



RUNNER INFORMATION GUIDE



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Welcome

Welcome to the 16th year 2026 - (edition 15) of the Mt Macedon trail run. As always Trailsplus events are supporting young people living with cancer. Trailsplus continue supporting CanTeen by donating a portion of your entry fee. We thank all of you who participate and help Trailsplus continue the support of young people living with cancer. This year we have passed \$95,000:00, which is an awesome effort thanks to our supportive running community and volunteers.

Our goal at Trailsplus is to provide a safe, friendly, encouraging opportunity for people to connect with trail running and enjoy the outdoors, our local parks, trails and mountains while discovering new places to visit. Whether a first timer or experienced runner, we see everyone as an important individual on their own journey. Participants have several options to choose something that suits their level of fitness, ranging from 10km, 21km 30km, 42.2km and 50km. One person achieving a 10km finish can be as equally challenging and rewarding as someone who finishes a 50km run. These are all great personal achievements, and we want to help you reach your goals.

Our courses may vary in distance and the trails used depending on weather conditions to ensure your safety. We can guarantee your GPS watches will all read differently, and the courses will read longer than expected.

The Mount Macedon trails have always provided a sense of mystery and intrigue as you navigate your way through often foggy conditions until the sun burns it away and provides the most stunning 360 degree views from various look out points along the course. It also provides a true introduction to trails and all that can be expected from the rugged Australian bush, including steep descents, rocky, rooted, slippery single tracks and some fast flowing trails to hit top gear on.

You will also be sharing some trails with members of the public on race day. I'm sure they will be intrigued by your efforts and commitment to run long or short distances. Please ensure the running community is well represented and respected by the way we conduct ourselves. You may find they walk two or three abreast, please be patient and make your way past them safely and politely, especially on single tracks.

The key to an enjoyable adventure here at Mt Macedon is to make sure you are early. Please make the effort to arrive well before your start time, catch the earlier shuttle if you are directed to the bus, you will have an awesome day if you make a little bit of effort at the very beginning of your day.

Most of all, come and have a safe and great day. Enjoy a sausage sizzle or the Café on the Mountain.

Thanks again for supporting the event.

WELCOME TO

Brett Saxon

Trailsplus - Race Director



Important information please read

Why These Notes Matter

These notes are here to help you have a **fantastic day on the trails** and a **memorable experience** at the Mt Macedon Trail Run. With multiple distances and effectively five races running across the day, it's essential you know your course.

Trail running is about adventure, but it can also be confusing if you don't pay attention. Please:

- ✓ Study the course maps and notes before race day.
- ✓ Don't blindly follow the runner in front (they may be in a different distance).
- ✓ Read the course signage and listen to marshals.

👉 **If you are unsure, SAVE a map to your phone!**

👉 GPX files are available on our website, load your Garmin, watch, or the AllTrails App.

👉 Let's make this year **error-free** for everyone!

Course Awareness & Navigation

Most errors occur when runners stop concentrating or follow someone in another distance. Stick to YOUR signs, YOUR distance, and YOUR plan.

The courses are **well-marked but not painted like a road race**, this is trail running! Expect arrows, signs, and marshal instructions. No paper maps will be handed out, so print one or save it to your phone.

⚠️ **Fast runners take note:** Know your course. A wrong turn = **disqualification**, even if you cover the full distance.

We provide all the tools, it's up to you to use them. If you've done your homework, navigation will be simple and stress-free.

Safety & Emergency Contacts

Your safety is our top priority. Save these numbers in your phone:

- **Race Director:** Brett Saxon – 📞 0418 557 052
- **Event Manager:** Chris Ackerman – 📞 0414 273 518
- **Timing Official:** Robyn Saxon – 📞 0419 533 018
- **Police, Ambulance, Fire:** 000 (or 112 from a mobile)

About Trail Running

Trailsplus events are designed to get you **off the roads and into nature**. Expect:

- Uneven ground, roots, rocks, mud, soft sand, and water crossings
- Wildlife encounters (kangaroos, echidnas, lizards, snakes in warmer weather)
- Weather changes (fog, rain, or sun)

Be prepared with:



Trail shoes with grip



Hydration & nutrition



Weather-appropriate clothing

Trail running is about challenge and reward, embrace the adventure!

Event Details

 **Where:** Macedon Ranges Regional Park, Harbison Picnic Ground, 415 Cameron Dr, Mt Macedon VIC

When



When: Sunday, October 5th from 7:30am, arrive early to collect your bib and relax before your race.

Course Elevation

- 50 Km – 1840M
- 42.2 km – 1660M
- 30 Km – 1005M
- 21.1 Km – 610M
- 10 Km – 245M

Car Parking

- **50k, 42.2k & some 30k runners:** Park at the start area (space limited).
- Once full, **all others** will be directed to the shuttle bus at Days Picnic Ground.
- One Shuttle bus cycle continuously (24 seats) allow time, and please give priority to runners about to start.

 If you park in restricted areas against event permit conditions, you risk disqualification.

Getting There

From Melbourne:

- Take the Tullamarine Freeway → Calder Freeway → Gisborne exit.
- Travel time is ~40 mins, but allow extra – Mt Macedon is often foggy with reduced visibility.

Shuttle Bus

The shuttle bus service will start operating once the start area car park capacity has been filled. As you approach the top of Mt Macedon Road ready to turn on Cameron Drive, signage or a marshal will direct you to the relevant area. The signage will say either Event Parking LEFT or shuttle bus STRAIGHT ahead, please follow instructions. It is a 24 seat bus, so you may not get the first available, so allow time. Always give the seat up for the event distance runners that is next to start

Course Navigation Tips

- Follow arrows.
- Follow ONLY your distance signs.
- Don't assume the person ahead is in your event.
- Listen to marshals, HQ, and aid station volunteers.
- Read the information signs in place

Course Changes

At the time of publication, there are some minor course changes for 2025, please refer to maps. These impact the start location and finish 3km for 42km and 50km events, plus a minor course diversion compared to usual.

Race Bibs are not mailed out

Trailsplus events do not mail out runner race bibs prior to the event. Your bib number must be collected on race morning. Wait times to collect bibs typically will not exceed 10 minutes. However, it is advisable to present at the race hub check in marquee with time to collect your bib, collect any merchandise available and present to race briefing 15 minutes before your official start time.



Cup-Free Event

Our events are **completely cup-free** as part of our commitment to the environment.

- Bring your own reusable drinking vessel for aid stations.
- Please avoid single-use plastics.
- Trailspus reusable collapsible cups are available to purchase and are perfect for trail runs and everyday use.



Main Road Crossing – Safety First

All runners except the 10km distance will cross **Mt Macedon Road**. This is a main road crossing, managed by marshals at the official pedestrian crossing point.

 **Zero Tolerance Policy** applies:

- You do **not** have right of way.
- Only cross when instructed by marshals.
- Failure to follow directions = **disqualification**.



You will cross this location **both outbound and return** please respect the rules, be alert, and stay safe.

Running Along Dirt Roads

Some sections use minor dirt roads where vehicles may be present. Please:

- Remove earphones and stay alert to your surroundings.
- Run on the **right-hand side** facing oncoming traffic.
- Do not spread across the road – keep single file where needed.
- Use road sense and trail etiquette at all times.

Macedon Community House BBQ

DEPENDING ON APPROVAL We may have MCH BBQ, if not the temp café caravan hopefully will be operating. Grab a bite after your run, the local community BBQ will be operating on-site. Support them while you refuel and celebrate your run.





Event Schedule – Don't Be Late!

 **Reminder: Daylight Savings begins race morning – clocks move forward 1 hour!**

If you forget, you'll arrive late. We'll do our best to accommodate you within safety protocols, but you may be placed in a shorter distance.

Start Times & Check-In

52km & 42.2km

- 6:15 am – Check-in opens
- 7:10 am – Pre-race briefing (mandatory)
- 7:20 am – Walk to start (Memorial Cross)
- 7:30 am – Race start

30km

- 8:15 am – Check-in opens
- 9:10 am – Pre-race briefing (mandatory)
- 9:20 am – Walk to start
- 9:30 am – Race start

21.1km

- 9:15 am – Check-in opens
- 10:10 am – Pre-race briefing (mandatory)
- 10:20 am – Walk to start
- 10:30 am – Race start

10km

- 10:15 am – Check-in opens
- 11:10 am – Pre-race briefing (mandatory)
- 11:20 am – Walk to start
- 11:30 am – Race start

Shuttle Bus

- ~8:30 am – Service begins (from Days Picnic Ground to start line)
- ~3:00 pm – Service ends (later runners will be assisted by Trailsplus team)

Event Close: 5:00 pm (last runner expected).



Best way to enjoy your day: arrive early!

Race Bibs & Timing Chips

- Bibs collected on race morning.
- Wear your bib **on the front and visible** at all times.
- Timing chips are attached to your bib – these remain property of Trailsplus.
- Chips will be collected at the finish line. If you take them home, you must return them within 3 days or a **\$20 fee applies**.



Runner & Supporter Conduct

Trailsplus prides itself on being friendly, inclusive, and supportive. Please:

- Encourage others and enjoy the community spirit.
- Respect all volunteers, staff, and fellow runners.
- Unruly behaviour will not be tolerated.

Photography

We'll have photographers on course – professional and amateur. Give them a smile, wave, or signal if you don't wish to be photographed (arms crossed in front of face). Photos will be available online, usually within a week.

Leave No Trace

Carry your rubbish to the next aid station – bins are provided. Gel packets, tear-offs, and other waste must not be dropped on course. Help us protect this beautiful environment.

Withdrawing During the Race

- Withdraw only at official aid stations and **report to staff**.
- If you leave without reporting, a search will be initiated – costs may be passed on to you.
- Emergency withdrawals will be managed by medical staff.



Timing Chips - IMPORTANT

Timing Chips remain the property of Trailsplus, the rear of your race number contains two timing chips, these will be removed by our chip collector immediately on finishing. YOU MUST return the chips, do not leave the finish area until you have had your chips collected. We know who has what chips and if you leave with the chip, you must notify us via email within 3 days and place the chips in the post or a \$20 fee will be charged.



Recording Split Times

All races normally start at the memorial cross. All events finish from the direction of the dirt carpark and down the single track inside the picnic ground. Do not approach the finish via the café carpark, if you do you will be directed back to the café and advised to continue on the single track behind the cafe.

We will also have on course tracking devices to monitor other sections of the course and your progress, a minimum of 6 on course timing points will exist.



Photography

We'll have photographers on course – professional and amateur. Give them a smile, wave, or signal if you don't wish to be photographed (arms crossed in front of face). Photos will be available online, usually within a week.



Distance Changes

- Runners may request a distance change (up or down).
- A fee applies in both cases.
- Series entrants will forfeit competition points when changing distances.
- Requests via email only: info@trailsplus.com.au



Slower Runners & Early Starts

Concerned about finishing time? Contact the Race Director by the Thursday before the event to discuss an **early start option (max 60 mins earlier)**.

Finish Times (Guide Only)

- 50km & 42.2km – Latest finish 5:00 pm (9.5 hrs)
- 30km – Latest finish 4:00 pm (6.5 hrs)
- 21.1km – Latest finish 3:00 pm (4.5 hrs)
- 10km – Latest finish 2:30 pm (3 hrs)

Road Crossing Cut-Offs (Mt Macedon Road Return)

- 50km & 42.2km – 12:30 pm latest return
- 30km – 1:30 pm latest return
- 21.1km – 1:30 pm latest return

(If you miss the cut-off, you may be held at Baringo Aid Station and transported back = DNF).

Presentation Times (Approximate)

Due to varying finish times, these are **estimated** podium presentation times.

If you are in the top 3, please remain near the presentation area regardless of the schedule.

- 🕒 **12:30pm** – 21.1km & 10km
- 🕒 **1:00pm** – 30km & 42.2km (Male)
- 🕒 **2:00pm** – 42.2km (Female)
- 🕒 **1:30pm** – 50km (Male)
- 🕒 **3:30pm** – 50km (Female)

👉 Podium times are based on previous years' average finishes.

🏆 **Winners:** Collect your trophy from the Race Director if you must leave early.

🏅 **All Finishers:** Receive a **custom-designed medal**.

Sharing the Trails

- Give way to bushwalkers and other park visitors.
- Politely announce yourself when overtaking.
- On single tracks, pass carefully and respectfully.



Mandatory Gear

This is about common sense and watching the weather forecast.

Mt Macedon (1,000m elevation) has unpredictable weather, including occasional **snow in September**.

Gear to have in your kit bag (and possibly on course):

-  Waterproof hooded jacket
-  Gloves
-  Beanie or Buff

Recommended to carry during your run:

-  Mobile phone
-  Map/digital download
-  Wide compression bandage
-  Hydration (bottle or pack)
-  Emergency food



Even on sunny days, it can be **very cold at the summit**. Bring warm clothes for after your run.



Runner Safety

-  Stop and assist if you encounter another runner in distress.
-  Time spent helping may be deducted from your race time if requested.
-  Emergency contact numbers are printed on the back of your bib.



Road Safety – Important!

 **Runners do NOT have right of way.**

At **Mt Macedon Road**, you **must stop** and wait for marshal instructions. Traffic will not be stopped for runners.



RUNNERS DO NOT HAVE RIGHT OF WAY – YOU MUST WAIT UNTIL ADVISED TO CROSS

When you approach the Mt Macedon Road crossing you must stop and wait for marshal instructions to ensure a safe crossing. Traffic is not stopped for runners. **RUNNERS MUST STOP AND GIVE WAY**



Aid Stations

Approximate locations:

- **50km** – 4, 10, 15, 21, 26, 30, 35, 40, 44km
- **42.2km** – 4, 8, 13, 19, 24, 33, 38km
- **30km** – 4, 10, 15, 21, 26km
- **21.1km** – 4, 8, 14, 18km
- **10km** – 4, 8km

🔍 Typical supplies include: water, electrolyte, Coke, lollies, chips, fruit cake, fruit, and chocolate.



Drop Bags to aid stations

- Available for **42km & 50km runners**.
- 📍 Locations: Baringo Road, Bawden Road Winery, Start/Finish (pass-through).
- ⌚ Must be placed in containers **before 7:30am**.
- 🏷️ Clearly label all bags.
- 🚫 Uncollected bags will not be posted – please collect before leaving.



Personal Belongings

- A sheltered belongings area is available at the start/finish.
- Bags are left at your own risk, but the area is generally safe.
- You may bring a bag on the bus to the start/finish.



Other Key Information

- 🥾 **Walking Poles** – Permitted but use with care, especially on stairs and single tracks.
- 🍔 **Food & Drink** – Sausage sizzle at the finish + **Caf'e Tea Rooms** not open 2025
- 🏥 **Insurance** – Event covered by public liability. Ensure you have **ambulance cover**.
- ⌚ **Timing** – Electronic chip timing with live online results via QR code or website.
- 🏷️ **Race Bibs** – Collected at check-in only. Contain 2 chips (must be returned). Very late entries may get plain bibs.
- 📶 **Phone Coverage** – Patchy at start/finish and on course. Move around to gain signal.
- 🚻 **Toilets** – At start/finish, McGregors Picnic Ground, and Days Picnic Ground. *Do not use café toilets.*

Respect & Responsibility

- 🏁 **Finish Line:** Celebrate, collect your medal, then clear the arch for other runners' photos.
- 🙏 **Acknowledgement:** Held on the lands of the **Dja Dja Wurrung, Taungurung, and Wurundjeri Woi Wurrung Peoples (Kulin Nation)**. We pay respect to Elders past and present.
- ♻️ **Environment:** Proud members of the **Sports Environment Alliance**. Carry rubbish to aid stations or bins. Keep gel packets and tabs secure.
- 🎧 **Music Devices:** Preferably leave at home. If used, remove earphones at aid stations, marshal points, and start/finish.
- 🚑 **Medics:** Qualified medical staff onsite. Seek help for any injury or illness, no matter how small.
- 🐕 **Dogs:** Permitted on-lead. Must give way to other runners. Not eligible for podium places.

Winners Awards Podium

We present our 1st, 2nd, 3rd male and female winners on our podium for all distances. We always provide a small trophy item and when available some prizes. Please ensure you stay around for presentations; unclaimed trophies can be collected, or a postage fee can be paid to have the trophy sent to you.



Finishers Medals

Every participant that finishes the event distance they started will receive our custom designed Mt Macedon Medal.



Finishing your race under the clock

Keep the finish line clear for our photographers that will be trying to capture your special moment. Once finished move to medal collection area slightly away from the finish arch. Try not to stop your Garmin until well past the finish, it makes for a much better photo if you raise arms and celebrate your achievement. Please move away from the finish line so photographers can take a photo of the next runner.

Parks Victoria

We are extremely grateful for the support of Parks Victoria and the opportunity to host the Mt Macedon trail run in this fantastic location.

Preserving the future event options

Trailsplus work very hard with various authorities to gain access to amazing locations to create running events that we hope create great memories and result in individuals achieving personal goals. To ensure continued access it is very important we all respect the environment, animals, and people at this location.



Refunds

- Partial refunds available up to 30 days pre-event. No refunds within 30 days.



Transfers

- Tickets are non-transferable unless approved (admin fee applies). Random ID checks may occur.

COURSE NAVIGATION

Signs and Markings

Navigating the course is "EASY". It really is!

Note, trail running events rarely have marshals, you need to follow signs.

At Mt Macedon we will use a combination of white chalk on the ground, large orange arrows, orange ribbons, pink/yellow ribbons, red stop signs, occasionally there may be special signs for various distance options. Unless a specific sign for your distance tells you which way to go then simply follow the arrows and markers.



Course Notes for your Safety

CAN'T STRESS ENOUGH HOW IMPORTANT THIS NOTE IS ABOUT LOOKING AFTER YOUR ANKLES

TAKE EXTREME CARE OVER THE ROCKY SINGLE TRACK AT THE START AND CONTINUE TO PAY ATTENTION ON THIS TECHNICAL TRAIL. PARKSVIC HAVE DONE SOME WORKS ON THIS SECTION SINCE LAST YEAR, WHILE IT HAS REMOVED SOME ROCKY SECTIONS IT REMAINS SLIPPERY AND UNEVEN IN PLACES. IT ABSOLUTELY REQUIRES PLANNING FOR EACH STEP YOU TAKE SO GIVE YOURSELF ROOM AND CLEAR VIEW OF THE TRAIL.

THIS IS WHAT SOME SECTIONS LOOK LIKE



Mt Macedon involves many technical and steep downhill sections requiring extreme care. The course is very technical in places, with small sapling stumps cut low to the ground, especially in the first 2km's, there are lots of rocky sections too and as always trail runs can be uneven and slippery. We know that you understand these are the conditions and you accept full responsibility for your safe progress along the course. However, we ask that you exercise due care for yourself and others by travelling at a controllable speed, particularly on the several steep descents. We have highlighted some spots, (50K event) in particular, around the course where you should be aware of the added potential for rolled ankles and slipping on wet surfaces.

1 - Descending down to barbers chute This short steep section has many loose rocks, its early on in the race and there may be lots of runners together, please take care.

2 - Descending the Camels Hump 5K Though a wide and open track you can gain speed quickly, you may meet the public walking here take extra care, continuing on from the camels hump car park down the fire trail will be slippery also, TAKE CARE

3 – Sections of Baringo Road 10-12K This dirt road can be slippery, rocky and may have vehicles on it, please take care and no music in ears.

4 – Mt Towrong Descent 12-14K as you crest the top of Mt Towrong you will see a large pile of rocks that have been placed there, from this point you will enjoy a nice technical down hill section. Under foot it is quite rocky please take care. You will eventually pop out of the tree line to great views to the south and west “if the day is clear” otherwise you will be in a blanket of fog and clouds and see nothing. At this Time the trail becomes less obvious and is very steep for a short section where you will negotiate your way down some rocky sections. **TAKE EXTREME CARE**, it is only for 100M then you are on to a fast zig zag down hill trail, the trail has several wooden steps that will be slippery, be careful and avoid landing on the timber edging, you will fall if you don’t place your foot correctly.

FOR THE 50km – 42km THERE IS ONE OTHER NOTABLE DESCENT REQUIRING EXTREME CARE

5 – BARBERS CHUTE 31-33K is a wide 4WD track that has two sections of steep descents, it is rough, extremely rocky & Slippery in places, it presents opportunity to go fast and lose control, rolled ankles are a big possibility here, **PLEASE TAKE EXTREME CARE** and enjoy, you already have 30+Km of fatigue in your legs and you don’t want to blow your quads at this stage, there is lots of runnable stuff just ahead, if you have saved your legs for it. Walk this bit is good advice.

Of course this is just a selection of locations we have highlighted, as you know there are many hazards and you should proceed within your capabilities and control for your safety.

As always have fun and enjoy the experience, there are still lots of undulating sections that require your full attention but for the next 10Km the course is very runnable though tough, then there is the last ascent up the goat track, I know you will enjoy that 😊

Maps

STUDY YOUR DISTANCE ONLY

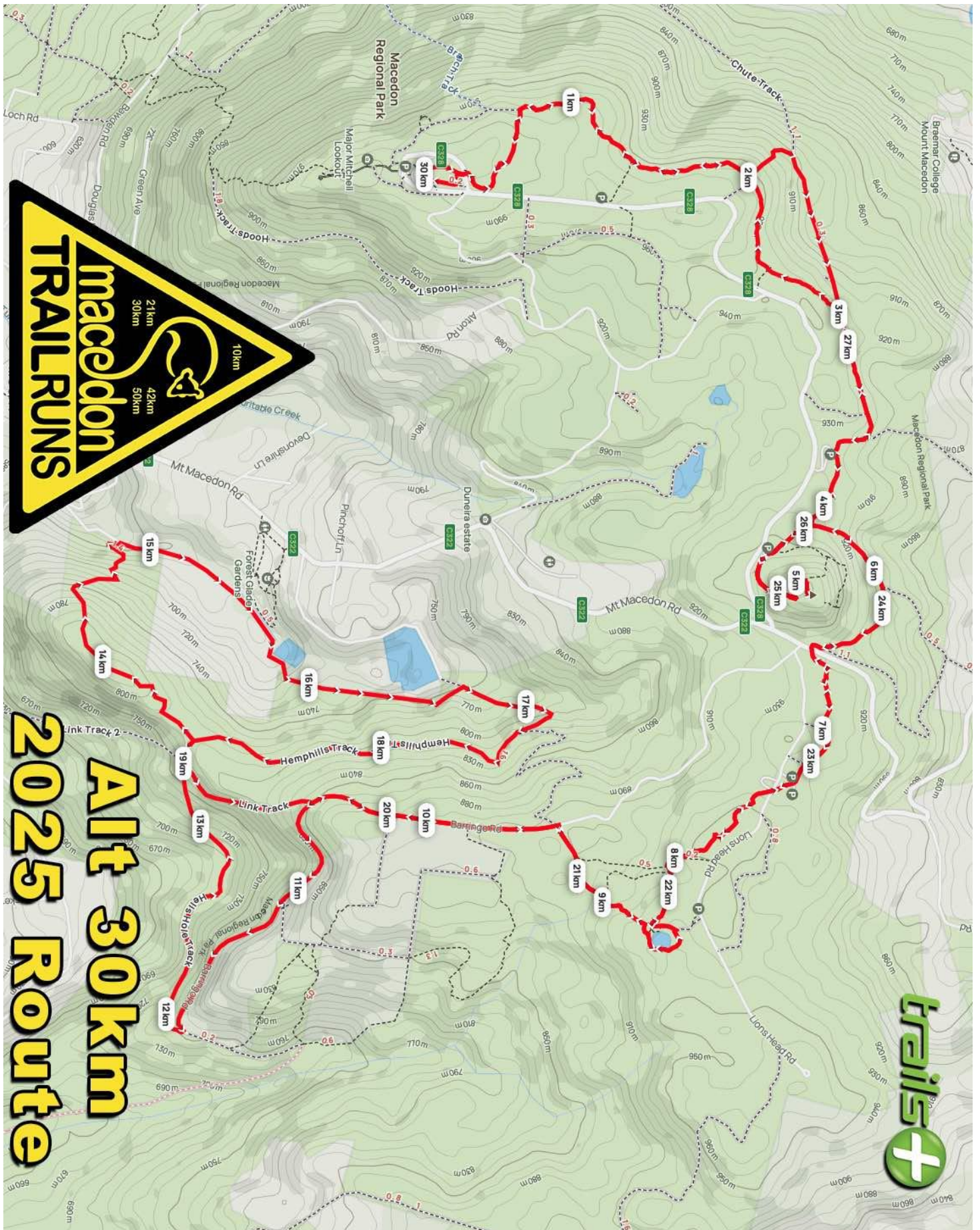
10KM COURSE MAP temp for 2025



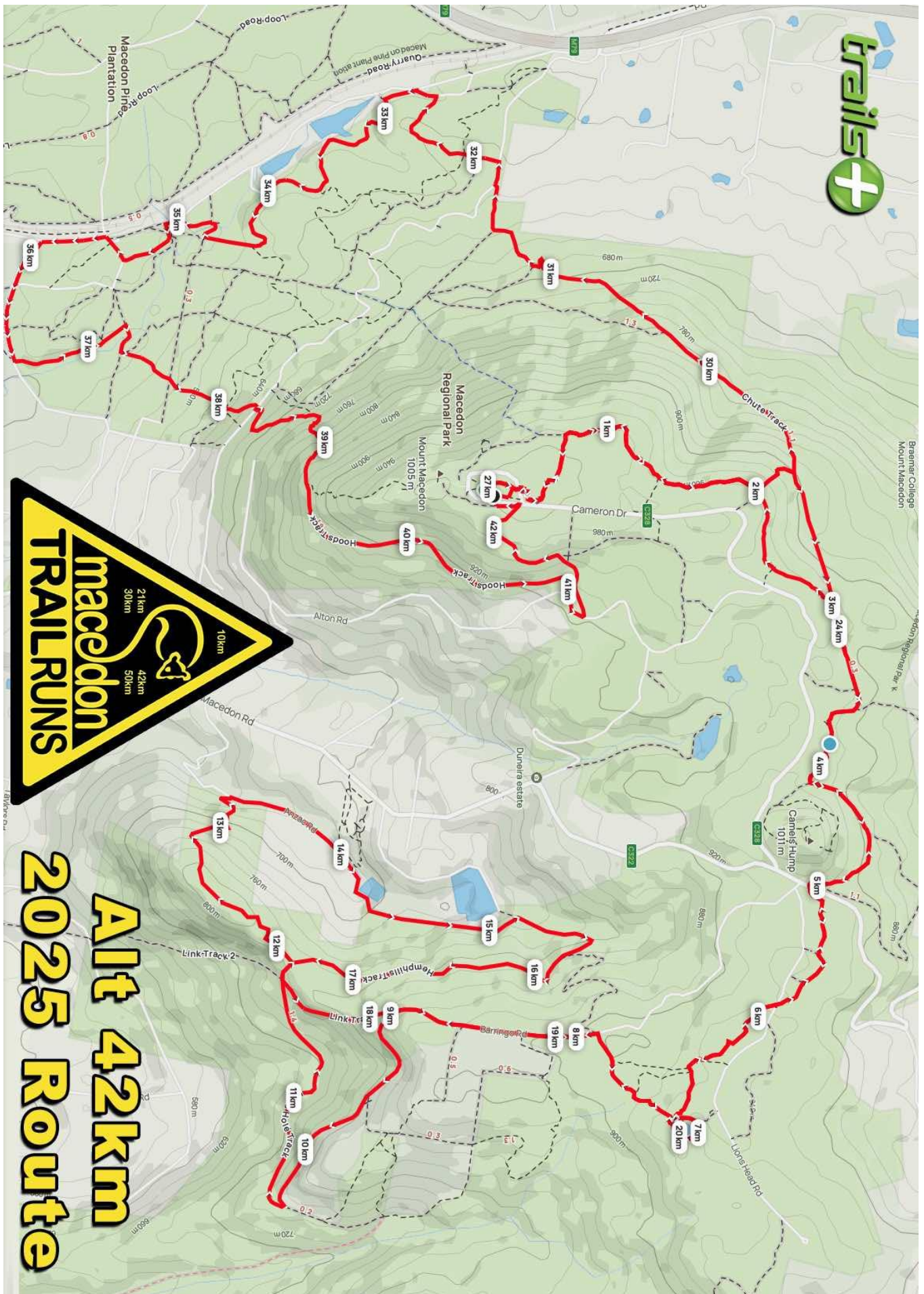
21.1KM COURSE MAP



30KM COURSE MAP



42.2KM COURSE MAP



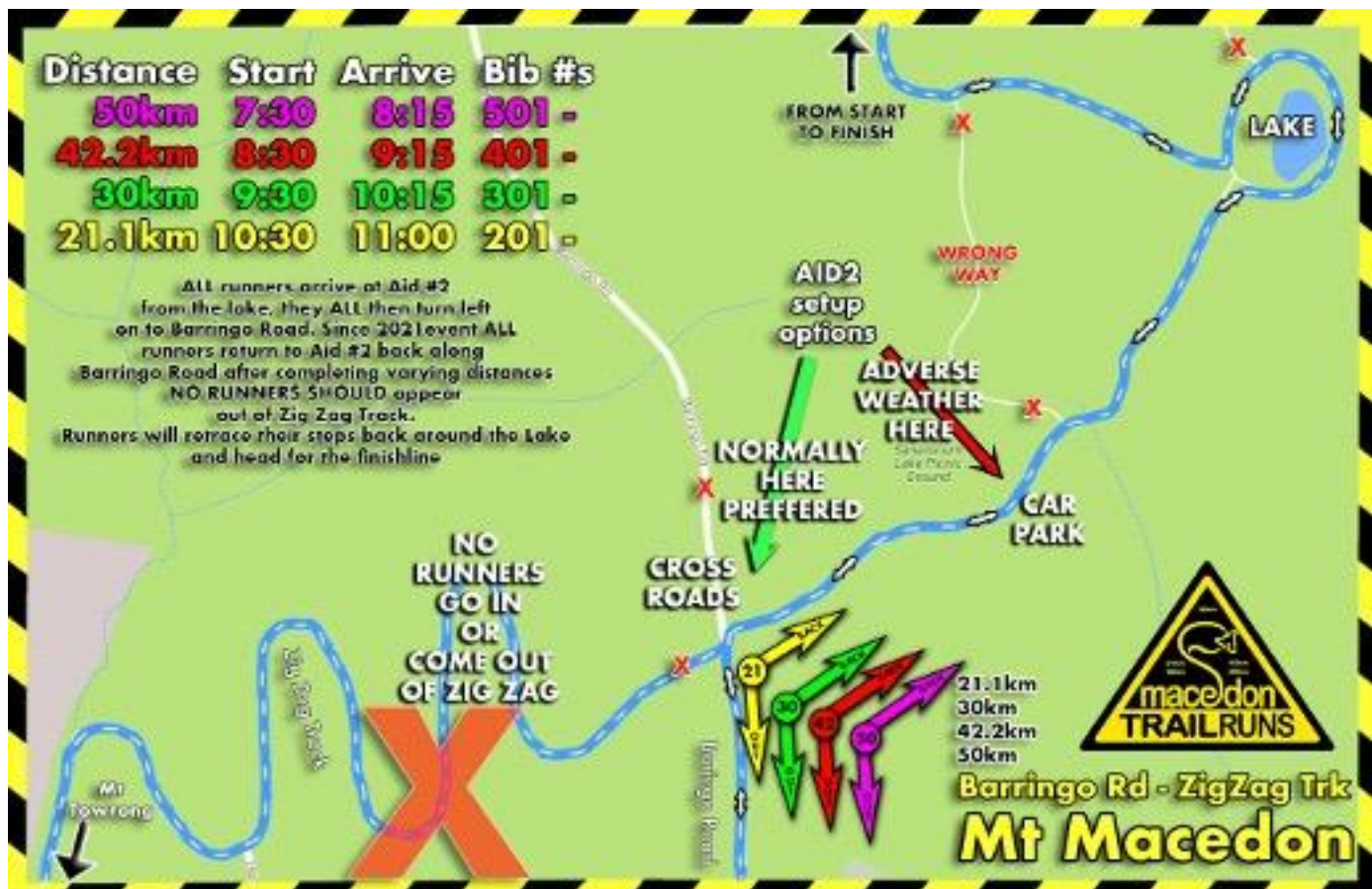
The map displays the Ait 50km Trail Run route through the Macedon Regional Park. The route is a continuous loop marked with a red line and numbered segments from 1 to 30. Key locations and features include:

- Trails+ logo** in the top right corner.
- Yellow triangular warning sign** with the text "macedon TRAILRUNS" and "2025 Ait 50km Route".
- Geographic labels:** Macedon Regional Park, Mount Macedon (1005 m), Cameron Dr, Ait Rd, Dunera estate, Link Track, Link Track 2, Hemphill's Track, Hells Hole Track, Tuckett's Rd, Long Head Rd, Loop Road, Quarry Road, Macedon Pine Plantation, Braemar College, Mount Macedon.
- Trail segments and distances:** 1 km, 2 km, 3 km, 4 km, 5 km, 6 km, 7 km, 8 km, 9 km, 10 km, 11 km, 12 km, 13 km, 14 km, 15 km, 16 km, 17 km, 18 km, 19 km, 20 km, 21 km, 22 km, 23 km, 24 km, 25 km, 26 km, 27 km, 28 km, 29 km, 30 km.
- Other features:** Contour lines, roads, and various landmarks.



Ait 50km 2025 Route

ADDITIONAL HELPFUL JUNCTION MAPS





Finishing the 42km and 50km Cross closure changes

All 50km and 42km runners will make the climb from Bawden road toward the memorial cross. You will not climb up behind the cross in 2025, instead use Hood Track and Francis road to return to the finish line. Please note that as you approach the finish line you will cross the road (20km/h speed limit for cars, please use caution and obey the marshal. This is a temporary finish section for 2025only

Merchandise Range

You Yangs design shirts pre 2024



2024 Mt Macedon and Mountain Series Shirts



Some of our Headwear Range pre 2024



Head Wear / Buffs 2024 Mountain Series



Special Edition 24 / 25 Mt Macedon T-Shirts

You can order a limited edition Mt Macedon T-Shirt via the SHIRT SHOP link below.

Please note there are limited Qty in each size available. If you place an order and the size isn't available we will place a special one off order and these orders will arrive with our Marysville Shirts.

Headwear is also available to purchase on the day.

<https://events.humanitix.com/trailsplus-shirt-shop>



Timing Chips MUST be Returned

REMINDER

On completion of your event, we will present you with a Finishers Medal, it is extremely important that we get the timing chips off your race bib at this time, please do not leave with your timing chips. The chip is on the foam in the plastic pouch. A volunteer will remove the timing chips, please flip your bib for them to access chips.



Weather Forecast 2025

They hardly ever get it right 7 days out, so keep an eye on the weather and come prepared, this is what they think 10 days out. (refer to mandatory gear recommendations)



Shuttle Bus Map Information

We are required to operate a shuttle bus service to transport runners to the start line once the permitted areas for parking on top of the mountain are full.

BACKGROUND

The shuttle bus was introduced to allow us to cater for more runners wanting to experience the Mt Macedon trail run. Many years ago, after Trailsplus had hosted an event at Mt Macedon, another trail running event company caused mayhem by allowing cars to park in all the wrong places, interrupting the flow of traffic and creating serious hazard. They have been banned from hosting events in this location. At Trailsplus we are proud of our relationship with ParksVic, and we prioritise compliance with our permit conditions. This means we need all our runners to do the right thing to ensure we can continue to host trail running events on Mt Macedon into the future. Please help us by parking in the correct and permitted locations and ensuring all other users can safely move around the road system. Most importantly event related vehicles must not park in the CarPark 1 or 2 being bitumen surfaces.

IMPORTANT CAR PARKING INFORMATION

When you are driving up Mt Macedon after passing through the township you will approach the top where you must park based on your event distance or as directed if car parking attendants are in place.

ONLY 50km & 42km runners will be guaranteed parking places near the start line. You will turn LEFT on Cameron Drive at the Top of Mt Macedon Road and continue to the start and park as signed or directed

Some early 30km may be able to park at the start, however must follow directions

21km – 10km Runners MUST PARK on Lions Head Road, you will turn right 100M past Cameron Drive onto the dirt road and follow the signs or as directed YOU will then catch a shuttle bus to the start, see estimated timetable and be sure to allow enough time to checkin before your race is due to start



Shuttle Bus Time Table – Guide ONLY Always allow runners on board who's race is next to start

THESE TIMES ARE BEST ESTIMATES AND NOT A FIXED SCHEDULE - PLEASE ALLOW PLENTY OF TIME							
Shuttle Bus Estimated Time Table			APPROXIMATE - NOT FIXED TO THE MINUTE				
Bus to be at Start Location by 8:30am							
Location			2025 ESTIMATED TIME TABLE				
Road to Days Picnic Ground							
Lions Head Road			YOU SHOULD BE ON AN EARLY BUS TO BE ON TIME				
APPROX DEPARTURE FROM PICK UP LOCATION			ARRIVES START - APPROXIMATE TIME				
1-SUITS 30km Runners	8:30 am bus leaves from the pickup spot	30km runners will be on time	Priority 30km Runners	8:40	bus arrives start line	30km race starts 9:30	
2-SUITS 21km Runners	9:00 am bus leaves from the pickup spot	30km runner will be running late	Priority 30km Runners	9:10	bus arrives start line	30km race starts 9:30	30km runners will be late if on this bus
3-SUITS 21km Runners	9:30 bus leaves from the pickup spot	21km runners will be on time	Priority 21km Runners	9:40	bus arrives start line	21km race starts 10:30	
4-SUITS 10km Runners	10:00	bus leaves from the pickup spot	Priority 21km Runners	10:10	bus arrives start line	21km race starts 10:30	
5-SUITS 10km Runners	10:15	bus leaves from the pickup spot	Priority 21km Runners	10:25	bus arrives start line	21km race starts 10:30	21km runners will be late if on this bus
6	10:45	bus leaves from the pickup spot	Priority 10km Runners	10:55	bus arrives start line	10km race starts 11:30	
7	11:15	LAST bus leaves from the pickup spot	Priority 10km Runners	11:25	bus arrives start line	10km race starts 11:30	10km runners will be late if on this bus
BREAK	11:30	Bus Driver take lunch break			Runners might be able to take a seat on the bus ready for the return trip to your car to seek shelter from weather		
1	12:45	bus leaves start to return runners to car	ANY RUNNERS	12:55	bus arrives back at parked cars		Runners might be able to take a seat on the bus ready for the return trip to your car to seek shelter from weather if required
2	1:15	bus leaves start to return runners to car	ANY RUNNERS	1:25	bus arrives back at parked cars		
3	1:45	bus leaves start to return runners to car	ANY RUNNERS	1:55	bus arrives back at parked cars		
4	2:15	bus leaves start to return runners to car	ANY RUNNERS	2:25	bus arrives back at parked cars		
5	2:45	bus leaves start to return runners to car	ANY RUNNERS	2:55	Last Bus back to cars		

Car Parking Information

It is extremely important that we **DO NOT** use or fill the main café car park, all runners and supporters **MUST** park in the tower dirt car park and when full over flow to alternative spots as directed. You must then walk from the car park via the yellow arrows and **NOT** down the road. Please Park considering others when parking to maximise amount of car spaces to be available. You must not park on any bitumen entry road sides along Cameron drive.





OUR SUPPORTERS and SPONSORS

We would like to express our appreciation to our sponsors for supporting Trailsplus events.

THANK YOU VOLUNTEERS

YOU ARE ALL AMAZING

Big shout out to MCR (Melton City Runners) for providing several Volunteers who are fundraising for their club

OUR SUPPORTERS

[Mt Macedon Realty](#)

Supporting the Macedon Ranges community

<u>GARMIN</u>	<u>TARKINE</u>	<u>BOGONG EQUIPMENT</u>
	<u>PETZL</u>	<u>TEKO SOCKS</u>
<u>32GI</u>	<u>ANDREW PEACE WINES</u>	<u>PARKS VICTORIA</u>

