

Race program

WELCOME TO THE 2022 TRAIL RUNNING SERIES

We're excited to be back for the 12th year of The Trail Running Series in 2022 – thanks for joining us (again?!).

We think race days are pretty much the perfect Sunday because you're off on an adventure to a beautiful part of the world... running along trails through the wilderness – racing or cruise'n it doesn't matter – then catching up with friends and enjoying a coffee afterwards. Live music, smiling faces and deep felt satisfaction – and all this before lunchtime. Now that is living!

So we hope you enjoy race day as much as we do...

The Rapid Ascent team

EVENT SCHEDULE

SUNDAY 5TH JUNE

7:00am - 9:00am	Race registration open for competitors
8:35am	HIIT Factory warm - up long course
8:40am	Long Course race start
8:50am	HIIT Factory warm - up short course
8:55am	Short Course race start
9:00am	HIIT Factory warm - up medium course
9:05am	Medium Course race start
9:15am – 11:00am	Runners crossing the finish line in the event expo
10:40am	Race presentations and spot prize giveaways
11:30am	Courses close and event complete

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is Boring

LOCATION & CAR PARKING

EVENT CENTRE AND FINISH LINE

Deep Rock Rd - Yarra Bend Park, Fairfield. The event centre will be located on the open grassy space adjacent the W J Cox Oval at the end of Deep Rock Rd. (This is on the northern side of the Yarra River, opposite side from the Studley Park Boathouse)

CAR PARKING:

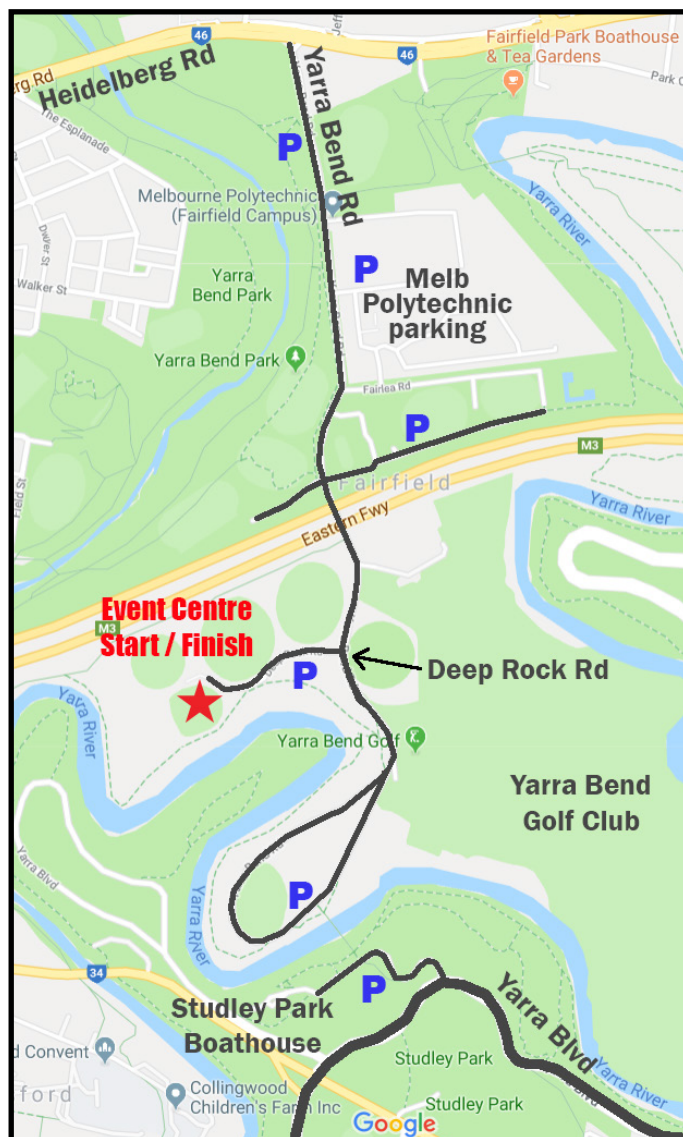
There are a range of parking locations in Yarra Bend Park:

- On Yarra Bend Rd and adjacent parking areas on the north side of the river (access off Heidelberg Rd).
- Studley Park Boathouse, accessed off Yarra Boulevard (cross the swing bridge and walk ~800m to the start / finish)
- Yarra Boulevard (cross the swing bridge and walk 1km)
- Melbourne Polytechnic car park on Yarra Bend 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
- Race registration and information marquee (from 7:00am)
- Footpro will have a pop up store with demo shoes, apparel and advice
- Hydration / nutrition station with water and 32gi sports drink and fruit for all race finishers
- Event merchandise sales marquee
- First Aid point
- Bag storage area for runners' clothing during the race
- Live music, MC and commentary at the race finish
- Coffee and a BBQ (the essentials!)



COMPETITOR SERVICES @ THE EVENT CENTRE

SOCIAL CHILL ZONE

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

BITUMEN IS BORING BACKDROP

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

MC AND LIVE MUSIC

We'll be calling finishers over the line and sharing the love on the mic, meanwhile 'Wozza' will be playing some of his live sets to add to the scene and relaxed vibe post-race.

HYDRATION POINT - NO CUPS!!

There will be a hydration station located in the event expo / finish line area that will have water and 32gi available – but you must BRING YOUR OWN CUPS OR BOTTLES...

(There will also be NO CUPS at the water points out on course. Details below)

FREE 32GI SPORTS DRINK

Our 2022 hydration partner 32gi will have free Endure Hydrate as a premixed sports drink available for all runners after the race so come and fill up your cup. If you like the taste, feel free to buy some from Magnus at the 32gi expo stand.



'FOR WILD PLACES' BAG STORAGE

We will store your bags and keep an eye over them whilst you're running. Put all items in a closed bag with your race number written on the side, with no valuables inside, and then drop your bag off to the storage area 5-10 minutes before your race start. All number plates have a removable 'bag-tag' at the bottom. We encourage you to use this to help identify your bag when you leave it with us.



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



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

CHAMPIONS EDGE RECOVERY

Brendan and Tony will have their awesome recovery truck set up offering Cryotherapy, Normatec Compression and Wellness sessions for runners post race. For \$50pp runners can experience their full range of services and set their recovery off to a good start immediately after racing - perfect.

HIIT FACTORY WARM UPS AND EXERCISE STATION

The HIIT Factory will be conducting a warm up for all runners starting 5 minutes before each race start to get you ready to race - so make you're in the start chute and be part of this electrifying kick starter!

VIP GROUP EXPERIENCE

If you see a group of runners relaxing in their own VIP marquee after the race then chances are they are our winning VIP Group who'll be enjoying a tasty hamper of post race food, comfortable chairs, drinks and a free coffee.

We will award a new VIP Group for each race so put yourself in the running by entering your group name online as part of the entry process. (Minimum 5 people to make a group - and you can log back into your entry and retrospectively add your group name in).

JOIN THE TRAIL RUNNING SERIES FACEBOOK GROUP

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

Feel that Aussie Spirit

with



COMPETITOR IDENTIFICATION

REGISTRATION & PLATES

COMPETITOR NUMBER PLATE COLLECTION

If you entered:

- **before 8:00am Friday 20 May** your number plate has been posted to you - bring it on the day. You do not need to 'report in' or do anything else on race day, just warm up and go!
- **after 8:00am Friday 20 May** you need to collect your number plate on race morning. Please bring your entry confirmation e-mail with the QR code to the registration marquee and we will issue your plate.

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

ON THE DAY ENTRIES - Entries will be accepted on the day at the event. Please enter via your phone and show the QR code to receive your plate. (We will not be doing any paper based entries on race day).

NUMBER PLATES

- All competitors must race with their race plate attached to the front of your t-shirt / top (and not on your shorts or leggings) so it is clearly visible from the front during the race.
- If you have a GOLD race plate and are doing at least 4 of the 5 races in the Series, please KEEP YOUR RACE PLATE to use it for your following races in The Series.

Gold Runners plate
Long course series runners



Long Course plate



Gold Runners plate
Medium course series runners



Medium Course plate



Gold Runners plate
Short course series runners



Short Course plate



GET TRAIL RUN READY



TRAIL RUNNING SHOES, APPAREL & ACCESSORIES

\$30 Off online & instore use code:

TRAIL2022FP30



THE RACE COURSES

The trails beside our beautiful Yarra River are the starting point for the 2022 Series and we're looking forward to exploring this beautiful 'inner-city' wilderness once again.

You'll weave along the flowing, non-technical trails beside the Yarra River in these popular and accessible courses – all part of the perfect Sunday!

RACE DISTANCES

- Long Course: 15km, includes 310m elevation gain / loss
- Medium Course: 10.3km, includes 270m elevation gain / loss
- Short Course: 5.2km, includes 95m elevation gain / loss.

THE START

START TIMES:

- 8:40am - Long course
- 8:55am - Short course
- 9:05am - Medium course

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START LINE LOCATION: All races will start at the end of Deep Rock Road, just 50m from the event centre.

STARTING PROCEDURE: All distances will start racing with a single wave start at the times listed above. There is plenty of space for runners to spread out before you get to the single track and your time doesn't start until you cross over the start mat.

SELF SEEDING: Please place yourself in the start chute according to your honest running ability, with fast runners near the front, recreational runners in the middle and those who are purely here to enjoy yourself towards the back.

WATER POINTS

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

- SHORT COURSE (5.1km): There will be no water points on the short course.
- MEDIUM COURSE (10.3km): There will be one water point on the medium course at the 3.2km point.
- LONG COURSE (15.3km): There is one water point that runners come past on two occasions - at the 6.2km and 7.8km points.

NOTE: There will be no cups provided at on-course water points. Competitors must bring their own cup or bottle to fill from the water drums.

PASSING ETIQUETTE

With a large number of runners sharing a narrow trail there are a few points of common etiquette when it comes to passing another runner.

If you are a faster runner who wants to pass a slower runner on a narrow bit of track:

- Let the slower runner know you are there and want to pass. Say something like, "Can I go past when there's a chance..." or even "Track please" then wait for a wider section of track – don't barge on through
- The slower runner can then say, "OK, go past on the right" or "just up here it's a bit wider, go there". But it's good to acknowledge that you heard them and give direction for when they can go past.
- It's also nice for the faster runner to say, "Thank you, keep going" once you're past – share the love
- If you are going to pass, then make sure you are actually faster, don't pass if you are pushing 120% effort to get around them and then slow down afterwards
- Slower runners - don't feel like you need to totally stop and bow down as a faster runner comes through, make space but keep trotting along as well.
- Also see 'Headphones section below



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ENTER CODE: **TRAILSERIES**

Train at our studios or with The HIIT Factory Livestream from anywhere
To redeem, enter code in the promo box when selecting a 7 day trail pass for any location

**LOCATIONS - YARRAVILLE - BAIRNSDALE - ESSENDON -
WERRIBEE - NORTHCOTE - MORNINGTON - CHELTENHAM**

WWW.THEHIITFACTORY.COM.AU

THE HIIT FACTORY HOME STRAIGHT

The HIIT Factory Home Straight will be a timed section over the last ~100m leading to the finish line. We encourage you to get into the spirit of the sprint and empty the tank over the last 100m in a quest for glory!

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



HEADPHONES

We strongly recommend that runners DO NOT WEAR HEADPHONES and listen to music during the race. This is primarily for your safety, so that other runners and marshals can communicate with you. The courses pass through some magnificent eucalypt bush land filled with birds and other wildlife that is all part of the trail running experience and if you're pounding away to music you can't hear that either!

COURSE MARKING - IMPORTANT!!

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

LONG COURSE:

- **red and/or orange arrows** (pegged into the ground and fixed to trees or bushes)
- **fluoro pink coloured** plastic surveyor's tape (tied to trees or bushes)

MEDIUM COURSE:

- **green arrows** (pegged into the ground and fixed to trees or bushes)
- **green coloured** plastic surveyor's tape (tied to trees or bushes)

SHORT COURSE:

- **blue arrows** (pegged into the ground and fixed to trees or bushes)
- **aqua blue coloured** plastic surveyor's tape (tied to trees or bushes)

The colours of these course markings match the colour of the race plate for runners in that particular course distance (except Series Entrants who have a GOLD race plate).

TRACK INTERSECTIONS: All track intersections will be clearly marked. Surveyor's tape will be placed immediately following a track junction to confirm you are on the correct track. Unless otherwise marked or directed, competitors should follow the most major track at all intersections. If there is no arrow at a minor track junction then continue along the major track.

COURSE DESCRIPTIONS

LONG COURSE - 15.3KM (Course goes in a clockwise direction on the map):

All runners start on Deep Rock Road heading east, then turn left onto the gravel footpath beside Yarra Bend Road and then left again just before the freeway bridge to descend down towards Dights Falls. Just above the Falls you turn right to go under the freeway bridge and then run up a double track beside the Merri Creek before crossing over Yarra Bend Road and descending to the Yarra River to complete an 800m loop that involves a section of two-way traffic where runners must keep right. From here, the course continues beside the Yarra before heading up some steps to cross the river at the 'Pipe Bridge' at the Fairfield Park Boathouse at the (approx) 4.9km mark.

After a short climb, continue along the footpath beside Yarra Boulevard for 400m and then turn left to descend down some steps to the water point located at the bottom at the 6.1km point. Turn right onto the main Yarra Trail upstream for approximately 800m and then turn left to pick up some flowing single track beside the river and come back past the water point at the 7.8km point.

The next ~6km of running is almost all along the narrow single tracks that follow the Yarra River with some superb trail running through beautiful bushland, broken only by a short 1km stretch on the sealed footpath



RACE 1 COURSE MAP
Yarra Bend

FAIRFIELD PARK
BOATHOUSE

WATER PT

EXTRA LOOPS FOR
LONG COURSE ONLY

LONG COURSE ONLY
ALONG HERE

SHORT COURSE
GO OUT AND BACK
ON SAME TRAIL

**EVENT CENTRE
START / FINISH**

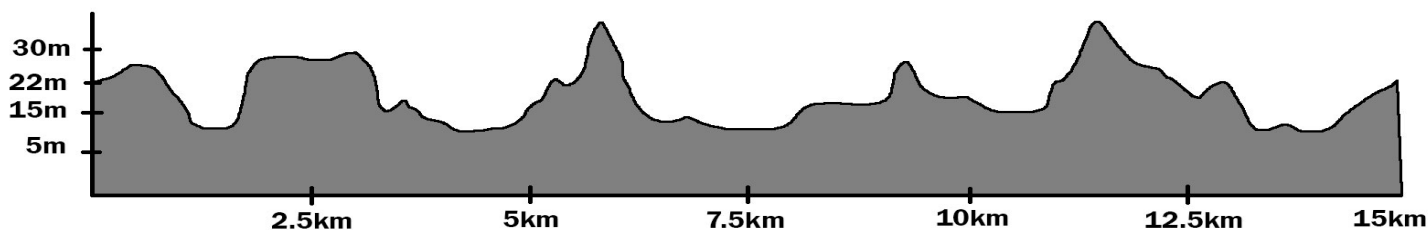
STUDLEY PARK
BOATHOUSE

ALONG FOOTPATH
BESIDE ROAD THROUGH
HERE



beside the Yarra Boulevard. At the 13.7km point runners cross over the Yarra on the 'Swing Bridge' adjacent the Studley Park Boathouse and then turn left to continue on single track through to the finish in the event expo.

Long Course elevation profile

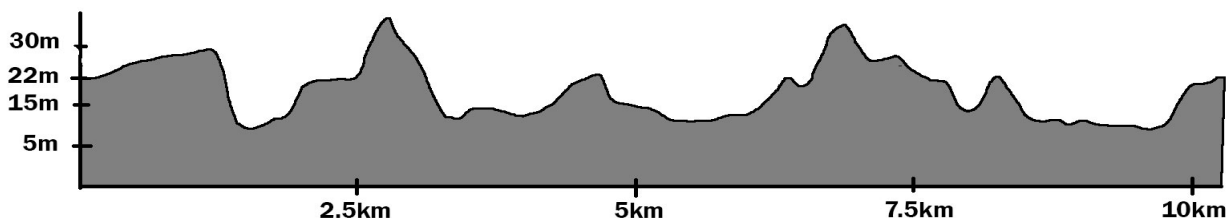


MEDIUM COURSE – 10.3KM (Course goes in a clockwise direction on the map):

The medium course is very similar to the long course but just omits some additional 'loops'. After starting on Deep Rock Road, runners turn left onto the gravel footpath beside Yarra Bend Road for 400m and then cross over Yarra Bend Road to descend to the Yarra River on a fast moving double track. From here, the course continues upstream beside the Yarra before heading up some steps to cross the river at the 'Pipe Bridge' at the Fairfield Park Boathouse at the (approx) 2km mark.

After a short climb, continue along the footpath beside Yarra Boulevard for 400m and then turn left to descend down some steps to the water point located at the bottom at the 3.2km point. Turn left onto the Yarra Trails and enjoy the next ~6km of running that is almost all along the narrow single tracks that follow the Yarra River providing some superb trail running through beautiful bushland, broken only by a short 1km stretch on the sealed footpath beside the Yarra Boulevard. At the 9km point runners cross over the Yarra on the 'Swing Bridge' adjacent the Studley Park Boathouse and then turn left to continue on single track through to the finish in the event expo.

Medium Course elevation profile

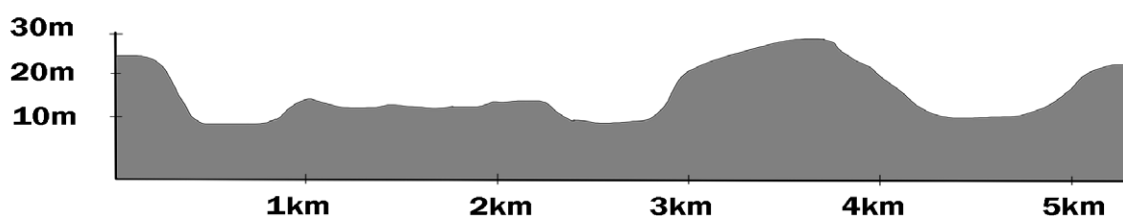


SHORT COURSE – 5.2KM (Course does clockwise figure 8 on the map):

The short course starts on Deep Rock Road heading east, then runners turn right to run downhill, beside the Yarra River and around to Kanes Bridge. Cross the bridge and turn left to do a short 'bushland loop' before crossing back over Kanes Bridge at the 2.2km mark.

Run back along the trail beside the river, up the hill and then beside Yarra Bend Rd until just over the freeway where you turn left and run down hill to Merri Creek. Come under the freeway, past Dights Falls and continue on a lovely section of trail beside the river as it curves up and around to the finish area back where you started.

Short Course elevation profile



100KM

SURF COAST CENTURY

17 SEPTEMBER
ANGLESEA VICTORIA 2022

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RUNNING
AT ITS
BEST!



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ANGLESEA
START/FINISH

AIREYS INLET

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

100KM SOLO
50KM SOLO
100KM RELAY TEAMS



CATEGORIES & PRIZES

ENTRY CATEGORIES

The following categories will be recognised at each of The Trail Running Series races.

- 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

Categories will be determined by your age on race day.

RACE MEDALS AND AWARDS

Medals will be presented to 1st, 2nd and 3rd in each category in each race distance at each race location. And a prize will be awarded to the fastest male and female runners in the HIIT Factory Home Straight.

RESULTS AVAILABLE:

Available from the event website post-race www.trailrunningseries.com.au OR check out at the results centre at the venue.

RACE RULES

- Juniors only - (under 18 on race day) must have have a parent or guardian to read and sign an authorisation and indemnity during registration.
- Competitors must follow the complete course as marked and directed. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors will result in disqualification. It is the competitor's responsibility to ensure that the correct course is followed.
- Your race number must be visible at all times on the outside of your clothing (at the front).
- Competitors shall not receive any external assistance on the course.
- One competitor cannot provide assistance in forward progression through physical pushing / pulling / towing, or the provision of food or drinks to a competitor except in emergency circumstances.
- Australian Road Rules apply at all times on all roads, tracks and trails.
- Any competitor who withdraws from the race MUST notify an official. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged.
- Rapid Ascent has sole discretion to alter or amend the race rules in order to increase the safety of participants or for any other reason deemed appropriate.
- If the race is cancelled or called off after it has started, it is each competitor's responsibility to get themselves to the start / finish area as soon as you have been notified of the cancellation.

GOLD RUNNER REQUIREMENTS (Competitors doing 4 or 5 races in the 2022 Series)

To receive an overall ranking and result in the 2022 Trail Running Series runners must:

- Compete in at least 4 of the 5 races in the 2022 Series, entering either individually for each race, OR be entered as a 'Gold Runner'
- Runners must compete in the same distance event at each race – i.e. all long course events or all short course events
- If a runner changes category during the course of the series (i.e. because of a birthday) for the purposes of the series they will be ranked in the category they competed in for their first race (Race 1 or Race 2).
- Points will be awarded according to your overall place in your category at each race, the runner with the lowest number of points wins
- If points are tied between two or more runners, then the runner with the best result in Race 3 will win.



EVENT MERCHANDISE

GOLD RUNNER 2022 EVENT T-SHIRTS COLLECT AT RACE 2.

'Gold Runners', competitors who have entered at least 4 of the 5 races held as part of The 2022 Series, receive a free event shirt as part of your entry package. **These shirts will be available for collection at Race 2.** The Gold Runner shirt is not available to purchase and is exclusive to Gold Runners only.



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...

BITUMEN IS BORING T-SHIRTS \$35

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



BITUMEN IS BORING SOCKS \$25

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

BITUMEN IS BORING HOODIE \$75

Our new Event Hoodies are definitely a must have item with black fleecy fabric and striking coloured print. With tunnel pocket and hood for those cold mornings they are the perfect item.



RUNNING VISOR \$20



HEADTORCH \$29

A small but very bright headtorch to keep you on the trails through winter's darkness. 300lumens, rechargeable, 3 light strengths + SOS strobe.



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