINGLE
TRACK
HERE - FUN!

CFA
SHED

EVENT
CENTRE
start &
finish lines

WATER PT 1

Water point

FERN TREES

THE FINAL
CLIMB!

STEEPLY UPHILL
HERE - OUCH!

WATER PT 2

Water point

UNDULATING
HILLS
THROUGH THE
ARBORETUM

TOP OF THE COURSE

MAP LEGEND

- Long Course
- Medium Course
- Short Course

COURSE DESCRIPTIONS

IMPORTANT:
Read about the
handicap start
process on page 6.

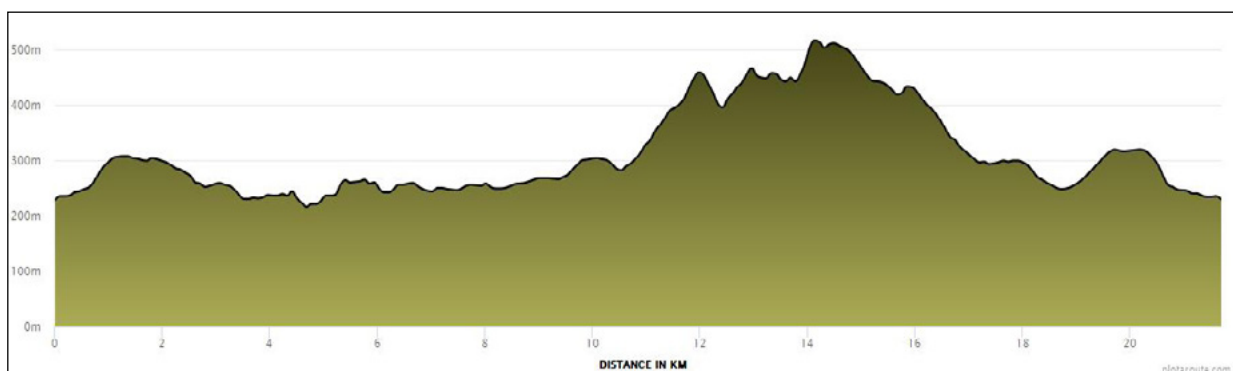
LONG COURSE - 21.6KM Elevation gain/loss: 760m. **Water Pts:** 9km pt and 17.3km pts
[CLICK HERE](#) to see the long course on strava. (The course is the same as 2025)

Starting in the event expo area, long course runners turn right onto Stonyford Road and then veer left into the bushland on the northern side of the road. After starting with a mild uphill the long course follows a range of single tracks over generally flattish terrain before reaching the water point at the 9km pt.

Soon after the water pt the course gets more challenging and turns skyward with a long, challenging climb to the 12km mark and then more undulating climbing to the top of the course in the R J Hamer Arboretum at the 15km mark. From here on there is a long flowing downhill as you descend through the tree ferns on a beautiful double track, passing a second water point at the 17.3km mark before a shortish climb at the 19.5km mark.

Once at the top of this final hill and running beside the reservoir fence line its downhill all the way to the finish line – together! Well done.

**Long Course
elevation
profile**

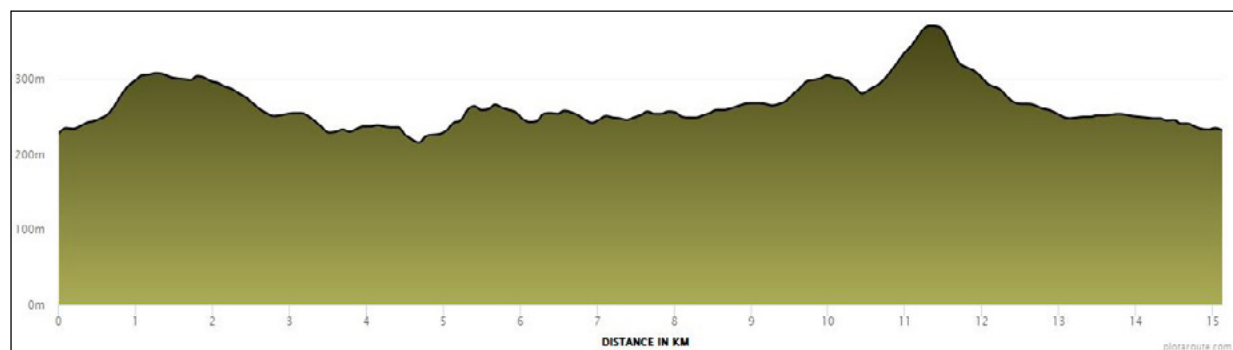


MEDIUM COURSE - 15.1KM Elevation gain/loss: 380m. **Water Pts:** 9km pt.
[CLICK HERE](#) to see the medium course route on Strava. (The course is the same as 2025).

After starting in the event expo area, medium course runners turn right and follow the same route as the long course, going up the mild uphill - along the single track on flattish terrain - and past the water point at the 9km pt. Half way up the climb to the Arboretum and at the 11.4km pt medium course runners turn left separating from the long course route and enjoying a fun double track descent through the wilderness.

Medium course runners join and separate from the long course runners twice more as you avoid their hills and enjoy a fast descent on Centre Track and onto Silvan Road and ultimately into the finish line together!

**Medium
Course
elevation
profile**



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**SURF
COAST
EVENTS**

**FREE
TIME**

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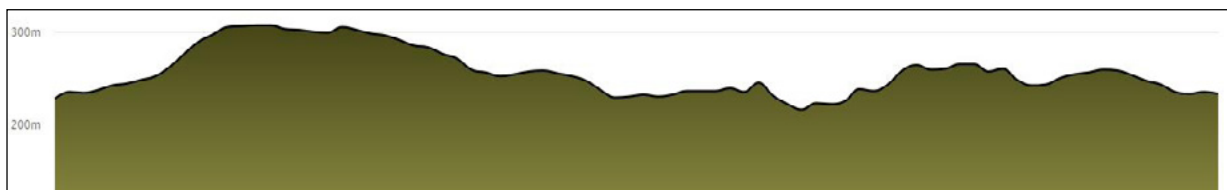
SHORT COURSE - 7.4KM Elevation gain/loss: 200m. No water points.
[CLICK HERE](#) to see the short course route on Strava. (The course is the same as 2024 - doing the first loop of the long course route)

*IMPORTANT:
Read about the
handicap start
process on page 6.*

Starting in the event expo area, short course runners turn right onto Stonyford Road and then veer left into the bushland on the northern side of the road. The course starts with a moderate climb, passing around some large water tanks and then uphill through the trees to the top at the 1.3km mark. The short course then enjoys a long and flowing single track descent, crossing a picturesque bridge at the 3.6km and then turning right for some flatter running on a vehicle management track.

The course turns left onto some twisting single track at the 4.7km mark for another winding climb before more undulating running on fun MTB single track before turning left at the 7km point to return to the finish line – together! Well done.

**Short
Course
elevation
profile**



1 X NO GAP

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OR

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INITIAL CONSULTATION



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Voucher valid until
Nov 2026

1300 945 789

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 PRIZES

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

We will be awarding the vast majority of our prizes as spot prizes anyone can win rather than giving them exclusively to race winners.

GOLD RUNNER REQUIREMENTS

To receive an overall ranking in the 2026 Series runners must:

- Compete in all 3 races in the 2026 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 – eg. all long 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 raced in Race 1).
- 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.

PLENTY OF SPOT PRIZES

We'll be handing out plenty of spot prizes during the race and at presentations so keep an ear out for your race number or prize competitions.

"Trusted by runners to keep them running"

Proudly working with Rapid Ascent since 2022

Please take advantage of an \$80 voucher* to keep you running

/ Physiotherapy
/ Osteopathy
/ Clinical Pilates
/ Exercise Physiology
/ Podiatry
/ Remedial Massage
/ Myotherapy
/ Womens Mens Pelvic Health Physio



\$80 Voucher

**Register here for voucher + T&Cs*

Blackburn/EastMelbourne/
Hawthorn/Newtown/OceanGrove/
Windsor-Prahran

MOVE/BEYOND®



BITUMEN IS BORING MERCHANDISE

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

*GOLD RUNNERS please collect your free beanie
(if you missed it at Blackwood and/or Anglesea).*

BITUMEN IS BORING T-SHIRTS \$40

This new addition to our Bitumen is Boring range is moisture wicking, de-oderized, UPF 30 -40, highly breathable and easy care. Designed and printed locally.. Men's and Women's sizes available.



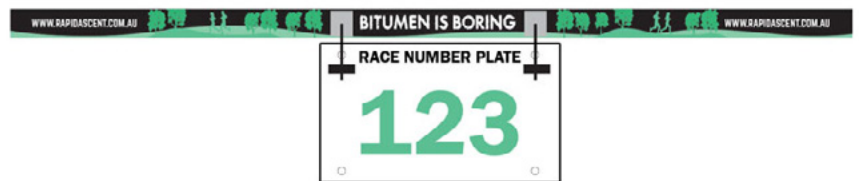
BITUMEN IS BORING HOODIE \$109

This custom designed Bitumen is Boring hoodie is ideal for those cold winter morning before / after your run. It's made of a thick cotton weave with fleecy tunnel pocket at the front to keep your hands warm and fleece hood for extra warmth.



BITUMEN IS BORING SOCKS \$35

These high performance technical running socks are custom made by Geelong based business Steigen. 3/4 length, one-size-fits-all with elasticated midfoot and cuff.



BITUMEN IS BORING RACE BELT \$15

This is an adjustable, elastic race belt to attach your race number to so it's always displayed outside all clothing and doesn't need pins.



RUNNING WAIST BELT \$15

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



HEAD TORCH \$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 \$25

Adjustable size, sports fabric visor that's great for running in.



100KM SURF COAST CENTURY



THE FEEL GOOD ULTRA



100K SOLO & RELAY TEAMS
50K SOLO RACE

12 SEP
2026

- Ideal for first timers and experts
- Exceptional competitor services
- Diverse, achievable course
- Electric race atmosphere

SURF COAST
EVENTS

LA SPORTIVA

GreatOceanRoad
HOLIDAYS

FENIX
LIGHTS FOR EXTREMES

skraitch

THE CHOCOLATERIES
GREAT OCEAN ROAD

BLACKMAN'S
BREWERY

coastal elements
LANDSCAPING

Surf Coast Times

rapid ascent
Mountains Event Management

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