



Yumigo! South Australian Summer Trail Series 2016-17

Race 2 Cleland Conservation Park: January 8 2017

Short Course 11.5km START 7.30am

Long Course 15.5km START 7.35am

After a great opening to the Summer Series at Anstey Hill, it's time to focus on Race 2, at one of Adelaide trail runners' favourite parks, Cleland Conservation Park.

Each event venue in the Trail Series has its own personality, and Cleland's is one that will make you feel even closer to nature than Anstey Hill did.

The courses are comprised mostly of undulations, with a challenging single-track downhill in the mix, as well as a good slog up Chinamans Hut Track hill. However there will still be several opportunities to steal a glance at the views over Adelaide.

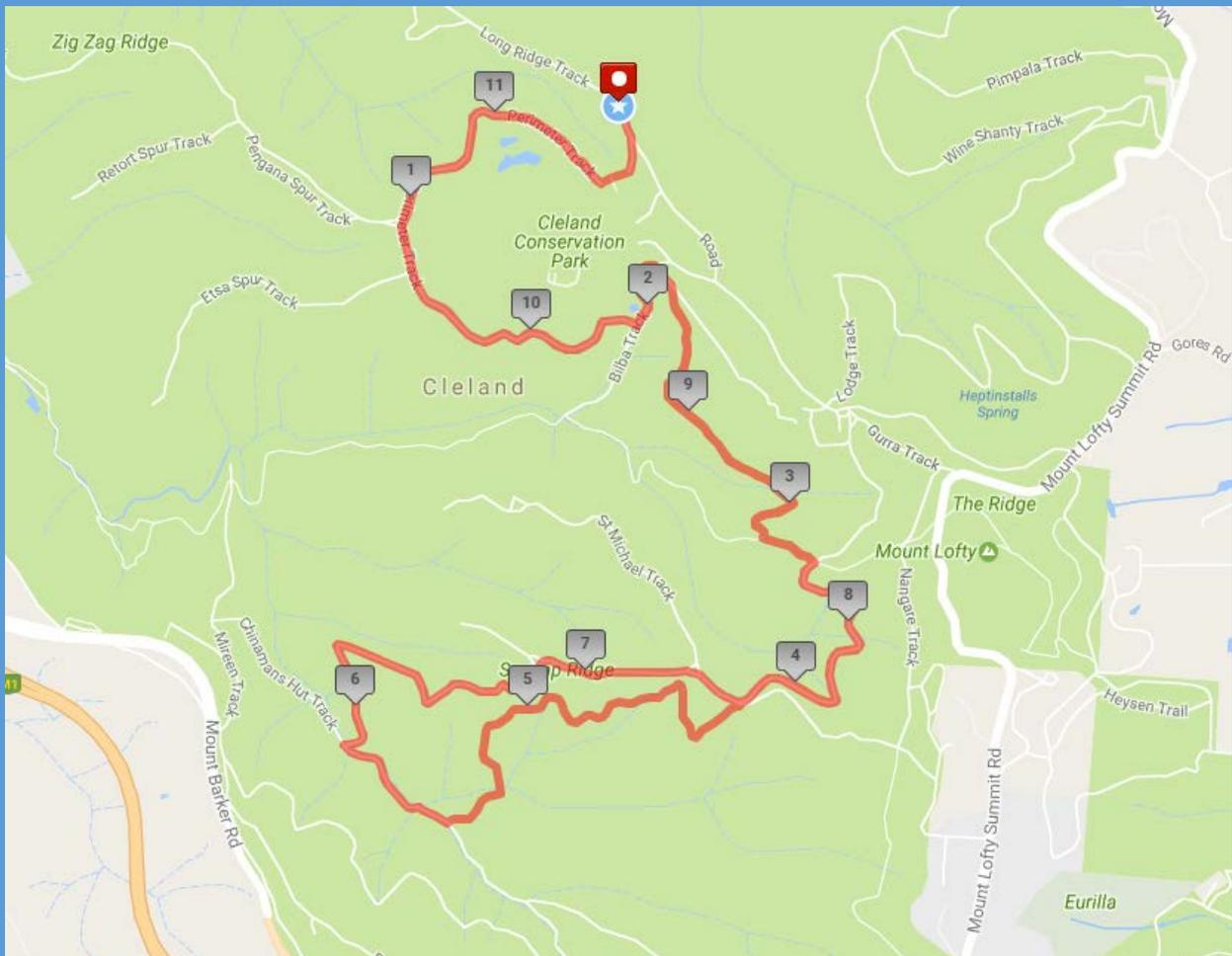
As was last season at Cleland, the Cleland Wildlife Centre is offering discounted entry for all entrants and their families after the event, with tickets available for \$19/adult. So after you have finished your race, this would be a great opportunity to head in to enjoy a coffee and do a tour of the Centre and all its inhabitants. Just show your number at the gate.

The weather presently looks good for the middle of summer, with a maximum forecast at present of 30deg cel, so it will be considerably cooler come race time. There will be several aid stations out on course, with Short Course runners passing an aid station five times in 11.5km, and the Long Course passing one six times in 15.5km. But as always in summer, we encourage the use of running bladders and hand-held bottles.

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.

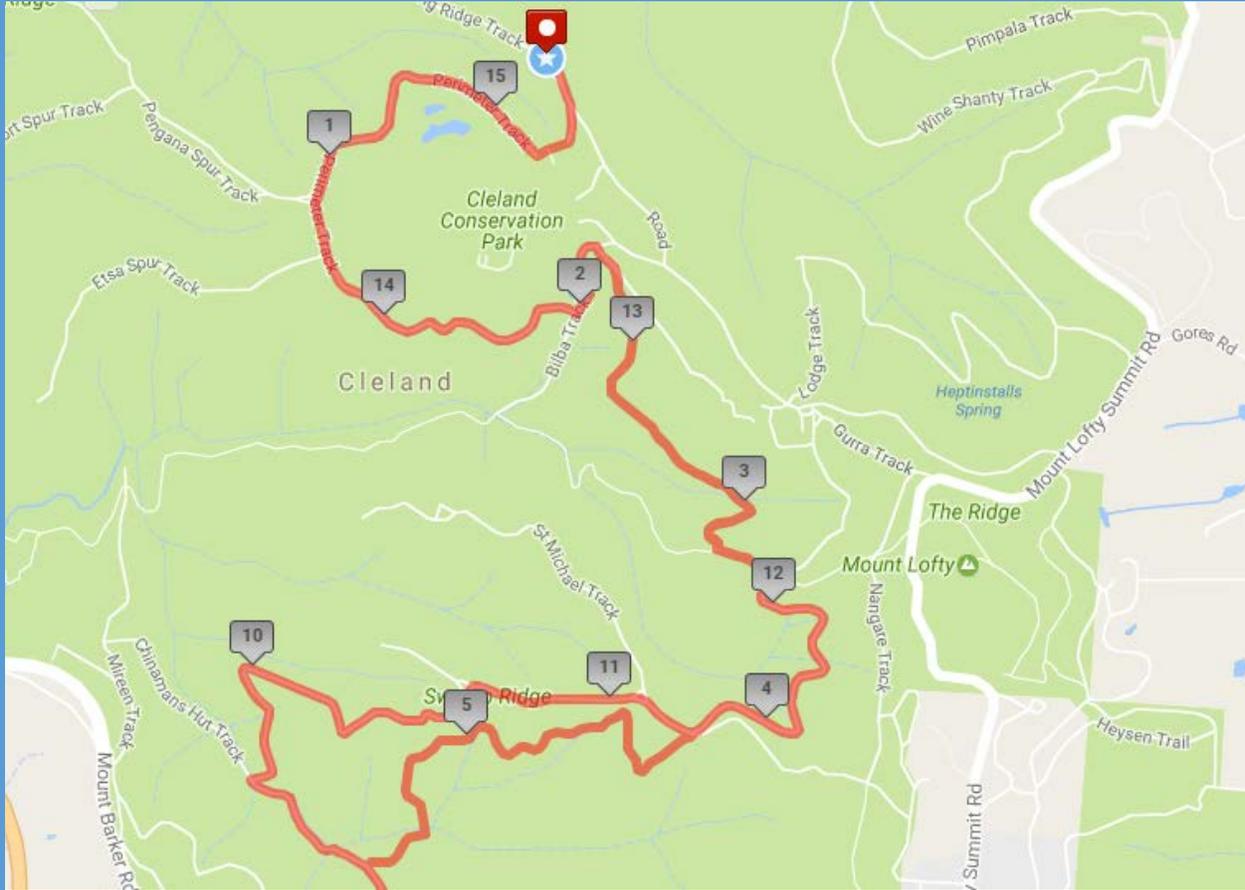
1. Course Maps

SHORT COURSE 11.5km

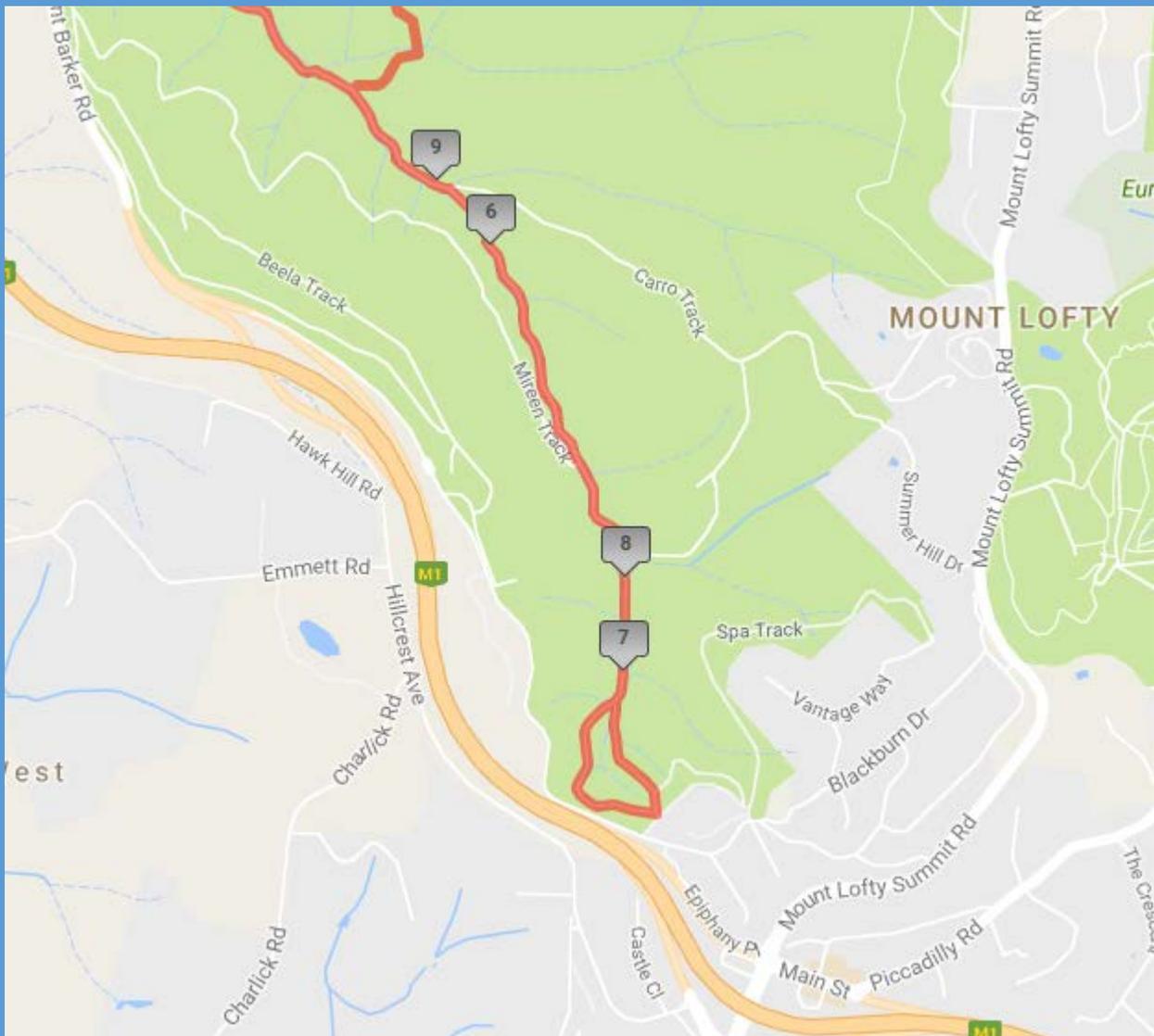


LONG COURSE 15.5km

MAP 1



MAP 2



These are the exact same courses as last season, except the start/finish line is on Long Ridge Track. Yes, an up-hill start, but downhill finish!

DRINK STATION LOCATIONS (all courses)



There will also be an additional drink station 2.2km from the Start/Finish, which will be open for both directions.

Short Course printable map (including drink stations and elevation) [here](#)

Short Course GPS link [here](#)

Long Course printable map (including drink stations and elevation) [here](#)

Long Course GPS link [here](#)

The courses will be 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.

2. DRIVING DIRECTIONS

The Start/Finish point is the Cleland Wildlife Centre carpark, accessed via Mt Lofty Summit Road. It is approx 30mins' driving time from Adelaide city centre.



3. Parking

Parking will be at the Cleland Wildlife Centre (where the April Cleland Trails event starts as well, for those of you who are familiar).

There are lots of parking spaces available, but we have been requested to fill the spots from the North East corner inwards (see image below). The Centre opens at 9.30am so we are required to leave spaces available (these will be signposted). We still highly encourage carpooling so please consider riding with other runners.



4. Registration

Number collection is from 6.15am. Please arrive as early as possible to allow time for this process as the event will be commencing at 7.30am sharp. There are no entries on race day unless by prior arrangement.

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. 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: Trophies 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):

U15, 16-19, 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 11 2016.

Overall placings on the day will be assigned:

SHORT COURSE

1st 10 points

2nd 8 points

3rd 6 points

4th 4 points

5th 2 points

6th and onwards 1 point

LONG COURSE

1st 20 points

2nd 16 points

3rd 12 points

4th 8 points

5th 4 points

6th and onwards 2 points

Age group points will also be scored as such. So you will essentially be assigned two lots of points at each event: Overall and Age Group. Results will be uploaded to

<http://tinyurl.com/h3c7bwl> and <http://tinyurl.com/jpn5glq>

Please note: the start list for both events will be uploaded the Friday before the event. Please check that all your data is correct.

Conditions:

1. There is no minimum number of events you need to enter to qualify for end-of-series awards;
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!

6. 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 are 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.

*****CHANGE TO RANDOM DRAW PROCEDURE!**

You are now no longer required to put your bib into the random draw box after you have finished. Pre-numbered cards – corresponding to all numbers worn in the event - will be put into the box prior to the event for the random draw.

This means you are able to keep your race number, and not have to sift through the numbers after random draw presentations have finished.

NB. You are still required to be at the random draw presentation to claim your prize.

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.

7. Merchandise

Thanks to Mekong Athletic this year we have some very cool shirts and singlets, and Trail Series Buffs as part of our range. **The stock has arrived** and will be available at the event. You can also 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.

8. Photos

Karina Cook from K Photography will be the official photographer for the Trail Series. Karina took some great snaps at the Heysen 105km ultra in October and we are pleased to have her back. The link to the 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

Otherwise I will see you all Sunday!

Ben