



EVENT GUIDE

2023



GARMIN



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Welcome to Marysville Marathon Festival from Event Team

Welcome to the 2023, 15th edition of the Marysville Marathon Festival. The 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 we are both proud and excited to continue the tradition here in this amazingly resilient community of Marysville.

We look forward to seeing you in Marysville on Nov 11th and 12th. This document has been compiled to provide you with all the information you will need to have a safe and enjoyable adventure on the trails around Marysville. PLEASE READ IT, we know it can be the difference between a great day out or a forgettable one, so let's make it memorable for all the right reasons and be prepared for the adventure that awaits you on the trails in Marysville.

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 our Charity Partner Canteen, supporting young people living with cancer.

The event would not be the same without the support of our sponsors. We are grateful for the support in-kind support they provide to enhance the festival.

Thank you, to our amazing supporters Garmin Australia, Zero+ Sportsbeer, Tarkine Shoes, Teko Socks, Petzl Head Torches, Andrew Peace Wines, 32Gi Australia, Greenlands Guest House, and all 80+ fantastic volunteers.

Message from our Race Patron – Dr. Lachlan Fraser

Here we go for the 15th annual Marysville Marathon Festival, a decade and a half -- if you can believe it -- of welcoming you to our treasured region of Victoria. Come and enjoy the towering trees and ferns of the forest, crystal clear rivers and majestic mountains, topped by inspiring views for your perspiring efforts. Our friendly volunteers will support your journey, as they raise funds towards the clubs they represent. We also continue to boost Marysville CFA and SES with fundraising.

This year the longer races return to their traditional stomping grounds over Red Hill, along the Taggerty River valley before returning to Gallipoli Park for the challenging climb to the breathtaking lookouts and the reward of Steavensons Falls. Listen out for the call of lyrebirds on the ranges above the Taggerty.

On Saturday, the day before, between 3-4 pm the festival expands to include the 14 km King and Queen of the Mountain to Keppels Lookout, scenically traversing to the top of Steavensons Falls and descending back home. That's secret Marathon / Ultra territory for those who've never seen it. Also including Treefern Gully along the Steavenson River is the 7 km King and Queen of the Mountain before you wind through the forest. For the young guns and swifties we have a 1.5 km distance. All finishers take home a medallion designed for our first event in 2009. If you need a bigger challenge, knock off the inaugural 100 km, see the forest through Saturday night and be guaranteed to be up before everyone else on Sunday, joining the Ultra course for your second 50 km.

A huge thanks to indefatigable Brett Saxon and the Trails Plus team for keeping the event going, plus to all our volunteers and participants. A shoutout to those who have been to all fifteen MMFs, the love is mutual! Bide a night or two here, have a stickie in our neck of the woods and thanks for supporting our prize sponsors.

Dr. Lachlan Fraser, Race Patron

Acknowledgement of Country

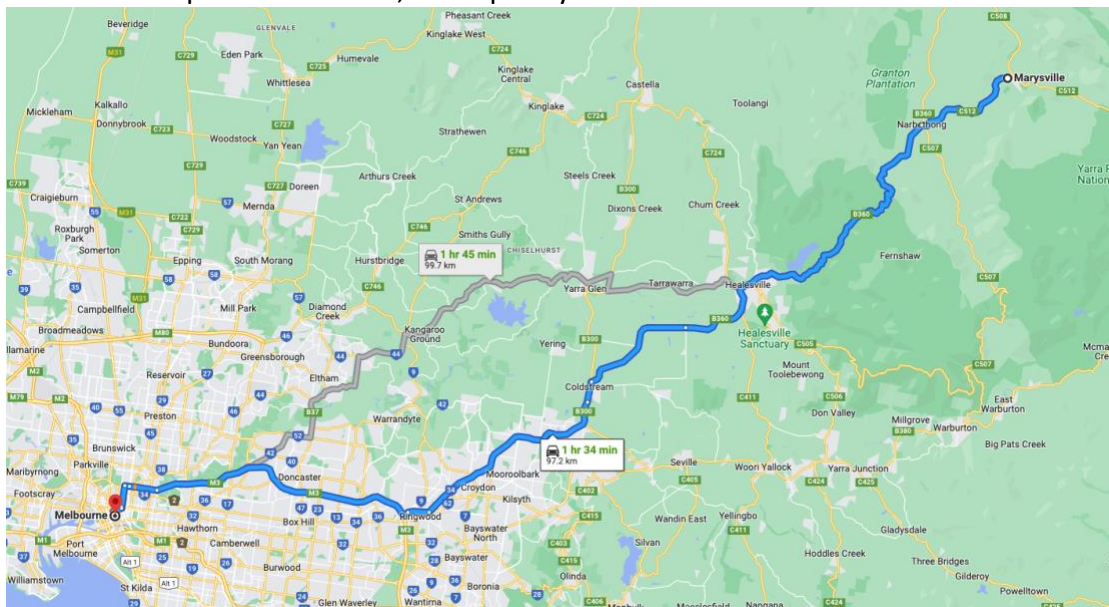
The event organisers would like to acknowledge the traditional owners of the land we meet and play on this weekend, the Taungurung people. And pay respects to their elders past present and emerging.

Remembrance Day – Saturday November 11th

There will be a short ceremony in Marysville to remember and honour those who have served and paid the ultimate sacrifice so that we may live to enjoy our great country. For those assisting the event organisers we will be pausing to remember at 11am, please observe 1 minute silence at 11am.

Getting to Marysville

For most people getting to Marysville is via Healesville and the black spur. This is a beautiful mountain drive. But please take care, leave plenty of time and don't rush.



Where to Park

If you are staying in Marysville, it is likely you are within a 10min walk to the start, walking is a great option. If driving up for the day we have the SES team helping park cars on Falls Road and in the Gallipoli Park Precinct. Please drive carefully and follow the directions of the SES team.

SES Volunteers

The SES team have been fantastic supporters of the Marysville Marathon Festival, if able, it would be great to make a gold coin donation they will have a bucket on hand to toss a coin in, thanks 😊.

Check In Registration Schedule

Collecting your race bib is at Checkin / Registration area this is located at the rear roller door of the community centre basketball stadium. We do not post out bibs pre race, they must be collected.

For those staying in Marysville you can collect your race bibs on Saturday afternoon between 2pm and 4pm. If you are coming to Marysville Sunday morning you can collect your race bibs prior to your event start time, see schedule and when checkin opens for your event.

Race	Distance	Checkin / Bibs	Pre Race Brief	Start
Sat Bib Collect Option @ Stadium		2:00-4:00		
Saturday				
KQOM	14km	2:00	2:45	3:00
KIDS DASH	1.5km	2:30	3:15	3:30
KQOM	7km	3:00	3:45	4:00
The Beast	100km	From 2:00pm til late	15min before Start	As per arrangement
Sunday				
Ultra Marathon	50km	6:00	6:45	7:00
Marathon	42.2km	7:00	7:45	8:00
Half Marathon	21.1km	8:00	8:45	9:00
Run / Walk	10km	9:00	9:45	10:00
Run / Walk	4km	10:00	10:45	11:00

Merchandise

We have some merchandise available however most has been assigned to pre orders. If you would like any merchandise and it isn't available in your size, you can place an order and pay postage to have it sent to you after the event. Available items will include technical running top, soft casual wear top, headwear buff, plus a variety of past designs and other race shirts from 2023 series.

Marysville 2023 Tech Shirt-Singlet	Marysville 2023 Soft Shirt-Black	Marysville 2023 Soft Shirt-Pink	Marysville 2023 Blue Headwear	Marysville 2023 Red Headwear	Marysville 2023 Green Headwear
					

Changing Event

If you want to change events, either stepping up or stepping down distance this is possible. Please note that step down events incur a change event admin fee, regardless of when you entered and the current fee structure. If you step up there is a difference in price fee and an admin fee that applies. The earlier the change of event notification the cheaper the fee, on day change event fees apply.

Event Photos

We have a variety of photographers that will be taking photos on the day. These photos will be added to the Marysville Gallery a few days after the event, be sure to check your emails for updates or go to the website and select the gallery tab to check yourself in action.

Presentation Process

We aim to hold the presentation within 30 minutes of our podium places being filled, however this can vary on the day. Please note when there are prizes available for podium places you need to be present to receive the prize.

Event Timing – Results

Live results will be available on the day, a results button will be on the website for you to check your results as soon as you finish. You can choose from a drop down menu to see who the top 3 are or chose the whole list of finished runners.

Trekking Poles

You are permitted to use trekking poles, please be sure to consider others safety around you.

Dogs / Animals

As all events except the 4km pass through a national park area, Dogs/Animals are not permitted to join you. They may join you in the 4km and at the start finish area. However please only consider bringing pooch is very sociable with others, so everyone can enjoy the weekend.

Your Race Bib – Number

We **DO NOT** post out race numbers, you must collect from checkin area as per check in information. Your race number incorporates electronic timing chips and is the key to monitoring your progress on course and recording your finish time. You must not alter, fold, cut your race number. It must be worn on the front of your torso, not your leg or on your back. Only exception is if wearing a race belt, but must be visible at the front.

Your BIB is colour and distances coded.



Timing Chips

Our volunteers will collect the timing chips from the rear of your race BIB after you cross the finish line. This involves a small cut to the plastic pouch on the rear to remove two chips. You must not leave with your timing chips, they remain the property of the Marysville Marathon. If you accidentally take them home they must be returned via post within 1 week



Medals

All finishers receive a medals to commemorate their achievements, on rare occasions we may run out of medals, if this occurs we will post a medal to you after the event.

Our Event Medic

There will be an event medical team on site Saturday and Sunday to take care of you in the event of a mishap on course, please be sure to use this service for any reason big or small. Our Event Medic

Trophies for Podium Places

We like to acknowledge 1st, 2nd, 3rd place male and female as well as Juniors in the 4km events. We provide AGE group rankings in the results, however there are no AGE group presentations.

No Cup Event

As long term supporters of our environment we are a no single use paper or plastic cup event at our aid stations. This means if you want to utilise the services provided on course, such as water, electrolyte, or Coke for the ultra runners, you will need a cup or bottle. Your hands are not cups.

Silicone Reusable Collapsible Cups

We have limited supplies of these great reusable collapsible cups available for only \$5 on the day, however we highly recommend bringing your reusable own cup or bottle to drink, we may run out, and not be able to assist you with a means to drink from aid stations. (Logos Vary on cups)



Personal Belongings

We provide an area in the main stadium to place your belongings. This area is not secured and should only be for clothing and not valuable items. The event organiser takes no responsibility for any loss that you may incur.

Marathon-Ultra Runners Aid Station Drop Bags

Runners in the Marathon, 50km Ultra and 100km can utilise the drop bag service where available. A bin marked with the Aid Station description will be placed near check in. You may place a small bag or loose item preferably named in the bins provided. Please note these bins will go with the volunteers soon after the 50km start, therefore 42km runners should place items in early or they won't be taken to location. 100km runners should arrange their drop bags with Race Director, while understanding that volunteer numbers determine if they will be delivered

Marathon-50km-100km Runners Drop Bag Locations/Distances

Location	Marathon	50km	100km
Paradise Plains Wilks Ck Track	n/a	n/a	12km
Granton Road Strickland Track	n/a	n/a	22.5km
Paradise Plains Road Eight	n/a	n/a	32km
Tommys Bend Yellow Dog Road	n/a	n/a	41km
Gallipoli Park	28km	35km	50km / 85km
Lady Talbot Drive Sands Track	9km / 20km	9km / 27km	59km / 77km
Keppel Lookout	33km		91km

It is important to note that the night time 50km aid stations will most likely be unmanned, we will endeavour to deliver your drop bag items and place them in black round bins or similar for you to retrieve. Please do not have valuables in drop bags, just basic nutrition items you may need.

Aid Station Drop Bag Return

Your drop bags will only be returned to the event hub once that aid station has closed for the day after the sweep has passed through, this can mean faster runners will have a long wait or need to make other arrangements to collect their property.

Lost or Left Property

Any property left at the event or not collected will be held for two weeks. It is the responsibility of the owner to arrange collection. After two weeks clothes will be washed and set to the salvo's, food products will be disposed of along with drink bottles/flasks etc.

Safety Requirements

- You must wear your Bib visible on your front.
- You must be the person who registered and not run under another person's name.
- You must render assistance to others in need.
- You must obey all marshal and traffic manager instructions.
- You must adhere to music in ear policy.
- You must advise an official if you don't complete your event to avoid search and rescue fee

Recommended Gear Requirements

(may become mandatory for some longer distances, we will update before event, so at least have ready just in case)

- 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.

On course Aid locations

Aid stations are provided at approximately every 5km. These are manned by our awesome volunteers, so be sure to give them a huge thanks, they are there for you. Typically, our aid stations have, Water, electrolytes, Lollies, chips, chocolate, chips, fruit cake, fresh fruit. We do expect that some items of choice will run out, but there will always be water and some type of energy item.

Location of Aid Stations

2023 Marysville Aid Stations															
Locations	Start	Finish	Located at Gallipoli Park Precinct												
7km KQOM	N	Y	2km		5.5km										
14km KQOM	N	Y	2km	5km	10km										
100km	N	Y	12km	22.5km	32km	41km	50km	55km	59km	63.5km	71.5km	77km	81km	85km	91km
4km	N	Y	2.5km												
10km	N	Y	4km	6.5km	7km										
21km	N	Y	5km	8km	12km	15km	17km	17.5km							
42km	N	Y	5km	9km	14.5km	20km	24.5km	28.5km	33km	38km					
50km	N	Y	5km	9km	14.5km	21.5km	27km	31km	35km	41km					

These distances are a guide only and available based on Volunteer numbers.

Runner Crew / Supporters

The Marysville Marathon is staged in Gallipoli Park and is an ideal location to support your runner from. The longer distances pass through during their events and a 5 minute walk puts you in town at the country bakery, famous Lolly shop, the Duck Inn and many other places to visit). When your runner will be gone for longer periods it's a great time to check out Marysville and support the community with some local shopping.

Key notes about support crew and access on course.

1. Some roads are closed for runner safety.
2. Movement in and out of Gallipoli Park by car is limited for runner safety.
3. Local roads our runners use are dusty and vehicle access is limited.
4. Keppel Look out is accessible via Paradise Plains Road great for 42km-50km-100km
5. Steavenson Falls access road is closed until 2pm
6. Access to Lady Talbot Drive should be limited to Dickensons Track junction, no further.
7. Do Not access Lady Talbot beyond this point as runners will be on road.
8. 100km Crew Runners, please refer to 100km event guide for additional details.
9. General Note, if planning to move around Marysville, best to park away from Gallipoli Park
10. RUNNER SAFETY PRIORITY. Do not drive on restricted roads.

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 on the rear of your bib
- Assistance Race Director can be contacted if Race Director, also on bib

Tracking App

Sometimes we use a tracking App and may invite, or at times require you to install and activate the App as part of the event. You will be advised if this applies to you, this would most likely apply to Ultra Distance runners only.

Transferring or running as someone else

It can't be stressed enough that you are not permitted to give, sell, transfer your ticket to any other runner. For permit and safety conditions under no circumstances can someone run as you that isn't you.

DNF – Withdrawing from event

You must advise the race director, timing official if you are pulling out of the event short of the distance you enter. This is a critically important safety requirement, so we know you are safe and well. Failure to advise officials may invoke a search and rescue and costs may apply to you.

Traffic Controllers and Marshals

We utilise traffic management and volunteer marshals in some locations, and it is critically important that you listen, hear, and follow their directions for your safety.

Cut Off Times

We list on the website some cut off times, these are a guide and part of our safety assessment, cut offs are generally only enforced if the runners are excessively late or for your own well-being.

Course Markers and Signs

A variety of course direction markers and signs will be deployed along the course. Typically we will place more markers around intersections and less along trails, especially when there is nowhere else to turn. Below are a sample of some of our signs and markers used.



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.

Navigation

Trail running is a sport that requires some concentration, navigating around the course is quite simple really. It just requires you to observe the signs. You should not automatically follow someone in front of you as they may be doing a different distance. Of course reading this document, checking out the maps or if you have the option, simply load the provided GPX files from the website and you will be kept on track with your electronic device.

Shoe Choice

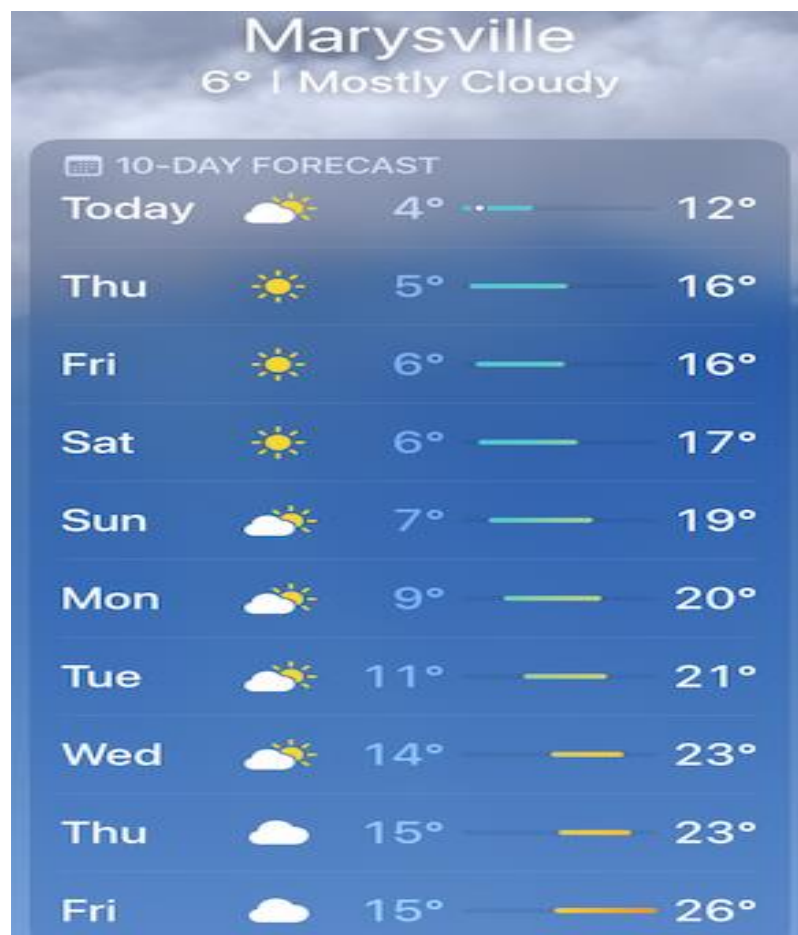
12 of the 14 years have been dry for the Marysville Marathon. When dry your standard road shoe will safely see you cover the course, however if there is any moisture on the ground some of the trails will be quite slippery. It really is a case of wait and see what the weather does or simply come prepared with both shoe types.

Your Medical Declaration

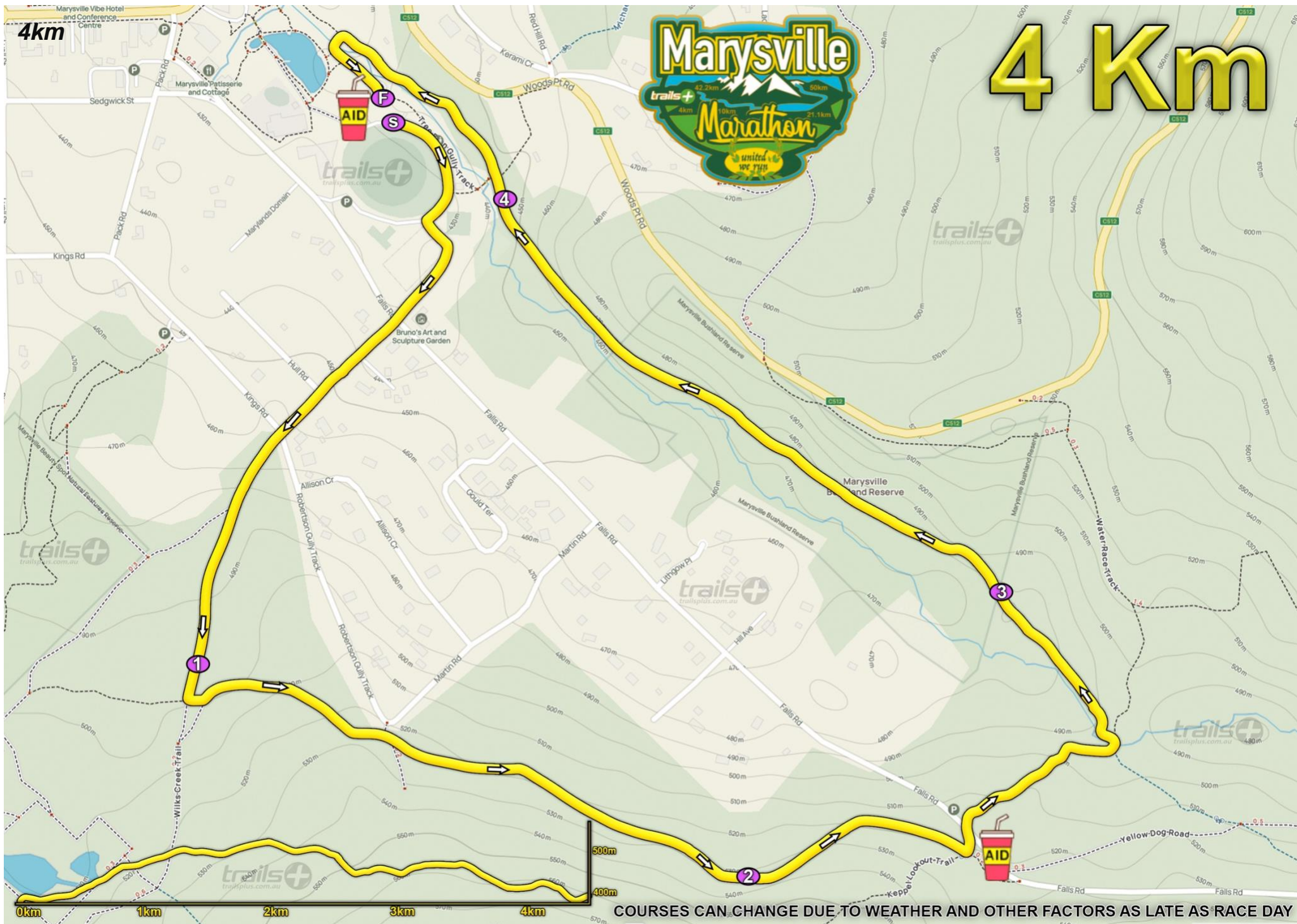
By entering the Marysville Marathon Festival, you declare you are healthy and well and present no risk to yourself. You acknowledge that you are aware of the challenge and exertion required and risks that present during trail running and take full responsibility for your own wellbeing. You acknowledge you have not been advised by any health professional to not participate for your own safety and wellbeing. If you have been advised to not participate you should withdraw.



Marysville is part of the Yarra Ranges and can provide some of the most amazing weather and scenery you can experience in Victoria. However, it can also change very quickly. It is important to note that the weather forecast provided in this document is a guide only and can change as we get closer to the event. We always endeavour to provide a final update within 2-4 days of the event when weather patterns tend to be a little more accurate and reliable, please keep updated with the latest available weather so you are prepared as best you can for a great day.

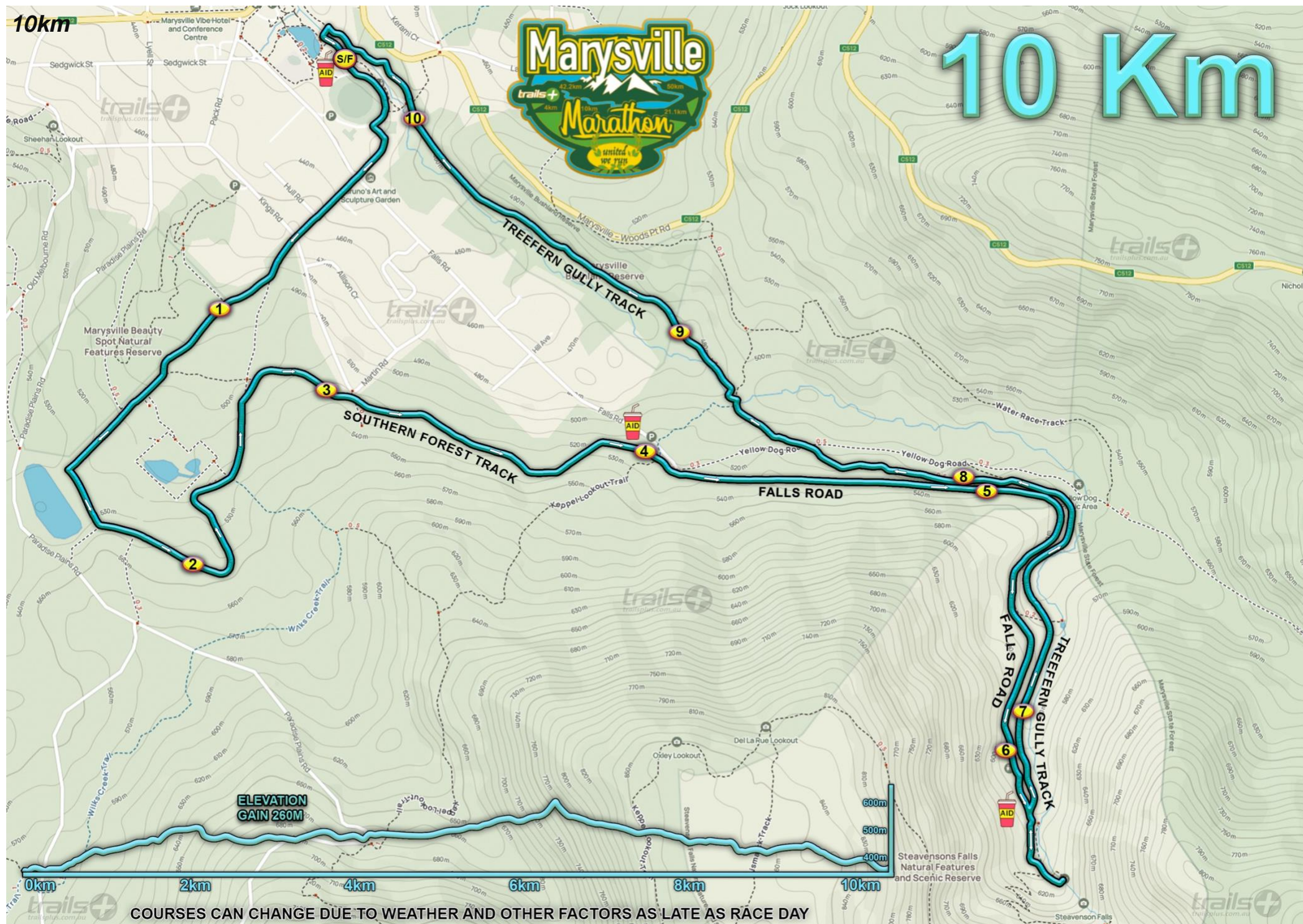


Not Quite the full long range forecast up to race day , though it is looking promising.

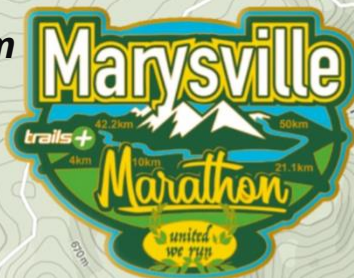


4 Km

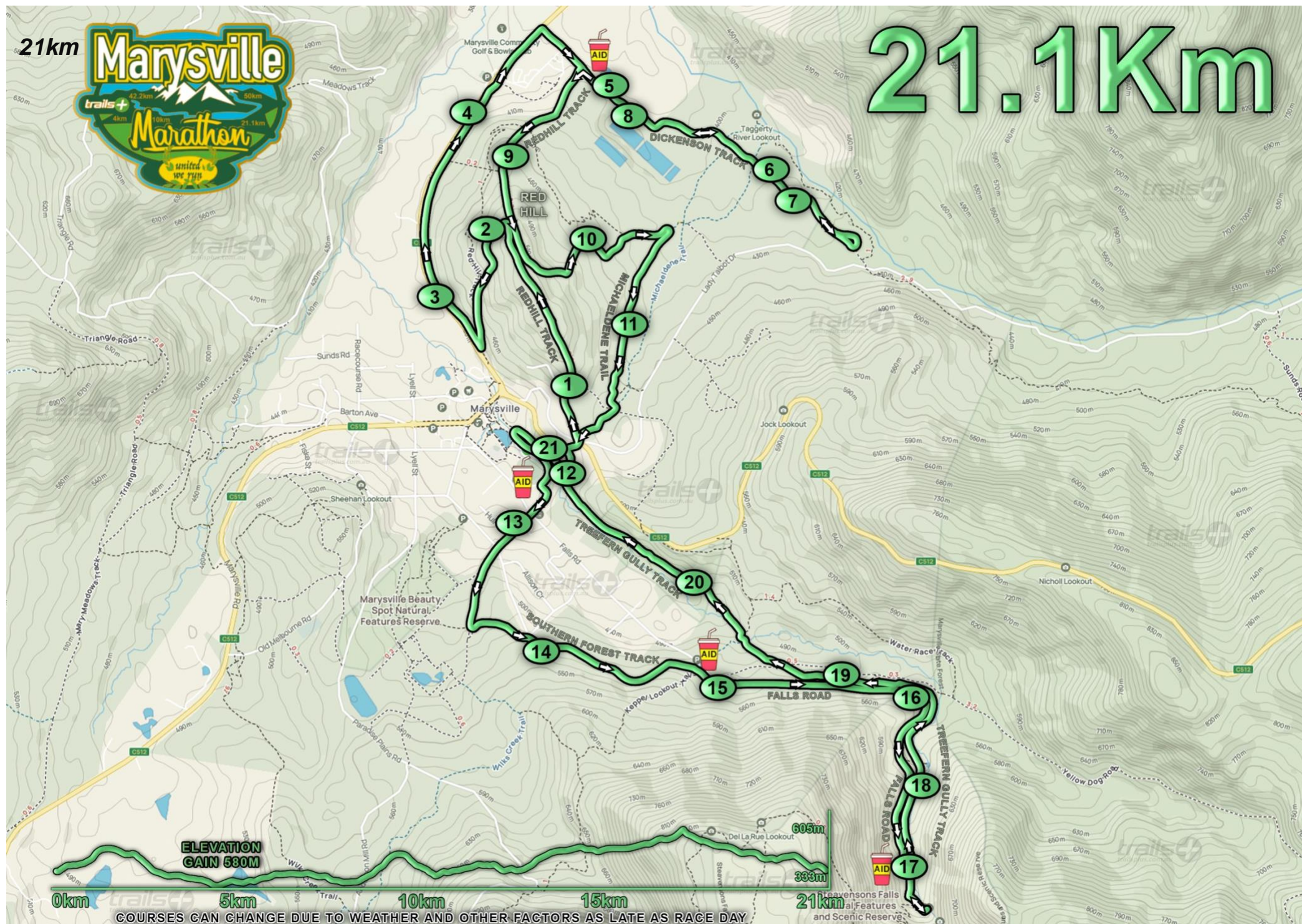
COURSES CAN CHANGE DUE TO WEATHER AND OTHER FACTORS AS LATE AS RACE DAY



21km



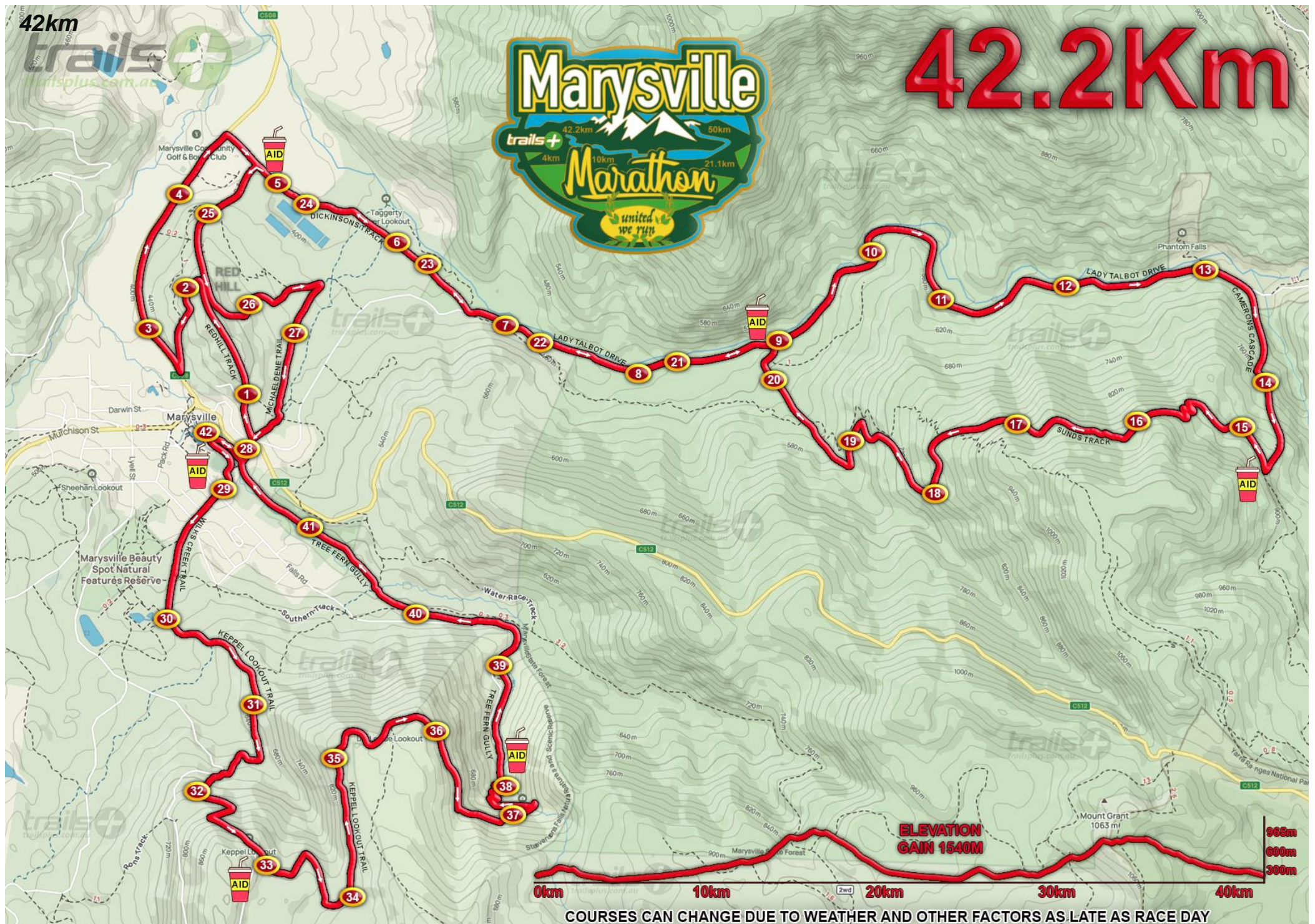
21.1Km



42km



42.2Km



**ELEVATION
GAIN 1540M**

968m
600m
300m

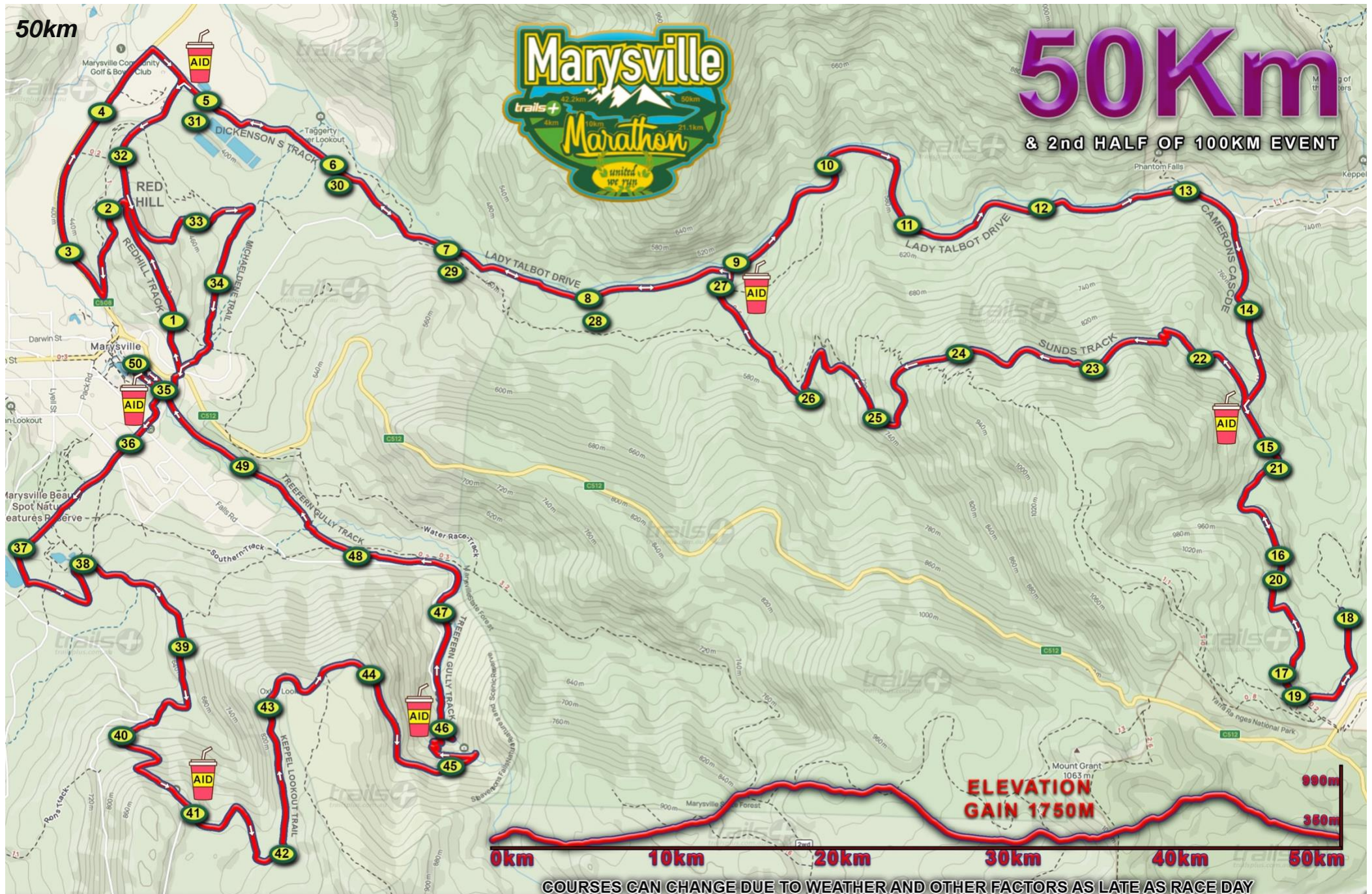
COURSES CAN CHANGE DUE TO WEATHER AND OTHER FACTORS AS LATE AS RACE DAY

50km



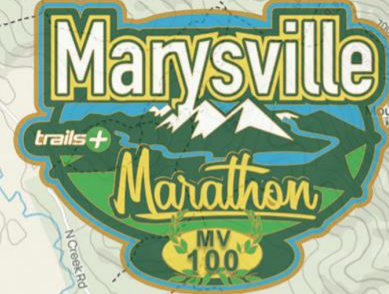
50Km

& 2nd HALF OF 100KM EVENT



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

100km



100Km

1st HALF OF 100KM EVENT

11pm-2am

5-7am

ELEVATION
GAIN - 1900M

1am-3am

3-5am

Estimated
Aid Station
Available Times

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



14km KQOM

KQOM
14KM



KIDS DASH



1.5 Km



EVENT HUB

LAKE



RACE
FOOD

32GI

ZERO
SPORTS
BEER

MEDALS

RISE
HEALTH
GROUP
MESSAGE
RECOVERY

MR WHIPPY



PIZZA



COFFEE



TIMING

FIRST
AID

BBQ SHELTER

100km
RUNNERS
ONLY

Check in
30min
BEFORE
YOUR
START
TIME
if main
event
checkin
closed

TOILET

PRIMARY
SCHOOL

COMMUNITY
CENTRE

MERCHANDISE



EVENT
REGISTRATION

ENTER VIA
REAR
ROLLER DOOR

CHECK-IN
REGISTER

TREVOR
HARROW
OVAL



CAR PARKING
MANAGED BY
SES VOLUNTEERS
DONATIONS
APPRECIATED

21km - 42km - 50km - 100km Runners Continue

Stevenson River

Tree Fern Gully Track

Goods Pt Rd

6519



SPONSORS

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32Gi
Sports Nutrition
Australia



