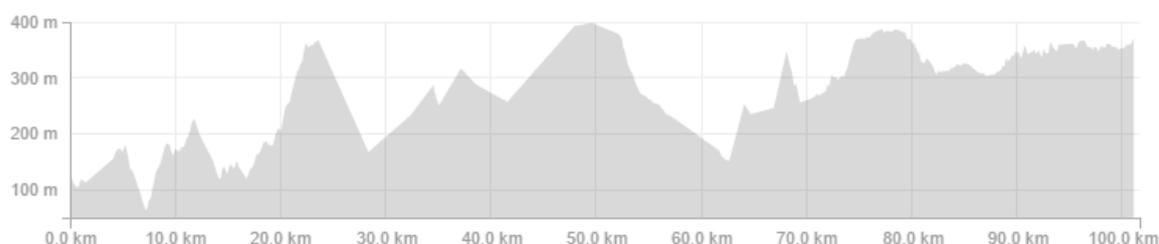


2017 HEYSEN 105

INFORMATION HANDBOOK

Course Profile:



Elevation Gain: +1600m

[Course GPX File](#) (see notes below on uploading to an Offline Maps app)

For course maps refer to www.yumigo.com.au/heysen-105/ (copies will be handed out at the event)

Welcome to the seventh running of the Heysen 105 Trail Ultra! As always we especially welcome new runners. The event is by no means exclusively the realm of the elite. Indeed the Heysen, with its generous cutoff times, has become an event for every person, and we really embrace runners of all experiences, ages, and speeds. We are very pleased that the event encourages such great community spirit, and that it does attract such a wide range of runners.

We are also continuing with the 35km and 57km events, as a taster for the 105 (or if your training has unexpectedly not been suited to completing 105km). We hope that you enjoy the event enough that you will inspire yourself to step up to the next distance in 2018.

This year we are trialing the use of GPS trackers for randomly-selected runners in the 105km. We used the trackers in the Hubert 100 earlier this year with promising success. Trackers will one day be a common feature at all Yumigo! ultra events due to what they add to the events' safety and supporter interaction. If you have been selected to carry a tracker you will be emailed separately to explain what to expect. Although there is basic information provided below.

We thank the Friends of the Heysen Trail for their continued support of the Heysen 35/57/105, and we are glad to be able to contribute \$5 from every entry to them, which will go towards the great job they already do with upkeeping the 1200km-long Trail. In the past two years we have now raised over \$1200 for the Friends, which is an excellent result.

Once again we have a full volunteer roster to continue the tradition of the fantastic support that the runners will receive along the route. We truly appreciate the help that we receive from them. Everyone wins with such passionate people around to help.

And finally thank you to the landowners along the route who have been so gracious in allowing us to pass through their properties. Despite the Heysen being a public trail, landowners still reserve the right to refuse access if those traversing through their property are taking part in an event. So for them to be happy for us to do so is lucky for us.

Thanks, and see you this weekend!!

1.0 Event Details

Event Start Date and Time: Saturday October 28

Wave 1: 6.00am **(105km runners only)**

Wave 2: 6.30am **(35km runners only)**

Wave 3: 7.00am **(105km and 57km runners)**

*Any runner forecasting a sub-16 hour finish **MUST** run in the 7.00am group. All other runners are welcome to start in whichever Wave they wish. There is no need to nominate a wave if you are in the 105. We will know which wave you are in once you check in.

**Gear checks 5.15am – 6.30am

Bus

Reservation for seats on the buses have now closed. For those who have booked, your departure times are:

Bus 1 departs Rocky Creek Campground carpark at **4.20am**

Bus 2 departs Rocky Creek Campground carpark at **5.15am**

Bus 2 then collects 57km runners from CP3 at 5.45am

Bus 3 departs Checkpoint 2 (corner James Track and Causeway Road) at **5.15am**

Buses depart promptly so be sure you are at your designated pickup location well in advance.

All buses will be making a stop at Barker Reserve Victor Harbor for runners to use the public toilets.

Please contact Ben if you have any queries. See the map at the end of this document for bus pickup location.

Start Location (all events): Quarry Entrance (Waitpinga Road, junction with Range Road), Newland Hill and head North.



35km Finish Location: James Track/Causeway Road, Myponga



35km Runners please note that there is no parking on Causeway Road. You and your crew/family/supporters **MUST** park on James Track.

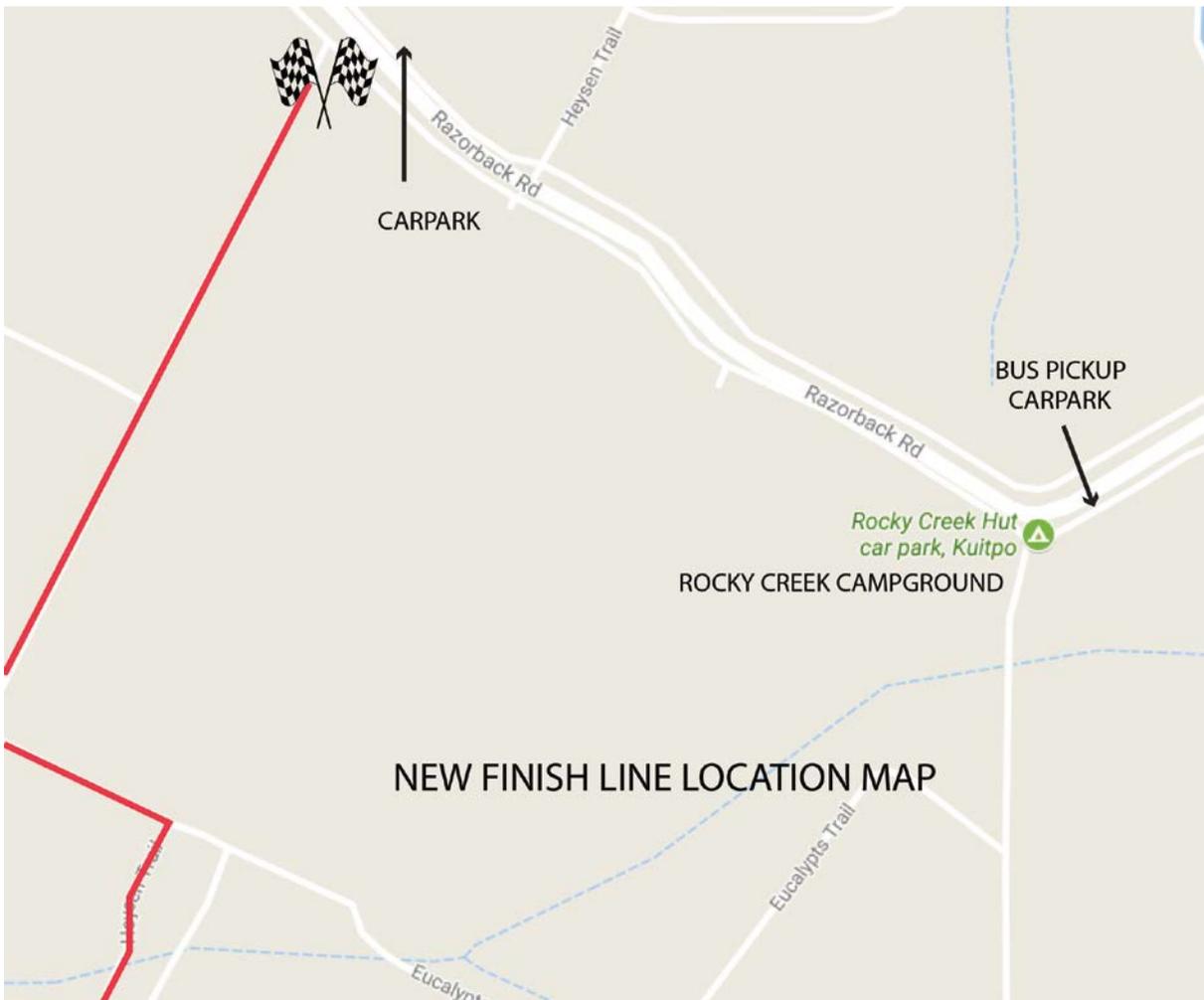
57km Finish Location: Woodcone Road, Mt Compass



57km Runners please note that you are able to park on the grassed area of the Finish. The area will be bunted so that you are free to park anywhere around the bunting. Please be mindful of parking sensibly to allow maximum use of the area for parking.

Bus Pickup is across the other side of Victor Harbor Road, on the south end of the Cleland Gully Road intersection.

105km Finish Location: Razorback Road, Kuitpo Forest



Note that the finish line is approximately 300m shorter than 2016. If you ran the 105km in 2015 you will recognise this as the same finish line. The change has been necessitated due to a request from Forestry SA who own the grounds.

What does this mean for 105km runners?

For those who are catching the bus to the Start, you are to park your vehicle in the main campground carpark (as per map above). For anyone else who will be there to view the finish, your carpark will be directly adjacent the Finish, across Razorback Road.

We won't have access to the gate into the Campground, so vehicles will not be able to access this area (campervans etc).

There is also a cap on camper numbers, so if you intend on camping Friday and/or Saturday night you are required to [email](#) Ben asap.

1.1 Checkpoint Locations and Cutoff Times

Event Cut-Off Time: Sunday October 29 7.00am

Checkpoint Details:

CP1 (16km) Inman Valley Hall, Inman Valley Road, Inman Valley: 9.00am
CP2 (35km) cnr James Track and Causeway Road, Myponga: 2.00pm
CP3 (57km) cnr Woodcone Road and Victor Harbor Road, Mt Compass: 7.00pm
CP4 (75km) Kyeema Conservation Park carpark, Woodgate Hill Road: 10.30pm
CP5 (84km) Kuitpo Forest Ranger Building, Brookman Road (opp Wickhams Hill Road): 01.00am

Cutoffs will be strictly enforced for safety reasons. The Race Director's decision is final.

2.0 Supporters



The Heysen 105 is once again an official Australian Ultra Runners Association event. This means that, if you are an AURA member, you would have received discount entry into the event, and qualify for points in the national competition. If you are an avid ultra runner and are not yet a member, [check them out](#).



Chicken from TRC Adelaide has also thrown in some generous random draw prizes – thanks Chris! Congratulations on your new store in Port Noarlunga. We really enjoy visiting your stores and your service is second to none!

3.0 Mandatory and Suggested Gear

Depending on weather conditions forecast, the *waterproof jacket* may be left in a drop bag. Entrants will be notified of this decision on Thursday October 26.

Irrespective of forecast weather conditions, the **only** other mandatory gear that may be left in a drop bag are the beanie, gloves, reflective vest, headlamp, and torch.

Note that the reflective vest must be carried on your person from 4.45pm, but only worn once dusk begins to settle, and from no later than 6.30pm.

All other mandatory gear must be carried on your person at all times. The list is available at www.yumigo.com.au/heysen-105/

3.1 Gear Checks

Gear checks will be performed at the Start Area, prior to the event. Be sure to arrive early to have your gear checked by one of our friendly volunteers.

You will also be issued with your map and shirt (if applicable) at these locations. Race numbers will be available for everyone on the morning of the event.

Note that Buddy Runners for the 105km runners can collect their Buddy bib from their nearest checkpoint.

Further, Buddy Runners will not have their gear checked. It is expected that commonsense will prevail, and that it is understood that the mandatory list for both runners is in the interest of helping them survive if the runner/s get injured or waylaid.

Gear lists for all events and buddies can be found on the Heysen webpage www.yumigo.com.au/heysen-105/

3.2 Bag Drops

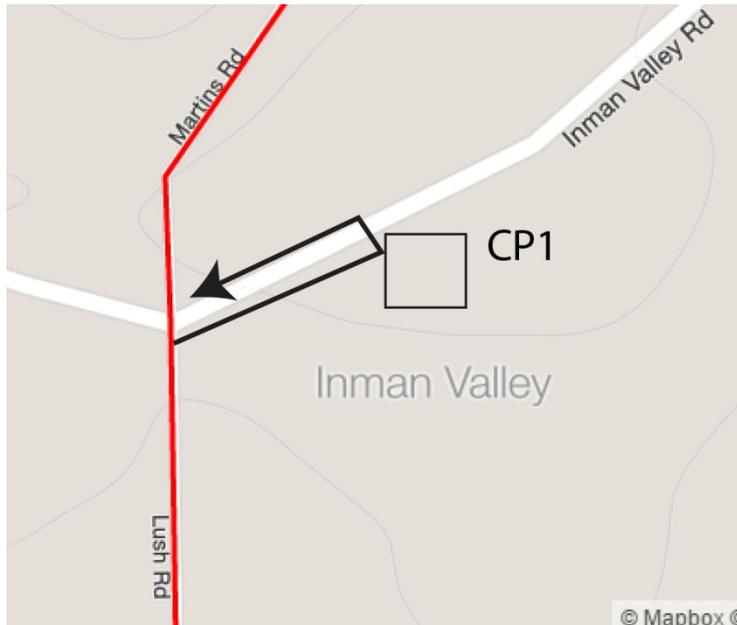
Gear drops will be available at all stations from Checkpoint 2 (35km) onwards. Please mark your bags clearly with your name and CheckPoint Number. Bring your bags for these gear drops to the Start and they will be taken to your requested Checkpoints.

3.3 Course Details

This year the maps will be supplied to you. They are on 1xA2 sheets of paper, and are the maps directly from the Heysen Trail pamphlets. These maps have been reprinted with the permission of the Friends of the Heysen Trail.

3.31 Course Changes

Due to the Heysen Trail reroute prior to CP1, you will be directed to enter CP1 as such:



3.32 Using Offline Maps

For runners who might like a little extra backup in the directions department, we suggest the use of offline maps. Offline maps are digital maps you can use on your phone, even when you don't have mobile reception. This function will allow you to see where you are relative to the course at all times.

You will need to upload the GPX file supplied at the top of this document to your relevant platform. For iPhones we recommend downloading Galileo, and for Android Maps.Me

Normally it's a simple case of downloading the gpx attachment by using your phone. Open this briefing on your phone, click on the gpx link at the top and choose the relevant app on your phone (eg Galileo or Maps.Me) to open the link.

The other option is to email yourself the gpx file, then open the email attachment using the app on your phone.

3.4 Marshals

The only point where you will be directed by a marshal is at Victor Harbor Road after departing CP3. This road is the main road between Adelaide and Victor and is thus heavily utilised by road traffic. Traffic will not be stopped for you. You must obey the marshal's direction at ALL times.

Please also be careful when running along Inman Valley Road to CP1 and also James Track as irregular traffic will be using the roads. Run on the right hand side of the road, facing oncoming traffic.

3.5 Timing

This year timing will be done manually, with your time taken at each Checkpoint. Please ensure you run through the chute at each CP to ensure your number and time is noted down.

In conjunction with this though we will be using the timing app Racesplitter at the finish of all events (CP2/CP3/105 Finish). All runners finishing at these points will have their time noted. We will attempt to have this uploaded periodically throughout the day, but worse case scenario it will be done on completion of the event. Links to the event page will be emailed out on Thursday.

3.6 GPS Trackers

As a basic rundown on the trackers, 20 runners will be allocated a tracker, similar to this:



The vital information:

1. Trackers are to be worn (either inside or outside your pack) as close to the outside and as high as possible eg on top of your shoulder. This is to maximise the chance of the signal being sent and received. If it is buried in your pack it more than likely won't be visible to the satellite receiver
2. All you are required to do is turn the unit on. Runner details have been pre-loaded and you will be tracked once the unit is started up
3. If nothing goes wrong during the event you will be required to do nothing more than hand the tracker in at the finishing line
4. If you need assistance during the event as you are incapacitated, and your phone isn't working, you are to press the "message" button. This sends Ben a text giving him your location from where you will be collected from.
5. Do not use the SOS button under ANY circumstance unless your situation is life-or-death. Pressing that button sets a worldwide chain of events in action, including international search and rescue
6. The link to the online map will be emailed to the recipients of the trackers prior to the event
7. You will be taken through another run-through on race morning

3.7 Course Markers

Along with the Heysen Trail markers, a team of dedicated course markers will have been out putting up red and white flagging tape along the entire course.

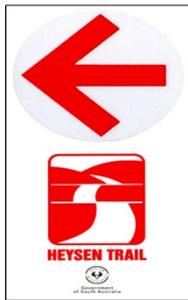
These markers will be placed regularly, no more than 500m apart where practical, and more regularly in technical sections.

Additionally, there will be reflective tape from CP 3 (57km) to the Finish, which are in addition to the permanent reflective markers used to denote the Heysen Trail.

Due to the logistics of marking a 105km-long course, some sections have been marked up to three days prior to the event. Hence there is no guarantee that these flags will still be in place come race day (although given the isolation of the course we hope this chance is remote!).

3.8 Course Marker Appearances

Apart from the red and white flagging tape, these are the main markers you can expect to see along the way:



3.9 Safety

While having a buddy to run with for the night-time sections is not compulsory we still strongly advise you to consider organising a friend to run with you if you think you will be running in the dark for a long period. This will be to help counteract you making inadvertent navigational errors.

“Buddies” are not required to pay an entry fee. However you will need to let Ben know how many buddy runners you are having and their mobile contact number. You may only have a companion from CP3 (57km), CP4 (75km), or CP5 (84km). Up until CP3 you must run the event solo. An email requesting this information will be sent out shortly.

Buddies are also required to have mandatory gear. See www.yumigo.com.au/heysen-105/ for the list.

Please note that buddies are not required to have their gear checked, and that they are to make their own transport arrangements on the day (ie there is no bus that transports them from the Finish).

4.0 Hazards

Livestock

As the Trail passes through many farms, there is a high chance you will encounter livestock. This will almost always be in the form of cows, however there is also the chance you may encounter a bull. Whilst all of the landowners contacted have said that they will either ensure any bulls are shifted or that any you encounter are more likely to lick you than anything else, please identify types of cattle as you run and if you do suspect an animal is a bull jump the fence where possible (note some fences are electrified!) and continue on slowly. If you are not willing to do this, wait for another runner or contact the Race Director for further instruction.

Expect to encounter these situations mainly in the first 35km but also sporadically up to CP3. Although be assured that bull sightings are not common!

Regardless, approach all livestock slowly and with caution. If concerned about them, run backwards while you run away from them. We have been told that this is an effective way to make them not run after you (even if they are just running after you out of curiosity).

Electric Fences

Also be aware that there are many fences along the Trail that are electrified. At electric fence crossings plastic insulation has been provided around the stiles. However there will be times you will run alongside an electric fence so take all due care.

Fire

Running trails means we are always faced with the risk of fire. This time of year can be a mixed bag of weather conditions. The Heysen has seen it all, the heat of 2014 and 2015's events to the sideways rain of 2011. Hence the Heysen 105 is subject to normal-use conditions of the parks that you will be traversing. On a high-fire danger day this means that there is a risk of the event being modified or, where the logistics of this is too great, the event being cancelled.

Yumigo! works closely with the Department of Environment Water and Natural Resources before, during and after the event to ensure the welfare of participants is maintained, our impact on the environment is minimised and any lessons learned reviewed and applied for the following year. We have a very good relationship and it is one that we would definitely like to maintain! So keep in mind that there is a chance that the conditions of the event may change when weather or other factors demand it. You will receive any important information at Checkpoints or if urgent enough you will be contacted by your mobile phone.

In 2013 we were faced with a situation where all Parks were closed from midnight on the Saturday night of the event due to a high fire danger called by the Ranger. The event was allowed to continue however camping was prohibited from midnight. Any campers at Rocky Creek Campground are not the responsibility of the event organisers. The above situation shows that it is therefore very important to always be aware of current conditions. This means that your crew will also need to be aware of current conditions. This information will be relayed to finishers as best as possible by organisers, and you would be wise to have a back-up plan, such as camping in the carpark.

In the event that the forecast maximum for the event is 35 degrees celcius or more, the event will be **cancelled**.

Because most suppliers will be paid prior to the event, officially there will be no refund available on any cost incurred associated with entering and/or participating in the event if the event is cancelled. However all options will be explored in returning some sort of credit or transfer to entrants.

The determining forecast will be on the night of Thursday October 26 at 6.00pm, according to the Bureau of Meteorology. Entrants will then be notified either way on the same night.

At the time of printing, the forecast is for 22deg cel so at this stage it looks like we are in for a good day weather-wise.

4.1 First Aid

Thanks to Susan Stevens at First In Sports First Aid, a First Aid officer will be available at every Checkpoint and Finish.

If you find you need assistance during the event, inform Aid Station staff where possible.

Injury and Withdrawing

You must notify either Ben or Susan if you are withdrawing from the event.

Please put these numbers into your phone:

Ben 0447 550 010

Susan 0412 466 972 or 0418 784 399 (both numbers will be active)

If, as another entrant, you come across someone who requires assistance out on the course, you are obliged to render all help possible.

5.0 Aid Stations

Provided at all Aid Stations (unless noted) will be the following food and drink offerings:

Watermelon and bananas
Cucumber and Cheese sandwiches (CP2/CP3)
Powerade energy drink
Coke
Chips
Water
Lollies (Party Mix)
Trail Mix
Extra savoury snacks (CP4 onwards)
Potatoes (CP3/CP4/Finish)
Hot meal (incl vegan) at CP4/CP5/Finish
Ice will be available at all CPs and Water Drops

Other than the aid stations (and the extra water drops) there is only one known place to refill your water along the route. This is between CP2 and CP3 at the Mt Cone camp site. However water is not always guaranteed to be accessible so please ensure you are adequately self-supplied.

Extra Water Drops

Aside from the Checkpoints, there will also be four un-manned waterdrops along the course.

These locations (marked on your maps) are:

Nunn Road
Lawless Lane
Woodcone Road
Nangkita Road

6.0 Merchandise

This year we are extremely pleased to announce that all sub-16 hour 105km finishers will receive their own Finisher's Buckle. All other finishers in all other events will receive an event medal. Thank you to Pieter de Wit from Pinsource, our local supplier.



All those who have ordered and paid for a shirt or singlet will have their tops available to them on race morning. With thanks to Mekong!

7.0 Course Facilities

There are several toilets available along the course:

CP1 Inman Valley Hall
CP3 the old Dairy Farm shed (up the end of the driveway)
CP5 Ranger HQ Building
Portable toilet at the Finish

8.0 Camping

This year there is a cap on camping numbers. If you intend on camping at Rocky Creek Campground on either Friday and/or Saturday nights you need to let Ben know via [email](#) asap, so that he can let the Ranger know. Once you have been confirmed that you are on the list it will be up to individual entrants to organise their own permits to be able to camp at the Rocky Creek Campground on the Friday night. The event covers your camping fee for the Saturday night. At this stage we are well below the cap.

Permits can be paid for at the Kuitpo Forest Ranger's HQ (also known as our Checkpoint 5) on Brookman Road, even out of hours. The HQ is approx. 15mins drive from the Rocky Creek Campground.

For more information please call the Ranger between 9.00am and 11.00am weekdays on (08) 8391 8800.

9.0 The Walker's Code

In keeping with the code of The Friends Of The Heysen Trail, who put in enormous amounts of volunteer hours ensuring the 1200km-long Heysen Trail is kept in such good condition, please keep these principles in mind:

- Take all your rubbish with you
- Leave gates as you find them
- Move quietly near stock and wildlife
- Observe fire bans
- Respect the privacy of others, including other walkers and landowners
- Help keep water sources clean
- Do not disturb native flowers or other vegetation
- Stay on the marked trail
- Use boot cleaning stations when provided
- Leave pets at home

South Australia is incredibly lucky to have such a Trail, so please leave only your footprints behind so that we may have this event and others on again in the future.

You can also purchase full Heysen Trail foldout maps (there are seven separate booklets which cover the entire Trail) from The Friends Of The Heysen office, 10 Pitt St, Adelaide. Call (08) 8212 6299.

For any further details please contact Ben ben@yumigo.com.au 0447 550 010

With thanks to:



Government of South Australia
Department of Environment,
Water and Natural Resources



ForestrySA



www.mekongathletic.cc