



Race 4 Newland Head Conservation Park

Short Course 11.5km

Long Course 20km

March 18 2018

Junior Event (U12s) Start: 7.40am

Short and Long Course Start: 8.00am

With autumn now upon us we are now up to the final event of the Summer Trail Series.

Race 4 will be held down at Newland Head, about a 20min drive outside of Victor Harbor, heading towards Waitpinga Beach. The terrain is surprisingly diverse; despite its relative flatness, runners can expect to encounter gravel, sand, tree roots, rocks, and grass.

Note the start time is 8.00am, which is set to beat the heat, especially after last year with several runners suffering from heat stress when both events started at 8.30am.

Series' points scores can be found on the event webpage. Remember you need to compete in at least three events in the Series to be considered for overall and age group honours, and that the lowest points in the standings are the ones that are awarded the top three in each category (1 point for 1st place at each race, 2 points for 2nd etc). We will be presenting the top three at Newland Head with their customary medals, however Series awards will be presented at our mid-year review in June.

As usual though the event is also designed for anyone who would just like to run, and to maybe experience somewhere new to run. Any runner is more than welcome to enter; it's also just a regular trail event.

We will also be holding our Junior Run again, with an 800m out-and-back for the Under 12s. Parents and guardians please feel free to join in!

I'd like to take this chance to thank everyone for their support throughout the Series. We have had our best season yet in terms of numbers, and the events themselves have been executed pretty well. Thanks to all the runners, our volunteers, all the supporters who came out for the

runners, and also to our business supporters who really add to the events, and who put a lot in to ensure that you the runner experiences something worthwhile, and something that will encourage you to come back again.

We just love our running, and are pleased that we get to share the experience with you all.

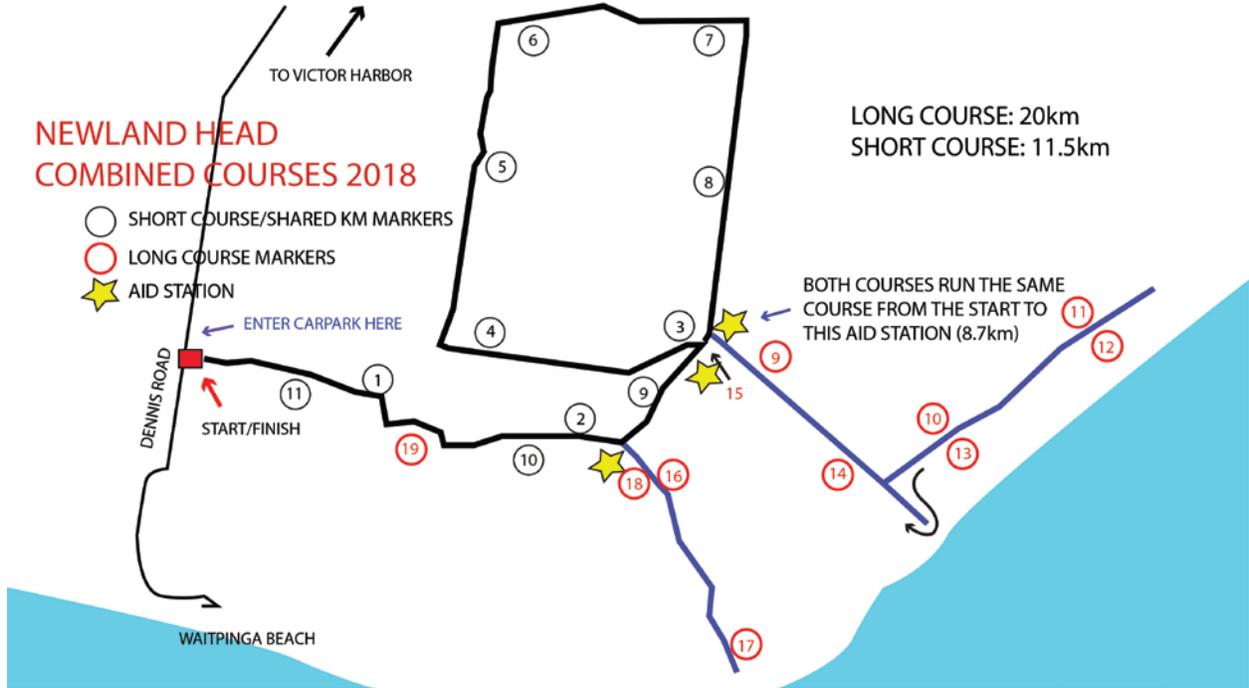
The information that follows is intended to be a comprehensive guide to this event. So have a read through and if you have any further questions please let me know.

Ben

0447 550 010

1. Course Maps and Drink Stations

There will be carparking inside the Park. Please obey all parking signs and directions.

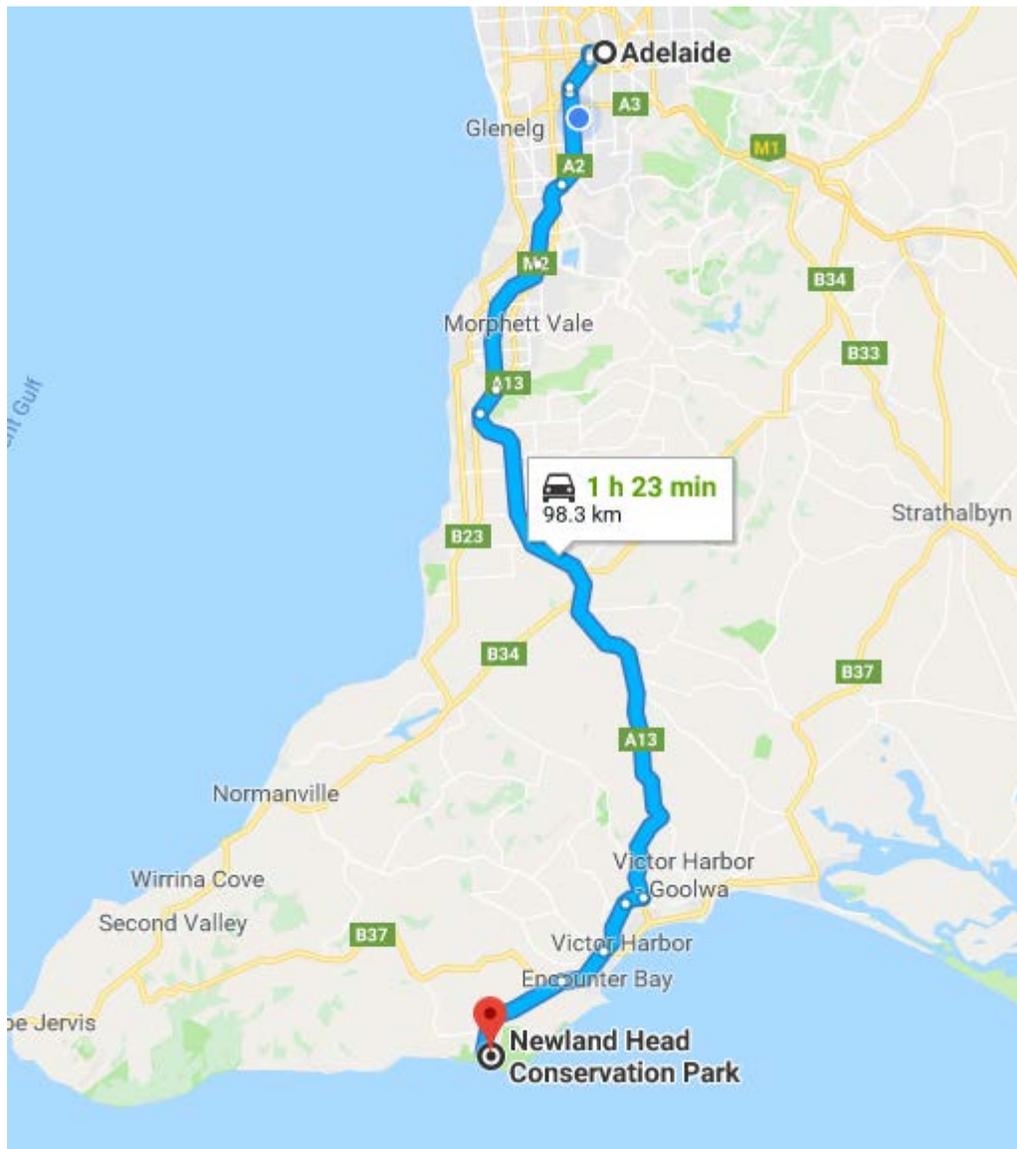


COURSE AND DRINK STATION LOCATIONS (see above map for locations)

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

Newland Head Location Map



Copy and Paste -35.626494, 138.497923 into your Maps app for directions.

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 3rd 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.

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. These runs also start from the main Start/Finish area.

NBParents/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.

2. Registration

Number collection is from 6.45am. Please arrive as early as possible to allow time for this process as the main events will be commencing at 8.00am sharp. There are no entries on race day.

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.

START LISTS AND LIVE RESULTS WILL BE HERE <https://tinyurl.com/ya5rsvrn> (or for mobile devices <https://tinyurl.com/yceu4uys>)

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.

3. Toilets

The toilets are portaloos located near the Start/Finish area.

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.

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.

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: 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):

U16, 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

1st 1 point

2nd 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 three 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!

6. 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.

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

7. Presentations

Podium presentations will be made as soon as possible once all podium placings are known and confirmed.

8. Random draws

We have some fantastic prizes once again on offer for this event, with thanks to our very generous supporters:

Four current Trail Series Buffs

Four Yumigo!-branded buffs

One 45min massage voucher with thanks to [Toni Stubing Massage](#)

Three groovy gaiters from the fabulous Sue Maffei at [Groovy Gaitors](#)

And finally we will have six vouchers to give away from The Running Company.

So it will be worth your while to stay around. We will aim to have the draw commence at 10.30am, and if you're still running the course don't worry, you will still be eligible to win.

*****DON'T FORGET*****

You are now no longer required to put your bib into the random draw box after you have finished. Your number is randomly generated by our timing specialist Event Strategies.

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

9. Merchandise

Thanks to Mekong Athletic this year we have some very cool shirts and singlets, and Trail Series Tech Bands as part of our range. All stock will be available at the event. You can also order from our new online [merchandise store](#) which will be delivered to you at the event. We have lots of buffs that will be available on race day, but shirts and singlets may be limited depending on online orders.

Please note that we have received some special stock of *Mens' Sizes* that was cut incorrectly and inconsistently by the factory. These are all branded exactly the same in the current Summer Series design, we just can't guarantee their sizing. These will be on sale for \$10 each on a first-come-first-served basis. All stock on the day is cash only. We are aiming to introduce a card reader system at all Yumigo! events very soon.

10. Photos

Karina Cook from K Photography will be the official photographer for the Trail Series. Karina always takes some great photos at our events and we are always pleased to have her back. Photos will be uploaded to www.bluemelon.com/yumigo by the Friday after the event.

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