# Marysville
## Marathon
### trails+ 42.2km 100km 50km 4km 10km 21.1km
### united we run

## 100KM
## INFORMATION

## 2023

# Table of Contents

Throughout this document you will see random animals 🐨 inserted. The purpose of these random animals is to ensure you have read the document as it is considered the final race briefing and for your safety and our peace of mind, we need to know you have done all you can to be prepared and aware and require you to email us back and tell us how many animals and what type of animals you have seen placed among the information following.

# Introduction to Marysville 100Km

Welcome to the 2023 first edition of the 100km at Marysville. The Marysville Marathon festival has evolved as the township and surrounding areas have recovered from the 2009 Black Saturday Fires. The festival is a major event for Marysville and continues to support community groups and businesses. With the expansion of the Marathon Festival now covering the whole weekend with events on Saturday and Sunday, it naturally flows for the event to provide runners the opportunity to challenge themselves with the much sort after 100km distance for the ultra-runner.

With a staggered start format based on expected first 50km finish time, to try and have as many 100km runners pass through Gallipoli Park as we start the 50km event at 7am. The second half of the 100km course is the regular 50km Sunday course.

## First 50km is to be considered mostly self-supported

- Course will be marked but priority is having maps and gpx files loaded.
- GPS File or Map must be carried
- GPS File to be loaded and understand operation.
- Must be mostly self-sufficient.
- Minimal Check Points in Place
- Staged starts guide, to be confirmed with individual runners.
    - 8pm for 10-12hr 50km runners
    - 10pm for 8-10hr 50km runners 🦈
    - 12am for 6-8hr 50km runners
- Start time allocated based on response to entry questions and RD discretion.
- We expect you to be reasonably accurate so that you complete the first 50km at approximately 7am. We understand situations can change and will work with you.
- If you are faster than expected you do not have to wait until 7am to continue, however you must understand that some aid stations from 50km onwards may not be ready if you are to early and therefore must be prepared to continue being self-sufficient, else wait a little.

## Safety Requirements

- Accurate response to entry questions
- Must have completed a 50km event previously.
- Must have run an event through the night.

## Mandatory Gear Requirements
*( may be updated before event )*

- Phone with tracking App
- Gloves, beanie
- Sealed seam waterproof jacket
- 1000calories food
- 1ltr water
- Snake bandage
- Head torch 12hr effective light run time
- Spare torch and batteries
- Reflective vest to be worn, while on road sections.

## Runner Support on Course

- Runners are permitted to have crew meet them on course but should be confined to the allocated aid station locations where support can be provided.
- Meeting at safe locations along the course for the first 50km only is permitted, however you must not drive beside any runner except to safely pass no cruising beside them at all.

## On course Aid locations first 50km

We propose to provide 4 locations on course, these are all key Junction Points and very accessible by car, support crew must consider runners will be on roads and keep speed safe and below 40km/h and minimise dust for runner comfort.

1. Aid-1 located at 12km where Wilks Creek Trail Crosses Paradise Plains Road
2. Aid-2 located at 23km where Strickland Spur Track Junction intersects with Granton Road
3. Aid-3 located at 32km where Road 8 intersects with Paradise Plains Road
4. Aid-4 located at 41km where Yellow Dog Road intersects with Tommy's Bend Road

## Crew Meeting Point Suggestions

( we are not suggesting you go to all but these are suitable locations for easy access)
Safe preferred meeting points but no physical support permitted just moral support.

1. 4km Steavensons Falls ( need to walk in through the carpark to track junction )
2. 9km Keppel Look Out
3. 12km AID-1 OFFICIAL FULL SUPPORT PERMITTED
4. 16km Anderson Mill Road passed "Y" Junction just before Strickland Link Track.
5. 23km AID-2 OFFICIAL FULL SUPPORT PERMITTED
6. 28km Top of Strickland Spur Track Junction of Road 8
7. 32km AID-3 OFFICIAL FULL SUPPORT PERMITTED
8. 37km Olsen Road Paradise Plains Junction.
9. 41km AID-4 OFFICIAL FULL SUPPORT PERMITTED
10. 44km Yellow Dog and Olsens Road Junction.
11. 48km Yellow Dog Road and TreeFern Gully Track Turn Off
12. 50km AID-5 OFFICIAL FULL SUPPORT PERMITTED Gallipoli Park Start Finish Area.

The Sunday 50km due to higher numbers of participants on Roads we do not encourage access to parts of the course, please respect the safety of all and only genuine emergency access on course to assist a runner who has decided to pull out. There are multiple walking points without accessing the course by driving but bear in mind Falls Road is closed to traffic.🐌

## Runners Drop Bags

If you require some personal items ( small bag only ) taken to AID stations, please note that the first 4, may be unmanned and items at risk of being taken. We will try to deliver any personal food items for the first 50km. Sunday 50km items must be left in drop box locations prior to your run to go out with Aid station crew. This service is available only if volunteer crews are available at locations and may not result in your items being delivered.

# EMERGENCY RESPONSE

- First and foremost, if situation is a real emergency call 000
- When appropriate, advise race director of situation, report your location
- Race Director Phone is available 24hrs Don't hesitate to call 0418 557 052
- Assistance Race Director can be contacted if Race Director can't 0419 533 018

# TRACKING APP

- Please note that we plan to use a tracking App, but it is dependant on some technical issues, while we will keep moving forward full assuming it will function as required, there is a possibility we won't have the Tracking App operational.
- We do have a couple of back up plans around tracking also, which allows a live tracking option and a predictive tracking system using our timing system track boxes place on course. We will provide more information as soon as possible. 🦋
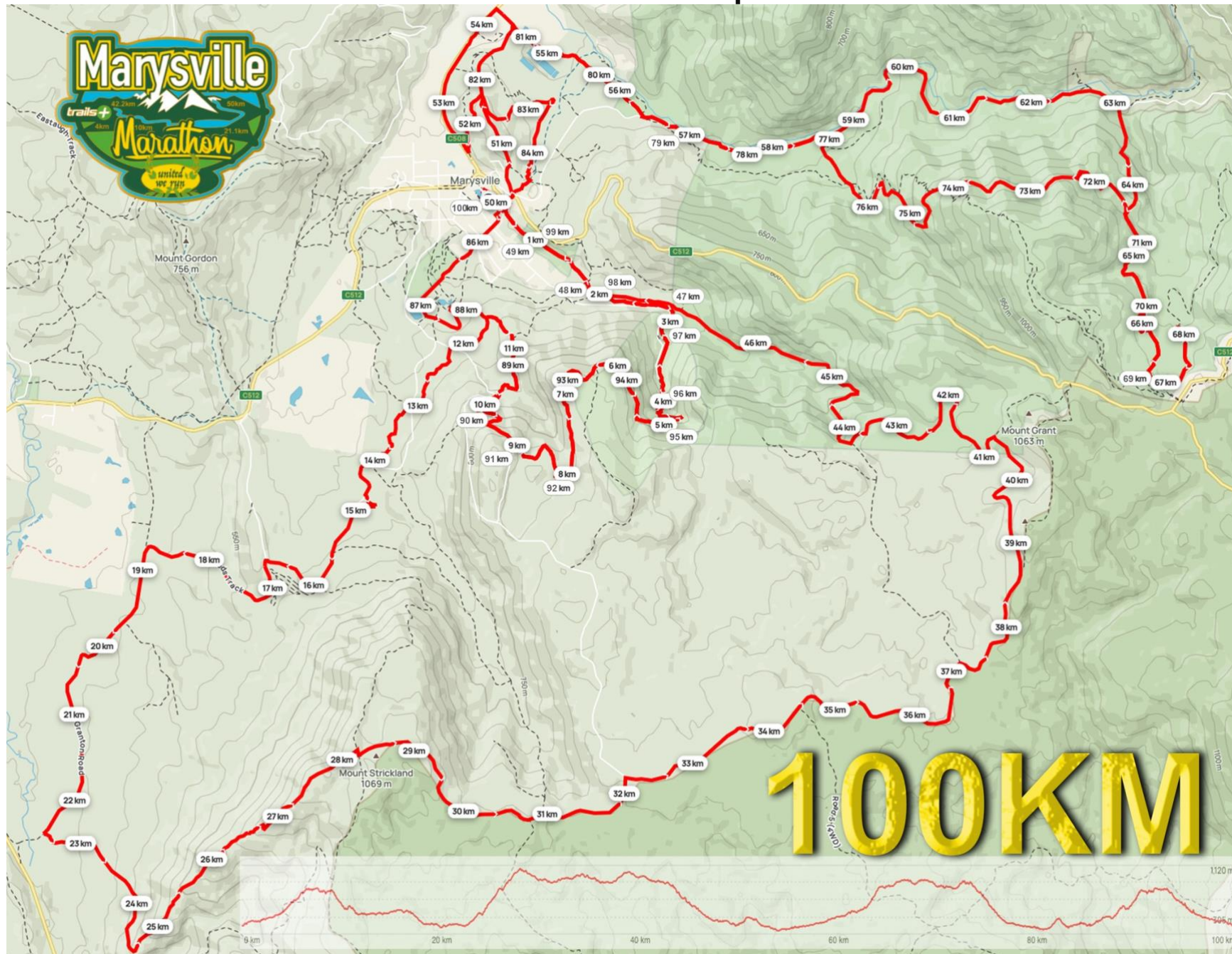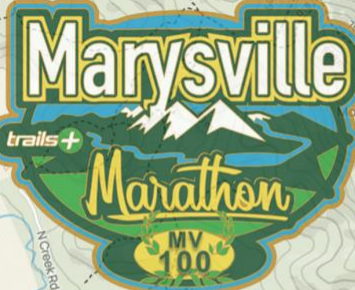
# 100KM SPECIFIC INSTRUCTIONS

- This 100km event guide is focused mainly on the first 50km of your event, we strongly advise you to become familiar with the overall Marysville Marathon Festival Runners Guide that will be published on the website with 2023 updates

# CUP FREE EVENT

- We are a cup free event please ensure you have your own means to drink form **AID STATIONS** when supplies are available.

# 100km Course Maps



100KM

# 100Km
### 1st HALF OF 100KM EVENT

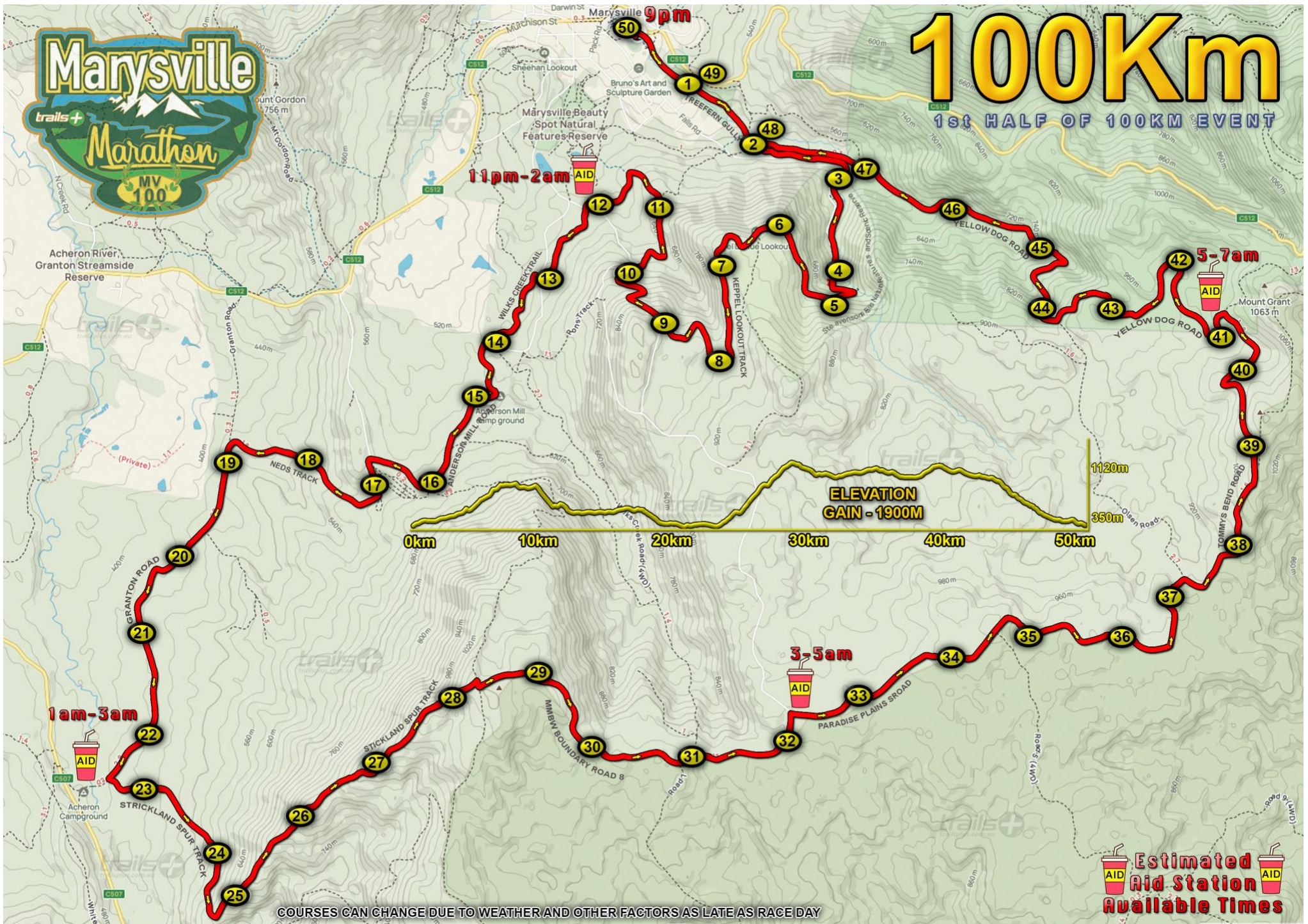Marysville 9pm

11pm-2am AID

5-7am AID

ELEVATION GAIN - 1900M
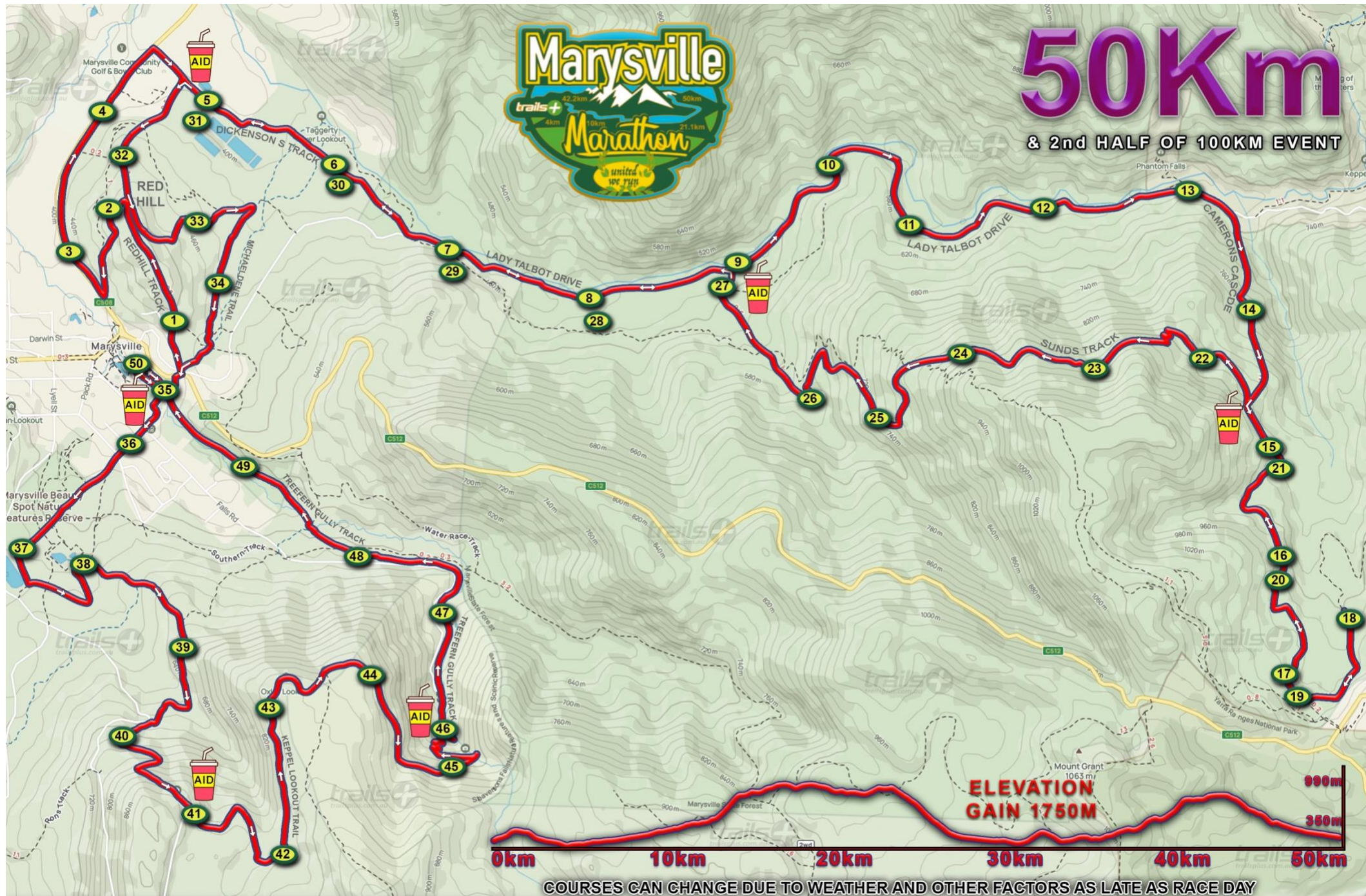
1120m
350m

0km  10km  20km  30km  40km  50km

3-5am AID

1am-3am AID

AID Estimated Aid Station Available Times AID

COURSES CAN CHANGE DUE TO WEATHER AND OTHER FACTORS AS LATE AS RACE DAY

# Runner Tracking

As part of our safety system, we intend to use a tracking app that we have successfully used in other small events. This requires the runner to load the App on their smart phone and complete some settings. 🏃

To save time on race day we prefer you to load the app and ensure settings are correct, then go for a short test walk or run, send Brett a text beforehand so I can see it's working ok. This will tell us that it is working, then on race day all you must do is enable the App. Like most tracking type Apps you control when it is on/off visible etc.

Please note that the App Opt 1, is for Race Management tracking only and isn't intended for public monitoring. Opt 2 may be possible for others to see your progress and can be used as your own guide on course. If we use Opt1 and you want to share your location with friends and family you can do that via other Apps, but importantly the Race App must be active and working before you start. Information on the App to be used will be provided later.

# Staggered / Wave Starts

To cate for all levels and speeds of runners we have race starts at allocated times of
9pm – 10pm – 11pm – 12am – 1am
This suggests the following as a guide to your finishing time.
9pm 50km ~ 10hrs, therefore 100km likely to be 20+ hrs finishing after 5pm
10pm 50km ~ 9hrs, therefore 100km likely to be 18+ hrs finishing after 4pm
11pm 50km ~ 8hrs, therefore 100km likely to be 16+ hrs finishing after 3pm
12am 50km ~ 7hrs, therefore 100km likely to be 14+ hrs finishing after 2pm
1am 50km ~ 6hrs, therefore 100km likely to be 12+ hrs finishing after 1pm

# Course and finish line pack down

We will start to pack down all nonessential equipment and infrastructure Sunday from 2-3pm, we will always maintain the finish line for you to complete your events, though finish chute and other equipment will be pulled down and packed away for the last few to finish.

# Race Briefing

Normally we provide a verbal briefing at our start lines 15minutes before official start. However, with staggered starts we are providing our **Race Briefing Notes** at the end of this document, and we trust you read them just as you would listen when spoken pre normal race starts.

# Your check in process.

You may collect your bib early if in town on Saturday, however if you do not collect your race bib during bib collection Saturday 2-4pm roughly. Then you must present at the start line at least 30 minutes prior to your scheduled start, while it should only take 5 - 10 minutes to issue a Bib we may need time to confirm the tracking App is active and operational, though this should be confirmed before the event if our plans work out ok.

# Runner Self Read Briefing

Welcome to the Marysville 100km Edition ONE. Thank you for being part of the inaugural group of runners, I truly hope you have an amazing adventure. Initially as we get the 100km off the ground it will probably be a bit different to typical races as we work through a 2 in 1 event with the 1st 50km overnight and then joining the 2nd 50km on Sunday. I look forward to working with you and taking your feedback on board to help create a 100km race that brings the running community to Marysville.

Safety is our number ONE priority; this will be aided by you sharing information with any supporters you may have as well as following the event rules and trail running community ethos of looking out for each other. 🦮

With staggered starts, clearly the faster runners will make their way through the field, though in theory it should only be in leg 4 that you catch anyone that started ahead of you else someone started at the wrong time, or something has gone pear shaped, hopefully not the later.

Below are my Notes used for Race Briefing, they are dot points for simplicity, please read.

**WELCOME**
- Welcome and acknowledgement of the traditional owners and pay respects to their elders past and present ( Taungurung People )
- Thank you for not only supporting this event but also **CANTEEN**
  Canteen support young people living with cancer and thanks to you all we have managed to donate over $75k through our trail running events and brettsrunforcanteen09.
  BIG SHOUT OUT TO THOSE WHO ADDED EXTRA DONATIONS DURING REGO PROCESS
- **VOLUNTEERS**
  As always what would we do without our awesome volunteers, a huge thanks we have over 80 volunteers helping over the weekend.
- **DEECA**
  The Forest Authority Team have been extremely supportive of the Marysville Marathon and always work with us to clear trails and provide a safer environment to play on the mountain.
- **SPONSORS**
  GARMIN – 32GI (Magnus) - ZERO SPORTS BEER (Barry) - TARKINE (Sam) – PETZL – TEKO SOCKS (Paul) - ANDREW PEACE WINES – RISE HEALTH GROUP
- **SAFETY**
  Road Crossings and Running on Roads, MUST FOLLOW instructions, NO music on Roads
- **FIRST AID**
  We have mobile first Aiders during the first 50km if required, Contact Brett 0418 557 052 first aid support will also be at the start on Sunday, if you are injured or need patching up. A huge thanks to the team from "EMERGENCY MEDICAL RESPONSE"
- **COMPULSORY GEAR**
  Refer to the Mandatory Gear List provided.
- **FOOTWEAR**
  Is always a challenging bit of advice to give. When Marysville is warm and dry, road shoes can be ok, however when any level of moisture hits the trails, they can become very slippery, so consider your footwear based on weather and lead in conditions.
- **MAPS**
  Got a phone, you should have the map on it, or printed, plus GPX File Loaded.

- **PUBLIC USERS**
  You will encounter other park users on the trails, PLEASE make sure they are afforded every respect, don't startle them and be sure to slow down when approaching, don't do anything that will potentially cause a complaint, especially around Stevensons Falls.
- **RUBBISH**
  Please ensure all rubbish is placed in bins at Aid Stations, if you spot a runners rubbish accidently dropped please collect it and put in bin at
- **TOILETS**
  Are available via the portaloos, the beatles shed at the start, The falls carpark, Anderson Mill Campground. If need to go bush, adhere to bush toileting, bury waste, away from water, don't let sweeps pass you leave something on the track they will see and wait.
- **RACE BIB**
  It needs to be visible on front of torso, not on back or leg, if we can't see your number we can't check your time. **WE WILL COLLECT THE TIMNG CHIPS WHEN YOU FINISH**
- **PRESENTATION**
  If you finished 1$^{st}$ 2$^{nd}$ or 3$^{rd}$ please stay for presentation
  Hopefully you can hang around after your run, enjoy the festivities and supporting the runners still on course, though most will be finished by the time you do in the 100km.
- **LOST PROPERTY**
  If you have left something behind, or at an Aid Station Drop Bag and leave before it gets brought back to us, it will be available for collection from my place for 2 weeks, if not collected, suitable items will be washed and given to Salvos, other items will be thrown in rubbish.

- **DNF - WITHDRAWING FROM THE EVENT**
  If you can't finish your race you must notify the race director or other official so we know you are ok, Return your timing chips to an official as this completes the process and we know you are safe and well. 🤙

- **ABOUT THE COURSE AND MARKERS**
  **How Many and Types** – Lots at Junctions – Not much along trail sections especially if single trails. With multiple distance events there will be some decision points, so be sure to ready the signs, check your maps if you are not sure. Don't forget you are part of Sunday 50km event and should follow the signage appropriately that may mean following 50km sign. Mostly its orange reflective arrows and ribbons, sometimes white red arrows and pink yellow stripe material ribbons. Wide roads like Paradise Plains, Anderson Mill, Granton and Yellow Dog may not have many ribbons, but intersections will be marked.

- **COURSE ERRORS**
  If you make a navigation error you need to correct it, only correct course completion is recognised, we don't accept make up distances as a complete course.

- **RUNNING ON ROAD SECTIONS**
  You must wear a fluro safety vest when on roads during the first 50km / night section. You must not have music in your ears when on roads, we prefer no music so you can hear and be aware of your surroundings.

- **SAFETY**
  Please ensure you make good decisions when on course, we want this to be a great experience and remembered for all the right reasons, take care and have fun exploring.