



## **Yumigo! SA Summer Trail Series 2017/18 2017-18**

**Race 1 Anstey Hill: December 10 2017 7.30am  
(Junior Run 7.10am)  
Short Course 8.5km  
Long Course 14km**

Welcome to the fifth running of the Yumigo! SA Summer Trail Series! Summer is upon us already. And a special welcome to our first-timers and juniors!

We have kept much of the features from 2016/17, but in brief, here's what you can expect (especially if it's your first time):

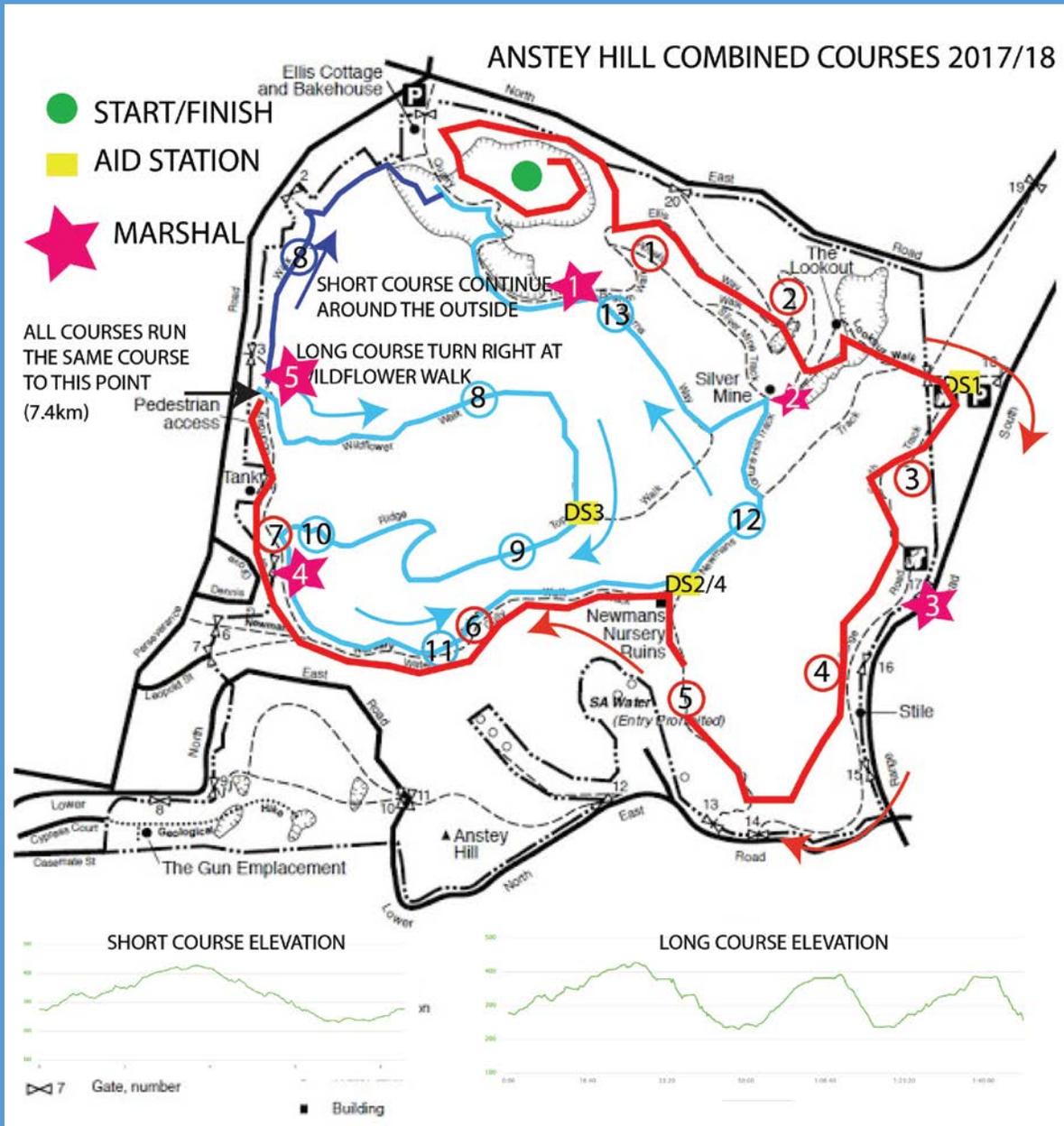
- Both events start at the same time;
- A new Junior Trail Run at each event
- Improved and increased course signage;
- The same tried and tested courses from 2016/17 for Anstey's, O'Halloran Hill and Newland Head;
- A slightly modified Cleland course from '16/17, to account for a now-closed section of trail from the last Series;
- Quality top 3 medals from our local suppliers Pinsource;
- A new scoring system, which will see runners with the LOWEST points taking out major awards.

Details to the above are contained below, within the briefing.

The information that follows is intended to be a comprehensive guide to this event. So have a read through and if you have any further questions please let me know.

Ben  
0447 550 010

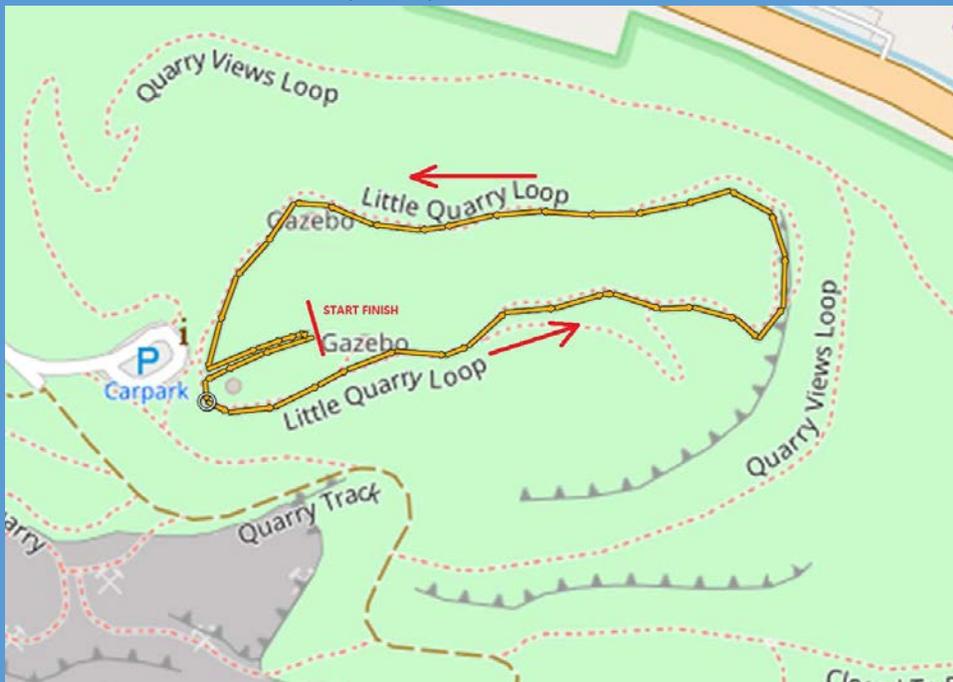
# 1. Course Maps



## START/FINISH CLOSEUP



## JUNIOR TRAIL SERIES RUN (700m)



You can also find Short/Long Course gps links here: [Short Course](#) and [Long Course](#)

To export to your gps device, click on the Course link (above). Once the mapmyrun.com window opens up, click on the route name which you will find next to "View Route" underneath the map. The new screen will show the course, elevation profile and – on the right – an option to export to your device. Thank you to Justin Parise who put these files together.

The new Start/Finish point is just east of the new bitumen carpark, approximately 300m into the Park from the North East Road entrance.

Copy and paste these co-ordinates into your Maps app, and they will take you the entrance to the Park -34.821848, 138.731413

The course will be marshaled and well-marked with red-and-white tape and directional arrows, as well as “Wrong Way” markers, so you should be able to navigate around the course without looking at the map. So if you are new to trails or directionally-challenged, this Series will cater to you!

### Changes to Course Marking for 2017/18

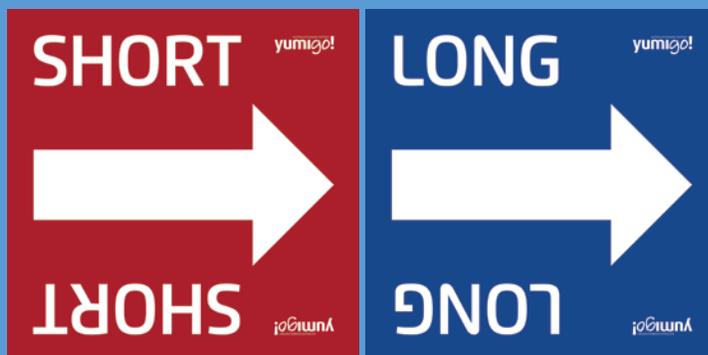
In our continual quest to delineate the two courses whilst runners are out on the track, we have introduced a couple of changes to the way we sign the course.

We will still utilise the same direction markers (red and white flags/corflute directional markers) however the corflute markers will be colour-coded:

White background markers = shared course marker

Blue background markers = Long Course marker

Red background markers = Short Course marker



KM markers will also have the same colour code. The easiest way to remember is that “blue” has the same number of letters as “long”

## 2. Parking



Due to redevelopment of car access to the Park, vehicles are now permitted a certain distance up Quarry Track. See the map above for carpark areas. There is generous parking available but once the carparks are full a “CARPARK FULL” sign will be put up at the North East Road entrance.

Be aware that if you park inside the Park, on your way out the event may still be going, so you may be instructed to pause while runners cross (see map above).

If you choose to park outside the Park (or the internal carparks are full) the Tea Tree Gully Hotel has again very kindly given us permission to utilise their carpark for our event. As it has been in the past, it is on the proviso that we park down the bottom corner of the carpark, to allow patrons of the Hotel priority. So please take note of the map below and park accordingly.

There is also parking along North East Road and Haines Road.

Please remember that, as this is an “urban” trail series, we will be moving around within a residential area on a Sunday morning. It is up to us to keep the noise down (slamming car doors, shouting etc) to cause as least disruption as possible to residents.

And take care crossing the roads.



### 3. Junior Trail Run

For some time we have looked at incorporating an Under 12 trail run into the Series, and this year we feel we are ready. Aside from encouraging our children to be active and to feel included, we feel these runs are a good way to build their confidence in the great outdoors.

The runs are untimed and parents/guardians of the Juniors are most welcome to join them on their run.

\*\*\*NB\*\*\*Parents/guardians must sign in with their Junior, and either be with them during their run or at the finish to greet them over the line. No entrant on their own will be permitted into the Junior event.

#### 4. Registration

**Number collection is from 6.00am.** Please arrive as early as possible to allow time for this process as the both the Short and Long Course events will be commencing at 7.30am sharp. There are no entries on race day unless by prior arrangement.

Note that the Kids' Trail Run starts at 7.10am. As their run is untimed they will have a bib with no chip attached.

The registration process is:

1. Find your name and race number on the name list on the board (your bib and chip number will be the same)
2. Proceed to the next point to collect your bib
3. A timing tag linked to you and your race number will be stuck to the back of your race number bib. It is vital that you do not use someone else's number bib under any circumstances
4. Attach the bib at **WAIST** height to the outside **FRONT** of whatever top you will be wearing at all timing points. Do not bend or fold the tag or tamper with it
5. Your time and number are recorded when you pass through a timing point provided your race number is visible. Covering it with clothing or your hands as you operate a watch will prevent it recording
6. If there are several starts for different races, make sure you start at the correct time
7. Race number bibs are disposable and do not need to be returned
8. If you cut the course short (for example by skipping a lap, or taking a shortcut) **do not go through the finishing time point** as timers may inadvertently think you have won the race. If you do not complete your course you must go to the timing van near the end of the finish chute and inform the Timing Manager
9. If you lose your race number bib during the race you must go to the timing van near the end of the finish chute as soon as you cross the finishing mat.

**Please note this year your bibs contain your timing chip, which are disposable.** While you are welcome to take your bib home with you, we encourage you to return it to the random draw box after you finish your run for the random draw at the conclusion of the running events.

Then it is very important to complete the process with this next step:

### **IMPORTANT: Phytophthora Cinnamoni Prevention**

Once you collect your number you will then be then required to scrub your running shoes with one of the provided brushes and lightly spray them with a bottle of methylated spirits, also provided.

PC (or “root-rot”) is an organism that infects and kills native plants. As runners we can inadvertently be part of the problem by spreading the virus via our shoes and moving through the park. It is a condition of the Park Ranger that all runners treat their shoes prior to starting the event. The metho mixture (one part metho to nine parts water) will not cause any damage to your running shoes.

### **5. Toilets**

Given the increase in numbers this year we will be providing a number of portable toilets at the race venue. However to save yourself time you may want to stop off at a service station along the way.

### **6. Aid stations**

There will be two aid stations on the Short Course (kms 2.5 and 5.5), and four on the Long Course (kms 2.5/5.5/8.8/11.8); all stations except for the first one will contain water and sports drink. Stations at 5.5km (both courses) and 8.8km and 11.8km (Long Course) will also have bananas. At the Finish line all of the above will be available, plus assorted snacks. Cups are also provided.

Runners who are fairly new to trail running may also want to consider bringing a bottle to carry with them, or a hydration pack.

### **7. First Aid**

First aid will once again be provided by the very experienced staff from First In Sports First Aid, who will be stationed at the Start/Finish.

If you are carrying your mobile phone with you during the event it may be prudent to save Ben’s number (0447 550 010) in case of emergency.

If you do find yourself in trouble during the event, the important thing to remember is to stay calm. You can either call Ben direct, or ask another competitor to go ahead and ask for help.

Remember that it may be closer to go back to the aid station behind you. We will have a 4wd in the Park so it won't take long to reach you, wherever you are.

As a competitor who sees another in trouble, it is your responsibility to render assistance. Anyone who renders assistance will have this "downtime" accounted for in their results, although – to be fair - as a minimum you must be stopped for at least one minute, and this stopped time may be subject to witness reports.

## **8. Points system**

A feature of the Trail Series is the opportunity for entrants to increase their strength and endurance across courses that are accessible and "challenging" (ie a challenge but ultimately enjoyable). In recognition of the consistent performers the points system has been revamped to track and reward the placings of each entrant, either overall or within their age-group.

The prizes will be awarded as such:

On the day: Medals for overall top three males and top three females for both Courses

End of the series: Trophies for overall top three male/female runners and Course age groups.

The age groups are (for both male and female):

U20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, O70

Your age will be taken as at December 10 2017.

Overall placings on the day will be assigned in relation to your position.

### **BOTH COURSES**

1<sup>st</sup> 1 point

2<sup>nd</sup> 2 points

etc.

Age group points will also be scored as such. So you will essentially be assigned two lots of points at each event.

This means that the LOWEST scores at the end of the Series will be the placegetters with the LOWEST number of points.

## Conditions:

1. To qualify for end-of-series awards a runner must have completed at least two events in the Series;
2. You are allowed to run a combination of Short and Long Courses in the Series. Your overall placing will be allocated to the Course that you compete the most in. For example, if you do 3xShort Courses and 1xLong Course, your overall placings will be in the Short Course division (so the Long Course placing does not count for overall prizes).

If you run two of each, then your overall Series placings will be allocated to the type of Course you ran in your first event of the Series. For example if you compete in the Short Course twice and the Long Course twice, and you ran the Short Course at Anstey Hill (Race 1), then you will be eligible for overall Series placings in the Short Course only;

3. In the event of a draw in any major (ie top three) result in Overall and/or Age Group Series placing points following Race 4, priority will be given to who ran the most events in the Series. If that still does not produce a result, whoever finished in front of the other at Race 4 will be allocated the higher Overall placing. This also applies if one runner does not compete at Race 4; the runner attending will be allocated the higher Overall/Age Group placing.
4. In cases where runners take wrong turns which affects their place in the field, and the misdirection is overwhelmingly found to be the fault of the course markings or race staff instruction, a “no result” for that event will be called. All competitors will still receive 1 or 2 points (depending on which course is affected) to go towards their overall series standing. **Note that a significant number of runners must make the same error for there to be deemed a “no result”.**
5. Any runner rendering assistance to another runner during an event will have their “downtime” credited against their Finish time, with a minimum of one minute assistance required. If the runner rendering assistance is required to assist the injured runner off the course and the assisting runner is unable to complete the event, they will be credited with one or two points in their results, depending on which Course they are running.
6. Any runner who is injured during the event, and is unable to complete the event, will be ineligible for any points.

Each year we learn more and more on how to avoid any misdirection. Yumigo! is organised by runners and we dislike with a passion going off-course, let alone making others do the same. With new types of markers for this Series our aim is to make every course misdirection-free!

## 9. Heat Policy

**Being a summer series, there is always the risk that the weather will not play ball, and certain situations may call for a modification or cancellation of the event. For entrants' information, this is our Heat Policy for the SA Summer Series:**

1. If the temperature is forecast to be less than 30 degrees come start time (7.30am or 8.00am depending on the event) all events will still go ahead.
2. If the temperature is forecast to be 30 degrees or greater come start time, only the Short Course will be held. The exception is the Newland Head event, in which case the whole event will be cancelled due to the exposed nature of the course.
3. If a Park closure is announced by the Department of Environment Water and Natural Resources then the whole event is cancelled.
4. In the cases where the Long Course event is cancelled, runners can either choose to drop down to the Short Course and take a \$5 credit into another event entry, or they can opt for a future event credit minus 20% to cover essential event costs.
5. In the cases where the whole event is cancelled, there will be no second staging of the event. No refunds can be issued, however all entrants will receive an event credit minus 20% to cover essential event costs. This means that the most you can possibly lose is \$7.00 if you paid the full \$35.00 for a Long Course event.

Happily, in four seasons we have only had to cancel an event once. However while we would always prefer an event goes ahead, we still have insurance and Park conditions to adhere to.

An email will be sent out the Friday before each event with a weather update. If anything drastic happens between then and event morning, we will use all means to contact entrants to advise them of any change. If an event is cancelled a sign will also be put up at the event venue advising entrants, for those that we may have missed. Event staff will also be on hand for any enquiries.

## 10. Random draws

While you are out running we will conduct a random draw for:

Four current Trail Series Buffs

Four Yumigo!-branded buffs

Please check the sandwich board after you finish to see if you were a winner.

For the bigger ticket items in the random draw you will need to hang around after the event (see below). The draw will take place at 9.30am or when the last runner is across the line.



Chris “Chicken” Chapman, from The Running Company, has once again generously offered several discount vouchers per event.

It is a fantastic offer and we will be drawing the winners out of the box after each event.

Whether you win a voucher or not, be sure to visit Chicken at shop 3/278a Unley Road, Hyde Park or his new store at 18 Gawler Street, Port Noarlunga. Chicken’s stores are favourites amongst a huge number of runners here in Adelaide, for both roadies and trailies. And rightly so with some great stock and all the staff having excellent product knowledge and a passion for running. We here at Yumigo! are very happy to be working with Chicken and can’t recommend his shops enough! So whether you need shoes, bladders, socks, gels and more, go check out [The Running Company](#).

This year we are also grateful to have Toni Stubing donate several 45minute remedial massage vouchers for some lucky runners. Toni runs [Toni Stubing Massage](#), and is a long-time runner, so it is great to have her on board as a business supporter as well.

**Toni Stubing massage**  
– remedial massage therapy –



Sue Maffei is also offering several of her unique and uber-cool homemade “Gators” for random draw. For those of you who are unfamiliar with Gators, they are an extremely useful fabric fitting that wraps around your ankles and spreads over the tops of your running shoes to keep stones, dirt and the like out. Sue’s Gators are VERY fashionable, and are a must-have trail accessory! Click [here](#) for her website.

## 11. Merchandise

This year we have some very cool shirts and singlets, and Trail Series Buffs as part of our range. The stock will arrive in time for Anstey Hill. You can check out the range, and order from our new online [merchandise store](#) We have lots of buffs that will be available on race day, but shirts and singlets may be limited depending on online orders. Also available will be our new Yumigo!-branded shirt and singlet range.

As always, thank you to our awesome merch suppliers Ben and Dai from [Mekong Athletic!](#)



## 12. Photos

Karina Cook from K Photography will be the official photographer for the Trail Series. Karina has been Yumigo!'s official photographer for some time now, and we appreciate her support. The link to the free photos will be emailed to all competitors after each event, as well as being uploaded to the Yumigo! website.

I think that that about covers everything. If you have any further questions please do not hesitate to contact me 0447 550 010 or [ben@yumigo.com.au](mailto:ben@yumigo.com.au)

Otherwise I will see you all Sunday!

Ben