

Event Program



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1. Welcome

Dear Athlete,

Down Under 135 has been built by four local runners with the dream of simply sharing our local trails. Although doing it for the love of the sport we are also rather sadistic, chasing every vertical meter and technical trail we could send you down. We said if we were to put a race on, it might as well be painfully memorable for anyone who attempts it.

We know you'll enjoy the out and back nature of the course, especially knowing that you get to do the gorge section a second time after seeing its beauty and gnarliness on your outbound journey day one.

DU135 starts at 9am on Friday 7th April just outside Bacchus Marsh in Melbourne's west at Mackenzies Flat Picnic Area. Runners will have 48 hours to become an official DU135 finisher. Along the way runners, pacers and support crew must adhere to rules and regulations outlined in this document.

Down Under 135 follows the ups and downs of Lerderderg Gorge before passing through the historic gold mining town of Blackwood and following the Great Dividing Trail to the turnaround point, Daylesford.

A presentation ceremony will take place at 11am on Sunday 9th April at Mackenzies Flat Picnic ground.

Down Under 135 Inc Committee

2. Schedule

Date	Time	Action	Location
Friday 7th	7:30am	Registration Opens / Mandatory Gear Check	Mackenzie Flat Picnic Ground
Friday 7th	8:30am	Race Brief	Mackenzie Flat Picnic Ground
Friday 7th	9:00am	Race Start	Mackenzie Flat Picnic Ground
Saturday 8th	9:00am	First Cut Off Inforced	Daylesford Community Park 108km
Saturday 8th	4:00pm	Nolan's Hub Closed	Nolans Picnic Area Hub
Saturday 8th	7:00pm	Blackwood Hub Closed	Blackwood Caravan Park
Saturday 8th	9:00pm	O'Brien's Hub Closed	O'Brien's Crossing Hub
Sunday 9th	2:00am	Loh's Lane Hub Closed	Loh's Lane
Saturday 8th	10:00pm	First Finisher Expected	Mackenzie Flat Picnic Ground
Sunday 9th	9:00am	Race Closed	Whole Course
Sunday 9th	11:00am	Race Presentation	Mackenzie Flat Picnic Ground

Registration: each entrant is required during registration to complete a mandatory gear check. Entrants will NOT have show each individual item however they will be quizzed on it's location and its readiness for use.

At registration please either bring your crew information forms already filled out with you (online version fine) or have your crew fill it out during registration. If a crew member is absent at registration they can fill it out on arrival at any DU Hub and give to the Hub captain. It is a request from the DU committee that crew members, including pacers, fill out forms before participating in any capacity. <https://goo.gl/forms/GGe7dIFEjRGwitD53>

Race Brief: will be short and only outline a few specific points. Entrants are expected to have read through this program and have an understanding of what is required of them prior to race morning. If entrants or crews have questions or require clarification on something we encourage you to contact us prior to race day.

3. HUB LOCATIONS

All Hub's are accessible by 2WD car or short walk.

Checkpoint / HUB	Location & Access
Mackenzies Flat Picnic Ground	Lerderderg River Road, Darley
Bears Head	Blawood Ranges Track (2km walk from Lohs Lane)
Hogans Track	Hub is on accessible via a 3km walk down Hogans Track. Access to Hogans Track is via either Bluegum Track or O'Brien's Road from Bullengarook.
Lohs Lane Mt Blackwood	Lohs Lane, Myrning VIC (Secondary point for crew to see there runner shortly after Lohs Lane is Tower Track located off Mount Blackwood Road. This is the summit of Mt Blackwood).
O'Brien's Crossing	O'Brien's Road off Greendale-Trentham Road. From this intersection it is a 5km gravel road drive. Please take care of sharp narrow roads. There is also access from Bacchus Road via Carrolls Lane via Firth Road however we recommend using Greendale-Trentham Road.
Blackwood Caravan Park	41 Golden Point Road, Blackwood. Hub is located in the river picnic area.
Nolans Picnic Ground	Lerderderg Road, Blakeville. Access via Simmons Reef Road Blackwood. After leaving Simmons Reef Road it is 8km on tight gravel road, take care of sharp narrow roads.
Daylesford Community Park	Checkpoint is located in the township of Daylesford at the corner of Stanbridge and Duke street. Daylesford Community Park.

4. Cut Offs & Hub Facilities

HUB	Distance	Cutoff	Facilities	Crew Access
Mackenzies Flat Picnic Ground	0km	NA	Toilet	Y
Bears Head	15km	NA	Unmanned water point	Y (2km walk)
Hogans Track	26km	NA	Full Aid Station / Drop Bag	Y (3km walk)
Lohs Lane Mt Blackwood	35km	NA	Full Aid Station / Drop Bag	Y
O'Brien's Crossing	56km	NA	Water / Toilet / Drop Bag	Y
Blackwood Caravan Park	66km	NA	Full Aid Station / Toilet / Shower / Sleep / Drop Bag	Y
Nolans Picnic Ground	78km	NA	Full Aid Station / Sleep / Toilet / Drop Bag	Y
Specimen Hill Rd	93km	NA	Unmanned water point	Y
Daylesford Community Park	109km	9:00am Saturday (24hrs)	Full Aid Station / Toilet / Drop Bag	Y
Specimen Hill Rd	128km	NA	Unmanned water point	Y
Nolans Picnic Ground	143km	NA	Full Aid Station / Sleep / Toilet / Drop Bag	Y
Blackwood Caravan Park	155km	7:00pm Saturday (34hrs)	Full Aid Station / Toilet / Shower / Sleep / Drop Bag	Y
O'Brien's Crossing	165km	9:00pm Saturday (36hrs)	Full Aid Station / Toilet / Drop Bag	Y
Lohs Lane Mt Blackwood	186km	2:00am Sunday (41hrs)	Full Aid Station / Sleep / Drop Bag	Y

Hogans Track	195km	NA	Full Aid Station / Drop Bag	Y (3km walk)
Bears Head	206km	NA	Small Aid Station	Y (2km walk)
Mackenzies Flat Picnic Ground	217km	9:00am Sunday (48hrs)	Recovery Foods / Toilet	Y

Hub's will be stocked with water, Tailwind powder, fresh fruit, Coke, chips tea/coffee & hot food as night falls.

Upon arriving at Hubs runners must sign in and sign out to confirm they are accounted for. Failure for a runner to check in will mean they are unaccounted for and therefore assumed lost or injured. A search and rescue will commence if this is the case.

When summiting Mt Blackwood you are required to sign the book located at the base of the summit marker.



5. Mapping & Course

Each entrant and pacer must carry as a part of their Mandatory Gear a working copy of course maps on the smartphone app, Maps.me. The kml. file has been emailed to entrants and is available for download via the website prior to race day. Maps.me does not require the device to be in service and can be used when device is in flight mode as it uses GPS tracking and not data.

If you or your crew are having trouble with mapping system please contact us via email or the Facebook page and we will walk you through it. Please have a thorough attempt at getting maps working yourself, each device may require a different approach.

Course Directional Instructions

The following is a **one way** course description. We are only supplying the outbound description. It will be part of the challenge of DU135 to reverse the instructions for the home journey. Use of Maps.me App along with these written instructions will be enough to complete DU135.

- Follow the river from Mackenzies Flat to Grahams Dam
- Turn left at Grahams Dam up Link Track Number 1
- Turn right at the top of Link Track Number 1 onto Blackwood Ranges Track
- Follow Blackwood Ranges track to the top of Link Track Number 2 and turn right down it
- Turn right at the bottom of Link Track Number 2 and follow the river on the left bank
- Turn left up Spur Track
- Turn left at the top of Spur track down Tunnel Track
- At the bottom of Tunnel Track approach the dam wall and follow the steps over the left side of the dam
- At the bottom of the steps turn hard right and head across the front of the dam
- Head up Long Point Track
- Turn right at the top of Long Point Track along Blackwood Ranges Track
- Follow Blackwood Ranges track around to the left onto Foxy Gully Track
- Turn right into Reference Area
- Turn left down Bears Head Track
- Turn left at the bottom of Bear's head and cross the river and pass under the tree at 45 degrees and follow the narrow river bed
- Continue to follow the river bed over and around The Waterfall
- Follow the Old River bed north
- Old River slowly narrows and turns into Duncans Creek, stay left along creek bed
- Stay in creek / river bed
- Watch closely for course marking to send you hard left up a gully
- Check-in with Hogan's remote Hub
- At the top of Gully turn left down Hogan's Track
- Cross the river directly at the bottom Hogans and Climb straight up Ah Kow Track

- Turn right at the top of Ah Kow Track and pass through the Park's gates
- Check in with Loh's Lane Hub
- Turn right through the second Park's gate and head across the base of Mt Blackwood
- Turn left over the fence ladder up Mt Blackwood
- Turn left at the top of Mt Blackwood towards radio towers
- Do a small loop of the Mt Blackwood summit enjoying the views today Geelong and the Melbourne skyline
- Head back down Mt Blackwood the way you came and over fence ladder and pass through gates onto Lower Chadwick
- Stay left on Lower Chadwick until the river
- At the river turn hard left straight up Razorback
- Stay on Razorback until Square Bottle where you turn right
- Follow Square bottle until it turns into Vodka Track as you cross Whisky Creek
- Head up up Vodka Track until Kenworthy
- Turn right onto Kenworthy and follow down to the river
- Cross the river and turn left up onto East Walk
- Follow East Walk to O'Briens Crossing Hub
- Leaving O'Briens Crossing follow Byers Back Track to Golden Point Road
- Stay on Golden Point Road until North Blackwood Road where you turn right
- Cross the small concrete bridge and take a hard left onto the single track next to the river
- Follow narrow single track until Shaw Lake Track and turn right up
- Stay left at the top of Shaw Lake Track and continue left until arriving at the Blackwood Caravan Park bridge
- Cross the Bridge and head right toward the Blackwood Caravan Park Hub
- Leave the Hub past the playground following the narrow single trail to White Bone Road
- Turn left up White Bone Road
- Turn right onto Martin Street
- Cross Martin Street and turn left down Grace Street, move to the right shoulder of Grace Street
- Drop into the river bed off to the right of Grace Street and under the bridge of Greendale Trentham Road (do not cross over Greendale Road)
- Follow the river bed until you reach a small concrete bridge and climb left out of the river bed
- Cross the car park and follow Recreation Reserve Road into Simmons Reef Road
- Turn right to follow Greendale Trentham Road. Stay away from the road itself, follow the nature strip in front of the houses.
- Turn right on Cann Street
- The Great Dividing Trail starts at the top of Cann Street
- Follow the GDT signs strictly (unless clearly marked otherwise)
- After 12km on the GDT you will reach Nolan's Hub
- Take direction from Hub volunteers on where to find trailhead (left across the bridge out of the Hub, trailhead is on the right)

- Continue on GDT following the permanent markers and course marking (31km from Nolans to Daylesford)
- Specimen Hill Road intersection will have an unmanned waterpoint
- Enter Daylesford Community Park via the GDT. This is the halfway mark of the race and the turnaround point
- Retrace your steps back to MacKenzies Flat Picnic Area to the finish line.

A coordinators App will also come in helpful if you are injured and need to call emergency services. Use App to tell emergency services your exact location.

6. Course Marking

The course will be marked with red ribbon with reflective tape attached at the bottom. Below are the Great Dividing Trail markers between Blackwood and Daylesford these will also guide you through that section.

There will be directional arrows at intersections. All intersections will be marked with red ribbons. Runners must take care at intersections to ensure they are taking the right path. If you feel you are not on course, back track your steps to the last point at which you saw markings and reassess your decision and refer to Maps.me app.

Course marking will be predominantly only used on course when a directional decision is required. Other than these intersections marking will not feature heavily unless a high risk area.

IGNORE ANY OTHER RIBBON COLORS THEY ARE NOT YOURS



7. Alternate Course

In the event of fire in Wombat State Park due to controlled burns or natural causes there are alternate routes that may be used. These will be clearly marked and runners will be informed at the earliest possible time. Alternate routes will have very little influence on the overall distance of the event as we anticipate changes to be of similar distance.

In the unlikely event of Wombat State Park being totally inaccessible due to fire the course will become a two lap course between MacKenzie's Flat Picnic Ground and Blackwood Caravan Park. Each lap will be 108km long with approximately 5500m of elevation. Due to the increased gnarliness of this altered course, race organisers will increase cutoff times, number of access points for crews and aid for runners.

8. Mandatory Gear

SOLO PARTICIPANTS UNASSISTED

Solo participants who take to the course must carry the following items at all times during the event:

- Race maps & emergency contact numbers (provided by DU135). Avenza and/or Maps.me. Maps.me is preferred due to accuracy.
- Compass
- GPS Tracker (provided by DU135) positioned at the top of your pack with the Spot logo having clear line of sight to the sky
- Seam-sealed waterproof rain jacket
- Long-sleeved merino or thermal top
- Day pack with whistle
- Capacity to carry 2 litre of water
- Enough food & gels to go unassisted for 5 hours
- 2 x Space Blanket (unused)
- Mobile phone (charged)
- Personal first aid patch up kit
- 2 x 10cm compression snake bandage (not crepe bandage)
- Fire Lighter & Lighter sealed in waterproof bag
- Headtorch

These following items must be carried from Lohs Lane, 35km mark:

- Major Head torch
- Back up batteries for head torch and phone.
- Wear reflective vest with Australian Standard AS / NZS 4602:1999

- Buff or neck warmer
- Beanie or hat
- Warm gloves

Recommended Extra's

- Sunscreen during daylight hours
- Sunglasses
- Hiking poles
- Gaiters
- Thermal pants
- Waterproof pants
- Phone/device power packs/chargers

All DU entrants will be allocated a SPOT tracker to provide live tracking. Links to follow trackers will be provided closer to race date so family, friends and the wider community can track athletes live. Runners need to be mindful for trackers to be 100% effective and accurate they will need to be positioned at the top of you packs with a clear line of sight to the sky. Spot dimensions: Height 9.4cm / Width 6.6cm / Thickness 2.5cm / Weight 147.4g, please prepare packs accordingly.

Not only will SPOT tracker provide the enjoyment of people knowing where you are they will also be an important safety measure for DU rescue crew if runners have issues. Trackers need to be returned at the end of the race to any DU Crew. If trackers are not returned, in appropriate condition, runners will be liable for their replacement. <http://www.spotnz.com/spotG3.html>



CREWED PARTICIPANTS

All crewed participants and pacer who takes to the course must carry the following items at all times during the event:

- Race maps & emergency contact numbers (provided by DU135). Avenza and/or Maps.me. Maps.me is preferred due to accuracy.
- Compass
- GPS Tracker (provided by DU135) positioned at the top of your pack with the Spot logo having clear line of sight to the sky (runner only)
- Seam-sealed waterproof rain jacket
- Long-sleeved merino or thermal top
- Day pack with whistle
- Capacity to carry 2 litre of water
- Enough food & gels to go unassisted for 5 hours
- 2 x Space Blanket (unused)
- Mobile phone (charged)
- Personal first aid patch up kit (contents TBC)
- 2 x 10cm compression snake bandage
- Fire lighter & Lighter sealed in waterproof bag
- Headtorch

These following items must be carried from Lohs Lane, 35km mark by runner and crew;

- Major Head torch
- Back up batteries
- Wear reflective vest with Australian Standard AS / NZS 4602:1999
- Buff or neck warmer
- Beanie or hat
- Warm gloves

Recommended Extra's

- Sunscreen during daylight hours
- Sunglasses (100% UV protectant)
- Hiking poles
- Gaiters
- Thermal pants
- Waterproof pants
- Phone/device power packs/chargers

These following items must be carried by the crew vehicle at all times during the event:

- Race maps & emergency contact numbers (provided by DU). Avenza and/or Maps.me. Maps.me is referred due to accuracy.
- Compass or vehicle GPS (phone service is unreliable in parts)
- First Aid Kit
- Sunscreen
- Extra power packs to use for phones and watches
- Good music collection
- Crew sleeping gear
- Set of jump leads
- Torches
- Food and water supplies for all occupants and runner

All DU entrants will be allocated a SPOT tracker to provide live tracking. Links to follow trackers will be provided closer to race date so family, friends and the wider community can track athletes live. Runners need to be mindful for trackers to be 100% effective and accurate they will need to be positioned at the top of you packs with a clear line of sight to the sky. Spot dimensions: Height 9.4cm / Width 6.6cm / Thickness 2.5cm / Weight 147.4g, please prepare packs accordingly.

Not only will SPOT tracker provide the enjoyment of people knowing where you are they will also be an important safety measure for DU rescue crew if runners have issues. Trackers need to be returned at the end of the race to any DU Crew. If trackers are not returned, in appropriate condition, runners will be liable for their replacement. <http://www.spotnz.com/spotG3.html>



9. Drop Bags

Remember when planning Victoria is out of daylight saving on April 2nd so gets dark 6pm ish.

Drop bags are exclusively for solo entrants. Solo participants will have access to personal drop bags at most DU Hub locations (6) on course. Each runner will pass through each of these points twice and therefore will have access to their drop bags on eleven occasions. Runners should prepare drop bags accordingly. Bags must be sealable, made of fabric or mesh (no plastic bags), clearly labeled and have carry handles.

Drop bags should be brought to the start line on Friday morning and placed behind signs indicating which Hub you would like them transported too.

Please refer to event Hub Matrix to calculate distances between each of these for your planning purposes.

Note: Due to the gnarly terrain in the first and last 56km of DU135 it is estimated to take participants over 10 hours to travel these distances. Please prepare drop bags accordingly.

As each Hub closes drop bag will be transported back to the start line. We will endeavour to have all drop bags back to Mackenzie Flat Picnic area by 11am on Sunday for retrieval at race presentations.

It is expected crewed entrants are tendered to sufficiently at each checkpoint by their crew.

10. Support Crews

Crew are the team chosen by the runner to be ultimately responsible in looking after their welfare before, during and after the event and will be able to access and support runners on a large portion of the course.

1. The crew must comprise of a minimum 2 people one of who will be crew chief, who will be the point of contact.
2. All crew members must be listed on the registration paperwork.
3. If a crew member needs to be replaced the Race HQ needs to be notified, if you have someone tag teaming in, best to put on original crew registration to avoid forgetting during the race.
4. The crew is responsible for having enough water, food, nutrition, gear to enable their runner to safely complete 135 gruelling miles.
5. The Crew Chief should first and foremost have the runners safety, health and well being as number 1 priority and not just finishing. A Crew Chief will in some circumstances need to overrule the runner for their own safety and the crews.
6. Crew will have access to their runners after 15km and will need to be able to read maps and navigate in order to meet your runner along the course.
7. There will be designated DU Hubs on course where crew can camp or power nap (own gear required), these hubs will monitor the fatigue of the crews and provide water, fruit, a warm fire and warm food will be available while waiting for your runner.
8. Crew vehicles do not have to be 4X4 with most of the course accessible by 2WD.
9. Crew cars should be parked in a way as to not block roads or create a safety issue for other road users or runners.

CREW MUST COMPLY WITH ALL DU135 RULES AND REGULATIONS

11. Pacers

A pace runner is any individual who accompanies an entrant for any distance greater than 500 metres at one time.

1. There the option for 1 pacer to accompany each runner from 6PM on Friday night. The pacer from 6PM is not compulsory and is more of a luxury item for those who want one.
2. A pacer IS MANDATORY for crewed entrants from O'Briens Crossing DU Hub (165km) on the return trip through the gorge.
3. The last 35km from Lohs Lane Mt Blackwood to Mackenzie Flat finish line an optional 2nd pacer is also able to enter the gorge to assist to the end.
4. Each pacer must sign a release form as part of the crew registration.
5. Pacers must be at least 18 years of age. (Special considerations can be made through contacting the race committee).
6. Each pacer must wear the official pacer bib that corresponds to the entrant they are pacing. Two pacer bibs are provided per crewed entrant.
7. Pacers must stay with their runners at all times, except in the case of an emergency. The pacer may not continue on without an official DU135 registered runner.
8. Changes of pacers may be made anywhere on the course after 6PM on day Friday 7th.
9. Pacers must enter and leave each aid station with their runners.
10. Pacers may NOT mule, with the runner responsible to carry their own pack, mandatory gear and belongings.
11. No mechanical assistance may be given by the pacer to the runner at any time, we do suspect parts of the course will require physical assistance due to the harsh gradients and technicality.
12. Pacers must carry all mandatory gear listed in the above Mandatory gear section.

PACERS MUST COMPLY WITH ALL DU135 RULES AND REGULATIONS

12. Rules

Rules are in place to ensure the integrity of the event and to create a fair playing field for all who participate.

Failure to adhere to the following rules will be grounds for disqualification from event. Race director's decisions are final. Rules can be added to this list but will be communicated when this happens.

1. All participants must carry all mandatory gear at all times (see **mandatory gear**).
2. Crewed participants must supply minimum of a two member support crew (see **crews**).
3. Each runner must be signed in and signed out of all nominated DU Hubs (checkpoints).
4. Pacers must not mule any gear for runners (runners to carry own mandatory & gear).
5. Solo participants must prepare drops bags to check-in at Friday morning's registration for placement at course hubs.
6. Participants must wear their official race bib in a visible position at all times.
7. Participants must adhere to the strict cut off times in place at checkpoints. DU Hub captain's decision is final. Runners must be collected by support crews from

DU Hubs if cut off times are not met or if they withdraw (see **cut off times**). Solo participants have the same cutoffs as crewed but, solo participants can be transported back to Blackwood event hub by event staff if they miss a cut-off or withdraw. These people will need clearance from our medical team to leave after withdrawal.

8. This is a mutual support event. Participants and support crews must offer assistance to others in distress.

9. Participants are responsible for arranging their own support crews who are able to meet them at checkpoints and need to have transport arrangements in place in the event of a withdrawal. Race crew will not be able to transport crewed participants after withdrawal.

10. Participants are responsible for the actions of their crews and pacers at all times.

11. Use of your common sense is mandatory.

Failure to comply with event rules may result in a 2 hour penalty. Penalty will be served at the next available DU Hub.

13. First Aid / Medical

The DU135 is one of the most physically challenging events in the Southern Hemisphere and participation in it presents numerous medical risks, many of which can be extremely serious or on rare occasions fatal. Each athlete is encouraged to consult with his or her own personal care physician regarding any physical or medical limitations before attempting the DU135.

Although medical and other personnel will assist you when possible, remember that you are ultimately responsible for your own well-being on the trail. Only you will know how your body and mind feel at any given time. Monitor yourself and prepare yourself to drop out at the nearest check-point if you find it just isn't your day, you will also receive instructions on messaging from your GPS Spot Tracker.

Down Under 135 have enlisted the services of Bellarine First Aid for the entirety of the event. Laurie Blick has a 25 year Paramedic background and his decision is FINAL. Laurie's number and Dion's phone numbers are available on the back of all bibs.

As a part of our safety procedures we are asking all Crew members, including pacers, fill out a basic medical form to aid in us giving assistance if required. Forms will be sealed in an envelope and kept confidential, only being opened if crew member requires medical assistance. Forms will be emailed to entrants to provide to crew members or they may be filled out during registration on race morning. Alternatively, each Hub will have a supply of forms for crew members to fill out and return to Hub Captain if joining their runner later in the race. <https://goo.gl/forms/GGe7dIFEjRGwitD53>

14. Cancellation

This event will NOT be cancelled, with two exceptions. Extremely heavy rain leading into the event causing Lerderderg River to flow at an unsafe rate. Second the imminent threat of fire in the region.

15. Withdrawing / Dropping

Runners can withdraw from the event at any of the major DU Hubs. When a runner withdraws outside of a DU Hub they must notify race officials immediately that they, and their support crew, have exited the race.

If a solo runner wishes to exit the race outside of a DU Hub they should call Race Headquarters or any of the contact numbers on the back of their bibs to request transport. Transport may not be immediate and solo runner will have to wait.

16. Parking

There is ample parking at the Mackenzies flat picnic ground where the race starts and finishes. Please be aware that Friday at race start will be the busiest time at this location. There will be enough room for everyone to park as long as cars are parked neatly as you arrive maximising capacity of car park. Carpooling is ideal or leaving some of your support crew cars in the nearby township of Bacchus Marsh or Darley until the race has started and then collecting them on the way to the Hubs.

We suggest athletes not leaving your vehicle for 2 days, please contact us to arrange a safer option.

17. Accommodation

There are several large towns close by to the start line. Bacchus Marsh, Melton, Ballan, Blackwood, Daylesford, all with accommodation options.

We recommend using race partner Blackwood Mineral Springs Caravan Park, this is also the location of Race Headquarters and a DU Hub.

18. Rubbish

Parks Victoria & DELWP enforce a strict Leave No Trace policy and we will be adhering to this at all times. There will be rubbish bins at each of the major Hubs for you to dispose of this rubbish during the event as well as the finish line.

19. Toilets

There are public toilets at most of the major Hubs along the course for runners, support crew and spectators use. We understand there will be times runners will need to go to the toilet while on the trails. Please endeavour to be as environmentally friendly as possible during these occasions. You should always ensure you are more than 50 meters away from any water point, river or water catchment when going to the toilet. If using paper, use the heel of your foot to dig a small hole and bury any solids and cover with dirt, sticks and rocks to aid decomposition and to stop wildlife from uncovering.

20. Presentations

Race presentations will take place at Mackenzies Flat Picnic Ground at 11am on Sunday 9th April. Here all finishers will be recognised with a prizes. Male and female overall placegetters will also receive prizes supplied by our race sponsors. If you are unable to attend at 11am and please let us know when you finish so we can present you with your prizes.

All entrants, crews, volunteers and spectators are invited to presentations to celebrate what has been achieved.

Note there is not 2 prize categories despite entering as solo or crewed. There are advantages and disadvantages to both, consider solo an extra badge of honor.

21. Contacts

Race Committee:

Dion Milne (HQ) - 0408207196

Dale Chircop - 0417089167

Tom Cullum - 0431704677

Anthony Beyer (HQ) - 0422433332

EMERGENCY - 000 Triple Zero

First Aid: Laurie Blick - 0417 512 669

Bacchus Marsh Police - (03) 5366 4500

Daylesford Police - 5348 2342

22. Event Partners

Mountain Designs

Chemist Warehouse

Compressport Asia / Australia

William Smith & Sons

Tailwind

Spotters

TrailRun Magazine

Adventure Types

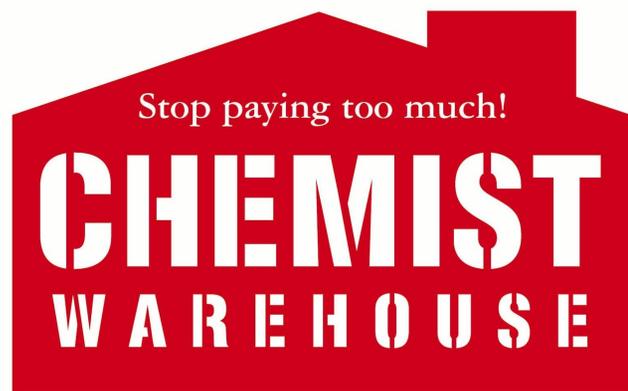
Blackwood Mineral Springs Caravan Park

The Running Company Ballarat

Run Aways Tours

Melton City Runners

Surf Coast Trail Runners



WILLIAM SMITH
- EST. 1888 -
& SONS



tailwind
NUTRITION





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