



## **Yumigo! South Australian Summer Trail Series**

**Race 4 Newland Head Conservation Park**

**Short Course 11.5km**

**Long Course 20km**

**March 19 2017**

**BOTH COURSES START: 8.30am**

And just like that, summer is over and the final Summer Trail Series event is upon us!

And also just like the past summer, the Series results have been unpredictable, with almost all categories – age group and overall – up for grabs.

The weather down at Newland Head will be fine this Sunday, heading up to around 31 degrees in the early afternoon. So we will endeavour to have all the end-of-Series presentations done by 11.45am.

After the challenging event at Race 3 at O'Halloran Hill, we plan to bounce back with a run to the standard you and we have come to expect from a Yumigo! event.

As this is the final event of the Series, all of the Age Group and Overall awards will be presented, along with the usual medals for overall winners at Newland Head. After the experience of previous years, we have streamlined the points system so final results will be made available much quicker than it has in the past. The presentations for the Newland Head winners will be conducted once the top 3 have finished, and the presentations for the end-of-series awards will begin at 11.15am.

**PLEASE also check your current age group and overall points standings, and let me know if there are any discrepancies. The current standings can be found on the Trail Series [webpage](#)**

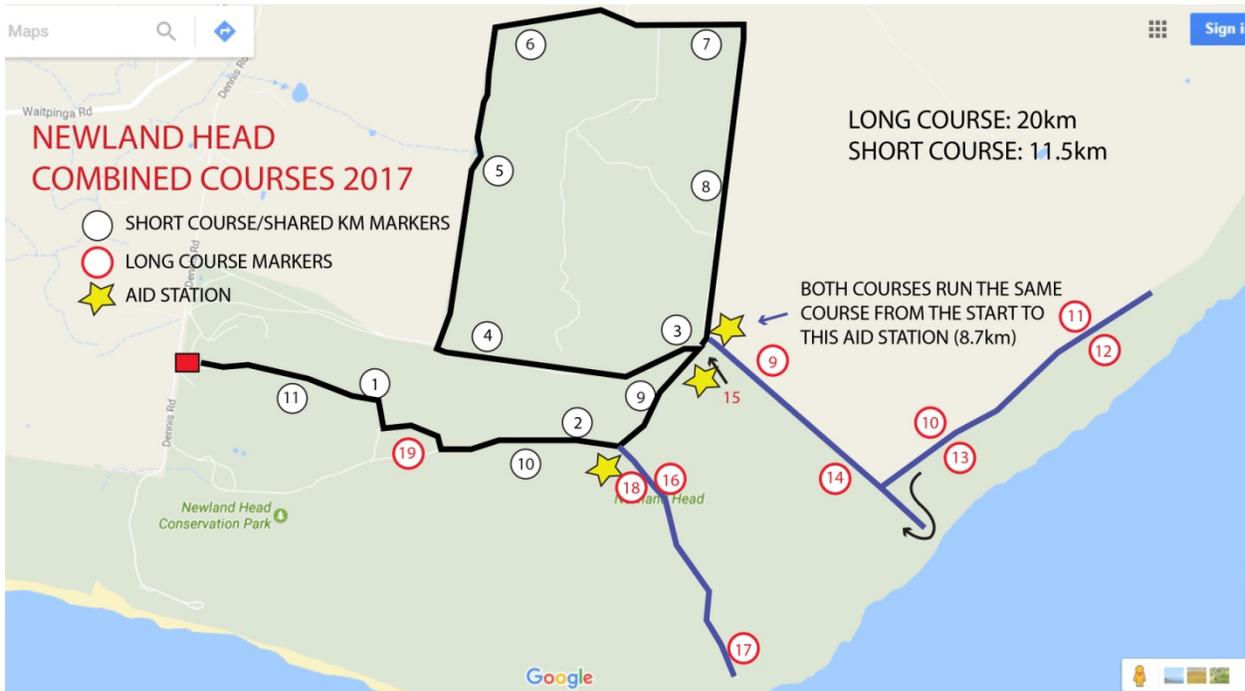
I'd just like to take this opportunity to thank you all for making this fourth Series the biggest one yet. I have been overwhelmed by the support not just from the runners, but also from my tireless volunteers, business supporters – Chicken and The Running Company, Paul and Fox Creek Wines, Jon and Roof Rack City, and Ben and Dai at Mekong Athletic - and partners – particularly Susan and First in Sports First Aid, Malcolm and Event Strategies, Karina from K Photography by Karina Cook, and Maurice and Sue Maffei - the Rangers, Kennards Hire, and ALL of the suppliers who are always only too happy to help with the event. SA easily has the most active trail running scene in the country, and with passionate organisers behind these great events it is going to grow even more.

Post-Newland Head Yumigo! has a huge 2017 calendar planned, especially with the Ikara-Flinders Ranges running event in May, and the brand new Cleland 50km event in June. Be sure to look into what we have to offer at [www.yumigo.com.au](http://www.yumigo.com.au)

Until we meet again on the trails.

Ben  
0447 550 010

1. Course Maps (also available online at <http://yumigo.com.au/sa-summer-trail-201617/>)



**COURSE AND DRINK STATION LOCATIONS (see above map for locations)**

Short Course Drink Stations are at approx. 2.2km, 3.0km (unmanned), 8.7km, 8.9km (unmanned) and 9.5km

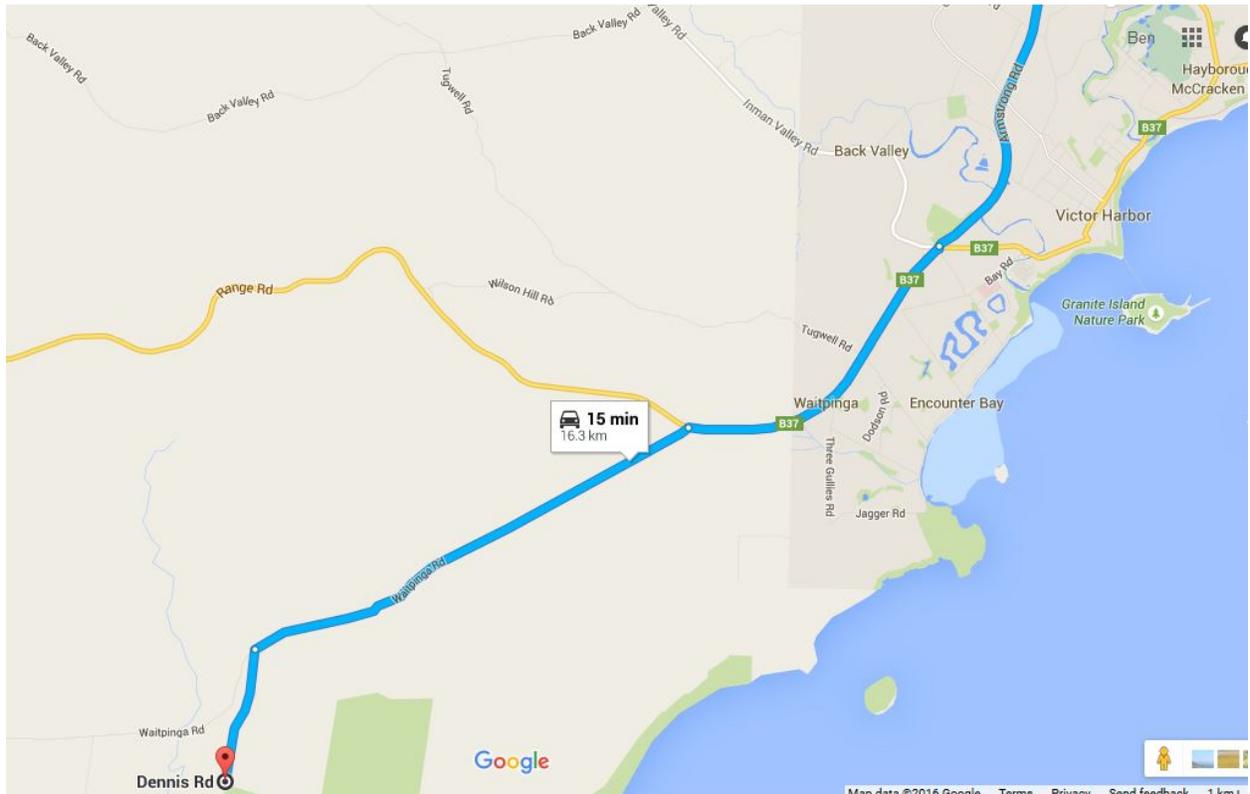
Long Course Drink Stations are at approx. 2.2km, 3.0km (unmanned), 8.7km, 15km (unmanned), and 15.6km

There will be carparking available inside Newland Head Conservation Park.

**PARKING**



## GETTING THERE



Allow 1h30mins from Adelaide.

From Adelaide, take Victor Harbor Road. Approximately 5km prior to Victor Harbor Road turn right at the big roundabout onto Welch Road (the ring road). Welch Road changes name to Armstrong Road a few ks down the road. Follow Welch Road/Armstrong Road to the first roundabout. Take the 3<sup>rd</sup> exit off the roundabout (Mill Road). Stay on Mill Road, which changes name to Waitpinga Road. Approximately 7km after the roundabout, Waitpinga Road forks with Range Road. Take Waitpinga Road to the left. Approx 6km down Waitpinga Road make a left onto Dennis Road. Approx 3.5km down Dennis Road is the Quarry entrance on the left. There are no signs to the Quarry, but the Yumigo! flag will be at the entrance.

## 2. Registration

**Number collection is from 7.00am.** Please arrive as early as possible to allow time for this process as the event will be commencing at 8.30am 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
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.** There is also no need to put your number in the random draw box, as we will have a list of randomly generated numbers to use. NOTE you still need to be present to collect your random draw prize.

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.

### 3. Toilets

There will be portaloos available at the event.

### 4. 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. Please note that reception can be patchy at Newland Head. Find your nearest high point for best chance at reception.

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 all the assistance that you can. 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**

- 1<sup>st</sup> 10 points
- 2<sup>nd</sup> 8 points
- 3<sup>rd</sup> 6 points
- 4<sup>th</sup> 4 points
- 5<sup>th</sup> 2 points
- 6<sup>th</sup> and onwards 1 point

#### **LONG COURSE**

- 1<sup>st</sup> 20 points
- 2<sup>nd</sup> 16 points
- 3<sup>rd</sup> 12 points
- 4<sup>th</sup> 8 points
- 5<sup>th</sup> 4 points
- 6<sup>th</sup> 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 <https://tinyurl.com/hpccxb2> (best from mobile phones <https://tinyurl.com/z2tsyyw>)

**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!

## 5. Presentations

There is also a change to our trophy presentations for overall winners on the day: they will be made as soon as soon as possible after the third person has crossed the line. Random draw presentations will commence at 10.45am.

## 6. Merchandise

We still have a supply of Trail Series tops available. Given this is the last event of the Series, all Trail Series shirts and singlets have been reduced to \$30. Buffs are now \$10.

We will also have old event stock available, with each item being \$5. A bargain for some quality material!

## 7. Meet MEKONG at Newland Head!

To keep you Trail Runners ever stylish Mekong Athletic will be setting up a pop-up shop bright and early at Newland Head for their **exclusive pre-release** launch of the new Cerro Collection and new Tech Bands!! Head over to [www.mekongathletic.cc](http://www.mekongathletic.cc) to check out their full range which will all be available at their pop-up (yep, even the cycling gear). Purchases can be made with either cash or card (subject to mobile reception).

As an added bonus make sure you hang around after the race for the **random prize draw** where six of you ridiculously lucky runners will win one of Mekong's awesome active singlets or tees.

Even if you aren't there to purchase anything, be sure to still come say hi to the brains and brawn behind Mekong Ben and Dai.

## 8. Random draws

The random draw will take place at 10.45am. If you are still out on the course do not despair, we will know who has finished and who has not. Anybody still out on the course who has their name drawn in the random draw will be eligible to claim the prize.

### **\*\*\*CHANGE TO RANDOM DRAW PROCEDURE!**

You are now no longer required to put your bib into the random draw box after you have finished. Malcolm from Event Strategies has a system for us to use to randomly generate the bib numbers of all starters.

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. Unless you are still on the course 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.

Also longtime Yumigo! supporter Paul Rogers and [Fox Creek Wines](#) will be donating some bottles of their delicious product to the event. We are very grateful for the support of these two great businesses.

We also have a very edible random draw prize or two too. Maurice Maffei will be baking some of his world-famous brownies and sealing them so that we may award a batch or two to some lucky runners in the random draw! Thanks Maurice!

## 9. Photos

Karina Cook from [K Photography by Karina Cook](#) 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. To whet your appetite have a peek at our event [albums](#).

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 on Sunday!

Ben